

Designing a Model for Promoting Voluntary Activities Based on Humanitarian Approaches Among Youth in the Hilal Ahmar

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The primary objective of this study was to design a model for promoting voluntary activities among youth based on humanitarian approaches within the Hilal Ahmar. This qualitative study employed semi-structured interviews with 15 experts, managers, and trainers within Hilal Ahmar, as well as subject matter experts and stakeholders at the national level. Participants were selected using purposive sampling, and data saturation was achieved. Thematic analysis was used to identify key themes and subthemes, which were then organized into a model for promoting voluntary activities. The study also employed triangulation methods to ensure the validity and reliability of the findings. The analysis revealed four main themes: motivations for volunteering, challenges in volunteer engagement, strategies for enhancing participation, and the outcomes of voluntary participation. Key motivators included altruism, personal development, social connections, and cultural values, while challenges such as lack of awareness, resource constraints, and psychological barriers were identified. Strategies for enhancing participation included awareness campaigns, incentive programs, capacity building, community involvement, and flexible volunteering options. The outcomes of volunteer participation included significant social impact, personal growth, professional development, cultural understanding, and emotional well-being. The study provides a comprehensive model for promoting voluntary activities among youth in Hilal Ahmar, emphasizing the importance of addressing both motivators and barriers to participation. By implementing targeted strategies, organizations can effectively engage youth in humanitarian efforts, contributing to their development and the betterment of society. The findings offer valuable insights for policymakers and practitioners aiming to foster a culture of volunteerism among youth.

Keywords: Youth volunteerism, virtual education, humanitarian approaches, Hilal Ahmar.

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1. Introduction

Youth engagement in volunteerism has been the subject of extensive research, particularly in the context of its impact on personal and social development. As Annesi (2010) noted, participation in structured activities, including volunteering, significantly contributes to the physical and psychological well-being

of young individuals (Annesi, 2010). Similarly, Geidne, Quennerstedt, and Eriksson (2013) highlighted the role of youth sports clubs as health-promoting settings, which can be paralleled with voluntary organizations in their ability to foster healthy lifestyles and social connections among youth (Geidne et al., 2013).

In addition to health benefits, voluntary activities have been shown to play a crucial role in the socialization and



integration of young individuals into their communities. Jaszczak, Vaznonienė, and Vaznonis (2018) emphasized the importance of community spaces, such as green infrastructure, in promoting youth integration and participation. These findings underscore the need for creating supportive environments that encourage youth involvement in community activities, thereby enhancing their sense of belonging and social responsibility (Jaszczak et al., 2018).

Volunteering also serves as a critical tool for social cohesion and the prevention of negative behaviors among youth. Klevens (2014) argued that parental warmth, support, and control are essential in preventing adolescent misbehavior, suggesting that structured voluntary activities could provide an additional layer of support for at-risk youth (Klevens, 2014). This is further supported by the work of Obradovic-Tomasevic et al. (2019), who found that participation in voluntary programs can reduce the likelihood of violence victimization and violent behavior among youth, indicating the protective benefits of engagement in positive social activities (Obradovic-Tomasevic et al., 2019).

The cultural and religious dimensions of volunteerism are also significant, particularly in contexts where these factors strongly influence social behavior. Gunnoe and Moore (2002) identified religiosity as a key predictor of youth engagement in voluntary activities, highlighting the importance of cultural and religious values in shaping young individuals' motivations to contribute to their communities (Gunnoe & Moore, 2002). Herdiana (2023) further emphasized the role of religious moderation as a unifying community value that can be promoted through youth volunteerism, demonstrating how cultural and religious contexts can be leveraged to enhance youth participation in voluntary activities (Herdiana, 2023).

The role of voluntary organizations in youth development is not limited to social and cultural integration but extends to professional and leadership development. Cutright (2024) discussed the concept of "volunteering for a job," where youth engage in voluntary activities as a means to enhance their employability and gain professional experience (Cutright, 2024). This notion aligns with the findings of Layapan, Esa, and Ationg (2022), who highlighted the significance of leadership ethics in the development of

youth voluntary organizations, particularly in fostering a new generation of ethical and capable leaders (Layapan et al., 2022).

