

## Factors of Participation of College Students' Voluntary Affecting Social Adaptability: A Case Study of Jining University Affecting

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### Abstract

The objectives of this study were 1) To study the main motivations and reasons for university students' participation in volunteer activities. 2) To study the relationship between university students' participation in volunteer activities and social adaptability. 3) To study Strategies for Enhancing Social Adaptability through Volunteer Activities. This research is quantitative research using online questionnaires to collect data. 220 university students at Jining University students were the sample.

The results concluded that university students' participation in volunteer service activities has a positive correlation with their social adaptability and participation in volunteer service activities, it plays a positive role in promoting personal growth, enhancing competitiveness, and obtaining satisfaction.

**Keywords:** Voluntary Service, Social Adaptability, Personal Growth

### Introduction

As an effective way of education, the university voluntary service should focus on the five aspects of education, and make clear the goals of strengthening the body with the will, cultivating the beauty with the will promoting the work with the will, giving full play to the function of educating people through voluntary service, and cultivate the new generation of all-round development of morality, intelligence, physical and aesthetic work. (Ke, 2023)

The 21st century presents both opportunities and challenges. In an increasingly competitive society, how to better adapt to the environment and face challenges is

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an inevitable concern for every new graduate. University students are the most vibrant and dynamic segment of this era and represent an essential force for national construction and social development. The quality of their comprehensive capabilities affects them and has implications for the nation's growth and prosperity. (Wei, 2016) Most university students frequently suffer from insufficient social adaptability due to high job pressure, extensive reliance on social media, and psychological health difficulties. This causes the appearance of emotional diseases like depression and anxiety, which impede their holistic development.

However, many factors affect university students' social adaptability. Wei (2016) discovered that university students' social adaptation is influenced by the students themselves, their families, and society. However, Wei did not consider the Education Institute or any other factors that affect university students' ability to adapt socially. So, this research aims to bridge that gap by studying other factors, especially participation in volunteer activities, which can affect university students' social adaptability.

### **Research Objectives**

1. To study the main motivations and reasons for university students' participation in volunteer activities.
2. To study the relationship between university students' participation in volunteer activities and social adaptability.
3. To study Strategies for Enhancing Social Adaptability through Volunteer Activities.

### **Literature Review and Concepts**

There is a significant positive correlation between the dimensions of university students' participation in volunteer service activities and their psychological well-being and socio-developmental growth. The degree of involvement, commitment, interaction with other members, and achievement of anticipated goals in college student volunteer activities have varying degrees of impact on their moral-cognitive awareness, personality development traits, and social adaptability.

University students' social adaptability refers to their ability to actively regulate themselves in the process of interacting with the societal environment, maintaining a harmonious and balanced relationship with society. It encompasses not

only the ability of college students to adapt to the environment and survive after graduation but also various adaptability skills during their academic tenure. (Hui, 2012)

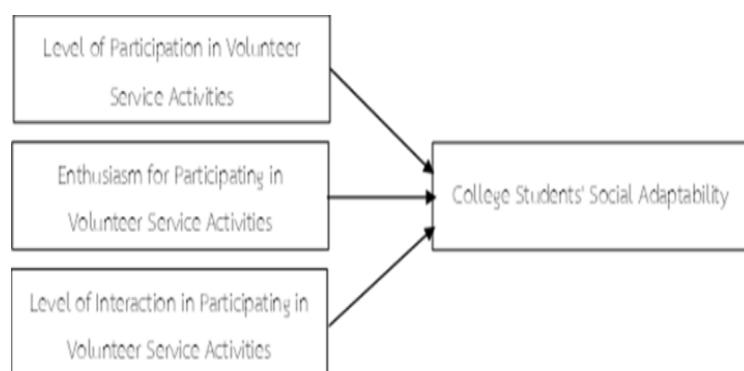
Moral socialization of college students is the process by which they internalize certain societal moral norms into personal moral qualities and develop good behavioral habits and beliefs consistent with social moral standards under the guidance of society and education. Its development is closely related to one's social relationships.

