

SOCIAL WORK

Social work is a helping profession and its main goal is to improve a society's overall well-being, especially for the most helpless populations. Social work is a professional service based on scientific knowledge and skills which assists individuals alone or in groups to obtain social and personal satisfaction and independence. Social work is defined in different words by different social scholars. An easy understanding definition is:

“Social work is process and occupation for helping people to help themselves.”

Social work is a profession that uses knowledge and methods to provide specialized services to help individuals, families, organizations and communities to resolve and prevent social problems. It also works for restoration and development of social functions.

The basic values of social work comprise two elements. In its social mission, it seeks to help the weak and the poor, resolve social problems, meet social needs, maintain social stability and promote social justice. In its professional mission, it focuses on self-help. For self-help, social work combines social resources, develops potential and helps people for self-reliance, problem identification and solution.

Another definition is:

“a practice-based profession and an academic discipline that promotes social change and development, social cohesion (unity, consistency), and the empowerment and liberation of people”

One more simple definition of Social Work is:

"Social work is a systematic way of helping individuals and groups towards better adaptation to society"

Necessary knowledge and skills are needed for a profession. The needed knowledge and skills for social work profession can be obtained through training.

Social Work has following important features which make it different from other professions:

- It is a helping activity for individuals, groups and communities to achieve their social and economic betterment.
- It is a social activity not for personal benefits but is done on behalf of government or private organization to benefit people in need.
- It is a liaison activity for exploring and linking different resources available in community to meet unsatisfied needs.
- It is enabling process to make people able to understand and solve their problems.

Professor Clarke mentions two major objectives of social work. First is to make people able to use their own capacities and resources for adjustment. Second is to help people to modify their environment necessary for problem solution and positive changes.