

Helping attitude of professional and non professional college students

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Abstract

The study was conducted on 200 college students (100 each from professional and non professional) with an objective to find and compare the Male/Female and professional and non professional students on helping attitude. The sample was selected through purposive sampling technique from various professional colleges and a non professional college as Degree collage Ganderbal. The investigator used Gary S. Nickell Helping Attitude scale (HAS). The data was subjected to Mean, S.D, and t-test. The study revealed that female possess better helping attitude than male. It was also found that professional/ non professional female have better aiding attitude as compared to non professional/professional male counterparts.

Keywords: helping attitude, professional college students, non professional college students

Introduction

Helping Attitude is the quality of individual that benefits the giver as well as the receiver. Helping Attitude is willingness and concern for the welfare of others. It refers to voluntary actions intended to help others, may be in lieu of money or some returns or purely selfless help. In simple words, it is caring about the welfare of other people and acting to help them. Nickel (1998) ^[20] defined helping attitude as the beliefs feelings and behaviors related to helping people. Altruism, often used as a synonym for helping behavior, can be defined as actions or behaviors that are intended to benefit another person (Snyder, Lopez & Pedrotti, 2011) ^[22]. Altruistic behavior can be motivated by personal egotism or it can be prompted by pure empathetic desire to benefit another person, irrespective of personal gain (Batson, 1991; Batson, Ahmed & Lishner, 2009) ^[5]. With the positive attitude like helping attitude a person enjoys helping others and also can reduce many different negative emotions of their daily life. With the act of kindness, one experiences happiness. He seems happier with life the more selfless or giving. Thus, it seems that helping behavior could be considered as beneficial for the person who helps because it is likely that the person who helps because it is likely that the person who helps another person will experience the joys of helping others.

Helping attitude or behavior is an established noble behavior in many cultures and is an important feature of many religions throughout the world. Seligman and Csikszentmihalyi (2000b) consider altruism to be an important process which fosters the collective well being of society. Helping Attitude is the quality of unselfish concern for the welfare of others not putting themselves first but being willing to give their time and money or effort etc for the benefits of others. Such helps can enhance the positive thought and positive self esteem. On the other hand, people's helping attitude involves expectation or exchange of material goods as well as social goods like service, love, information status (Baron & Byne, 1999) ^[3]

Social psychologists study the circumstances in which people offer help to others. Research shows that people are less likely to offer help to someone in distress if other people are also present. This is called the bystander effect. Some social

psychologists use the social exchange theory to explain why people help others. They argue that people help each other because they want to gain as much as possible while losing as little as possible. The social responsibility norm also explains helping behavior. The social responsibility norm is a societal rule that tells people they should help others who help even if doing so is costly. Another norm that explains helping behavior is the reciprocity norm, which is the implicit societal rule, says people must help those who have helped them. Helping is the function of either relatively unselfish or relatively selfish motives. (Baron & Byne, 1999) ^[3] For centuries, it is being assumed that all human behavior, including the helping of others, is egoistically motivated. The term egoism refers to the selfish motive to pursue some sort of personal gain or benefits through targeted behavior such as helping others. But all the times, under some circumstances, the egoism motives account for the helping. On the other hand Empathy is an emotional response that refers to feelings of compassion, sympathy, tenderness and the like or to perceive plight of another person without any selfish motives. For empathy people help those in need simply because it feels good to do so.

College students are mostly emerging adults. Emerging adulthood is the time from the end of adolescence to young adult responsibilities of a stable job, marriage and parenthood. As Arnett describes emerging adulthood as an age of identity exploration, age of instability, age of self-focus, age of possibilities, and age of feeling in between. It is a period of optimum mental functioning when the individual's intellectual emotional and social capabilities are at their peak to meet the demands of career, marriage etc. some psychologists delineate various periods and transitions in early to middle adulthood that involve crises or reassessments of one's life and result in decisions regarding new commitments or goals. During the middle age people develop a sense of time limitation, and previous behavior patterns or beliefs may be given up in favor of new ones. Middle age is a period of adjustment between the potentialities of past and the limitations of future.

Thus the college students (adults) have now the unique image and identity in the society. Social status, self identity, self

image factors becomes more important in their every activity. They have developed their attitude towards every activity too. Since the humans are inherently sociable capable of empathy that one will help another in problematic situations. When people interact with each other in social relations, they are always pro-social, usually helpful, and often altruistic. Thus, it is a fact that people usually are willing to help those in need. But as the human life becomes mechanical, the study of positive aspect of human life such as helping attitude has great rational in the present context. This study will deal with the positive aspect i.e. helping attitude so that we can realize its importance and necessity.

