

# Giving Graciously

## Determining Motivations and Barriers to Volunteer Behaviors of U.S. Adults During the COVID-19 Pandemic

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### Purpose

Determine behaviors of volunteers and motivations and barriers for volunteering during the pandemic.



### Background

- Balancing increases in demand during COVID-19 with fewer volunteers/assistance
- Volunteers are a key piece of distribution and service to food banks and pantries

### Methods

- Quantitative methods
- Qualtrics online survey
- Quota sampling
- Sample included 1,004 people
- Data collected July 14 – August 19, 2021

### Results

- Prior to COVID-19, during a typical month, 33% of respondents donated time, 35% donated food, and 48% donated money
- From March 2020-August 2021, 24% of respondents volunteered in some capacity
- Motivations
  - Extrinsic motivations had higher means and were significantly more important to people
- Barriers
  - Intrinsic barriers had higher means and were significantly more of a reason people did not volunteer

#### Major Barriers

- Fear of being exposed to COVID-19
- Fear of exposing others to COVID-19
- Regulations or recommendations for large gatherings
- Fear for personal safety (non-COVID-19 related)

#### Major Motivations

- To give back to my community
- A sense of solidarity of shared purpose
- Comforting or a way to cope with sadness
- I might need help in my future
- Kept me occupied during the pandemic