Despite the numerous benefits associated with youth volunteerism, several challenges hinder the effective engagement of young individuals in voluntary activities. One of the primary obstacles is the lack of awareness and information about available opportunities. As noted by Bimenyimana (2024), the success of youth volunteer programs, such as those implemented during the COVID-19 pandemic in Rwanda, depends heavily on effective communication and outreach strategies that inform and motivate youth to participate (Bimenyimana, 2024). This is echoed by Palad et al. (2023), who stressed the importance of policy evaluation in promoting physical activity among Filipino youth, suggesting that similar strategies could be applied to enhance youth engagement in volunteerism (Palad et al., 2023).

Resource constraints also pose significant challenges to youth volunteerism. Mamsharifi et al. (2021) highlighted the role of voluntary function in preventing addiction potential among Iranian youth, noting that insufficient resources and support can limit the effectiveness of such programs (Mamsharifi et al., 2021). This issue is further compounded by organizational barriers, such as bureaucratic inefficiencies and lack of proper training, which can deter youth from sustained involvement in voluntary activities (Hartje et al., 2007).

Moreover, social and cultural barriers, including gender norms and family expectations, can restrict youth participation in volunteerism. Le and Johansen (2011) explored the relationship between school multiculturalism and interpersonal violence, suggesting that social norms and cultural expectations play a significant role in shaping youth behavior and participation in community activities (Le & Johansen, 2011). In this context, addressing cultural barriers and promoting inclusivity are essential for fostering a supportive environment that encourages all youth to engage in voluntary activities.

The psychological aspects of youth volunteerism, such as motivation and self-efficacy, are also crucial for sustained engagement. Frisco, Muller, and Dodson (2004) found that participation in voluntary youth-serving associations positively influences early adult voting behavior, indicating that early involvement in voluntary activities can lead to long-term civic

engagement (Frisco et al., 2004). This highlights the importance of addressing psychological barriers, such as fear of failure or lack of confidence, which can hinder youth from participating in volunteerism (Gunnoe & Moore, 2002).

In response to these challenges, various strategies have been proposed to enhance youth engagement in voluntary activities. One such strategy is the implementation of awareness campaigns that leverage social media and other communication platforms to reach a broader audience. As Seddighi, Salmani, and Seddighi (2020) demonstrated in their analysis of a youth voluntary program in Iran, effective communication and outreach are key to increasing participation rates and ensuring the success of voluntary initiatives (Seddighi et al., 2020).

Incentive programs are another effective strategy for promoting youth volunteerism. McFarland and Thomas (2006) argued that offering tangible rewards, such as scholarships or professional certifications, can motivate youth to participate in voluntary activities, particularly those who may not initially be inclined to engage (McFarland & Thomas, 2006). This approach is supported by the findings of Vermeulen, Laméris, and Minkoff (2015), who emphasized the importance of legitimacy and recognition in voluntary leisure organizations, suggesting that similar principles could be applied to youth volunteer programs (Vermeulen et al., 2015).

Capacity building and training programs are also essential for equipping youth with the skills and knowledge necessary for effective volunteerism. Hertting, Grahn, and Wagnsson (2022) discussed the importance of supportive structures for coaches' learning and well-being in youth sports, which can be translated into the context of volunteerism by providing adequate training and support for young volunteers (Hertting et al., 2022). This aligns with the findings of Kuratsubo et al. (2022), who highlighted the impact of lifestyle changes and activity levels among youth during the COVID-19 pandemic, underscoring the need for ongoing support and adaptation in youth programs (Kuratsubo et al., 2022).

Community involvement and partnerships are critical for the success of youth volunteer initiatives. Leek (2019) explored the experiences of teachers in supporting youth participation in schools, emphasizing

the importance of community collaboration in fostering an environment conducive to youth engagement (Leek, 2019). Similarly, Musoke et al. (2020) utilized the photovoice method to explore the potential role of youth in contributing to maternal health in rural Uganda, demonstrating how community-based approaches can enhance youth participation in voluntary activities (Musoke et al., 2020).

Flexible volunteering options, such as short-term projects or virtual volunteering, have also been suggested as a means to accommodate the diverse schedules and commitments of youth. Quintelier (2008) examined the political activity of youth involved in different types of associations, suggesting that providing a range of volunteering opportunities can cater to the varied interests and availability of young individuals (Quintelier, 2008). This is particularly relevant in the context of the digital age, where virtual volunteering can offer a viable alternative for those unable to participate in traditional, in-person activities (Staiano et al., 2012).

