



Fayoum University
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The effectiveness of the social counseling program in alleviating the severity of students' problems at Fayoum University

Within the requirements for obtaining the degree of Doctor of Philosophy in Social Work

Prepared by the researcher

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ABSTRACT

Introduction :

The youth stage, with its biological, psychological, mental and social variables, is considered one of the most important stages of human life - if not the most important at all - and the university stage comes at the heart of this stage because its youth possess many capabilities, skills, capabilities and energies capable of leading the process of positive change that enables them to bear the burdens of development. Comprehensive to their societies. Some even view them as the energy and future of nations. They are the mind, pulse, and arms of society, and through them and to whom all future development processes are directed. Therefore, universities have been interested in providing all the means and means that help their youth to cross this important stage in their lives without obstacles that prevent them from fulfilling their societies' hopes for them, as they are the groups in society most capable of production, giving, and creativity in all areas of life.

Despite the efforts made by university institutions to protect their youth from the problems they may encounter during their university studies, the social reality indicates that this group is exposed to severe youth problems that take different forms in terms of their content and severity.

Therefore, Egyptian universities have developed many means and mechanisms of social protection for their students, and the social guidance mechanism is at the forefront of these developed mechanisms to establish the foundations of their societal role and correct its paths.

Despite the importance of this mechanism, which many relied on in reducing the problems facing university students, the practical reality and the results of previous research and studies indicated the weakness of its

contributions in confronting the challenges facing university students, especially those related to social, psychological and academic problems in light of a world full of transformations. Technology, the communications revolution, globalization, digital transformation, and the unprecedented spread of social media, which may portend more challenges at the present time, in the near future, and in the long term.

Therefore, hopes were placed on social guidance to play a more effective role in confronting these challenges and reducing their negative effects facing Egyptian university students in general, and Fayoum University in particular, by virtue of the researcher's affiliation to it as one of its affiliates.

First: the problem of the study

In fact, the researcher's endeavor to conduct this study was based on the complete conviction that social guidance, if properly employed, directed, and activated, can play a very important role in confronting the problems that university students suffer from. Her conviction was confirmed by the results of previous research and studies conducted in the field. Social counseling and its role in reducing these problems, and the researcher's belief in the importance of this research issue increased through the results of the situation assessment study that she conducted to identify the problem of her study and crystallize it in the scientific framework that is commensurate with its importance. The results of that study indicated the suffering of many university students in particular. Those who are new to university life face many psychological, social, and academic problems that can negatively affect their personal compatibility, social adaptation, and academic excellence. The results also indicated the need of many students for social counseling services and their conviction of its importance in helping them get through this important stage of their

lives, provided The ideal choice for those responsible for providing these services and the extent of their ability to deal with these challenges.

In order to meet the desire of both parties, the university to introduce a social counseling mechanism on the one hand, and the students' desire to benefit from this mechanism in reducing the problems they face on the other hand, the researcher chose this research issue to be the subject of her interest and the focal focus of her study, which was concerned with informing the effectiveness of a vocational intervention program in... Social service using social counseling to reduce the problems facing Fayoum University students.

Second: Aims of the study

The study aimed to achieve a main goal of testing the effectiveness of a social counseling program in reducing the problems facing Fayoum University students.

From this main aim, two sub-aims emerged:

The first: testing the effectiveness of a social counseling program in alleviating the social problems of students at Fayoum University.

Second: Testing the effectiveness of a social counseling program in alleviating the academic problems of students at Fayoum University.

Third: The importance of the study

This study derived its importance from:

- 1- The importance of the youth age and educational stage examined in the study.
- 2- The many and diverse problems facing university students, which necessitate intervention using guidance programs to alleviate their severity.
- 3- The importance of social guidance as one of the mechanisms that can confront these problems.

4- The Department of Fields directs itself to keep pace with all the latest methods, means and programs of professional intervention to serve university students in general and college students in particular.