Need and Importance

Human life consists of both negative and positive aspects and traits. Positive aspects include positive attitude, love, happiness, courage, joy etc. these positive traits determine our role in our lives. Because, it helps us to cope more easily with daily life and makes it easier to avoid worry and negative thinking. With a positive attitude one can see the bright side of life, become optimistic and expect the best to happen.

Positive emotions, strengths and virtues provide us guide for building a good life. But thing is that the picture of early research work on psychology is reflected a very poor picture. Because, it has been seen that the study of positive emotions, strengths, and virtues are avoided in comparison to the stress, frustration, depression etc. So the study of psychology has lost its balance. But positive and negative aspects are two sides of the same coin in the human life.

Research conducted over the last few years has shown that the positive emotions and attitudes like optimism, helping attitude love, hope have enormous impact on well-being but the study of positive attitude and emotions have a very short past. Because most of the time the study of negative aspects like schizophrenia, frustration, stress, truancy, alcoholism etc have been getting more importance. To the best of the researcher's knowledge, though studies have been conducted on the helping attitude or altruism of students, such a study has not yet been conducted in Kashmir, thus providing scope for studying the thought process of the Kashmiri students. The purpose of the current study is to see if there is any difference in helping attitude of Kashmir students who either study professional/technical or non professional/non technical courses. Broadly, the present study intends to answer the following questions

- Is there any difference in the helping attitude of male female college students?
- Is there any difference in helping attitude of students studying professional and non professional courses?

Objectives

The following objectives are framed for the present investigation

1. To find and compare the helping attitude of professional and non professional college students.
2. To find and compare the helping attitude of professional male and professional female students.
3. To find and compare the helping attitude of non professional male and non professional female students.
4. To find and compare the helping attitude of professional male students and non professional male students.
5. To find and compare the helping attitude of professional

female students and non professional female students.

6. To find and compare the helping attitude of professional male students and nonprofessional female students.
7. To find and compare the helping attitude of professional female students and nonprofessional male students.
8. To find and compare the helping attitude of male and female collage students.

Hypothesis

1. Professional and non professional students differ significantly with respect to helping attitude.
2. Professional Male and female students differ significantly with respect to helping attitude.
3. Non professional male and female students differ significantly with respect to helping attitude.
4. Professional male students and non professional male students differ significantly with respect to helping attitude.
5. Professional female students and non professional female students differ significantly with respect to helping attitude.
6. Professional male students and non professional female students differ significantly with respect to helping attitude.
7. Professional female students and non professional male students differ significantly with respect to helping attitude.
8. Male and female college students differ significantly in general with respect to helping attitude.

Methods and Procedures

Sample

The sample for present study consisted on the 200 college students of District Ganderbal selected through purposive sampling technique.

The Tool used

Helping Attitude scale (HAS) developed by Gary S. Nickell, Minnesota State University Moorhead

Scoring

The scale has both positive and negative statements. Items at serial no.1,5,8,11,18,19 are negative, others are positive(14).the positive statements are scored as 1,2,3,4,5 & for negative statements it is reversed as 5,4,3,2,1. Next add up all the scores to obtain the total HAS score. The range of score on this scale extended from 20 to 100 with 60 as neutral score. The reliability coefficient of the original scale was 0.85 that was calculated by test re-test method.

Data collection

In order to achieve the objectives of present study, the investigator visited the various college students of Ganderbal District and collected the data. After establishment of proper rapport, the investigator then handed over the Helping Attitude Scales was administered to 100 (50male+50female) professional and 100 (50male+50female) nonprofessional college students to access their Helping Attitude scores. They were requested to read the instructions carefully. After the completion of task investigator collected the response sheets from the responders.

Statistical techniques

The data collected was subjected to the following statistical treatment

- Mean
- S.D
- t-test

Analysis and Interpretation

Table 1: Comparison of the helping attitude of professional and non professional college students

Group	N	Mean	S.D	t-value	Remarks
Professional students	100	75.08	7.10	0.32	Insignificant
Non professional students	100	75.4	6.87		

The Table1 shows the significance of difference between the mean scores of Professional and Non professional students on Helping Attitude Scale. The Table reveals that Professional and Non professional students do not differ significantly on Helping Attitude Scale. Professional is seen to have obtained a mean score of 75.08 where as Non professional students scored a mean score of 75.4 on this scale. The obtained t-value came out to be 0.32 which could not differentiate the two groups of students. Therefore it is revealed that both the groups believe that assisting others is great joys in life, volunteer woke is great pleasure. They are also reported to donated time, money etc to help needy.