Finally, the establishment of support systems, including mental health resources and peer support groups, is crucial for sustaining youth engagement in volunteerism. Xuan et al. (2017) highlighted the role of social support in promoting healthy behaviors among youth, which can be extended to the context of volunteerism by providing emotional and psychological support to young volunteers (Xuan et al., 2017). This approach is further supported by the work of Wallace, Hooper, and Persad (2012), who discussed the importance of fictive kin and social networks in supporting youth, indicating that similar support structures could enhance the volunteer experience (Wallace et al., 2012).

In conclusion, the engagement of youth in voluntary activities is influenced by a complex interplay of factors, including motivations, barriers, and strategies for enhancement. The youth, being a dynamic and energetic demographic, hold immense potential to contribute to various social causes, including humanitarian efforts led by organizations such as Hilal Ahmar. This study aims to explore the design of a model for promoting voluntary activities among youth, with a specific focus on humanitarian approaches within the Hilal Ahmar context.

2. Methods and Materials

2.1. Study Design and Participants

This qualitative study focused on experts, managers, directors, officials, deputies, and trainers within the Hilal Ahmar, as well as subject matter experts and stakeholders at the national level across various provinces in the country. A purposive sampling method was used to select 15 participants who were involved in interviews. The sampling continued until data saturation was achieved. The inclusion criteria for the study participants were having relevant experience and knowledge of the subject matter.

2.2. Measures

Data collection in this study was conducted through both library and field methods. For gathering information related to the literature review and research background, library methods were employed. For the collection of quantitative and qualitative data, field methods were utilized. Specifically, semi-structured interviews were used to gather qualitative data. The interview questions were validated by five faculty members specializing in education, sociology, and psychology, who had research experience and teaching backgrounds in the relevant fields. Interviews were conducted both in person and over the phone. Each interview was transcribed immediately after completion, and the analysis of the interviews was performed after each session before proceeding to the next one, ensuring that data saturation was reached.

2.3. Data Analysis

The qualitative data in this study were analyzed using thematic analysis. This method involves identifying, analyzing, and reporting patterns (themes) within the data. The thematic analysis process began with the

researcher identifying meaningful patterns and topics with potential interest. This analysis required continuous movement back and forth between the entire dataset and the coded summaries, alongside the analysis of emerging data. Thematic analysis is an iterative process where the researcher moves between the stages of analysis to refine and distill the themes. The process included three stages of coding based on the systematic approach of grounded theory as proposed by Strauss and Corbin (2008): open coding, axial coding, and selective coding. This systematic coding process was essential for the comprehensive analysis of the qualitative data.

To ensure the validity of the qualitative phase of the research, a triangulation method was employed. In addition to selecting overarching, organizing, and basic themes through the study of theoretical foundations, research background, and research objectives, the guidance and feedback of supervisors, advisors, and three faculty members with research and teaching experience in the relevant field were incorporated.

3. Findings and Results

The findings of this study provide a comprehensive understanding of the factors influencing voluntary activities among youth in the Hilal Ahmar, as well as the challenges faced and the outcomes of such engagement. Through thematic analysis of the qualitative data, several key themes emerged that highlight the motivations, barriers, strategies, and impacts associated with volunteering. These themes were derived from in-depth interviews with experts, managers, and volunteers within the organization, offering valuable insights into the dynamics of youth participation in humanitarian efforts. The results are presented in four main categories, each comprising multiple subthemes that reflect the diverse experiences and perspectives of the participants.

Table 1

The Results of Thematic Analysis

Category (Main Theme)	Subcategories (Subthemes)	Concepts (Open Codes)
1. Motivations for Volunteering	1.1. Altruism and Compassion	Helping others, Empathy, Community welfare, Humanitarian values, Moral responsibility
	1.2. Personal Development	Skill acquisition, Self-esteem boost, Leadership development, Career advancement, Learning opportunities
	1.3. Social Connections	Networking, Building friendships, Social support, Sense of belonging
	1.4. Cultural and Religious Values	Religious teachings, Cultural norms, Family influence, Tradition adherence