Fourth: Concepts of the study

The current study contained many concepts, including:

- 1- The concept of effectiveness.
- 2- The concept of professional intervention.
- 3- The concept of problems.
- 4- The concept of social guidance

Fifth: Study hypotheses

The current study sought to achieve its aims by testing the validity of the following main hypothesis:

Implementing a social counseling program will alleviate the problems facing students at Fayoum University.

Two sub-hypotheses emerged from this main hypothesis:

First: Implementing a social counseling program leads to alleviate the social problems facing students at Fayoum University.

Second: Implementing a social counseling program leads to alleviate the severity of the academic problems facing students at Fayoum University.

Sixth: The theoretical guidelines for the study

The current study was based on a set of the following theoretical guidelines, which contributed to directing the process of scientific research for the subject of the study, whether in the theoretical or practical aspects:

- 1-Role theory.
- 2-Communication theory.
- 3-The theory of rational social guidance.

Seventh: The methodological framework of the study

1- Type of study:

The current study belonged to the type of quasi-experimental studies.

2-The method used:

The study relied on the experimental method, relying on a one-group experimental design and using pre- and post-measurement for the experimental group.

3- Fields of study:

A-The spatial field: The professional intervention program was implemented by the researcher at the Faculty of Social Work at Fayoum University.

B-The human field: The program was applied to a sample of 20 male and female students from the second year of the Faculty of Social Work at Fayoum University after applying the problems scale to them.

C-Time field: The implementation of the professional intervention program in its various stages took a period of time exceeding six months, which began in September 2023 and ended in March 2024.

4- Study tools

The study relied on a set of tools that contributed to achieving its objectives and testing the validity of its hypotheses, which are:

- 1- Library and documentary research.
- 2- A questionnaire form to determine the type and severity of the problems facing university students.
- 3- Social and academic problems scale prepared by the researcher.

Eighth: Main results of the study

- 1- The results demonstrated the validity of the main hypothesis of the study, and the success of the social counseling program prepared by the researcher in alleviating the severity of the problems faced by the students of the experimental group, as it was found that there were statistically significant differences in favor of the post-measurement of the problems scale, which can be attributed to the activities of the program that the researcher applied. In cooperation with the work team participating in its implementation.
- 2- The results proved the validity of the first sub-hypothesis, as it was found that there were statistically significant differences on the scale of social problems (the problem of weak social relations, the problem of weak belonging, and the problem of alienation) for the students of the experimental group in favor of the post-measurement. This indicates the success of the program in alleviating these problems.
- 3- 3-The results proved the validity of the second sub-hypothesis, as it was found that there were statistically significant differences on the scale of academic problems (problems in the relationship with faculty members, problems related to the curriculum and teaching methods, and problems related to academic advising) for the students of the experimental group in favor of the post-measurement, which indicates The success of the professional intervention program in alleviating the severity of these problems.

Ninth: The study's suggestions and recommendations

In light of the above results of the field study, the study recommends the following:

- 1- The study recommended using this program with similar cases of students who suffer from social and academic problems in university colleges.
- 2- Establishing a diploma for social counseling in the field departments of social service colleges and institutes across the Republic in general, and the Faculty of Social Work at Fayoum University in particular.
- 3- Establishing social guidance units in university colleges, and activating existing and already established ones.
- 4- Allocating a separate budget for the social guidance units in each college, apart from the youth care budget, to serve the purposes of the guidance work therein.
- 5- That the social guidance units in each college are technically, administratively, and financially subordinate to the college dean for education and student affairs, and under the direct supervision of the college dean.
- 6- Developing a clear and specific list of social counseling units in university colleges.
- 7- The process of selecting social counselors in these units should be subject to codified standards, and they should be trained on the tasks assigned to them before they take up work, provided that the person selected is personally prepared to practice counseling tasks.
- 8- Developing continuous training programs for human cadres working in this field to keep pace with everything new in extension work.

- 9- A separate place should be allocated for the social counseling unit in each college, which will be clear and prominent in front of the students and away from the youth care place.
- 10- The services provided by social guidance units should be announced by all possible means so that students can resort to them when needed.
- 11- Granting lucrative financial rewards to workers in these units in accordance with performance adequacy reports prepared by the college dean responsible for them, and approved by the college dean.