

STUDENT VOLUNTEERING AND ITS BENEFITS

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ANNOTATION

In this article, information on volunteering and its benefits among university students is analyzed and highlighted.

Keywords: volunteer, student, volunteer activity, benefits of volunteering, social activity, organization.

To increase the social activity of students of higher education institutions in the world in volunteer activities, to develop their motivational aspects, to develop new pedagogical tools to support their social initiative, to form their own knowledge at their own discretion, to form their social activity a number of scientific researches are being conducted.

The Law of the Republic of Uzbekistan on Volunteering was adopted by the Legislative Chamber on November 6, 2019, and approved by the Senate on November 30, 2019. Voluntary activity is becoming more important in the development of society year by year and is considered as a direction of scientific and research work. Studying this issue with a pedagogical-conceptual approach is one of the important issues.

Foreign grant commissions pay special attention to candidates' volunteer experience. The reason is that volunteering is a very useful and valuable experience in the life of a person, especially young people. This article discusses what volunteering is, its types, and how volunteering can be beneficial for young people.¹

Volunteer - (Uzbek - volunteer) - a person or a group who willingly offers their time and labor to a public work, without any benefit. The process of doing this work is called volunteering. Many volunteers are specially trained in fields such as medicine, education or emergency response. Others serve as needed, such as in response to a natural disaster.

Volunteering is a good work where everyone is ready to invest their energy, time, knowledge and skills. Every person By volunteering, you can develop a sustainable future and contribute to building a strong civil society. A volunteer is a selfless service for the benefit and happiness of others qiluvchi, together with this, he is considered a person who performs voluntary, gratuitous, selfless, socially significant activities. volunteering - implementation of voluntary activities by citizens, their groups or voluntary organizations for the benefit of individuals and (or) legal entities;

volunteer activity is a socially oriented voluntary activity that is beneficial to the public, carried out free of charge for the benefit of individuals and/or legal entities.

It is not difficult to understand that volunteers are a huge force and energy, and when properly

¹ Khushnazarova Mamura Nodirovna, (2022/3/8) "PEDAGOGICAL AND PSYCHOLOGICAL FEATURES OF PROFESSIONAL TRAINING OF TEACHERS OF PRE-SCHOOL EDUCATIONAL ORGANIZATIONS", INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429, 11, 03, 22-26

organized, they can bring great benefits to society. So what benefits and advantages does more volunteering have for the person doing it.

1. Ability development. Volunteering gives students the opportunity to develop important life skills. These skills include leadership, teamwork, communication, time management and problem solving. Through volunteering, students learn to work with others, manage their time effectively, and solve problems as they arise. These skills are transferable, meaning students can apply them to other areas of their lives, such as school, work, and personal relationships..²

2. Personal development. Volunteering also helps students develop personally. Through volunteering, students learn about themselves and their values. They have a sense of purpose and identity that is important in life. In addition, volunteering can help build self-esteem and confidence. Students who volunteer often feel a sense of accomplishment and pride in their work, which can lead to increased self-esteem and confidence.

3. Career development. Volunteering also helps students develop their careers. Through volunteering, students gain valuable work experience. Additionally, students can network with professionals in their field of interest, which can lead to job opportunities. Many employers value volunteer experience and consider it when hiring new employees.

4. Community development. Volunteering also has a positive impact on communities. Students who volunteer help meet the needs of their community by helping the poor, protecting the environment, or providing educational opportunities. In addition, volunteerism is social, referring to the networks and relationships that exist in society helps to create capital. Social capital is essential to community functioning, and volunteering helps build it.

5. Social development. Finally, volunteering helps students' social development. Students meet new people through volunteering get to know and establish contact with them. These relationships raise social awareness and can lead to empathy. In addition, volunteering helps build a sense of community, which is important in today's society. A sense of community can help reduce feelings of isolation and loneliness that are common among students.

Some rules of volunteering. While there are many benefits to volunteering, there are a few things you should know and remember before you decide to do it.

When people who volunteer are asked about the benefits they get from volunteering, most of them say that by doing it, they feel that they are doing something useful in their life and that it increases their self-confidence and energy to move forward.

Voluntary work provides a person with a strong sense of confidence and gratitude, unlike before. In some cases, volunteering can help a person to understand his purpose in life and clarify his future plans.

Volunteering must be completely voluntary and voluntary. It is very difficult to benefit from doing this work by anyone's compulsion or exhortation.

Volunteering should only be done in your spare time. It is wrong to sacrifice time that should be spent on family, work or study because of this work. Volunteer work should never cause problems in personal life.

Before engaging in this work, a person should make sure that he is ready for it. The reason is that most volunteer activities require communication with disabled people and children, people

² Ravshanov, J. F. (2020). The importance of working with terms and concepts in teaching history. *JournalNX*, 465-469

suffering from serious diseases and lonely elderly people. A volunteer should be mentally prepared for this and not lose himself in front of them. If in doubt, start with a lighter activity. Voluntary but not without responsibility. Just because volunteering is voluntary doesn't mean it should be taken lightly. The volunteer will have to approach his work responsibly, fulfill the assigned task to the end and warn the permanent residents in unexpected situations.

Volunteers are not free labor, but a great source of energy. This often applies to organizers and outsiders. That is, it is a big mistake to look at a group of volunteers as free labor. On the contrary, only by understanding and managing their interests can this great energy be turned into something useful for society and volunteers.

In short, education of the growing young generation in the spirit of social activity is one of the urgent tasks of today. Hence, volunteering can benefit students both personally and professionally. Through volunteering, students develop important skills, increase self-esteem and confidence, and gain valuable experience that can be applied in the workplace and gain experience, positive impact, and mental health. provides opportunities to improve, broaden perspectives, and fulfill academic requirements. In addition, volunteering is to meet the needs of society and helps to build social capital.

In general, student volunteering is an important part of society and should be encouraged among students. Through volunteering, students can make a difference in the community and gain valuable skills and experiences that will help them succeed in the future.

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