In the light of above empirical evidences, the hypothesis number first which reads, “Professional and non professional students differ significantly with respect to helping attitude.” Is being rejected

On the bases of above results, the first objective which reads, “To find and compare the helping attitude of professional and non professional college students.” has been realized.

Table 2: Comparison of the helping attitude of professional male and professional female students

Group	N	Mean	S.D	t-value	Remarks
Professional Male students	50	72.96	6.50	3.14	Significant
Professional Female students	50	77.2	7.05		

A quick glance at table 2 shows the significant difference between the mean scores of Professional Male and Professional Female students on Helping Attitude scale. Professional Females have obtained a mean value of 77.2 in comparison to their Professional Male counterparts who have secured a mean score of 72.96. The obtained t-value came out to be 3.14 which are significant at both 0.05 and 0.01 levels of confidence. The mean difference favors professional Female group of students. The results reveal that Professional Females have better assisting or helping hand than Professional Male ones. They fell that helping others is good deed and they have pleasure from it. Besides they feel at peace with themselves when they help poor and needy people.

In the light of above empirical evidences, the hypothesis number 2 which reads, “Professional and non professional students differ significantly with respect to helping attitude.” Is being rejected

On the bases of above results, the second objective which

reads, “To find and compare the helping attitude of professional and non professional college students.” has been realized.

Table 3: Comparison of the helping attitude of Non professional male and non professional female students

Group	N	Mean	S.D	t-value	Remarks
Non professional Male students	50	73.4	6.05	3.05	Significant
Non professional Female students	50	77.4	7.04		

A perusal of table 3 reveals that there is significant mean difference between the Non professional male students and non professional female students on the helping attitude scale. The obtained t-value came out to be 3.05 which are significant at both the levels of significance. The mean difference favors non professional female students (M=77.4) which indicates that non professional female students were found better helpers than the non professional male students.

In the light of above empirical evidences, the hypothesis number 3 which reads, “Professional Male and female students differ significantly with respect to helping attitude.” Stand accepted

On the bases of above results, the third objective which reads, “To find and compare the helping attitude of professional male and professional female college students.” has been realized.

Table 4: Comparison of the helping attitude of professional male and non professional male students

Group	N	Mean	S.D	t-value	Remarks
Professional Male students	50	72.96	6.50	0.35	Insignificant
Non professional Male students	50	73.4	6.05		

The results reported in Table 4 shows that there is significant difference between the mean scores of professional male (72.96) and non professional male (73.4) students on Helping Attitude Scale. The calculated t-value came out to be 0.35 which failed to arrive at any level of significance. The Table reveals that both professional male and non professional male students exhibit better helping attitude. From these observations, it can be inferred that professional male as well as non professional male students feel that assisting others in need has positive impact them. Both the groups of students are of opinion that helping friends, family, aiding persons in medical emergency makes them to feel at peace with themselves. Keeping individual factors like intelligence, capacity, and source of pocket money etc in view, they genuinely feel that they should help others. They believe that there are ample opportunities and ways in their life for assisting, aiding, helping needy & poor people.

In the light of above empirical evidences, the hypothesis number 4 which reads, “Professional male students and non professional male students differ significantly with respect to helping attitude.” Is being rejected

On the bases of above results, the fourth objective which reads, “To find and compare the helping attitude of professional male and non professional male college students.” has been realized.

Table 5: Comparison of the helping attitude of professional female and non professional female students

Group	N	Mean	S.D	t-value	Remarks
Professional Female students	50	77.2	7.05	0.18	Insignificant
Non professional Female students	50	77.4	7.04		

The Table 5 shows the significance of difference between the mean scores of professional female students and non professional female students on helping Attitude Scale. The Mean score in case of professional female students is reported to be 77.2 as compared to non professional female students 77.4. The obtained t-value came out to be 0.18 which is less than table value at both levels of significance. These results reveal that both the groups are equally helpful. From these observations, it can be inferred that both professional female as well as non professional female students feel that their parents are pleased with their attitude and parents are cooperative, helpful and inspiring people for volunteering to help others. Both the groups of students derive pleasure from this. From these observations, it can be inferred that professional female as well as non professional female students feel that assisting others in need has positive impact on their emotions. Both the groups of students are of opinion that helping friends, family, aiding persons in medical emergency makes them to feel at peace with themselves. Keeping individual factors like intelligence, capacity, and source of pocket money etc in view, they genuinely feel that they should help the needy ones. They believe that there are ample opportunities and ways in their life for assisting, aiding, helping needy & poor people.

