

Volunteerism Quiz #1

(True or False)

1. Women volunteer more than men in every age group. T F
2. Younger volunteers are more likely to accept an invitation to volunteer than older volunteers. T F
3. Organizations tend to prefer older volunteers. T F
4. Psychologists say older volunteers tend to want to establish a legacy for future generations versus focusing their emotional energy inward, on themselves. T F
5. Longitudinal studies confirm that volunteering can help people stay physically healthy and active, improve emotional well-being, and even maintain good cognitive functioning throughout life. T F
6. High income volunteers receive greater health benefits from it than low income volunteers. T F
7. People with higher levels of education are more likely to volunteer than those with less education. T F
8. Even tenth graders lost weight and lowered their cholesterol levels by volunteering. T F
9. It has been proven that volunteering improves stamina, memory, and flexibility, as well as levels of depression because it gives us purpose in life. T F
10. One study showed that volunteerism is associated with 10% fewer nights spent in hospital. T F
11. The health benefits of volunteering apply regardless of why one volunteers. T F
12. Informed observers suspect that once you begin volunteering, you become more other-focused. T F
13. Almost 80% of Canadians 15 years old and over volunteer at least a little. T F
14. 10% of volunteers account for 53% of all volunteer hours. T F
15. Percentage wise, older people volunteer more often than younger people. T F
16. Higher income people volunteer less frequently than lower income people. T F
17. People who attend a religious service weekly are twice as likely to be active (donating many hours) volunteers as those who do not. T F
18. The most common reason given for volunteering is because of the social and health benefits. T F
19. The most common reason people did not volunteer was lack of time. T F
20. The highest number of volunteer hours is donated to religious activity (as opposed to sports and recreation or social service). T F

(See the answers on the back.)

1. False. At age 75, for the first time, men volunteer more hours than women. (Cook & Speevak)
2. False. Older volunteers are more likely to volunteer more hours with more organizations. (Parmelee & Allen)
3. False. Organizations tend to favour younger volunteers even though they are less reliable. (Parmelee & Allen)
4. True. (Erik Anderson as cited by Parmlee & Allen)
5. True. (Parmlee & Allen)
6. False. Lower income volunteers receive greater benefits in the areas of avoiding depression and coping with loss. (Parmlee & Allen)
7. True. 58% for university graduates volunteer vs. 37% for those who did not graduate from high school. (Statistics Canada)
8. True. (Hamblin)
9. False. While we know those benefits exist (through randomized, controlled studies) and while we suspect that it is related to having purpose in life, the mechanics why those benefits exist are just speculation at this point. (Hamblin)
10. False. Actually it was 38% fewer nights spent in hospital. Sorry, trick question. (Hamblin)
11. False. People who volunteered for “self-oriented” motives like “I need to get away from my problems” had a mortality risk that was similar to non-volunteers. Only people who were doing it for more outward reasons – compassion for others (altruism) – had reduced rates of mortality. (Hamblin)
12. True. One should fake altruism until it becomes real. (Hamblin)
13. False. 47% do. (Statistics Canada)
14. True. They averaged 390 hours per year, the equivalent of ten weeks of full-time work. (Statistics Canada)
15. False. The highest participation rate is among young people. However older people volunteer more hours and are more likely to volunteer if asked. (Statistics Canada)
16. False. 58% for those earning > \$120,000 vs. 38% for those earning < \$20,000. (Statistics Canada)
17. True. 21% vs. 10%. (Statistics Canada)
18. False. By far the most popular reason for volunteering was to give back to one’s community (Statistics Canada)
19. True. This reason was given by 2/3 of people surveyed. However, social scientists say that people who volunteer actually feel like they have more time. (Statistics Canada & Harvard Business Review)
20. False. The categories of sports and recreation (#1) and social service receive (#2) more volunteer hours. (Statistics Canada)

For more information, or to book a presentation to your group, contact:

*Richard Steinecke
Oasis Dufferin Community Centre
416 526-9402
rsteinecke@sympatico.ca*