

Open Schools Journal for Open Science

Vol 8, No 2 (2025)

Vol. 8 No. 2 (2025): Open Schools Journal for Open Science - Special Issue -IDEA Conference Proceedings



YOUTH ALTRUISM AND SOCIAL CHANGE

Maya Kosma

doi: [10.12681/osj.43795](https://doi.org/10.12681/osj.43795)

Copyright © 2025, Maya Kosma



This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0](https://creativecommons.org/licenses/by-nc-sa/4.0/).

To cite this article:

Kosma, M. (2025). YOUTH ALTRUISM AND SOCIAL CHANGE. *Open Schools Journal for Open Science*, 8(2).
<https://doi.org/10.12681/osj.43795>

YOUTH ALTRUISM AND SOCIAL CHANGE

Maya Kosma

Abstract

Youth play a critical role in shaping the future of society. Their energy, creativity, and courage allow them to challenge the status quo and introduce altruistic initiatives that promote justice, equality, and positive change. This presentation examines the importance of altruism among youth, historical and modern examples of youth-driven movements, and the profound benefits of altruism on both personal and societal levels.

Keywords: *Youth activism, altruism, social change, leadership, personal growth*

1. Introduction

In an era defined by rapid globalization and pressing social challenges, the youth of developing countries are at the forefront of transformative change. Their energy, creativity, and innovative spirit position them as potential catalysts for societal progress. They are uniquely positioned to promote altruism—acts done not out of obligation but from a desire to help others—helping reshape communities from the ground up.

2. Structure

- Introduction
- Historical Examples of Youth Movements
- Modern Challenges and Issues
- Inspirational Young Leaders
- Benefits of Altruism
- Obstacles Faced by Young Activists
- Role of Schools in Encouraging Engagement
- Conclusion

3. Historical Examples of Youth Movements

Throughout history, young people have stood up to injustice and led revolutions. From the Civil Rights Movement in the United States and Vietnam War protests to the Tiananmen Square demonstrations and Arab Spring uprisings, youth have repeatedly shown their power to affect change. These events exemplify how organized and passionate young voices can challenge oppressive systems and inspire reform.

4. Modern Challenges and Issues

Today's youth face complex challenges, from climate change and inequality to political polarization and social media pressures. Their experiences are compounded by the digital age, where social media amplifies both their voice and vulnerabilities. However, the same platforms also allow them to mobilize, educate, and organize more efficiently than ever before, addressing global issues with creativity and persistence.

5. Inspirational Young Leaders

Historical figures such as Joan of Arc and Louis Braille, alongside modern icons like Malala Yousafzai and Greta Thunberg, prove that age is no barrier to impact. These individuals made significant changes before turning 20, showing how empathy and courage can lead to substantial societal transformation. Their stories continue to inspire the next generation of changemakers.

6. Benefits of Altruism

Altruism helps young people develop a sense of purpose and community. It teaches them essential life skills like leadership, empathy, and resilience. Moreover, it increases employability by fostering capabilities such as project management and public speaking. On a societal level, altruistic behaviors promote solidarity, support vulnerable populations, and build more cohesive communities.

7. Obstacles Faced by Young Activists

Youth activism is often undervalued or dismissed by older generations. Many young people face skepticism, limited resources, or personal risk. Despite these challenges, their involvement is usually tied closely to their identity, driving them to persevere. As scholar Jessica Taft noted, activism among youth is not just an interest, it is a lived experience that must be continually performed and re-affirmed.

8. Role of Schools in Encouraging Engagement

Schools play a vital role in nurturing a spirit of altruism. By supporting community service projects, creating inclusive environments, and incorporating social responsibility into the curriculum, educators can empower students to act on their values and engage with the world meaningfully.

9. Conclusion

Altruism among youth is not only a reflection of their character but also a force for global betterment. While some argue that all altruism is driven by self-interest, the actions of young changemakers suggest a deeper motivation rooted in empathy and justice. Whether we act entirely selflessly or partly for personal gain, what matters is the value of our contribution to others and the world we share.

References

1. Taft, J. (2011). Rebel girls: Youth activism and social change across the Americas. New York, NY: NYU Press.
2. https://www.theguardian.com/commentisfree/2025/mar/07/gen-z-screens-human-generation-online?utm_source=chatgpt.com
3. <https://www.parents.com/problems-for-teens-today-8575462>
4. https://www.thetimes.com/uk/social-media/article/tiktok-gives-parents-power-to-block-childrens-use-at-dinnertime-w655s950v?utm_source=chatgpt.com®ion=global
5. <https://www.benjerry.com/whats-new/2018/05/youth-activists>
6. <https://www.nationalgeographic.com/culture/article/youth-activism-young-protesters-historic-movements>
7. <https://www.betterup.com/blog/altruism>