Professor Ding Zhaozhong, a renowned medical psychologist in China, pointed out that the most critical aspect of human psychological adaptation is adapting to interpersonal relationships. Therefore, human psychological disorders mainly stem from imbalanced interpersonal relationships. (Hua, 2013)

The Chinese culture has a long history, as an important element of Chinese culture, Benevolence, Universal love" and other ideas, and the spirit of volunteerism along the same line, become an important ideological source of China's voluntary service. (Xiaoli, 2023)

The youth voluntary service is an important carrier for the Communist Youth League in colleges and universities to establish morality and cultivate people through practice and an important way for young students to serve society and grow and progress. (The Central Committee of the Communist Youth League, 2022)

### Conceptual Framework



**Fig. 1** Conceptual Framework

### Research Methodology

This research is quantitative, using an online questionnaire as a data collection tool. To ensure the representativeness and reliability of samples, this research sample was selected using the probability random sampling approach.

## Population and Sample

This research population is university students from Jining University in the academic years 2020, 2021, and 2022. A probability random sampling method was employed, and 220 samples were collected from students across the academic years 2020 to 2022.

## Instrument

This research's instruments are online closed-ended questions questionnaires. The questionnaire consisted of a total of 30 items, all of which were relevant to the factors of volunteer activities affecting social adaptation capability.

1. Pre-testing: Before the formal publication of the paper, a small group of students from Jining University were selected for a pre-test to assess the clarity and logic of the questions in the questionnaire, as well as to identify any aspects that may be unclear. The results of the test are not included in the conclusions.

2. Content Validity: Experts in the fields of volunteer services, career development, and sociology were engaged to evaluate the content of the questionnaire, ensuring that the questions comprehensively covered the research topic and were relevant.

3. Internal Consistency: Closed-ended questions were assessed for internal consistency using methods such as Cronbach's alpha to ensure coherence among the questions.

4. Factor Analysis: Factor analysis was conducted on the closed-ended questions to validate whether the conceptual framework of the questions aligned with expectations.

In this study, the variable coefficient is greater than 0.9, indicating that the internal consistency of the questionnaire is very high and can be almost completely accepted. It shows that the questionnaire has superior reliability, as shown in Table 1.

**Table 1** Reliability Analysis

Variable	Number of Items	Cronbach's Alpha
Level of Participation in Volunteer Service Activities	6	0.907
Enthusiasm for Participating in Volunteer Service Activities	8	0.959
Level of Interaction in Participating in Volunteer Service Activities	6	0.940
University students' Social Adaptability	6	0.959

## Data Gathering and Data Analysis

The research data was collected through online questionnaires, serving as the research tool to gather primary data from 220 samples. A total of 215 questionnaires were submitted and 215 were valid, Multiple Regression Analysis was used to analyze the data.

## Research Results

### 1. Basic information of the sample:

A total of 215 valid questionnaires were collected in this survey. There are 100 male respondents, accounting for 46.5% of this survey, and 115 female respondents, accounting for 53.5%. More women than men took part in the survey, as shown in Table 2

**Table 2** Gender

		Frequency	Percent
Valid	Male	100	46.5%
	Female	115	53.5%
	Total	215	100%

There are 52 freshmen and juniors, both accounting for 24.2% of this survey; 57 sophomores, accounting for 26.5%; and 54 seniors, accounting for 25.1%, as shown in Table 3.