	1.5. Recognition and Rewards	Certificates, Public acknowledgment, Awards, Social recognition
2. Challenges in Volunteer Engagement	2.1. Lack of Awareness	Limited outreach, Lack of information, Inadequate promotion, Miscommunication
	2.2. Resource Constraints	Funding issues, Lack of materials, Insufficient facilities, Poor infrastructure
	2.3. Time Constraints	Busy schedules, Work commitments, Academic pressures, Family responsibilities
3. Strategies for Enhancing Participation	2.4. Organizational Barriers	Bureaucracy, Ineffective management, Lack of support, Inadequate training
	2.5. Social and Cultural Barriers	Gender norms, Cultural taboos, Family disapproval, Stigma surrounding volunteering
	2.6. Psychological Barriers	Fear of failure, Lack of confidence, Burnout risk, Anxiety about new experiences
	3.1. Awareness Campaigns	Social media promotion, Community outreach, Educational programs, Public events
	3.2. Incentive Programs	Scholarships, Professional certifications, Monetary incentives, Career benefits, Mentorship opportunities
	3.3. Capacity Building	Training workshops, Skill development programs, Leadership training, Volunteer orientations
4. Outcomes of Voluntary Participation	3.4. Community Involvement	Partnerships with local organizations, Engaging community leaders, Family involvement, Peer influence
	3.5. Flexible Volunteering Options	Short-term projects, Virtual volunteering, Part-time commitments, Customized schedules
	3.6. Support Systems	Mental health resources, Peer support groups, Counseling services, Mentorship programs
	4.1. Social Impact	Community development, Improved public health, Education enhancement, Social cohesion
	4.2. Personal Growth	Increased self-confidence, Enhanced leadership skills, Improved problem-solving abilities, Broadened worldview
	4.3. Professional Development	Work experience, Career advancement, Networking opportunities, Skillset expansion
	4.4. Cultural Understanding	Exposure to diverse cultures, Increased tolerance, Cultural awareness, Breaking stereotypes
	4.5. Emotional Well-being	Increased happiness, Sense of fulfillment, Reduced stress, Emotional resilience
	4.6. Social Recognition	Public acknowledgment, Increased reputation, Community respect, Social prestige

1. Motivations for Volunteering

1.1. Altruism and Compassion:

Participants expressed that a primary motivation for engaging in volunteer activities is the desire to help others and contribute to the well-being of the community. Concepts such as empathy, community welfare, and moral responsibility were frequently mentioned. One interviewee shared, "I volunteer because I believe in the importance of helping others and giving back to the community. It's a way to practice humanitarian values."

1.2. Personal Development:

Many participants highlighted personal development as a key motivation, citing the opportunity to acquire new skills, boost self-esteem, and develop leadership qualities. Some also saw volunteering as a stepping stone for career advancement. "Volunteering has given me the chance to learn new things and improve my leadership skills, which I know will benefit my career in the long run," said one participant.

1.3. Social Connections:

The opportunity to build social connections and a sense of belonging also emerged as a significant motivator. Participants mentioned networking, building friendships, and gaining social support as important factors. One interviewee noted, "Through volunteering, I've made lifelong friends and become part of a supportive community."

1.4. Cultural and Religious Values:

Cultural and religious values played a significant role in motivating participants. Many cited religious teachings, cultural norms, and family influences as reasons for their involvement in volunteer activities. One participant stated, "Volunteering is a way to fulfill my religious duties and uphold the values that my family has always taught me."

1.5. Recognition and Rewards:

While less emphasized, some participants mentioned that recognition and rewards, such as certificates, public acknowledgment, and awards, served as additional

motivators. "It's encouraging to receive a certificate or some form of recognition for the hard work we put in," said one interviewee.

2. Challenges in Volunteer Engagement

2.1. Lack of Awareness:

A major challenge identified was the lack of awareness about volunteer opportunities. Concepts like limited outreach, lack of information, and inadequate promotion were frequently mentioned. One participant noted, "Many people don't volunteer simply because they don't know where or how to get involved."

2.2. Resource Constraints:

Resource constraints, including funding issues, lack of materials, and insufficient facilities, were also highlighted as barriers to effective volunteer engagement. "We often face challenges in getting the resources we need, whether it's funding or basic supplies," mentioned one interviewee.

