



The making of a successful student through hobbies – Importance of physical activity in hobby building among youth:

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Abstract: Successful student is not created but one has to strive towards becoming a successful student through hard work continuous self-evaluation. There are several cases of students who show inadequate learning, improper behaviour, and disruptive tendencies inside classroom & outside. The teachers feel irritating to meet to these kinds of students. With the expansion of technological aids of knowledge, there has been a change in student attitude. Parents spend money on children education , tuitions , coaching classes , etc but still student fails to live up to the expectations of his college & institutions & parents. There has been a great contradiction in making approaches towards making a student, a successful student. Healthy hobbies can influence student towards becoming successful. This paper examines application of the hobbies which can be supportive to making student successful. .

Keywords: successful student, change in student attitude, hobby building, good influences, learning

Introduction : With 700 universities and more than 35,000 affiliated colleges enrolling more than 20 million students, Indian higher education is a large and system with more than 85% of students are enrolled in bachelor's degree programs with majority enrolling in three-year B.A., B.Com or B.Sc. degrees. One-sixth of students are enrolled in Engineering / Technology degrees. All these courses are filled with students from various cultural ethnic, social & economic back ground.

Hobby building : Learning performances can be enhanced through hobbies.

Concept of hobby- A hobby is a regular activity that is done for enjoyment, typically during one's leisure time. Hobbies can include collecting themed items and objects, engaging in creative and artistic pursuits, playing sports, or

pursuing other amusements. By continually participating in a particular hobby, one can acquire substantial skill and knowledge in that area. (<https://en.wikipedia.org/wiki/Hobby>).

There are wide variety of activities which enhances the learning potentialities of student such as

1. Art collection
2. Chatting with friends
3. Coin collection
4. Crosswords
5. Gardening
6. Playing any instrument
7. Cooking
8. Learning to travel with friends
9. Music
10. Newspaper reading
11. Paying a team sport
12. Pet adoption
13. Physical fitness gym



14. Social service
15. Solving riddles
16. Sporting activities
17. Watching TV
18. Yoga practice

Students can follow any of the hobbies according to their passion & study patterns. (Allan Nancy -Hobbies through Children's Books and Activities 2011).

There are issues relating to endurance, flexibility, learning habits, learning approaches etc.

Hobbies are even important in these days of busy learning because students are suffering from:

low concentration
poor learning facilities
outside distractions
parental problems
unsupportive environment
economic problems

In India there is a great emphasis on academic at the cost of sports & recreational activities. Career choices are forced as parents persuade their children to study what they choose instead of leaving the choice to children themselves. Sometimes the family relationships are so weak the students find it difficult to study at home. Parental disputes, lack of individual study accommodation, lack of learning resources, lack of library facilities, lack of good residential support, deter them from giving their 100% at academics.

Benefits of hobbies - Hobbies make them active, gives them a sense of self-esteem, it is creative outlet as this keeps the brain engaged.

Enhance the Immune System: Being active is great for the body in helping to enhance one's immune system. Several reports state that, "Physical activity can help prevent or maintain control in some chronic illnesses such as: heart disease, diabetes arthritis, and even some types of cancer." Physical activity done over a consistent period can also help in improve overall quality of life and assist in longevity. Examples: Exercising, playing games, horseshoes, golf, bike riding, or basketball. All sports can be altered for different levels of physical function abilities.

Improve Flexibility: Moving can assist in stretching muscles and in turn improve flexibility. Some active hobbies such as these to get moving. Examples: Games, walking, Yoga, stretching, swimming, painting, Tai Chi or dancing.

Improve Memory: Many hobbies will challenge mental abilities and enhance problem solving skills. Most hobbies also offer mental stimulation in reference to completing the task. Examples: Word searches, Crossword Puzzles, Brain games, Soduko, or Card games etc.

Reduce stress: Some of these hobby ideas help in creating a calm atmosphere to reduce stress. Examples: Cooking or baking, gardening, taking a walk, singing, reading, or playing a musical instrument etc.

Improve self-esteem: Some hobbies even involve other likeminded people which can create social opportunities and improve self-esteem. Examples: Card games, board games, shopping, knitting etc.



There are innumerable types of hobbies which can make the youth especially the student.

Physical activity- physicians always encourage staying physically active. Exercise is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This can be especially helpful when stress has depleted energy or ability to concentrate. Exercise and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress. Meditation, acupuncture, massage therapy, even breathing deeply can cause your body to produce endorphins. And conventional wisdom holds that a workout of low to moderate intensity makes one feel energized and healthy. Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects. This is very helpful to students.

Physical education is beneficial to students as it supports the whole personality development process through building intellectual mechanism. Physical education aids in acquiring sporting knowledge, physical fitness knowledge, physical activity promotional knowledge . It is necessary to instill positive psychology in students of all ages & youth .Indian education system considering the huge benefits of physical

education has made it mandatory in all schools.

1. **Pet adoption-**Pets can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health. Caring for a dog can help children grow up more secure and active or provide valuable companionship for older adults. Perhaps most importantly, though, a dog can add real joy and unconditional love to your life.

2. **Gardening-** Increase overall levels of physical activity and fitness, burn more calories and hence contribute to healthy weight management and reducing the risk of obesity. Increase healthy fruit and vegetable consumption, for adults that grow food, and among schoolchildren participating in food-growing activities at school – as well as improving young people's attitudes to healthy eating. Reduce physical pain, and help with rehabilitation or recovery from surgery or other medical interventions. Help people cope with physically challenging circumstances, such as intensive cancer treatment or learning how to live with chronic conditions such as asthma or severe allergies.

3. **Cross word playing-** Crossword puzzles are great vocabulary enhancers. Through solving puzzles, players become familiar with words they would not come across otherwise. - Crosswords keep players mentally fit. Nothing sharpens the brain more than a good intellectual challenge, and that's precisely what crossword puzzles provide. - Crosswords educate players on a wide range of topics. Often covering diverse subjects,



the puzzles help players improve their knowledge .Crossword puzzles offer players a fulfilling and inexpensive form of entertainment.

4. **Playing music** - Playing music helps with creativity, analytical skills, language, math, fine motor skills and more. Music therapists have found that regular participation in music exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. This is very helpful to students.

Most hobbies can easily be done within own home, at leisure. But most of the skilled hobbies like art, building or writing have a series of lessons or tutorials that can take to further skills. Students have to set their minds to pursue those hobbies which are imperative to their aptitudes.

Conclusion - Creating the right environment for learning should be a relatively easy solution that will help students to overcome the power of all those external distractions. Students have to summon their good opportunities , lessen their weaknesses through utilizing the available workspace. They have to limit their mobile usage, & socializing & spend time in pursuing a good hobby. it is important to activate mind and soul with anything that

interests mind & heart . A hobby as an activity makes one enjoy doing at the same time accelerate the academic performances . Hobby building not only improves his academic performances but it will also aids in character building.

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