**Table 3** Grades of student

Valid	Freshman	52	24.2%
	Sophomore	57	26.5%
	Junior year	52	24.2%
	Senior year	54	25.1%
	Total	215	100%

### 2. Level of Participation in Volunteer Service Activities:

The degree of participation in volunteer service activities has a very strong influence on the social adaptability of college students, as shown in Table 4

**Table 4** Mean and SD of Level of Participation in Volunteer Service Activities

	Indicative Statements	Mean ( $\bar{x}$ )	Std. Deviation	Verbal Interpretation
1	How often do you participate in volunteer service activities	4.33	0.824	Very Highly importance
2	The more you participate in volunteer service activities, the more advantageous it is for your personal development	4.40	0.796	Very Highly importance
3	The more you participate in volunteer service activities, the more advantageous it is for professional knowledge or skills	4.40	0.824	Very Highly importance
4	The more you participate in volunteer activities, the more learning and life stress can be relieved	4.44	0.788	Very Highly importance
5	The more you participate in volunteer activities, the more you can strengthen your unity and cooperation with others	4.48	0.689	Very Highly importance
6	The more you participate in volunteer activities, the more confident you become in social interactions	4.55	0.687	Very Highly importance

Table 4 provides the statistical data of the independent variable "degree of participation in volunteer service activities" and the dependent variable "social adaptability of college students". In the investigation of the degree of participation in volunteer service activities on the social adaptability of college students. Mean maximum = 4.55, SD maximum = 0.824, indicating that the degree of participation in volunteer service activities has a very strong influence on the social adaptability of college students.

### 3. Level of Enthusiasm for Participating in Volunteer Service Activities:

The enthusiasm for participation in volunteer service activities has a very strong impact on the social adaptability of college students, as shown in Table 5.

**Table 5** Mean and SD of Level of Enthusiasm for Participating in Volunteer Service Activities

	Indicative Statements	Mean	Std. Deviation	Verbal Interpretation
1	Do you participate in volunteer service activities earnestly	4.56	0.622	Very Highly importance
2	Do you have enthusiasm for participating in volunteer activities	4.51	0.676	Very Highly importance
3	The higher your enthusiasm for participating in volunteer activities, the more it can foster your relationships with classmates	4.53	0.668	Very Highly importance
4	The higher your enthusiasm for participating in volunteer activities, the stronger your determination becomes	4.49	0.703	Very Highly importance
5	The more enthusiastic you are about participating in volunteer activities, the better you can handle stress and setbacks	4.49	0.716	Very Highly importance
6	The more enthusiastic you are about participating in volunteer activities, the more open-minded you become toward new situations and changes	4.54	0.660	Very Highly importance
7	When participating in volunteer service activities, do you feel they are meaningful rather than just for earning credits	4.45	0.759	Very Highly importance
8	The higher your enthusiasm for participating in volunteer service activities, the more it can promote comprehensive personal development	4.52	0.676	Very Highly importance

Table 5 provides the statistical data of the independent variable "enthusiasm for volunteering activities" and the dependent variable "social adaptability of college students". In the investigation of the degree of participation in volunteer service activities on the social adaptability of college students, the Mean maximum =4.56, SD

maximum =0.759, indicating that "enthusiasm for participation in volunteer service activities" has a very strong impact on "social adaptability of college students".

#### 4. Level of Interaction in Participating in Volunteer Service Activities:

The interaction level of participation in volunteer service activities has a very strong impact on university students' social adaptability, as shown in Table 6.

**Table 6** Report on Mean and SD of Level of Interaction in Participating in Volunteer Service Activities

Indicative Statements	Mean	Std. Deviation	Verbal Interpretation
1.Have you achieved satisfying results during volunteer activities	4.47	.735	Very Highly importance
2.The higher the level of interaction in participating in volunteer service, the more you can gain new insights into things	4.57	.651	Very Highly importance
3.The higher the level of interaction in participating in volunteer service, the better you can engage in effective communication with others	4.53	.668	Very Highly importance
4.The higher the level of interaction in participating in volunteer service, the more likely you are to seek peaceful solutions when conflicts arise with others, rather than adopting a hostile attitude	4.56	.652	Very Highly importance
5.The higher the level of interaction in participating in volunteer service, the more you can correct your shortcomings	4.56	.666	Very Highly importance
6.Through volunteer activities, your values become more steadfast and mature	4.54	.681	Very Highly importance

Table 6 provides statistical data for the independent variable "interaction level of participation in volunteer service activities" and the dependent variable "social adaptability of university students". In the investigation of the degree of participation in volunteer service activities on university students' social adaptability, the Mean maximum =4.57, SD maximum =0.735, indicating that "interaction level of

participation in volunteer service activities" has a very strong impact on "university students' social adaptability".