2.3. Time Constraints:

Time constraints were another common challenge, with participants citing busy schedules, work commitments, and family responsibilities as obstacles to volunteering. "Balancing work, family, and volunteering can be tough. There just aren't enough hours in the day," one participant shared.

2.4. Organizational Barriers:

Several participants pointed out organizational barriers, such as bureaucracy, ineffective management, and lack of support, which hindered their volunteering experience. "Sometimes the bureaucracy within the organization makes it difficult to carry out our volunteer activities effectively," stated one interviewee.

2.5. Social and Cultural Barriers:

Social and cultural barriers, including gender norms, cultural taboos, and family disapproval, were also mentioned as factors that discourage volunteering. "In some communities, there are still strong cultural taboos that prevent people, especially women, from participating in volunteer work," explained one participant.

2.6. Psychological Barriers:

Psychological barriers such as fear of failure, lack of confidence, and anxiety about new experiences were identified as significant challenges. One interviewee remarked, "The fear of not being good enough or failing can stop people from stepping forward to volunteer."

3. Strategies for Enhancing Participation

3.1. Awareness Campaigns:

To enhance participation, participants suggested increasing awareness through social media promotion, community outreach, and educational programs. "Awareness is key. More people would volunteer if they knew about the opportunities available to them," said one participant.

3.2. Incentive Programs:

Incentive programs, including scholarships, professional certifications, and monetary incentives, were proposed as effective strategies for encouraging volunteerism. "Offering incentives like scholarships or certificates could motivate more young people to get involved," one interviewee suggested.

3.3. Capacity Building:

Participants emphasized the importance of capacity building through training workshops, skill development programs, and leadership training. "Providing proper training and development opportunities would equip volunteers with the skills they need to succeed," remarked one participant.

3.4. Community Involvement:

Engaging the broader community, including partnerships with local organizations and involvement of community leaders, was seen as crucial for promoting volunteer activities. "When the entire community is involved, it creates a supportive environment that encourages more people to volunteer," noted one interviewee.

3.5. Flexible Volunteering Options:

Flexible volunteering options, such as short-term projects, virtual volunteering, and part-time commitments, were recommended to accommodate diverse schedules. "Offering more flexible options would make it easier for people with busy lives to participate," one participant explained.

3.6. Support Systems:

The establishment of support systems, including mental health resources, peer support groups, and counseling services, was suggested as a way to sustain volunteer engagement. "Having a strong support system can help volunteers cope with the emotional and psychological demands of their work," one interviewee stated.

4. Outcomes of Voluntary Participation

4.1. Social Impact:

Participants acknowledged the significant social impact of their volunteer work, including community

development, improved public health, and enhanced social cohesion. "Volunteering has a ripple effect, positively impacting not just individuals, but the entire community," one participant reflected.

4.2. Personal Growth:

Personal growth, such as increased self-confidence, enhanced leadership skills, and a broadened worldview, was frequently cited as an outcome of volunteer participation. "Volunteering has helped me grow as a person and has given me a new perspective on life," shared one interviewee.

4.3. Professional Development:

Many participants noted the professional development benefits, including work experience, career advancement, and networking opportunities. "The experience I've gained through volunteering has opened doors for me professionally," one participant mentioned.

4.4. Cultural Understanding:

Volunteering also contributed to cultural understanding, exposing participants to diverse cultures and increasing tolerance. "Through volunteering, I've learned to appreciate and respect cultural differences," one interviewee said.

4.5. Emotional Well-being:

Several participants reported improvements in their emotional well-being, including increased happiness, a sense of fulfillment, and reduced stress. "Volunteering makes me feel good about myself and gives me a sense of purpose," noted one participant.

4.6. Social Recognition:

Finally, social recognition, such as public acknowledgment and increased reputation, was identified as a positive outcome of volunteering. "Being recognized for my volunteer work has not only boosted my confidence but also earned me respect in my community," said one participant.

4. Discussion and Conclusion

This study aimed to design a model for promoting voluntary activities based on humanitarian approaches among youth within the Hilal Ahmar. Through qualitative analysis, several key themes were identified, including motivations for volunteering, challenges in volunteer engagement, strategies for enhancing participation, and the outcomes of voluntary participation. These findings provide valuable insights into the factors influencing youth engagement in

voluntary activities and offer a foundation for developing effective strategies to promote and sustain such engagement.

