



# NOURISHMENT OF HOBBIES CREATES POSITIVE OUTLOOK IN THE LIFE OF WORKING PEOPLE

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## ABSTRACT

This research paper refers to the study on how nourishment of hobbies creates positive outlook in the life of working people. As the workload amongst the people who are working in Private sectors is too high, as a result they are leading a stressful life resulting into the unsatisfactory level of workability. So, it is the need to overcome from this problem and as a result it is very important to understand the importance of hobbies and its impact on workability of people.

The study is focused on the role of hobbies which bring a sense of fun and freedom to life that can help to minimize the impact of chronic stress. The paper talks about, how the hobbies help in improving the workability. Hobbies can be physical or mental activities. There are a lot of kinds of hobbies which are beneficial for individual and society. Actually, hobbies help us to provide good quality of work in profession as well as in daily life. The survey undertaken to understand the topic in detail and the results of the same talks about the problems faced by the mid aged generation and how hobbies help in resolving the problems faced by them. Pursuing hobbies always helps to live their life to the fullest.

**Key words:** workability, hobbies, life

## 1. INTRODUCTION

Hobbies are a great stress reliever. Your hobby should be a completely pleasurable activity that allows you to take your mind off of the demands of your daily life, or negative emotions. It's a healthy and productive distraction from work or personal troubles.

The need of this is for a simpler life and a literal nest of utmost luxury, this is the perfect break away of escape from the urban lifestyle into the heart of pristine nature, to experience the simplicity of nature around you.

As they provide us with an outlet for creativity, distraction, and something to look forward to. “Hobbies bring a sense of fun and freedom to life that can help to minimize the impact of chronic stress.

Hobbies can be physical or mental activities. There are a lot of kinds of hobbies which are beneficial for individual and society. Actually, hobbies help us to provide good quality of work in profession as well as in daily life.

## **2. INFLUENCE OF HOBBIES ON WORKABILITY OF PEOPLE**

Everyone should strive for a healthy work-life balance since it leads to improved physical and mental health. Since work and family take up so much of our time, hobbies are often overlooked and seen as a frill. Having a pastime, on the other hand, has numerous advantages. It is a method of reducing stress.

Hobbies have other benefits in addition to lowering stress. Given the variety of activities, they can boost social life and communication. Hobbies increase creativity and knowledge. It enables us to learn new talents. It's a method to put money into ourselves and develop ourselves by taking on new tasks and experiences. All of these factors influence and help us perform better at work.

Many corporations have been investing in their employees' interests in recent years. It might be a significant financial investment, but it can also result in significant earnings and benefits for people and teams. It's a means to bring employees together, strengthen their bonds, and discover more about their abilities and skills that can be valuable on the job. Hobbies are a great approach to invest in ourselves and boost our professional performance. Investing in oneself is a great strategy to improve our mood and productivity.

### **2.1 THE IMPORTANCE OF HOBBIES**

Millions of people have been affected by the Covid-19 epidemic. As a result, people have more idle time than ever before, yet those who are used to working full shifts at a place of business are baffled as to how to divide this downtime into something meaningful. People should strike a work-life balance, which means they should not work too much or spend too much time relaxing. Hobbies can even benefit your life in unexpected ways, such as enhancing your mental health. With so many alternatives, you're sure to find the perfect pastime for you, if not multiples!

#### **Why You Should Have Hobbies**

Hobbies are a fantastic way to unwind after a long day at work or on vacation. When life gets too much for you, your hobbies might help you unwind. Outside of work, doing something you enjoy might be beneficial to your mental health. Hobbies can help you cope with depression by reducing anxiety, stress, and depression.

Hobbies assist you in establishing a life outside of work. You're simply unwinding and doing something you enjoy, away from the stresses of the outside world. You are not required to follow a strict schedule like you would at work or school. You don't have to worry about being on time to participate, or about working in a group, or about finishing a task on time. These characteristics are what contribute to the beneficial outcomes of hobbies. When you're anxious, you can relax by painting, exercising, reading, or engaging in a variety of other hobbies.

