Exploring Positive Impact of Pursuing Snooker on Young Adults

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Abstract

Background: Leisure activities have always shown a positive influence on an individual’s health. The incorporation of leisure activity into one’s life improves quality of life and promote wellness. The study aimed to explore and investigate various parameters of pursuing snooker as a leisure activity that can have a positive impact on young adults. The study also focused on skills gained through snooker that can assist in daily life activities.

Methods: A questionnaire was used to collect data. 107 participants signed up for the survey and answered various kinds of questions that revolved around diverse aspects of snooker. The study used mixed method approach and the responses received were interpreted through thematic analytical approach.

Conclusion: The findings of the study indicated that snooker pursued as a leisure activity can contribute to positive health and well-being for young people as well as act as an encouraging activity to have a positive outlook toward developing and/or enhancing essential life skills. The study also emphasized on need to create more awareness about health benefits of the game.

Keywords: leisure activity, mental health, snooker, social skills, well-being

How to cite this article: Nim C, Deshpande A (2020): Exploring positive impact of pursuing snooker on young adults, Ann Trop Med & Public Health; 23(S17): SP231714. DOI: http://doi.org/10.36295/ASRO.2020.231714

1. Introduction:

There always has been an existence about the relationship between leisure activity and health. Many studies have shown that participation in leisure activities play a significant role on an individual’s health. Engaging in any leisure activity is always associated with positive health. Regularly indulging in any sport or leisure activity has a direct impact on overall well-being. Pursuing leisure activities help people improve social life, enhance one’s personality, give a sense of satisfaction and therefore, improve quality of life. Leisure activities have shown a positive impact on everyone’s health particularly in older people. But there is limited research about the benefits of leisure activities in young adults. Peggi, Jopp and Hertzog suggested that for successful ageing, leisure activities are important for all kinds of age groups. There may be some leisure activities which are more physically demanding, but one should always find ways to engage in different activities according to one’s interest and happiness. Recreational exercises can be a mode to keep an individual genuinely, intellectually, socially and sincerely fit. Leisure activities have demonstrated a constructive effect on everybody's wellbeing especially in more established individuals.

In today’s world, people are working towards a higher and better quality of life all the time. People want to get themselves equipped with fast-paced life. Individuals are working persistently to advance beyond everybody to achieve something. Today, our youth is considerably more keen and insightful. They have the information about anything thanks to technology. Young adults always require something in their life that motivates them whether it is their academics or career. But in this constant desire to achieve everything as soon as possible, they neglect one important aspect of their life that is their physical and mental health.

Youth is unconcerned about their mental and physical health which could affect their well-being in the long run. People need to invest time in their well-being by participating in any sport or leisure activity. According to mental health foundation, young adults showed more mental stress levels as compared to other age groups. The common causes for the mental stress in these people were because of relationships in personal and professional life, money, career and many more. And according to the research studies, there will be more numbers of adults with mental health problems in the future. Mental stress is becoming common in today’s society, especially in young adults who are either in graduate school or are working. Mental health is very important for every individual. Therefore, it is critical to care for adults who are confronting emotional well-being issues and supporting them in their physical wellbeing, emotional health and improving their social health. Encouraging adults to pursue a leisure activity/hobby is one way to help them and cope up with mental stress and other complications. Leisure activities have always been a health promoter for everyone. Leisure activities have always shown a positive impact on one’s physical and mental growth. Participation in any kind of leisure activity enhances one’s physical, social, and mental health which ultimately improves quality of life.

Playing snooker can be one way to pursue it as a leisure activity in order to look after health. There has been very little research on the benefits of playing snooker but lately, it is gaining interest among researchers and scholars. Cummings stated in his article that game of snooker ought to be looked beyond a game. Snooker should be viewed as a meditation mode rather than just a sport as it can be used as a way to phase out things. The game of snooker is psychologically demanding and promotes cognitive development in players. The paper will provide insights about how introduction of snooker in young people’s lives can demonstrate to have a significant impact on their psychological and social wellbeing. This study focused on to identify when snooker pursued as a leisure activity can benefit young adults in their life. It also emphasized upon the skills acquired from snooker which can be beneficial in day to day life.

