

|  
*by* S J

---

**Submission date:** 05-May-2021 07:42AM (UTC-0500)

**Submission ID:** 1578632491

**File name:** self\_help.edited.docx (23.63K)

**Word count:** 1139

**Character count:** 6117

**Literature Review**

Name

Institution

Course

Instructor

Date

## **Literature Review**

The current societies comprise individuals from different backgrounds and groups. For instance, due to increased globalization globally, people from different races, ethnicities, religions, and countries live together as a community. However, this diversity will make uneven development and progress among individuals hence the need for mutual aid societies that intends to bring equal opportunity to obtain benefits based on the needs of the people and that of others. This paper will review several literature pieces in understanding an overview of the study and recognize the gap in the literature.

### **Mutual Aid**

Ngai et al. (2013) stated that the concept of groups in the society was initiated in an environment outset of nature of the association among people together with the society. Therefore, people possess a common inspiration for development and belonging and thus, the society has the same stimulus to incorporate its elements in a prolific and active whole. Moreover, Ngai et al. (2013) added that individual interaction is facilitated through mutual aid because it makes them unite and form an alliance that will make all people work together in attaining the same goals, which are eliminating a problem. Similarly, another research conducted by Cheung & Ngai (2016) agreed with the definition of mutual aid because they defined it as a group of individuals that are united to assist each other in resolving their challenges. When individuals in the society work together in eradicating a problem, they tend to reduce the risks associated with the issue.

Williams & Windebank (2000) had a different view on the definition of mutual aid because they concentrated on an informal perspective among the household and the society.

Therefore, they defined mutual aid as a non-market-oriented development at the same time exchange of goods together with services among individuals. Consequently, mutual aid also referred to as self-help, is considered the voluntary work done by household individuals and others. Individuals from different households may help each other in unpaid events such as exchanging things. On the other hand, Seebohm et al. (2013) define mutual aid revolved around the individuals in the society coming together to help solve a particular problem. Therefore, the community members must be organized to achieve a common interest, for instance, education. Moreover, Seebohm et al. (2013) stated that the amalgamation of self-responsibility with the joint interaction with other people and the resulting procedure in the groups that assist the people in aiding themselves.

### **Benefits of Joining Mutual Aid Groups**

Mutual aid groups have significant benefits to the people as well as society as a whole. According to the research conducted by Seebohm et al. (2013), claimed mutual aid helps in enhancing the mental well-being of individuals. Well-being is a common partisan goal, particularly in the United Kingdom, because the economic policies are not able to enhance the quality of life. Also, the same authors emphasized that self-help groups can be differentiated from proficient controlled support groups in different ways, for instance, based on the pragmatic acquittance and peer mutuality facilitating individuals to give and get all-inclusive and vicarious support.

Williams & Windebank (2000) also had the same perspective in their research on the benefits of mutual aid in disadvantaged urban neighborhoods. The authors argued that self-help groups are essential in helping individuals from poor urban areas because it enables them to attain basic needs. Basic needs are among the most essential things that can make an individual

improve their mental wellness and the quality of life. Also, Ngai et al. (2013) added that people with varying emotional and behavioral issues could get help from mutual aid hence improving their well-being and quality of life.

### **Self-Help Strategy**

Mutual Aid is the participation of different people or people from the same ethnicity with a short goal of helping the poor but with the long-term goal of future politics. In an organization, mutual aid is normally exchange of funds together with services at a voluntary basis. This type of project has been practiced for an extended period by the black people to ensure that their communities survived. The whites in America for an extended period have oppressed the blacks. For that reason, to counter this pathetic situation, there was a need to develop the mutual aid project strategy (Ngai et al., 2009). Their voices together were listened to and later commanded respect from the whites. In schools, they could be respected and upheld in fairness. Specifically, this spirit of working together worked because they started forming political parties of the marginalized, and as time passed, they were deeply rooted in politics. They also increased in numbers, and as a result, America had a black president for the first time.

Mutual aid became mandatory in anarchist communism. It laid the foundation for communism which acted as a historical asset of Marxist theory. Primarily, communism is where people realized that they could perform and eradicate poverty. Assets in a given area of the joint ethnic group consider it public property (Williams & Windebank, 2000). People came together to help one another without asking for help from the government. From the very beginning, this project was at the verge of collapse due to the greedy people who were advocating for capitalism. It is where assets were the property of an individual, and helping the poor was not a priority.

Due to the increasing state of poverty, society is losing trust in the government of the day. People exercise their democratic rights voting for the government to believe that life will be affordable for everyone to live above poverty levels. However, states like Mississippi, Louisiana, West Virginia, and Alabama face poor economic times that their citizens live below poverty levels. Corruption and embezzlement of funds is the order of the day. Leaders are using public funds to finance their luxurious lives and spending peanuts on infrastructure development. Hence, the concept of mutual aid becomes the only scapegoat for them. They depend on relying on themselves in times of disaster. It is a gap that the government has left to its people where the elderly is left at the mercy of the mutual aid group.

### References

- Cheung, C. K., & Ngai, S. S. Y. (2016). Reducing deviance through youths' mutual aid group dynamics. *International journal of offender therapy and comparative criminology*, *60*(1), 82-98.
- Ngai, S. S. Y., Cheung, C. K., & Ngai, N. P. (2009). Building mutual aid among young people with emotional and behavioral problems: the experiences of Hong Kong social workers. *Adolescence*, *44*(174).
- Seebohm, P., Chaudhary, S., Boyce, M., Elkan, R., Avis, M., & Munn-Giddings, C. (2013). The contribution of self-help/mutual aid groups to mental well-being. *Health & social care in the community*, *21*(4), 391-401.
- Williams, C. C., & Windebank, J. (2000). Self-help and mutual aid in deprived urban neighbourhoods: some lessons from Southampton. *Urban Studies*, *37*(1), 127-147.

---

ORIGINALITY REPORT

---

0%

SIMILARITY INDEX

0%

INTERNET SOURCES

0%

PUBLICATIONS

0%

STUDENT PAPERS

---

PRIMARY SOURCES

---

Exclude quotes Off

Exclude matches Off

Exclude bibliography On