Hobbies can also improve your social interactions and the value you can provide to others. Participating in activities with others can make them more fun because you are doing something you appreciate with individuals who share your enthusiasm and enthusiasm for the activity. This can also have an effect on how you interact with your family.

Another motivation to take up a pastime is to broaden your horizons. Hobbies can offer you valuable lessons that can benefit your life. The knowledge you get from a pastime will stay with you for the rest of your life, so you can apply it whether you're 35 or 85.

### 3. POSITIVE EFFECTS OF PURSUING HOBBIES

Hobbies take us away from our daily routines and allow us to do something we enjoy and are passionate about. A pastime might provide a mental break, allow us to perfect a talent, or simply allow us to socialise with others. Hobbies are a terrific way to unwind after a long day at work and break up the monotony of everyday routines. In addition, while adding ONE MORE THING to your to-do list may sound onerous, having a hobby has been found to be a stress relief. Hobbies can assist people in a variety of ways, including the following:

#### 3.1 Health Benefits of Hobbies

According to one study, those who participate in active leisure activities for at least 20 minutes once a week are less likely to become fatigued.

Other study has linked pleasurable leisure activities to decreased blood pressure, total cortisol, waist circumference, and body mass index, as well as improved feelings of physical function. Higher levels of good psychosocial states and lower levels of depression and negative effect were also linked to such activities.

Hobbies that require physical exertion might be a fantastic way to stay in shape. Hobbies like gardening, hiking, dance, yoga, sports, and fitness can keep us active without feeling like we have to go to the gym every day. Better confidence, increased energy levels, and an overall improvement in your physical health are all benefits of turning exercise into a pastime.

Finally, the psychological and physical benefits of hobbies are worth investigating. You can make time for yourself and your health by finding something you enjoy doing.

#### 3.2 Taking a Break

Hobbies allow you to have some time off from work and responsibilities. This is especially beneficial for folks who are feeling overworked and need to recharge their batteries by doing something they enjoy.

It may be tough to find the time or give yourself permission to take a break from a busy schedule and just sit and relax for people who feel overwhelmed by duty. Hobbies can provide a break with a purpose, making people feel like they're not just sitting around but doing something constructive with their free time. Hobbies, in any case, provide a welcome diversion during a hectic week.

#### 3.3 Experiencing Eustress

Hobbies give a good source of eustress, the beneficial form of stress that we all need to stay passionate about life, for individuals who aren't unduly stressed and may fact be under-stimulated.

If the rest of your life is uninteresting or unappealing, hobbies can bring significance and entertainment while also breaking up a monotonous schedule. To put it another way, hobbies can bring just the appropriate amount of difficulty.

#### 3.4 Having a Social Outlet

Golfing rotations, knitting circles, and creative writing groups are just a few examples of hobbies that lend themselves to group activities.

Hobbies that bring you together with people can provide you with social support, which can help you relax and find purpose in your life in an enjoyable way. Hobbies that bring you closer to others are well worth your time because the friends you have fun with can become some of your best friends.

### 3.5 Enjoying Positive Pleasures

Pleasures—activities that provide delight to life—can be fantastic for relaxation and enjoyment of the moment, according to positive psychology, a relatively young school of psychology that explores what makes life meaningful.

Pleasures can make you feel better. Maintaining hobbies might improve your overall sense of happiness because they generally incorporate pleasures into your life.

### 3.6 Receiving Gratifications

Gratifications are crucial activities that offer meaning and fun to life, according to positive psychology. Gratifications present the type of challenge that requires us to use some of our best personal abilities and puts us in a state of flow, which can put us in a near-meditative state where we lose track of time, feel away from the stresses of life, and fully engage in what we're doing.

Hobbies are commonly experienced as gratifications, which can lead to a reduction in stress and a sense of well-being. If you want to experience more enjoyment and less stress in your life, hobbies can give a direct path to gratification.

### 3.7 Staving Off Burnout

Hobbies provide a sense of enjoyment and independence in life, which can assist to reduce the negative effects of chronic stress. Hobbyists can benefit those who are stressed out at work because they provide an outlet for tension and something to look forward to after a long day (or week) at a difficult job.

