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The Impact of Dual Physical and Musical Activities on Teen Development: A Study of Tennis and Drumming

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Abstract:
This paper explores how engaging in both sports (specifically tennis) and music (through drumming) can benefit the overall development of teenagers. Physical activities like tennis improve fitness, coordination, and mental focus, while music enhances creativity, rhythm, and emotional balance. Combining both helps students like me manage time better, relieve stress, and develop both body and mind. The research highlights how participating in tennis and drumming together supports healthy growth, discipline, and self-expression.

Introduction

Teenagers today often balance schoolwork, technology, and extracurricular activities. While it can be challenging, being active in both sports and music has many benefits. Sports such as tennis encourage physical strength, endurance, and strategic thinking, while drumming builds rhythm, coordination, and focus. For me, tennis and drumming have become more than hobbies—they have shaped my routine and mindset. This research discusses how participating in both activities can positively impact teenagers' physical, mental, and emotional development.

Benefits of Playing Tennis

Tennis is a full-body sport that improves agility, strength, and stamina. According to sports studies, playing tennis increases cardiovascular health, hand-eye coordination, and reflex speed (Kovalchik & Reid, 2017). It also teaches discipline, patience, and sportsmanship. When I play tennis, I notice that my concentration improves, not just on the court but also in my studies. Practicing regularly helps me focus longer and react quickly to challenges—skills that are useful in both academics and life. Tennis also helps me manage stress; after a long day, playing a match or even rallying with a friend clears my mind.

Benefits of Playing Drums

Drumming, on the other hand, develops rhythm, timing, and emotional expression. It requires both hands and feet to work together, which improves motor coordination and brain connectivity (Zuk et al., 2014). Research has shown that musical training enhances focus, memory, and problem-solving abilities (Bugos et al., 2019). When I play drums, I feel more confident and creative. It's a fun way to express feelings and emotions. Drumming also improves my listening skills and teamwork because I often play in groups or with recorded music. The feeling of keeping a steady beat helps me stay calm and organized.

Combining Tennis and Drumming

Doing both tennis and drumming helps me balance my physical and mental energy. Tennis keeps me active and fit, while drumming improves my focus and coordination. Together, they teach me time management—making sure I practice both while also keeping up with schoolwork. Studies show that combining physical exercise with music training boosts brain development, mood, and self-esteem

(Miendlarzewska & Trost, 2014). When I practice both, I feel more energetic and motivated. Playing tennis builds endurance for long drum sessions, while drumming strengthens my rhythm and timing in tennis. Both require patience, consistency, and passion—qualities that help me grow as a student and as a person.

Challenges and Learning

Balancing tennis and drumming isn't always easy. Sometimes, school assignments or tournaments make it hard to find time for both. However, through guidance from my parents and teachers, especially Pamela Sinha and Rupak Jyoti Nath, I've learned how to manage my schedule. Setting clear goals helps me stay consistent without feeling stressed. These activities have also taught me resilience. Losing a tennis match or missing a beat in drumming reminds me that improvement takes time and effort. Overcoming these challenges has made me more determined and disciplined.

Conclusion

Participating in both tennis and drumming has helped me grow physically, mentally, and emotionally. Tennis gives me strength, focus, and determination, while drumming offers creativity, rhythm, and peace of mind. Together, they create a healthy balance between activity and art, discipline and creativity, and body and mind. I believe that every student should try to combine physical and artistic hobbies. They not only help us perform better in school but also make us happier and more confident individuals.

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