

### Hobby - water source of nourishing life

As we all know that hobby can be an Important part of our life , They not only bring us happiness and entertainment, but also serve as a comfort for our souls. However, it seems that as society progresses, finding an appropriate hobby is becoming increasingly difficult.

Everyone's growing environment and living conditions are different, resulting in different hobbies. However here are also many similarities between us. For example there are many people in our college like playing badminton or basketball and the like.

But there is also existing problems that it is getting more difficult to find a hobby now. I think there have some reasons:

Firstly, the fast-paced modern life makes it difficult to discover and cultivate our hobbies. With the constant pressure of work and daily life, it's hard to find the time for leisure activities.

Secondly, the competitive nature of society adds additional pressure. Many people are driven to pursue professional success, often at the expense of their own interests and hobbies.

Lastly, the rise of technology has led to border on an obsession using electronic device usage and a decrease in face-to-face social interaction. This lifestyle not only negatively impacts our physical and mental health, but also makes it harder to discover and cultivate our hobbies.

I hope we can struggle these barrier then we can take on our fitted hobbies which can make us better.