In the light of above empirical evidences, the hypothesis number 5 which reads, "Professional female and non professional female students differ significantly with respect to helping attitude." Is being rejected

On the bases of above results, the fifth objective which reads, "To find and compare the helping attitude of professional female and non professional female college students." has been realized.

Table 6: Comparison of the helping attitude of professional male and non professional female students

Group	N	Mean	S.D	t-value	Remarks
Professional Male students	50	72.96	6.50	4.02	Significant
Non professional Female students	50	77.4	7.04		

A perusal of above table reveals that there is significant mean difference between the professional male students and non professional female students on helping attitude scale. The obtained t-value came out to be 4.02 which is significant at both the levels of significance. The mean difference favors non professional female students (M=77.4) which indicates that non professional female students were found helping people than the professional male students.

In the light of above empirical evidences, the hypothesis number 6 which reads, "Professional male and non professional female students differ significantly with respect to helping attitude." Stand accepted

On the bases of above results, the sixth objective which reads, "To find and compare the helping attitude of professional male and non professional female college students." has been realized.

Table 7: Comparison of the helping attitude of non professional male and professional female students

Group	N	Mean	S.D	t-value	Remarks
Non professional Male students	50	73.4	6.05	2.90	Significant
Professional Female students	50	77.2	7.05		

The Table 7 shows the significance of difference between the mean scores of non professional male and professional female students on helping attitude Scale. The Table reveals that non professional male and professional female students differ significantly on helping attitude Scale. Non professional Male students are seen to have obtained a mean score of 73.4 where as professional female students scored a mean score of 77.2 on this scale. The obtained t-value came out to be 2.90 which are significant at both the levels of significance. Therefore it is revealed that professional female students have much positive helping attitude than the non professional male students. They are also reported to be contended with the helping attitude of their family and friends.

In the light of above empirical evidences, the hypothesis number 7 which reads, "Non Professional male and professional female students differ significantly with respect to helping attitude." Stand accepted

On the bases of above results, the seventh objective which reads, "To find and compare the helping attitude of non professional male and professional female college students." has been realized.

Table 8: Comparison of the helping attitude of male and female college students

Group	N	Mean	S.D	t-value	Remarks
Male college students	100	73.18	6.28	4.38	Significant
Female college students	100	77.3	7.05		

The Table 8 shows the significance of difference between the mean scores of Male and Female college students on the helping attitude Scale. The Table reveals that male and female students differ significantly on the helping attitude Scale. Male students are seen to have obtained a mean score of 73.18 where as Female students scored a mean score of 77.3 The obtained t-value came out to be 4.38 which is significant at both the levels of significance. Therefore it is disclosed that Female students have much positive helping attitude than the Male students. They are also reported to be contended with the helping attitude of their family and friends. Female students are of opinion that helping friends, family, aiding persons in medical emergency makes them to feel at peace with themselves. Keeping individual factors like intelligence, capacity, and source of pocket money etc in view, they genuinely feel that they should help the needy ones. They believe that there are ample opportunities and ways in their life for assisting, aiding, helping needy & poor people.

In the light of above empirical evidences, the hypothesis number 8 which reads, "Male and Female college students

differ significantly in general with respect to helping attitude.” Stand accepted

On the bases of above results, the eighth objective which reads, “To find and compare the helping attitude of Male and Female college students.” has been realized.

Discussion

The present study is concerned to undertake an evaluation of professional/non professional and male/female college students on Helping Attitude. No in-depth study has been conducted in India to access the variables under investigation. So, this study would help the parents, guardians, teachers, and students themselves to get knowledge and to teach children the importance of helping others. The findings of the study and the other suggestions and recommendations would also help all professional and non professional colleges to develop helping attitude in students. The discussion of results based on the analysis and interpretation of the data is presented as under While comparing the professional and non professional college students on Helping Attitude Scale, it has been observed that both the groups show better helping attitude. It is revealed that both the groups believe that assisting others is one of the great joys in life, volunteer work is great pleasure. They are also reported to donate time, money etc to help needy. This finding is in agreement with the findings of Bar-Tal (1984) [4] revealed that older the adolescents, the more altruistic the motives expressed and the more relativistic ally oriented they were, Dan Batson (1991, 2011) revealed that empathy tends to induce genuinely altruistic motives in human.