**Table 7 Regression Analysis**

Model Summary					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	.961 <sup>a</sup>	.923	.922	.17220	

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	75.483	3	25.161	848.486	.000
	Residual	6.257	211	.030		
	Total	81.740	214			

From Table 7, when the F-test is performed, it is found that the model passes the F-test ( $F=848.486$ ,  $p=0.000 < 0.05$ ), which means that the construction of the model is meaningful.

Coefficients						
Model	Unstandardized Coefficients			Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.	
1 (Constant)	0.023	0.091		-0.253	0.001	
Sum Level of Participation in Volunteer Service Activities	0.032	0.063	0.033	0.513	0.008	
Sum Enthusiasm for Participating in Volunteer Service Activities	0.087	0.089	0.085	0.980	0.028	
Sum Level of Interaction in Participating in Volunteer Service Activities	0.884	0.068	0.848	12.911	0.000	
...						

in the further coefficient matrix analysis, it is found that these three independent variables have a significant impact on the dependent variables, among which the independent variable Level of Interaction in Participating in Volunteer Service Activities has the greatest impact. The second is the independent variable Level of Participation in Volunteer Service Activities and Enthusiasm for Participating in Volunteer Service Activities. The formula obtained from the analysis is as follows: Dependent variable = .023+.032 (Level of Participation in Volunteer Service Activities) +.087 (Enthusiasm for Participating in Volunteer Service Activities) +.884 (Level of Interaction in Participating in Volunteer Service Activities).

### Conclusions

#### 1. Interaction level of participation in volunteer service activities

There is a significant positive correlation between the interaction level of university students' participation in volunteer service activities and their social adaptability, and it has the greatest impact on their social adaptability. The higher the interaction level of students in the process of volunteer service, the stronger the social adaptability.

#### 2. Degree of participation in volunteer service activities

There is a positive correlation between university students' participation in degrees and their social adaptability. Students who volunteer more frequently and more actively are better at social adjustment and are better able to adapt to new situations, form good relationships with others, and deal effectively with social situations.

#### 3. Enthusiasm for participating in volunteer service activities

There is a positive correlation between university students' enthusiasm for volunteering activities and their social adaptability. Students who actively participate in volunteer service can promote the development of social adaptability, teamwork, self-growth, and social network expansion. Through active participation in voluntary service, university students can better adapt to the social environment and lay a solid foundation for personal development.

To sum up, university students' participation in volunteer service activities has a positive correlation with their social adaptability, and participation in volunteer service activities plays a positive role in promoting personal growth, enhancing competitiveness, and obtaining satisfaction.

## Suggestions

1. This study suggests that universities should encourage and support students to actively participate in volunteering activities and provide diverse volunteering opportunities to help students develop social adaptability.
2. The Educational department of the school may guide students to realize the importance of volunteering for their personal growth and social adaptation through curriculum design and tutoring activities.
3. Schools should take the initiative to strengthen cooperation with social organizations and voluntary service agencies and provide more platforms and opportunities for students to encourage university students to participate in Volunteer activities and promote their social adaptation.
4. From the perspective of students, participating in different types of volunteer service projects, such as education, environmental protection, community development, etc., can better help university students get in touch with different social issues and groups, and enhance their understanding of social diversity and adaptability.
5. Although this study has made some progress in theory and practice, there are still some limitations. For example, there may be some bias in sample selection, which affects the breadth of results. Future studies can further expand the sample scope and comprehensively consider more influencing factors to obtain a more comprehensive understanding. In general, through in-depth exploration of the relationship between university students' participation in volunteer activities and social adaptability, can provide useful reference and guidance for the development of university students.

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