The findings revealed that altruism and compassion, personal development, social connections, cultural and religious values, and recognition and rewards are the primary motivations driving youth to engage in voluntary activities. These motivations align with previous studies that have explored the reasons behind youth involvement in volunteerism. For instance, the emphasis on altruism and compassion as a motivating factor is consistent with findings from McFarland and Thomas (2006), who highlighted the role of civic duty and social responsibility in motivating youth to participate in voluntary associations (McFarland & Thomas, 2006). Similarly, the desire for personal development, including skill acquisition and career advancement, echoes the findings of Cutright (2024), who discussed the concept of "volunteering for a job" as a means for youth to enhance their employability (Cutright, 2024).

The role of social connections in motivating youth to volunteer is also well-documented in the literature. As noted by Wallace, Hooper, and Persad (2012), social networks and the desire to build friendships and gain social support are significant factors influencing youth participation in various activities (Wallace et al., 2012). This finding is further supported by Jaszczak, Vaznonienė, and Vaznonis (2018), who emphasized the importance of community spaces in promoting youth integration and social interaction (Jaszczak et al., 2018). Cultural and religious values also emerged as strong motivators for youth volunteerism, particularly in contexts where these factors play a significant role in shaping social behavior. This finding aligns with the work of Gunnoe and Moore (2002), who identified religiosity as a key predictor of youth engagement in voluntary activities (Gunnoe & Moore, 2002). Additionally, Herdiana (2023) highlighted the role of religious moderation in promoting community values among youth, further supporting the idea that cultural and religious contexts can be leveraged to enhance youth participation in volunteerism (Herdiana, 2023).

Recognition and rewards, while less emphasized, were also identified as motivating factors for youth volunteerism. This finding is consistent with the work of Vermeulen, Laméris, and Minkoff (2015), who discussed

the importance of legitimacy and recognition in voluntary leisure organizations (Vermeulen et al., 2015). The provision of certificates, public acknowledgment, and other forms of recognition can serve as incentives for youth to engage in and continue their involvement in voluntary activities.

The study identified several challenges to youth engagement in volunteer activities, including lack of awareness, resource constraints, time constraints, organizational barriers, social and cultural barriers, and psychological barriers. These challenges are consistent with those reported in previous studies.

The lack of awareness about volunteer opportunities is a well-documented barrier to youth engagement. Bimenyimana (2024) highlighted the importance of effective communication and outreach strategies in informing and motivating youth to participate in volunteer programs (Bimenyimana, 2024). This finding is also supported by Palad et al. (2023), who emphasized the role of policy evaluation in promoting physical activity among youth, suggesting that similar strategies could be applied to enhance awareness and participation in volunteerism (Palad et al., 2023).

Resource constraints, including funding issues and insufficient facilities, were also identified as significant barriers to youth volunteerism. This finding is consistent with the work of Mamsharifi et al. (2021), who noted that inadequate resources can limit the effectiveness of voluntary programs in preventing addiction potential among youth (Mamsharifi et al., 2021). Organizational barriers, such as bureaucratic inefficiencies and lack of proper training, further exacerbate these challenges (Hartje et al., 2007).

Time constraints, including busy schedules and work commitments, were frequently mentioned by participants as obstacles to their involvement in volunteer activities. This finding aligns with the work of Quintelier (2008), who discussed the challenges of balancing multiple commitments and the impact on youth participation in civic activities (Quintelier, 2008). Similarly, social and cultural barriers, such as gender norms and family expectations, were identified as factors that can restrict youth involvement in volunteerism. Le and Johansen (2011) explored the influence of social norms and cultural expectations on youth behavior, suggesting that these factors can significantly impact

participation in community activities (Le & Johansen, 2011).

Psychological barriers, including fear of failure and lack of confidence, were also highlighted as challenges to youth engagement in volunteerism. This finding is supported by Gunnoe and Moore (2002), who discussed the importance of self-efficacy in youth participation in voluntary activities. Addressing these psychological barriers is crucial for fostering a supportive environment that encourages youth to take part in volunteerism (Gunnoe & Moore, 2002).

The study identified several strategies for enhancing youth participation in voluntary activities, including awareness campaigns, incentive programs, capacity building, community involvement, flexible volunteering options, and support systems. These strategies align with existing literature on promoting youth engagement in volunteerism.

