



# Study on the Construction and Motivation of Clinical Psychological Science and Technology Volunteer Service Team in Guangdong Province

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**Abstract:** Clinical psychological science and technology volunteer service is an important form of medical psychological professionals and technicians to serve the society, through field visits, telephone research, questionnaires and other ways to understand the development of science and technology volunteer service in Guangdong Province. The results show that clinical psychological science and technology volunteer service in Guangdong is developing rapidly, and there is still room for growth in terms of service form, internal organization, work system, and incentives.

**Keywords:** volunteering; incentives; clinical psychology

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## 1. Introduction

In recent years, clinical psychology practitioners actively carry out science and technology volunteer service activities, dedicated to improving the health of residents' life, and achieved better results, but there has not been a systematic study on the current status of clinical psychology volunteer service work in the region of Guangdong Province, the author chose some of the governmental organizations, hospitals, and colleges and universities related to the clinical psychology volunteer service as the object of the study, and by means of field visits, telephone surveys, questionnaires, etc. Through field visits, telephone surveys, questionnaires and other means, the author obtained information on the main ways, methods, contents and effects of clinical psychology popularization activities, and analyzed the problems related to the construction of clinical psychology volunteer service teams from the perspectives of the internal organization of clinical psychology volunteer service organizations in the region, the recruitment forms, the work system, and the results of the services to provide references for the subsequent development of the clinical psychology scientific and technological volunteer service work.

## 2. Development status of clinical psychological science and technology volunteer service

Guangdong Province has a strong atmosphere of volunteer service, hundreds of thousands of registered volunteers and hundreds of volunteer teams are active in urban communities, schools and other places, and volunteer services are mainly concentrated in the fields of helping students, poverty alleviation, and helping the disabled. Youth volunteer service in Guangdong Province is mainly coordinated by the Guangdong Provincial Youth League Committee, and the Youth League Committee of each region and city coordinates the linkage as the main structure, with the help of informationized volunteer tools such as VolunteerHub, forming a more mature youth volunteer service network, improving the efficiency of volunteer service, and generating a good social influence [1].

In order to further improve the investigation of clinical psychology volunteering in Guangdong Province, carry forward the spirit of volunteerism, and promote the professionalism and normalization of clinical psychology volunteering, we conducted questionnaire surveys and interviews from March to May 2020, which were targeted at the representatives of teachers and student volunteers specializing in clinical psychology in the above institutions, and the interviews were mainly conducted by the staff of the Youth League Committee, and volunteers from some of the tertiary hospitals' clinical The interviews were mainly conducted by the staff of the Youth League Committee and the volunteer representatives of the departments of psychology and psychosomatic medicine of some tertiary hospitals. Sixty questionnaires were distributed and 58 were recovered, with a validity rate of 97%. Case interviews were conducted with 20 people, and there was no overlap between the two targets.

### 3. Second, the form and length of clinical psychological science and technology volunteer services

According to the analysis of the survey results, the clinical psychological science and technology volunteer service in Guangdong Province is mainly based on four forms of volunteer service: distributing science and technology publicity materials in urban areas during holidays, social practice organized by medical colleges and universities, in-hospital science lectures organized by medical institutions, and voluntary science and technology publicity lectures jointly carried out with street offices and community hospitals, etc., and the first two forms are the most widely used forms of clinical psychological science and technology publicity. In addition to the four forms, some volunteers tried other forms of clinical psychology popularization activities, such as publishing popular science articles through WeChat, recording short videos on medication popularization, etc. 92% of the clinical psychology volunteers participated in multiple forms of volunteering activities at the same time, and most of the volunteering activities were organized by the unit or the school (85%), while the rest were carried out by individuals, as shown in Table 1.

**Table 1. Forms of carrying out clinical psychology science popularization volunteer service**

| Forms of volunteering                                    | Percentage |
|--|------------|
| Outdoor Distribution of Science Popularization Materials | 82%        |
| Social Practice  | 65%        |
| Lectures on science in hospitals                         | 32%        |
| Volunteer popularization of science                      | 28%        |
| Other forms  | 11%        |

In terms of the length of volunteer service, 22% of the respondents carried out clinical psychology volunteer activities on an ad hoc basis, mostly assigned by the head of the organization. 31% of the respondents were able to carry out volunteer service activities for more than one year, and the longest volunteer had served for more than five years. The weekly duration of volunteering activities was about 3 hours, and 92% of the respondents indicated that they were willing to participate in clinical psychology volunteer activities as long as they had spare time, as shown in Table 2.