According to some study, people who work in stressful positions that are known to cause burnout (low-control, high-demand jobs, for example) experience less of a need to "recover" from their day at bedtime if they have more non-work-related physical or social leisure activities—in other words, more hobbies.

### 3.8 Hobbies Force You to Take Some Time for Yourself

Hobbies force you to take a break from your daily stresses and set aside time for yourself. Some hobbies, such as reading, writing, designing, or learning a new language, can keep you productive and give you a sense of purpose while you're having fun. And the more time you dedicate to immersing yourself in your passion, the more enjoyment and sense of accomplishment you will derive from it.



### 3.9 Hobbies Helps to Improve Our Sense of Imagination:

Hobbies can help you push the boundaries of your imagination, perceive the world in new ways, and create the mental space you need to come up with brilliant ideas. You take on new challenges when you devote yourself to a passion, which motivates you to learn new ways to develop. Hobbies not only gratify a curious mind, but they can also introduce you to a whole new group of individuals, helping you to widen your horizons and social circle.



## 4. EFFECTS OF HOBBIES ON HUMAN MIND

Positive thinking is very useful for our life and most of us prefer to be positive.

Hobbies plays an important role to improve our workability through following aspects (attitude).

1. Take it easy.
2. Have a creative outlet.
3. Get moving.
4. Love yourself.
5. Switch gears completely.
6. Time for a break?

It was a western attitude that spending time in hobby is a wastage of time rather we should utilize our time in doing work and it made a tendency to work all the time but eventually that work exhaust the person's mind.

But pursuing hobby makes us more creative and energetic and gives us a positive perspective towards our work & life.

Pursuing hobbies changes our thinking and improves our workability in following ways:

**TAKE IT EASY:** If we take out some time to get it easy and to convert our mood, it is really a helpful thing to boost yourself and to improve your workability.

Having breaks is actually going to make you better even through you spend less time studying overall, you do a much more productive and better job for it.

**HAVE A CREATIVE OUTLET:** A creative outlet can improve creativity on the job, interactions with colleagues and recovery from work.

Not surprising, people who spent more time on creative pursuits outside the workplace showed higher levels of creativity when it comes to solving the job-related problems.

**GET MOVING:** A hobby that get you physically active can benefit your work performance on many levels, from generally being good for brain function to protecting against stress.

Leisure is a really good way of helping us to say, “I am finding myself just continuing to think about when I fought with somebody down, I need to do something for myself to help me get out of that negative headspace.”

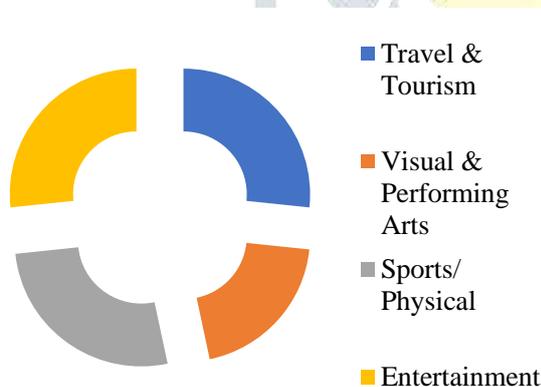
**SWITCH GEARS COMPLETELY:** A hobby that’s completely unrelated your job allows you to switch off properly and recover from work.

A hobby that is unrelated to work lets you detach more, so you can protect and refuel that resources you need to perform well at work.

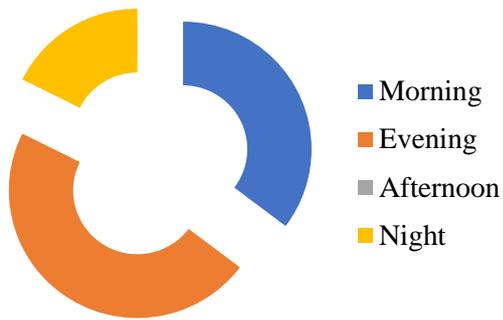
**TIME FOR A BREAK?** So, embrace hobbies, allow yourself to get engrossed in them, and enjoy a better work life.