Awareness campaigns were identified as a critical strategy for increasing youth participation in volunteer activities. This finding is consistent with the work of Seddighi, Salmani, and Seddighi (2020), who emphasized the importance of effective communication and outreach in increasing participation rates in voluntary programs (Seddighi et al., 2020). The use of social media and other communication platforms can play a significant role in reaching a broader audience and informing youth about available opportunities.

Incentive programs, such as scholarships, professional certifications, and monetary rewards, were also suggested as effective strategies for promoting youth volunteerism. McFarland and Thomas (2006) discussed the role of tangible rewards in motivating youth to engage in voluntary activities, particularly those who may not initially be inclined to participate. Offering such incentives can attract a wider range of participants and encourage sustained involvement (McFarland & Thomas, 2006).

Capacity building and training programs were highlighted as essential for equipping youth with the skills and knowledge necessary for effective volunteerism. Hertting, Grahn, and Wagnsson (2022) discussed the importance of supportive structures for coaches' learning and well-being in youth sports, suggesting that similar approaches could be applied to youth volunteer programs (Hertting et al., 2022). Providing adequate training and development

opportunities can enhance the effectiveness of youth volunteers and increase their confidence in their abilities.

Community involvement and partnerships were also identified as critical for the success of youth volunteer initiatives. Leek (2019) explored the experiences of teachers in supporting youth participation in schools, emphasizing the importance of community collaboration in fostering an environment conducive to youth engagement (Leek, 2019). Similarly, Musoke et al. (2020) demonstrated how community-based approaches can enhance youth participation in voluntary activities, particularly in rural settings (Musoke et al., 2020).

Flexible volunteering options, such as short-term projects or virtual volunteering, were suggested as a means to accommodate the diverse schedules and commitments of youth. This finding aligns with the work of Quintelier (2008), who discussed the importance of providing a range of volunteering opportunities that cater to the varied interests and availability of young individuals. In the digital age, virtual volunteering offers a viable alternative for those unable to participate in traditional, in-person activities (Quintelier, 2008; Staiano et al., 2012).

Finally, the establishment of support systems, including mental health resources and peer support groups, was identified as crucial for sustaining youth engagement in volunteerism. Xuan et al. (2017) highlighted the role of social support in promoting healthy behaviors among youth, suggesting that similar support structures could enhance the volunteer experience (Xuan et al., 2017). Providing emotional and psychological support to young volunteers can help mitigate the challenges they face and encourage continued participation.

The study found that youth participation in voluntary activities leads to significant social, personal, and professional outcomes. These outcomes align with the findings of previous studies and underscore the value of volunteerism in youth development.

Social impact, including community development and social cohesion, was one of the primary outcomes of youth volunteerism identified in the study. This finding is consistent with the work of Musoke et al. (2020), who demonstrated the potential of youth to contribute to community health and development through volunteer activities (Musoke et al., 2020). Similarly, McFarland and Thomas (2006) highlighted the role of youth voluntary

associations in fostering civic engagement and social responsibility (McFarland & Thomas, 2006).

Personal growth, including increased self-confidence and enhanced leadership skills, was also identified as a significant outcome of youth volunteerism. This finding aligns with the work of Hertting, Grahn, and Wagnsson (2022), who discussed the impact of supportive environments on the personal development of youth in sports settings (Hertting et al., 2022). Volunteerism provides young individuals with opportunities to develop their leadership abilities and gain a broader perspective on social issues.

Professional development, including work experience and career advancement, was another key outcome of youth participation in voluntary activities. This finding is supported by the work of Cutright (2024), who discussed the concept of "volunteering for a job" as a means for youth to enhance their employability and gain professional experience (Cutright, 2024). Engaging in volunteer activities allows youth to build valuable skills and networks that can benefit them in their future careers.

Cultural understanding, including increased tolerance and cultural awareness, was also identified as an outcome of youth volunteerism. This finding aligns with the work of Gunnoe and Moore (2002), who highlighted the role of religiosity and cultural values in shaping youth behavior (Gunnoe & Moore, 2002). Volunteering provides young individuals with opportunities to interact with diverse groups and gain a deeper understanding of different cultures, which can contribute to greater social harmony.

