

## OPSOMMING

Gemeenskappe in 'n samelewing bestaan uit individuele lede van daardie gemeenskappe. Daar is baie individuele lede wat deel is van 'n gemeenskap, maar wat nie effektief betrokke is om die samelewing te dien nie. Hierdie studie fokus daarop om individuele lede van 'n gemeenskap te begelei tot effektiewe dienslewering in hulle betrokke gemeenskap. Individue wat aanmeld vir dienslewering in 'n gemeenskap word na verwys as vrywilligers.

Baie mense beleef nie ten volle geestesgesondheid nie, omrede hulle selfgesentreerd lewe. Mense besef nie dat daar waarde in gemeenskapsdiens is nie. Om 'n verskil te maak in die gemeenskap deur vrywilliger dienslewering, lewer 'n bydrae tot innerlike vervulling en lewensin. Om vrywilligers te begelei om hulle plek van dienslewering te ontdek, is die volgende navorsingsvraag gestel: “Wat kan gedoen word om vrywillige dienslewering te bevorder?”

Die doel van die studie was die beskrywing, implementering en evaluering van 'n psigo-opvoedkundige program om diensbaarheid by individue te implementeer om sodoende geestesgesondheid te bevorder.

Vanuit 'n metodologiese oogpunt is 'n kwalitatiewe ondersoek gebruik om die bogenoemde doelstelling te laat realiseer. Daar is verder verkennend en beskrywend te werk gegaan. Die veldwerk het plaasgevind deur middel van semi-gestruktureerde onderhoude met vrywilligers. Die resultaat wat verkry is, is geanaliseer en gekategoriseer. Die bevindinge van die data is deur middel van literatuurkontrole verantwoord. Die

vertrouenswaardigheid van die bevindings is op hierdie wyse verseker. Die volgende hooftemas is geïdentifiseer:

- **Vertrekpunte om jou dienslewering te ontdek**
- **Die daarstelling van gesonde verhoudings**

Die resultate van die analise van die data verwys daarna dat die vrywilliger wil weet watter waarde gemeenskapdiens bied, voordat hy tyd beskikbaar sal stel vir dienslewering. Die vrywilliger se betrokkenheid in die gemeenskap behoort 'n bydrae te lewer tot sy geestesgesondheid, deurdat sinvolheid, vrede en selfs gesondheid beleef word.

Die navorsing het uitgelig dat die vrywilliger deur 'n proses van selfontdekking behoort te gaan om sy plek van diensbaarheid te vind. Wanneer die vrywilliger ontdek wie hy is en sy lewe daarvolgens inrig, behoort dit 'n bydrae tot sinvolheid te lewer.

In die navorsing het dit na vore gekom dat vrywilligers ervaar dat daar in baie gevalle ontoereikende menseverhoudings is. Mense met verskillende agtergronde en persoonlikheidstipes vorm deel van die gemeenskapspan. Dit is nodig dat vrywilligers die sosiale vaardighede moet ontwikkel om gesonde interpersoonlike verhoudinge en spanwerk te bevorder.

In die navorsing het dit na vore gekom dat die fasiliteerder 'n belangrike rol vertolk in die vrywilliger se begeleidingsproses. Hy moet die vrywilliger begelei om sy plek van dienslewering te ontdek en deel te word van die gemeenskap.

Vervolgens is die diensleweringprogram vir vrywilligers ontwikkel. Vanuit die temas en kategorieë is die program ontwikkel. Die program het ten doel om die vrywilliger te begelei om sy plek van dienslewering te ontdek. Deurdat die vrywillige betrokke is in die diensleweringveld wat sy ware “ek” komplementeer, sal dit lei tot geestelike gesondheid. Tweedens het die program ten doel om fasiliteerders toe te rus, sodat vrywilligers vir dienslewering bemagtig kan word.

