



Impacts of Pickleball on Adult Health

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INTRODUCTION

In recent years, pickleball has experienced a huge increase in popularity across the world, “there are currently 4.8 million pickleball participants in America, which represents 1.6% of the US population aged 6 years and over” (Human Kinetics). This shows that pickleball attracts people of all ages and backgrounds to the courts. Pickleball is usually described as a mix of tennis, and ping-pong to make this highly addicting activity. The accessibility of this sport and the small amount of strain on the joints is very appealing to adults. Research shows that regular physical activity can extend someone's lifespan up to 10 years, providing not only physical health benefits but also an increase in one's mental health.

RESEARCH METHODOLOGIES

This research project focuses on the health benefits of pickleball. The study will use a mixed methods research design, combining quantitative and qualitative data to assess the physical, mental, and social health impact of adults. By summarizing the numbers achieved through these interviews, they will be analyzed, in-depth, on how the participants' overall health stands out compared to other major racket sports.

Conclusion and Analysis

The student researcher has collected data through a survey, in which participants are asked five questions, and to rate each one on a scale of 1-5. The goal was to assess the responses to better understand how pickleball impacts social, physical, and mental health.

Data and Findings

The findings of this study show evidence that participating in playing pickleball can contribute to the physical health, mental wellness, and social well-being of adults. According to the survey, the majority of the participants report that they are benefiting from the categories examined, supporting the question of: How does playing pickleball impact the health of adults? Based on data analysis, the researcher finds substantial improvement in physical well-being, mental sharpness, and social relationships among the participants.

*On a scale of 1-5, how much improvement have you noticed in your physical health or fitness since you began playing pickleball?

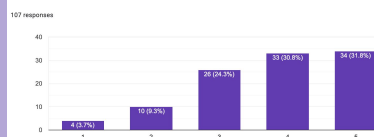
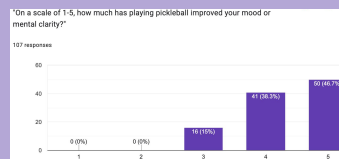


Fig. 1:
Physical
Health

Fig. 2:
Mental
Health



*On a scale of 1-5, how important was the social aspect in motivating you to start playing pickleball?

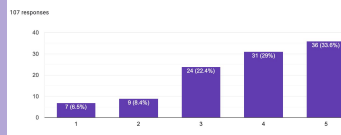


Fig. 3:
Social
Health

IMPLICATIONS AND NEXT STEPS

- Conduct a Longitudinal Study: Track adults (40-60) playing pickleball 3+ times per week, measuring health indicators like cardiovascular health, mobility, and mental well-being.
- Expand Literature Review: Compare pickleball to other low-impact sports (e.g., tennis, swimming, walking) to assess unique benefits.
- Gather Qualitative Data: Use surveys and interviews to understand player motivations, health perceptions, and social experiences.
- Consider External Factors: Analyze the impact of diet, socioeconomic status, and pre-existing conditions on health outcomes.
- Public Health Promotion: Encouraging pickleball as an accessible, low-impact exercise could improve overall health in middle-aged adults.
- Healthcare Cost Reduction: Regular physical activity may lower medical expenses by reducing risks of chronic illnesses.
- Social & Mental Well-being: Strengthening social connections through pickleball could enhance mental health and reduce isolation.
- Future Research Opportunities: Findings could inform broader studies on aging, physical activity, and longevity.

ACKNOWLEDGEMENTS / REFERENCES

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