Finally, emotional well-being, including increased happiness and a sense of fulfillment, was reported as an outcome of youth participation in voluntary activities. This finding is consistent with the work of Xuan et al. (2017), who discussed the positive impact of social support on youth mental health. Volunteering allows young individuals to engage in meaningful activities that contribute to their emotional and psychological well-being (Xuan et al., 2017).

While this study provides valuable insights into the factors influencing youth engagement in voluntary activities within the Hilal Ahmar, it is not without limitations. First, the study's qualitative nature, relying on interviews with a limited number of participants, may not fully capture the diversity of experiences and

perspectives of all youth involved in volunteerism. The purposive sampling method, while useful for gaining in-depth insights, may also introduce bias, as participants were selected based on their involvement in Hilal Ahmar activities and may not represent the broader population of youth volunteers.

Additionally, the study focused primarily on the Hilal Ahmar context, which may limit the generalizability of the findings to other organizations or cultural settings. The unique cultural and religious factors influencing youth participation in Hilal Ahmar may not be applicable to volunteer activities in other regions or among different demographic groups.

Furthermore, the study did not quantitatively measure the impact of the identified strategies on youth participation rates or outcomes, limiting the ability to assess the effectiveness of these strategies. Future research could benefit from a mixed-methods approach, incorporating both qualitative and quantitative data to provide a more comprehensive understanding of youth volunteerism.

Future research should aim to address the limitations identified in this study by expanding the scope of inquiry to include a more diverse and representative sample of youth volunteers. This could involve exploring youth engagement in volunteer activities across different organizations, regions, and cultural contexts to identify common factors and unique challenges that may influence participation.

Additionally, future studies could employ longitudinal research designs to examine the long-term impact of voluntary activities on youth development and community outcomes. By tracking participants over time, researchers could gain a deeper understanding of how sustained involvement in volunteerism contributes to personal growth, professional development, and social change.

Quantitative research could also be used to evaluate the effectiveness of specific strategies for enhancing youth participation in voluntary activities. For example, experimental or quasi-experimental designs could be employed to assess the impact of awareness campaigns, incentive programs, or capacity-building initiatives on youth participation rates and outcomes. Such research could provide valuable evidence to inform the development of targeted interventions to promote volunteerism among youth.

Finally, future research could explore the role of technology in facilitating youth engagement in volunteer activities. As the digital landscape continues to evolve, virtual volunteering and online platforms may offer new opportunities for youth to contribute to social causes. Investigating the effectiveness of these digital approaches in promoting volunteerism could provide insights into how organizations can leverage technology to engage a broader audience of young volunteers.

Based on the findings of this study, several practical recommendations can be made for organizations, including Hilal Ahmar, to enhance youth engagement in voluntary activities. First, organizations should invest in comprehensive awareness campaigns that leverage social media and other digital platforms to inform and inspire youth to participate in volunteerism. These campaigns should highlight the diverse opportunities available and emphasize the personal and social benefits of volunteering.

Organizations should also consider implementing incentive programs that offer tangible rewards, such as scholarships, professional certifications, or monetary incentives, to motivate youth to engage in voluntary activities. These incentives can be particularly effective in attracting youth who may be hesitant to participate due to competing commitments or financial constraints. Capacity building and training programs should be prioritized to equip youth with the skills and knowledge necessary for effective volunteerism. Providing ongoing support and development opportunities can enhance the confidence and competence of youth volunteers, leading to more impactful and sustained engagement.

Involving the broader community in volunteer initiatives is also crucial for creating a supportive environment that encourages youth participation. Organizations should seek partnerships with local schools, community groups, and religious institutions to foster a culture of volunteerism and ensure that youth have access to a wide range of opportunities to contribute to their communities.

Finally, organizations should consider offering flexible volunteering options, including short-term projects and virtual volunteering, to accommodate the diverse schedules and commitments of youth. Providing mental health resources and peer support systems can also help sustain youth engagement by addressing the psychological barriers that may hinder participation.

By implementing these strategies, organizations like Hilal Ahmar can effectively promote voluntary activities among youth, fostering a generation of socially responsible and engaged individuals who are committed to making a positive impact in their communities.

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethical Considerations

In this research, ethical standards including obtaining informed consent, ensuring privacy and confidentiality were observed.

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