



HOBBIES: NOT A WASTE, BUT AN INVESTMENT

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ABSTRACT

Hobbies are the best way to develop positive attitude and achieve happiness. We often choose hobbies that make us happier and more excited. Since each one has different ways of finding and enjoying leisure, hobbies vary from person to person. Hobbies are not to fritter away one's time but to increase the quality and happiness of one's life. Many people do not understand the value of hobbies and hence are reluctant to spend time on them. If one needs to be more productive and intrinsically motivated, one has to make an introspection of one's areas of interest and spend time on them. Only intrinsically motivated individuals can actively contribute much to the family and society.

There are a wide variety of hobbies that boost up our confidence and self-esteem. If we are fed up with the routine schedule of our life or having some mental stress, then engaging in favourite hobbies is a good way to regain our enthusiasm. My attempt in this article is to discuss a few of my favourite hobbies that energize and inspire me. They are cooking, travelling, gardening and reading. Engaging in these hobbies often rejuvenate me and help me perform better in my personal, academic and professional life.

KEYWORDS: *Hobbies, Positive Attitude, Motivation, Quality of life*

COOKING

Cooking is one of the best creative hobbies; it is interesting too. Mixing up different masalas and making innovative dishes is truly exciting and cool. During my Research degree program in Coimbatore, I cherished and fostered this hobby, which later became a part of my life. In Coimbatore, we were in a rented house. There, we had to cook our own food. After the class, we would come back to our room and then go for shopping. Meanwhile we would make a menu planning and purchase the needful things for creating dishes. This hobby helped us make a good timetable for our academic life. Moreover, we enjoyed a lot by inventing new items and naming them. There I stayed with two other friends from Tamil Nadu. So we tried both Kerala and Tamil Nadu dishes. Even after two years, I still remember those days. By making cooking your hobby, you can improve your creativity; Moreover, it can make you motivated. Motivation is directly associated with the wellbeing and performance of an individual. Cooking

can surely make you motivated and more optimistic towards future.

TRAVELLING

Travelling is a hobby that will help you explore the places you visit. Normally I enjoy this hobby on weekends and holidays. Whenever you are exhausted, take a short break for two or three days and travel to your favourite places. It will surely bring magical changes in you. The places we choose should be interesting. I prefer high ranges or hill stations for travelling. Travelling to a place and spending time exploring the culture of that place is exciting. If you are a foodie, then explore the traditional cuisines of that place. It is going to be an awesome experience. Travelling also enhances your knowledge and shapes your viewpoint. Two years ago, I travelled to Varanasi and stayed there for three days. The energy and experiences I could gather from there were incomparable. If you are interested in travelling and think that travelling soothes your heart



then make it your hobby and spend some time enjoying it.

GARDENING

Gardening is another popular hobby and it is very beneficial for mental and physical health. In earlier times, we used to get quality vegetables and fruits. But now we do not have gardens; neither do we have quality vegetables and fruits. Therefore, many people have now started to do gardening in different styles and at different places. Gardening is a way to interact with nature, to love it and to understand it. Spending some time in your garden watering the plants and observing their growth will make your day more beautiful. Gardening is another interesting hobby of mine. Every day I spend 2 to 3 hours in the garden. Working in the garden observing the beauty of it and caring the plants in it, will give you a contented heart. If you develop gardening as a hobby then the quality of your life is going to improve. I have a small garden at home where I grow spinach as the main crop. When people visit my home, I give a bunch of spinach to them. I strongly recommend all people to make gardening a hobby.

READING

Reading our favourite books is a good way to revitalize ourselves. I used to carry Robin Sharma's book 'Who will cry when you Die' when I travel. It is an excellent source of motivation. I read and re-read his books because they are so powerful in evoking positive thoughts. If you want to make reading your hobby, then proceed with that. Reading can makeover your convictions and views.

I was trying in this article to present some of my best-loved hobbies. Hobbies will not only make you positive and motivated but also it will help you manage your time and make your life easier, happier and meaningful. Life has to be enjoyed to the fullest. This is possible through hobbies. I am busy with my personal assignments; still I try to find some time to nurture my hobbies. Many studies have found that one of the finest ways for relieving stress is to spend time on hobbies. I wish everybody to foster their hobbies, improve the quality of their life and explore the world of happiness.

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