

FROM Court to Health: A Multiple Case Study on the Role of Pickleball on the Healthy Lifestyles among ADULTS

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ABSTRACT

This qualitative multiple case study explored the experiences of the role of pickleball in a healthy lifestyle and the social dynamics and interactions of the adult pickleball players in the selected pickleball clubs in Region XI. The experiences and the social dynamics of pickleball in the five cases were examined through thematic analysis. The gathered data was triangulated in each case by interviewing the players they played with. The analysis yielded the following themes on their experiences: engaged in inclusive sport, motivated to stay engaged, optimized physical wellness, boosted psychological and social wellness, and achieved leisure satisfaction. The emergent themes for the social dynamics and interactions included maintaining positive social interaction and connection, cultivating a culture of sportsmanship and positivity, acknowledging diversity and inclusivity, sustaining team dynamics, and developing conflict resolution options. The five cases were similar in optimizing physical wellness and achieving leisure satisfaction. Regarding the navigation of their social dynamics and interactions, three of the five cases of pickleball players had different experiences from the rest.

KEYWORDS: *Education, pickleball, healthy lifestyle, social dynamics, sports, healthy lifestyle, multiple case studies, Philippines*

INTRODUCTION

Pickleball, a rapidly growing paddle sport played on dedicated courts with paddles and plastic balls, promotes a healthy lifestyle by offering accessible, low-impact activity for individuals of all ages (Vitale & Liu, 2020; Greiner, 2019). However, the challenge of persuading people to engage consistently in physical activity for overall wellness persists (Obidovna &

Sulaymonovich, 2022). Given the rise in non-communicable diseases worldwide, the WHO recommends regular moderate-to-intense physical exercise for adults (Schulenkorf & Siefken, 2019; WHO, 2020, 2022). Pickleball shows promise as an exercise program addressing barriers to physical activity in inactive adults (Wray et al., 2021).

Popular in the US due to its low-impact nature, simplicity, and social appeal, pickleball addresses the need for increased encouragement toward healthy lifestyles (Forrester, 2020). Studies highlight prevalent unhealthy lifestyles and low physical activity rates, emphasizing promoting activities like pickleball (Loprinzi et al., 2016; Leh et al., 2018; Khaw et al., 2022; Susilo et al., 2023). Similarly, in the Philippines, where pickleball is gaining popularity, promoting active leisure and sports is crucial to combat unhealthy lifestyle choices and rising inactivity (Grana, 2023; Dungog et al., 2021; Philippine Statistics Authority, 2023; Gula, 2022; Yap, 2023).

While pickleball gains traction in the Philippines, challenges remain in encouraging community engagement in active leisure and sports (Tejano, 2022; Quismundo, 2019; DOST, 2020). Studies suggest pickleball's positive impact on social interaction and mental health, especially among older individuals (Ryu et al., 2018; Cerezuela et al., 2023; Chen et al., 2021). Additionally, active leisure motivation and satisfaction research underscores their significance in promoting healthy lifestyle behavior (Cadwell et al., 2010; Tsai et al., 2014; Ozkan et al., 2021; Kim & Brown, 2018).

Despite increasing interest in pickleball, more research is needed on its effects on general health and well-being, especially in the Philippines (Greiner, 2019). This multiple-case study explores pickleball's role in promoting healthy lifestyle behavior, considering its accessibility and suitability for all ages (Greiner, 2019). The study's findings will be shared in research forums, pickleball events, and online publications to promote awareness and encourage participation in active leisure activities like pickleball for a healthier lifestyle.

Theoretical Lens

This study drew on Self-determination theory (Deci & Ryan, 1980; 1985) and The Theory of Flow (Csikszentmihalyi, 1975) to explore the experiences of pickleball players and its role in promoting a healthier lifestyle. Self-determination theory emphasizes autonomy, competence, and relatedness as crucial factors in motivating individuals, with intrinsic motivation arising from enjoyment of an activity and extrinsic motivation driven by external rewards. Pickleball provided opportunities for participants to exercise autonomy, develop competence, and foster social connections, potentially leading to intrinsic

motivation and satisfaction. Similarly, The Theory of Flow suggested that individuals experienced optimal satisfaction when challenges and skills were balanced. In pickleball, achieving this balance between skills and challenges enhanced the player's experience, potentially promoting a satisfying and healthy lifestyle.

Applying these theories, the study aimed to uncover patterns in participants' behavior related to healthy lifestyle choices and their motivations and enjoyment of pickleball. Understanding how pickleball influenced individuals' perceptions of autonomy, competence, and relatedness shed light on its potential as an active leisure activity for promoting overall wellness. Through this exploration, the study sought to validate shared experiences and provide insights into the role of pickleball in facilitating healthy lifestyle decisions, supported by a deeper understanding of motivational factors and social connections within the context of leisure activities.

