Why You Should Have a Hobby

By Michael Martinez

   A hobby is an activity or interest that one does for enjoyment. Some hobbies are athletic activities, like soccer. Others stimulate your brain, like chess. Some other hobbies help you relax, such as playing guitar. Everyone should have a hobby because they come with social benefits, they help you become more confident and hobbies help you learn how to learn.

   Hobbies are a great way to meet new friends and become more socially active. You can meet new people by joining a club having to do with your chosen hobby. You can also meet new friends at competitive events. Hobbies can also help with team building skills. As you can see, hobbies are an excellent way to meet new people.

A hobby can also improve your confidence. As you get better at your hobby your self-image naturally improves. Overcoming adversity leads to skill development and determination. Having a high degree of skill in a hobby gives you something to always fall back on, which leads to emotional stability. I may not be able to throw a spiral but I know how to swim the freestyle stroke. In short, the better you get at your hobby the more your confidence improves.

Hobbies can also help you learn to learn. Here's what I mean. Learning requires repetition. Learning an activity is going to involve performing a certain skill many times to engrain it in your mind. Becoming better at your hobby reinforces how important repetition is to learning.

Everyone should have a hobby because they help you meet new people, help you become more self-assured and help you learn how to learn new things. When I decided to learn how to solve a Rubik's cube, I began by watching YouTube videos with my Dad. After a lot of videos, I began to understand. Finally, after many attempts, I solved my first Rubik's cube and my confidence exploded. Later, I found that one of my classmates, Elliot, had also learned to solve the cube, and we became great friends. So, get a hobby! It makes life better!