1.1. Snooker and mental health
Snooker and mental health are the topics that has been not looked upon for a long time. But now it is coming as an interest to many researchers. Snooker is not considered to be a sport that requires physical strength as compared to other games such as cricket, soccer, etc. moreover it provides more challenges to one’s mental ability. Mental skills are prominent in snooker as it requires a little knowledge about the game and cognitive ability to play a shot. Sagoo suggested that playing snooker can develop or enhance your cognitive ability. It argues about snooker when pursued as a hobby or pastime can make a positive impact on an individual’s mental health. This means that one has a piece of better knowledge about the game which in turn helps to develop the cognitive function. Individuals engaging themselves in the game of snooker are likely to improve their mental strength which could help them in their daily life. The findings from this study talk about the mental health aspects of an everyday snooker player. It concludes that indulging in snooker can help in day-to-day life activities. It improves concentration power which is very crucial in one’s life. It goes on to conclude that how playing snooker can play part in improving one’s mental health and well-being. As an aspect of mental health in snooker, Chung et al conducted a test to analyse and evaluate the performance of snooker player. The study focused on snooker players based on their abilities that is novice, intermediate and professional. Therefore, from the point of mental skills, the test performed by Chung and group provides information about these players. Each player uses their mental and analytical skills in the game but yes there was a significant difference between novice and professional players in terms of cognitive abilities when involved in the game of snooker. This implies that every time a player is playing the game of snooker his mental health is improved by analysing and observing the game thoroughly. Welsh, Dewhurst and Perry also argue about the cognitions in elite players and super elite players in the game of snooker during their performances. Both elite and super elite players use their mental skills and problem focused strategies during the game which further help them to analyse the whole game. Strategies and detailed calculations help them to play a shot which enhances their motor skills and cognitive ability.

1.2. Leisure activity and well-being
It is a known fact that life satisfaction and well-being are correlated to one another. An individual’s well-being can be achieved in many ways but for most of the individual, it is achieved by a better quality of life. Leisure activities have always been associated with well-being and life satisfaction. Participation in recreational or leisure activities has always been proved positive for an individual. Many studies have shown that leisure participation enhances one’s physical, mental and social health depending upon the activity. Leisure activities provide an opportunity to nurture oneself which in turn gives a sense of satisfaction and a feel good factor about themselves. Kim, Sung, Park and Dittmore highlighted that leisure satisfaction is very important in a student’s life. A positive attitude will make a positive impact on leisure satisfaction through leisure activities. The conclusion from this study stated that attitude toward leisure activities has a significant effect on student life. It also stated that leisure satisfaction is indirectly related to the student’s psychological well-being.

A similar study was carried out by Kaya which stated that there exists a connection between relaxation fulfilment and bliss among college students. Personal well-being or happiness could be achieved by involving in any leisure activity which will help students to manage stress and escape routine. Leisure participation could help individuals in the long run in terms of life satisfaction and quality of life.

1.3. Leisure and social skills

Sports is one of the best way to be socially active. In fact, sports has a long history in developing life skills in an individual. Nopembri implied that team sports/games are one of the best ways to acquire social skills. Social skills are important for any individual to live in a society and that can be developed through participation in sports. Life skills can be gained through knowledge, training, during real time play and in many more ways. These skills gradually help in shaping one’s personality and keeping socially active. Yang talks about how leisure sport can be acquired for self-development. Leisure sports can improve quality of life and also create awareness about social values. Leisure sport varies according to many variables such as gender, age, interest, and much more but the aim is to be satisfied, happy and develop life skills through it. Leisure sport promotes social interaction, social stability which results in a harmonious society.

Sagoo’s study of older people participating in snooker promotes their overall well-being. Snooker pursued as a leisure activity among older people can have a positive impact on their mental health and have a better quality of life. Keeping in mind the amount of time available among older people, they must engage themselves in any leisure sport to keep them mentally and physically fit. He stated snooker can be one sport that can help older people to be socially active and can have a positive outlook toward life.

2. Material & methods:

The primary aim of the study is to look into how pursuing snooker as a leisurely pursuit can be beneficial for young adults. It also studies about the health benefits of snooker and how it can be regarded as a useful tool in daily life experiences. This segment covers the sample used for the study, data collection method and how data was analysed.

2.1. Sample

A total of 107 participants contributed to the study out of 100 in which 91 were males and 16 were females. Participants were categorised in three sections namely 18-22, 22-26 and 26-30. The participants involved were from college and working background.

