

## **THE POWER OF VOLUNTEERISM**

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*Published on 21 August 2020*



*USIM's student involve in volunteering activity*

Some people say that being a volunteer gets you nothing but tired. Yes, that is true. However, tiredness might be worthwhile for some as they might feel the happiness and freedom heart more than makes up for it. This fact shows that there are valuable things we could get from doing volunteer work. You might be wondering what does volunteering mean?

According to the Cambridge dictionary, “a volunteer is a person who does something, especially helping people in need, willingly and without being forced or paid to do it”.

As for the benefits of being a volunteer, there are still a lot of people who do not realize that participating in volunteer work could give us a lot of benefits and advantages. One of it is reducing our stress and boredom. Ironically, when we help others, we not only help them to become a better person, but we also help ourselves to become one as well. Besides that, we will feel the pleasure of helping others and the sense of sincerity arises unconsciously. This is the feeling that will help us to be happy and remove stress and boredom that we experience.

In addition, being a volunteer can expand our networking circle. As we participate, we actually encounter or associate with a variety of great people that we met. That person could be a company director, or a film director. Who know, from getting to know a person by participating in a volunteer activity, it might bring us fortune and lead us to a comfortable situation. Most people can get along well through these activities because usually volunteers are people who willingly contribute energy and devotion without expecting anything in return.

From a spiritual view, volunteerism can be a platform for us to inculcate and practice a grateful heart. When we are involved in community activities, we often help people who are less fortunate than us. The experiences and exposure, will cultivate the feeling of being compassionate in our heart. If we were always complaining and unsatisfied about what we have before, being a volunteer tend to change us to be more appreciative of what we have now. The

feeling exists because of the sincerity of our heart in helping people in need and the feeling of appreciation is called gratitude. May we belong among the grateful person.

Have you ever felt empty for no reason? Most probably, you must have at least once. We have to know that life could feel more meaningful when we fully worship to God, our Creator. Even so, worship itself is not only binded to prayer, zakat, fasting and hajj. There are many other branches of worship that we need to know, among them are associating and helping our underprivileged relatives. God created human beings to live in pairs, families and communities. Therefore, societal activities will turn our life into a more meaningful existence when the community environment is involved.

Last but not least, being a volunteer enables oneself to receive reward and pleasure from God which is the most priceless benefit ever. All the sincerity, gratitude and various positive feelings that we felt from the community activities, will hopefully gain the pleasure from God. Indeed, God does not look at the results of what we do, but He judges on what we do. Therefore, there are many benefits and valuable things that we could get as a volunteer. May God gives pleasure to the volunteers' noble efforts that have been devoted all this time.

Prophet Muhammad SAW once said that the best human beings are the most beneficial to other human beings.