**Table 2. Hours of carrying out clinical psychological science popularization volunteer services**

| Volunteer hours    | Percentage |
|--------------------|------------|
| Temporary          | 22%        |
| Less than 6 months | 25%        |
| 6 months-12 months | 22%        |
| More than 1 year   | 31%        |

### 4. Motivation and satisfaction of volunteering

Participating in volunteer service is a “mandatory requirement” for some organizations, and it can also improve the personal value and professional practice level of volunteers, so most volunteers have a strong desire to participate in volunteer service. 32% of the respondents carry out clinical psychology popularization volunteer service activities out of a sense of social responsibility, and they are willing to use their clinical psychology knowledge to serve the public and realize their self-worth. knowledge to serve the public and realize self-worth. The reasons for carrying out clinical psychology popularization service activities also include exercising the ability to communicate with others, increasing the bargaining chips for employment and promotion, and making friends, etc. 8% of the interviewees participate in the activities passively, for example, they must participate in the organization of the unit, and it is inconvenient for them to refuse the invitations from friends. It can be seen that most volunteers are willing to actively participate in the popularization activities of clinical psychology. Through the popularization activities of clinical psychology, 93% of the volunteers said that they have achieved better social benefits and helped to solve the people's daily confusion related to psychological disorders, insomnia and psychosomatic diseases.

### 5. Guarantee and Incentive in Clinical Psychology Volunteer Service

In the process of carrying out clinical psychological science and technology volunteer services, most volunteers have received relevant training, of which 87% of the respondents have received training in professional knowledge of clinical psychology, 62% of the respondents have received training in communication skills for volunteering, and 36% of the respondents have received training in emergency handling and rescue. These trainings have improved the quality of

volunteering, but most of them are not regular trainings, and some of them are conducted by watching training videos, and the training experience needs to be improved [2].

In the process of carrying out clinical psychological volunteer services, the activity leaders are usually unit leaders or school lead teachers with good organizational skills, and 92% of the volunteers receive transportation subsidies when they take public transportation. Most of the volunteers did not sign relevant agreements with the unit, and had not uniformly purchased personal accident insurance.

The incentives for regular volunteer service are mainly based on spiritual incentives. In the process of assessment, promotion, and evaluation of merits in medical units, the work is basically not used as the basis for extra points, and school students can get some extra points for evaluation after completing volunteer service. In recent years, some units have gradually strengthened the importance of volunteering, and volunteers can get certain material rewards if they win prizes in volunteer service competitions at the provincial level or above. 87% of the interviewees believe that the current incentives for clinical psychology volunteering need to be further strengthened.

## 6. Problems of Clinical Psychological Science and Technology Volunteer Service

The current clinical psychology science and technology volunteer service also has the following shortcomings. In terms of volunteer team building, the development of clinical psychology science and technology volunteer service is dominated by young students and physicians, and the competent authority of youth volunteer work is the Communist Youth League, the competent unit of medical institutions is the Health Commission, and the competent unit of schools is the Education Bureau. Different departments have different requirements and supporting policies for carrying out volunteer services, and volunteers need to coordinate and dock with each other according to their own actual situation when carrying out activities. Volunteer service related training is less, the lack of communication between different units, the lack of opportunities to go to other regions to communicate with peers to learn [3]. The positioning of volunteer service is not clear, the scientific and technical volunteer service of clinical psychology is more specialized than traditional volunteer service, the effect evaluation is abstract, and the social cognition is low. At present, there is also a lack of sound organizational structure and unclear roles of volunteers. The form of volunteer service is outdated.

## 7. Suggestions for the Development of Clinical Psychology Science and Technology Volunteer Service

Change the voluntary association from an independent framework to a three-dimensional structure. Members of different structures can flow with each other, for example, volunteers in the secretary group can enter the working group to be responsible for specific science popularization work, and with the increase of service time and experience accumulation, they can enter the advisory group to play a role [4]. Establish a perfect training mechanism and incentives. By inviting teachers from different fields to give lectures, and at the same time increasing online learning, expanding training, and external exchanges, we can improve the professional ability and communication ability of clinical psychology volunteers, improve the level of volunteer service, and enhance the sense of belonging and professional honor of volunteers. Establish a scientific and perfect assessment and evaluation system for volunteering, take the service hours of volunteering, the size of the beneficiary population, and the satisfaction of the service recipients as the assessment indexes, and rate the volunteers on a regular basis [5].

## 8. Conclusion

In conclusion, clinical psychological volunteer services in Guangdong Province started late, the scale of volunteer organizations is relatively small, and there is still a lot of room for improvement in the form of services, internal organization, work system, incentives, etc., compared with other volunteer service areas.

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