2.2. Data Collection Method

The primary data was collected with the help of a questionnaire method that was circulated online via google form for 2 months. The questionnaire was prepared doing an extensive research and evaluating many research studies related to the topic. The questionnaire incorporated both close-ended and open-ended questions that revolved around different aspects of snooker and well-being of an individual. The questionnaire was used because it was a small scale study that was cost effective and time efficient. This investigation utilized both qualitative and quantitative
exploration. By utilizing both techniques, it increased the chances to do detailed analyses of the findings and getting to research outcomes.

2.3. Statistical analysis

The answers received from the survey were studied in detail and were explored which was relevant for the study. The qualitative data that was gathered from the open-ended questions were analysed by recognizing the patterns from the results and the comments made by the participants regarding the health and other benefits of the game snooker\(^{(20)}\). The results obtained from the survey was explained with the help of the various graphs (Microsoft Excel). Braun, Clarke and Weate\(^{(23)}\) recommended an approach to analyse the data especially from qualitative data. The thematic analysis method emphasizes on identifying the pattern from the qualitative dataset and interpreting the data from the point of view of the researcher. This kind of approach is ideal to analyse data from open-ended responses and focuses on the terms that are used frequently in the outcomes and that are relevant for a particular study.

3. Results and Discussion:

From the introductory results, it showed that out of 107 participants, 42 play snooker at least once a week and 65 play once a moth. The survey consisted different range of questions that helped in exploring the holistic aspect of snooker. The questions ranged from inclusivity in the game, health aspects, benefits of the game and barriers regarding the game. The results also showed there is a need to create awareness about the influence of the game of snooker on health and well-being.

In figure 1, social and mental health were the popular choices among the participants. The results also represented that snooker is more of a psychological demanding game than physical. Along with the responses, many participants commented related to the benefits. Some of the comments from the participants were ‘Snooker act as a refreshing tool for my brain and helps me in understanding the physics of things’. Another participant stated that ‘It is a very good pastime and keeps me socially and mentally active’. In addition to this, many participants said that ‘It helps in improving motor skills, improved learning and keeping me psychologically fit’. From social health perspective, some of the participants stated that ‘Snooker has helped in shaping my personality as it boosts self-confidence and gives me a sense of satisfaction’. Adding to it, another
participant said ‘Snooker helps me in making new connections and makes me happy’. Though physical health was not popular among participants but snooker can still help in improving flexibility and stability. Playing snooker can definitely affect the well-being of a person by balancing the emotional quotient.

**Figure 2: Improvement in productivity while pursuing snooker.**

When asked about productivity, participants had a wide range of answers. From the figure 2, it can be seen that majority of the people were uncertain about if productivity enhances with the help of snooker. The participants had the choice to add any other benefit other than the options given in the survey. There were a variety of responses that ranged from improvement in mental ability, mental stimulation to social health as can be seen in figure 3. Statements given by the participants were ‘Snooker helps me coping with stress and keeps me focused all the time’. Another participant stated that ‘Snooker sharpens my mind as it requires some mathematical calculations while playing the game and also improves the hand-eye coordination which can come in handy for doing multiple tasks’. Participants responded to the questions from their experiences, beliefs and perception.
In the survey, when the question was asked ‘Ways in which snooker helps in daily basis’ the results were very intriguing. Figure 4 showed a great number of participants believed that snooker can impact daily life activities. There were number of different approaches to the question as can be seen in figure 5. Some participants said that pursuing snooker can ‘keep you motivated all the time, increases your self-confidence, stops you from being sedentary and improves self-control’. Another participant stated that ‘Playing snooker keeps me calm and makes me happy after a long week’. The answers obtained were both qualitative and quantitative. Therefore, data has been merged according to mixed method research which involves gathering and studying of qualitative and quantitative data to solidify the purpose of the study.

![Figure 3: Ways in which snooker help in improving productivity.](image)

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![Figure 4: Participants indicating benefit of snooker on daily basis.](image)

Figure 4: Participants indicating benefit of snooker on daily basis.
The figure 6 showed participants wanting to be more aware about health benefits of the game. The indicators were: 1: Strongly Disagree, 2: Disagree, 3: Neutral, 4: Agree and 5: Strongly Agree.

