

HOBBIES AND INTERESTS

ARTICLE

TRENDS IN HOBBIES

It is true that people's hobbies and interests change in accordance with the latest trends and fashions. They are following these hobbies and interest for the sake of popularity, not for personal pleasure. To a certain extent, I would agree with the statements, but there are some new hobbies which people follow due they like the activity. I personally believe that hobby is a personal matter, and we should not follow what is popular in public and should do things that we really like.

People follow and do popular activities to show that they exist and up to date with the latest trends. But In the reality, they do not have the passion in doing it and do not gain the positive impact of the leisure or activity. On the other hand, there are few other people who change their interests and hobbies due to the fact that they like these new activities. These new hobbies might be the latest trend, but these people change their interest because they have such huge passion in these activities. Besides that, these hobbies might be newly invented, therefore no one was doing these hobbies in the past.

DECREASE

The leisure activities and time spent for this has plummeted in the recent decades. At the outset, there are two main causes for the gradual waning of hobbies these days. Firstly, the revolutionized digital era makes people as couch potatoes in front of laptops, smartphones, the internet and social media. So obviously the citizens become less interested in carrying out an activity apart from these. Secondly, in an aspiration to achieve materialistically prosperous, they extend their working hours thereby cutting down the time spent on hobbies. For example, my uncle who has been a passionate cyclist for years hardly does cycling after being placed in one of the top multinational companies.

Incidentally, the above reasons have detrimental effects on the masses. The most significant impact on the individuals is the reduction in the physical activity. This would lead them to an unbalanced lifestyle; thereby making them the victims of diseases like high blood pressure, obesity, high cholesterol and heart attacks. This is because of the deposition of fats in the body which might naturally cause obesity after a period of time. Another connected effect is the loss of productivity in the workplace even after working for hours and hours together since the employees would deprive of ways to channelize their stress.

WHY HOBBIES ARE IMPORTANT

Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and affords us the opportunity to learn new skills. We are very fortunate to have so many different options out there today. The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we truly enjoy and are passionate about, we become hooked. It becomes part of our lives and captivates us in a very personal way.

It helps to relieve stress by keeping you engaged in something you enjoy. Hobbies give you a way to take your mind off the stresses of everyday life. They let you relax and seek pleasure in activities that aren't associated with work, chores or other responsibilities. Hobbies help you become more patient. In order to develop a new hobby, you have to learn how to do something that is brand new to you. The

odds are there will be a learning curve, and you will need to be patient in order to build your skills. It increases your confidence and self-esteem. The odds are that if you really enjoy an activity, you are usually pretty good at it. Any activity that you can excel in is an opportunity for you to build your confidence and develop pride in your accomplishments.

It increases your knowledge. Along with building new skills, you will also gain new knowledge through the development of your hobby. It enriches your life and gives you a different perspective on things. No matter what type of hobby you choose, you will definitely be exposed to new ideas. Hobbies help you grow in various ways, including exposing you to new opinions and to new ways to look at life. It challenges you. When you pick a new hobby, you will be involved in activities that are novel and challenging. If you don't find your hobby challenging, then you also won't find it engaging, and it will be less enjoyable. That means you need to find a better hobby.

WORLD'S 3 MOST POPULAR HOBBIES

BOOK READING

This is the best hobby which most of the people have in common all over the globe. Get some books, magazine or anything which matters to you. You can completely relax besides learning new things and this is the best way to do when you are bored. There are all sorts of studies that seem to corroborate the whole reading books makes you smarter idea. Plus, how many biographies of geniuses and artists and the like start out with a precocious kid who reads a lot? With all that reading you're bound to pick up a few witticisms here and there, or at least a decent enough way with words.

TRAVELING

Bored at home? Leave it! Go outside and see the world. You can just walk around the house or even travel to the other end of the world. You can go to any place depending on your time and budget. On the other hand, if you just want to be energetic and leave your feeling of getting bored, then you can either go to the local park or your favorite place or observe things there. You always have the opportunity to see and learn something new just around the corner. Be a tourist in your own town, visit a place you've never been to, read a little about your old town or visit a cultural event you would actually skip. This all will make you full of new experiences although you just "traveled" with a local bus.

MUSIC

Generally people say that our brain will be active and even get refreshed when we play music on any instrument. So why don't you try this the very next time when you are bored? Have some instrument as per your interest and give it a try; slowly you will be playing it and getting healthy vibes. If you're missing this talent or never had the chance to work on it, maybe, it's time to find out, what would the one. A lot of people found themselves in an instrument they would never have chosen in the first choice. If nothing is working just turn on the radio or your favorite artist and dive into the tones you like. It's an amazing way to relax and charge your batteries.

QUESTIONS

1. What is your hobby? Why did you start your hobby? How long have you have it?
2. Why do people have hobbies?
3. Can you make money from doing your hobby?
4. Is your hobby safe or dangerous?
5. What can one do as a hobby?
6. How much time can one spend on his/her hobby?

7. Does your hobby interfere with your work / study / personal life?
8. Does your hobby influence your choice of friends?
9. Can a hobby save a child from bad peer influence? How did it change you?
10. Which hobbies are the most expensive / cheapest you've tried?
11. Which hobbies are the most popular with women? With men?
12. Can you think of any hobbies which are popular with children and also adults?
13. Are there any hobbies you would like to try?
14. Are there any hobbies you can do in other countries, but not your own?
15. Which hobbies do you think are the most difficult?

VOCABULARY

- A) Activities, Angling, Antique collecting, Aquariums, Art, Artifacts, Avocation
- B) Backpacking, Ballooning, Biking, Bingo, Bird-watching, Board games, Boating, Bridge
- C) Camping, Cards, Carpentry, Carving, Ceramics, Classes, Coin collecting, Collectibles, Collection, Cooking, Crafts, Crewel, Crochet, Crossword puzzles
- D) Dancing, Dealer, Decoupage, Delight
- E) Embroidery, Enjoy, Enrichment, Entertainment, Expertise
- F) Fishing, Free time
- G) Gambling, Games, Gardening
- H) Handicrafts, Hiking, Hunting
- I) Ice-skating, Ikebana, Interests
- J) Jogging, Joy
- K) Kite flying, Knitting
- L) Leisure, Linger, Loiter
- M) Macramé, Magic, Model airplanes, Model cars, Model trains, Models, Mountaineering
- N) Needlepoint, Numismatics
- O) Obsession, Origami
- P) Painting, Passion, Pastime, Philately, Photography, Playing cards, Pleasure, Possession, Pottery making, Puppetry, Purchases, Puzzles
- Q) Quilting
- R) Reading, Relaxation, Retirement, Riding, Rock climbing, Rug hooking
- S) Sales, Scrimshaw, Scuba diving, Sewing, Sharing, Shells, Shopping, Skeet shooting, Skill, Skydiving, Snorkeling, Spelunking, Sports, Stamp collections, Stitch, Surfing
- T) Time, Trinkets
- W) Weaving, Whittling, Woodworking
- Y) Yachting, Yoga