Laastens is die implementering en evaluering van die diensleweringprogram bespreek. Ten opsigte van die implementering word aanbeveel dat gemeenskapsleiers tydens werksessies opgelei word om die diensleweringprogram in hulle gemeenskap te implementeer. Hierna moet hulle fasiliteerders in hulle onderskeie gemeenskappe ontwikkel wat vrywilligers begelei in die proses om hulle plek van dienslewering te ontdek.

Die program is aan ‘n aantal vrywilligers aangebied. Hulle ervaring is tydens ‘n fokusgroep-onderhoud weergegee. Die data wat ingesamel is, is geanaliseer en gekategoriseer. Die volgende afleidings is gemaak: Die program het daartoe gelei dat die vrywilligers die waarde van dienslewering besef het. Die deelnemers het hulle ware “ek” ontdek en hierdie kennis kon gebruik word het vas te stel watter tipe dienslewering tot geestesgesondheid sal lei. Hulle het ook die nodige interpersoonlike vaardighede vir effektiewe dienslewering geleer.

Die proefskrif stel dus ‘n diensleweringprogram daar wat vrywilligers sal begelei om hulle plek van dienslewering te ontdek en uit te leef. Sodoende sal hulle ‘n effektiewe bydrae in die samelewing lewer en dit sal hulle geestesgesondheid bevorder.

## SUMMARY

Communities in a society consist of individuals within those communities. There are many individual members in those communities who are not effectively involved in serving that society. This study focuses on guiding individual members in a society to effective service in their community. Individuals who report for service in a community are referred to as volunteers.

Many people don't experience full spiritual health because they live self-centred lives. People don't realize that there is value in community service. Making a difference in the community by voluntary service leads to inner fulfilment and meaning. To accompany volunteers in finding their places of service, the following research question was asked: "What can be done to further voluntary community service?"

The aim of this study was the description, implementation and evaluation of a Psycho-Educational Program to mobilize service in individuals to thereby further mental health.

From a methodological viewpoint a qualitative research strategy was applied to realize the purpose mentioned above. A method of scouting and describing was further applied. The field - work was done by means of semi-structured interviews with volunteers. The results obtained were analysed and categorized. The findings of the data were justified by means of literature control. The trustworthiness of the findings was assured in this way. The following main themes were identified:

- Points of departure to discover your place of service
- Establishing healthy relationships

The results of the data analysis show that the volunteer wants to know what value community service has to offer before he makes his time available for service. The volunteer's involvement in the community should benefit his spiritual health by his experiencing meaning, peace and even health.

The research indicated the fact that the volunteer should move through a process of self-discovery to find his place of service. When the volunteer discovers who he is and organizes his life accordingly, it should promote meaning to life.

In the research it surfaced that volunteers in many cases experience that human relationships are inadequate. People from different backgrounds and with different types of personality form part of the community team. Therefore an effort should be made to further healthy inter-personal relationships. It is necessary that volunteers develop the social skills to promote healthy inter-personal relationships.

In the research it also became clear that the facilitator plays an important role in the volunteer's guiding process. He must guide the volunteer to find his place of service and to make him part of the community.

Subsequently a service program for volunteers was developed. The program was developed out of the themes and categories. The program's intent is to guide the volunteer in discovering his place of service. By being involved in the field of service which compliments his true "I" or identity, mental health will be attained. Secondly the program's intent is to equip facilitators so that volunteers can be empowered for service.

In conclusion the implementation and evaluation were discussed. Regard to the implementation, it was recommended that community leaders be trained during workshops to implement the service program in their communities. Thereafter they should develop facilitators in their respective communities who will guide volunteers in the process of finding their own places of service.

The program was facilitated to a number of volunteers. Their experience was related during a focus - group interview. The data collected were analysed and categorized. The following conclusions were made:

The program led to the fact that they realized the value of community service. The partakers discovered their true “I” or identity. This knowledge could be used to determine which type of service would lead to the greatest mental health. They also learned the necessary inter-personal skills for effective community service.

The thesis therefore puts a community service program in place that will guide volunteers to find their place in service and to live to the full. In that way they will contribute effectively to society and will also benefit in mental health.