Another point that should be highlighted from the results dealt with the awareness of the snooker. As shown in the figure 5, 40% of the participants believed that there is urgent need to create more awareness about the health benefits of the game of snooker and how it can be a way to cope up with mental health issues and promote wellness. The results highlighted different ways in which snooker impacts a person’s psychological health, social health and overall wellness. Participants responded to the questions in the survey from their experiences, opinion and attitude. There were also different open answers to the same question where participants significantly expressed snooker aid them in daily life such as keeping them away from bad habits, a great way to deal with retirement, feeling confident and provided them a tool to make the most of their time. However, the statements that were relevant to the study were taken into account and were
interpreted further to serve the purpose of the study. The data collected from the survey was examined by acknowledging the health aspect of snooker and keeping in mind the categorization of research questions. We shall now discuss the outcomes of the results obtained that will help in structuring the purpose of the study.

Discussion

The primary data was collected with the help of the survey that included questions revolving around the game of snooker and various health benefits of the game of snooker. Some of the notable results were about the impact of snooker on mental, social and well-being, how snooker enhances productivity as well as social inclusion and how snooker may help an individual in daily life. Both qualitative and quantitative data collected from the survey were analysed to support the primary purpose of the study.

It was evident from the figure 1 that majority of the participants emphasized on social and mental health as key benefits from playing snooker. From the viewpoint of social health, it was clear that participants feel social health was more benefited from the game of snooker as we can see from the figure 1. The responses indicated that snooker is a great way to socialize with people and get rid of any social anxiety. Snooker helps them to develop various social skills that could help them in the long run. From the responses and comments, it was apparent that snooker can encourage social health by making people step out of the house and interact within society(24). Coming to the mental health perspective, the participants cited that playing snooker help in enhancing their mental strength, thinking skills and concentration. The results were supported by the previous researchers who concluded that there exists a relation between leisure activity and mental health(25). The game of snooker can help an individual make healthy daily life decisions, lead an active life and have a feeling of joy and satisfaction(26).

Figure 2 suggested that participants were not sure about whether pursuing snooker help in boosting their productivity. Figure 3 points out some of the ways in which pursuing snooker might help participants in improving their productivity. One crucial thing to note here is that almost all the factors mentioned in figure 3 are related to mental stimulation. Participants also suggested that snooker does have a significant impact on overall health. These results were supported by the studies carried out by Ukpong and Akintunde(27) which suggested that recreational activities can play a role in enhancing productivity. Participating in any recreational activity can help in enhancing mental well-being which will eventually result in greater productivity. The responses goes on to show that snooker does have a definite impact on mental health which eventually enhances productivity.

Figure 4 indicated that snooker does contribute to daily life activities. From the responses, it was evident that there a lot of ways in which snooker can help in day-to-day life. Daily life jobs require mental, social and physical skills and comments made by participants showed that snooker definitely assists them in developing those skills(28). The responses showed that participants had a positive outlook toward snooker. It helps in justifying the notion that snooker can be effective for daily life. It does contribute in positive ways in people’s lives. Pursuing snooker or any leisure activity for that matter will usually contribute to one’s wellness. These findings were supported by Zganec, Merkas and Sverko(29) who stated that being involved in any leisure activity is important as it brings positivity into your life and alleviates stress. Recreational and leisure activities are the great way to maintain healthy living and improve overall fitness.

The outcomes from the survey have served some assistance to infer that snooker can be viewed as a constructive action for young people. Social and mental fitness are strongly associated with the game of snooker. Snooker contribute in ways that can transform an individual and improve their quality of life. The participants also feel that that snooker should gain interest of many in future and people should be more aware about the game and its health advantages. The health benefits of snooker should be explored further. The purpose of this study was to explore and investigate how the game of snooker contributes to positive health and well-being in young people as well to explore different ways in which snooker impacts productivity and daily life.
4. Conclusion:

This paper attempted to explore and investigate how participation in snooker can be proved to be fruitful for young adults. The findings clearly showed that snooker can play a crucial role in supporting and contributing to young people’s lives in terms of social, mental health and well-being and how it can contribute to daily life activities as well as ways in which it can improve productivity. The results signified that playing snooker has a positive impact on young people’s mental and social health and there definitely exist a connection between snooker and well-being. The association of mental health with snooker has proved to be positive and encouraging. The statements made by the participants indeed suggests that snooker should be adopted as a leisure activity in enhancing social health and well-being. The study provides an opportunity for further research in exploring holistic ways of health and snooker, especially emphasizing on how snooker can be a way to deal with health related issues such as stress, anxiety and, much more and awareness regarding health benefits of snooker to individuals and society.

Ethical Clearance: Not applicable

Source of Funding: Self-funded

Conflict of Interest: There is no conflict of interest among the authors

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