## 5. QUESTIONNAIRE SURVEY OBSERVATIONS

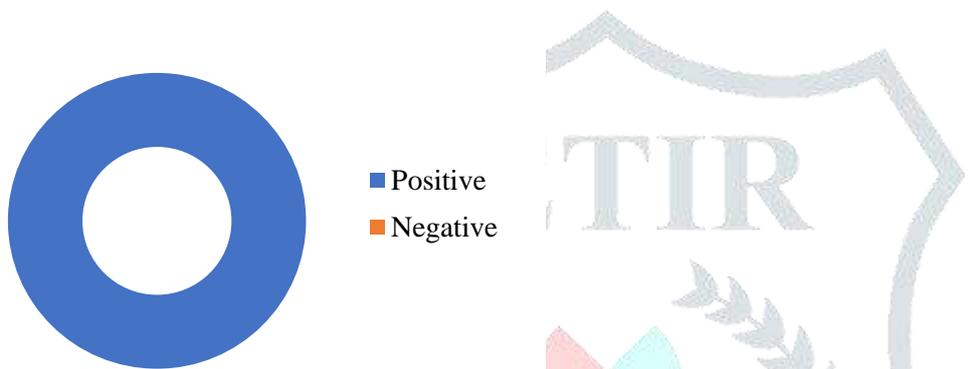
1. What is your hobby?



2. When do you manage time for your hobby?



3. What mood wise change do you observe while pursuing your hobby?



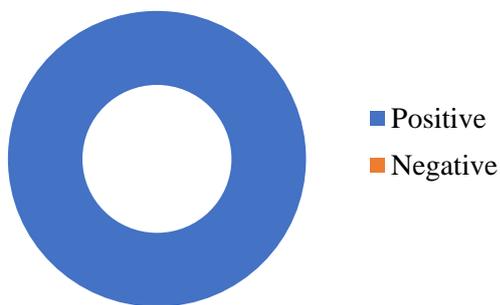
4. Do you think, the hobbies can help in improving your workability?



5. In what sense having a hobby is good for you?



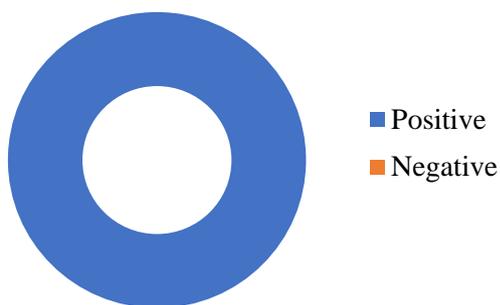
6. Does pursuing hobby give you pleasure?



7. Can hobbies help in personal growth?



8. Can hobbies create a positive attitude in your daily life?



9. If Yes, then how?

Most of the People say that Hobby helps to keep them Physically fit and Mentally Energetic & Enthusiastic, as a result it create the Positive Attitude in their day to day life.

## 7. OUTCOME FROM QUESTIONNAIRE SURVEY

The questionnaire survey was carried out in the group of people above 20Yrs. It is observed that the people between the age group 30 to 35 yrs. are more prone to mental pressure due to workload as well as relation problem. Most of the people prefer to visit nearby garden or parks to feel little relaxed from daily hectic chaos. It is observed that most of the people prefer dense landscape like jungle over urban landscape. On the basis of survey, it can be concluded that landscape plays an important role to convert the mood from sad to happy, to convert the feel from negative to positive and to convert the stressed mind into a relaxed mind.

## CONCLUSION

**Survey Results clearly conclude that the Nourishment of Hobbies Creates positive outlook in the life of working age group and improves the Productivity amongst them.**

The reasons behind that are listed below:

- a) Pursuing a Hobby makes the Mood **Positive**.
- b) Pursuing Hobbies improves the **Workability**.
- c) Pursuing Hobby is good in both the ways, i.e. **Physical & Psychological**.
- d) Pursuing hobbies give the **Pleasure**.
- e) Pursuing hobbies helps in **Personal Growth**.
- f) Hobbies create **Positive Attitude** in Daily life.

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