The results reveal that Professional Females have better assisting or helping hand than Professional Male ones. They felt that helping others is good deed and they have pleasure from it. Besides they feel at peace with themselves when they help poor and needy people. This finding is in accord with the findings of George (1998) concluded that women give higher quality of help and feel more empathy and sympathy in response to their friends problems. In contrast, men rate their friend's problems as more controllable/ blameworthy and have more anger.

It has been revealed that there was significant difference between the Non professional male students and non professional female students on the helping attitude scale. The non professional female students were found better helpers than the non professional male students. This is in congeniality with the findings of Fiala (1999) [10] concluded that women were more likely to help people in gender inconsistent situations, despite feeling the most sympathy for people needing help in masculine situations.

From the observations, it has been inferred that professional male as well as non professional male students feel that assisting others in need has positive impact them as well as others. Both the groups of students were of opinion that helping friends, family, aiding persons in medical emergency makes them to feel at peace with themselves. Keeping individual factors like intelligence, capacity and source of pocket money etc in view, they genuinely feel that they should help others. They believe that there are ample opportunities and ways in their life for assisting, aiding, helping needy & poor people. This is in amenity with the findings of Strayer (1989) [24] researched that children's motivation to help is a function of their level of empathic response to others.

No significant difference was found between the professional female students and non professional female students on the helping Attitude Scale. The results disclosed that both the groups were equally helpful. From the observations, it has been inferred that both professional female as well as non professional female students feel that their parents are pleased with their attitude and parents are cooperative, helpful and inspiring people for volunteering to help others. Both the groups of students derive pleasure from this. The professional female as well as non professional female students feel that assisting others in need has positive impact on their emotions. Both the groups of students are of opinion that helping friends, family, aiding persons in medical emergency makes them to feel at peace with themselves. Keeping individual factors like intelligence, capacity, and source of pocket money etc in view, they genuinely feel that they should help the needy ones. They believe that there are ample opportunities and ways in their life for assisting, aiding, helping needy & poor people. This is in harmony with the findings of Warneken (2015) [26] unveiled that young children's helping is based upon social-cognitive capacities and pro-social motivation.

It has been also unveiled that there was significant difference between the professional male students and non professional female students on the helping attitude scale. The non professional female students were found more helping persons than the professional male students. This is in harmony with the findings of Khan (2011) [15] revealed that women do more to assist elderly and provide much more emotional support to others than do men.

It also has been disclosed that non professional male and professional female students differ significantly on the helping attitude Scale. Hence professional female students have much positive helping attitude than the non professional male students. They are also reported to be contented with the helping attitude of their family and friends. This is in accord with the findings of Drach-Zahavy (2006) [8] summed up that highly professionals provide higher levels of supporting, helping behaviors as means to maintain professionalism.

There was significant difference found between the Male and Female college students on the helping attitude Scale. The observations communicate that male and female students differ significantly on the helping attitude Scale. It has been discovered that Female students have much positive helping attitude than the Male students. They are also reported to be contented with the helping attitude of their family and friends. Female students are of opinion that helping friends, family, aiding persons in medical emergency makes them to feel at peace with themselves. Keeping individual factors like intelligence, capacity, and source of pocket money etc in view, they genuinely feel that they should help the needy ones. They believe that there are ample opportunities and ways in their life for assisting, aiding, helping needy & poor people. This is in concurrence with the findings of Hammond (2015) [14] explored that individual differences in children's helping are associated with temperament and with parent's effects to support and encourage young children's helpfulness.

Conclusion

From the above mentioned findings it can be concluded that the positive emotions and traits are alike regardless the career chosen after 12th class. From the study, it was evident that there was significant difference in the helping attitude between

male and female college students in general and in particular unprofessional male/female and professional female/male students & professional/non professional female and non professional/professional male. Hence the result of this study disclosed that the students of various professions differ in their helping attitude on gender base. Female students are more helpful than their Male counter parts.

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