METHODS

Research Design

This qualitative study adopts a multiple case study approach to comprehensively explore and understand the significance individuals or groups attribute to a social issue. Following Creswell's (2012) qualitative research process, the study involves developing questions and methods, gathering data in participants' environments, analyzing data inductively to derive general themes from specific observations, and interpreting the data's meaning. Aspers' (2019) description of qualitative research fits with the report's flexible structure. Qualitative research uses an interpretative, naturalistic approach to look at things as they are, using real-life data like case studies, interviews, and observations to determine what people think about different situations. To study a real-world multiple-bounded system and learn more about a particular topic, it is also simpler to gather comprehensive data from various sources when using a multiple-case design, as Creswell (2013) and Yin (2017) explain. This approach, emphasized by Gustafsson (2017), not only aids in discerning similarities and differences between cases but also ensures the reliability and validity of evidence derived from several cases, contributing to a broader exploration of theoretical development and research issues. By employing a multiple-case study design, the researcher can collect a wealth of information from diverse sources, strengthening the evidence gathered and elucidating the value of the findings, particularly pertinent in examining the experiences of five pickleball players about leading healthy lifestyles. Thus, adopting a multiple case study

design allows for a nuanced exploration of the experiences of these players and their engagement in pickleball as an active leisure activity.

Research Site and Participants

The study occurred in Region XI, the Davao Region, Philippines, encompassing five provinces and Davao City as its regional hub. With a population of 1,825,450, Davao City emerged as the primary location due to the surge of pickleball activity during the COVID-19 pandemic, witnessing the formation of team clubs and hosting of tournaments. Purposive sampling was employed to select participants, ensuring intentional selection based on characteristics relevant to the study's objectives. The maximum variation sampling technique was utilized to gather diverse perspectives from pickleball players, with selection criteria including age, gender, frequency of play, and profession. Five case units were identified, each representing a unique profile of pickleball players in terms of demographics, years of experience, and frequency of play, meeting inclusion criteria of playing pickleball for at least a year, engaging in the sport at least twice a week, and being above 18 years old, residing in Region XI.

Data Analysis

The researcher employed Braun and Clarke's (2006) six-phase thematic analysis method to analyze the data, comprising familiarization, initial coding, theme generation, potential theme examination, theme definition, and report production. Initially, the researcher immersed in the data through repeated readings and note-taking, transitioning transcripts into data. Subsequently, initial codes were generated, assigning significance to aspects relevant to research questions. Progressing to theme identification involved reviewing coded data for overlaps and patterns indicative of coherent themes. Potential themes underwent rigorous examination against the entire dataset, ensuring alignment with research objectives. Following this, essential themes were defined and named, such as "active leisure and healthy lifestyle." Lastly, discussion and interpretation were provided for each theme, offering insights into research findings and facilitating cross-case analysis.

Trustworthiness

To demonstrate the reliability of this qualitative content analysis, concepts like credibility, confirmability, transferability, and dependability—adopted from Lincoln and Guba's (1985) model, which provides four criteria—were used. The goal of credibility is to bolster the claim that the

investigation's results are significant enough to pay attention to.

RESULTS

This section presents the detailed narrative of experiences from the interview questions leading the study. The results are presented in themes and core ideas and in the order of the research questions. Additionally, transcripts from the in-depth interview support the presentation of data.

Profile of Participants

The profile indicates that Case 1 is a 22-year-old female college student residing in Region XI. She enjoys pickleball as an active recreational activity and has been playing it for over a year. She engages in pickleball sessions at least four times per week.

On the other hand, Case 2 is a pastor in Davao City who is 40 years old. He participates in pickleball regularly as an active recreation and has been playing it for more than a year. He plays pickleball at least three times a week.

Moreover, Case 3 is a 40-year-old teacher residing in Davao City. He engages in pickleball as a regular and active recreational activity, having done so for over a year. He plays pickleball a minimum of three times per week.

Furthermore, Case 4 is a 39-year-old resident of Davao City who works as a pickleball coach. He regularly participates in pickleball as a recreational activity, having been involved for over two years. He plays pickleball at least three to four times every week.

Finally, Case 5 is a 55-year-old executive from Davao City who enjoys playing pickleball as a recreational activity. He has been involved in the sport for over two years and plays six times a week.

Table 1
Profile of Participants

ITEM	Case 1 Jen	Case 2 Ted	Case 3 Ray	Case 4 Kit	Case 5 Sid	Player 1	Player 2	Player 3	Player 4	Player 5
AGE	22	40	40	39	55	20	41	41	46	40
SEX	Female	Male	Male	Male	Male	Male	Male	Male	Female	Female
PROFESSION	Student	Pastor	Teacher	Coach	Executive	Student	Pastor/ Teacher	Teacher	Teacher	Teacher
NO. OF YEARS PLAYING	1 year and 6 months	1 year and 3 months	1 Year and 5 months	2 years	1 year 4 months	1 years and 8 months	1 year and 3 months	1 year and 5 months	Almost 2 years	1 year 5 months

FREQUENCY OF PLAYING IN A WEEK	4 Times a week	3 Times a week	3 Times a week	3-4 Times a week	6 Times a week	3 times a week	once a week	Once a week	3 times a week	3 times a week
NO. OF YEARS INFORMANTS PLAY WITH CASE ASSIGNED	1 year and 6 months	1 year and 3 month s	1 Year and 2 month s	1 Year and 9 month s	1 year 4 month s	1 year and 6 months	1 year and 3 months	1 Year and 2 months	1 Year and 9 months	1 year 4 months

Cross-case analysis

Experiences of the Pickleball Players in the Role of Pickleball on their Healthy Lifestyle

The cross-analysis of the five study cases revealed five common themes: engaged in inclusive sport, motivated to stay engaged intrinsically, optimized physical wellness, boosted psychological and social wellness, and achieved leisure satisfaction. Three to six core ideas highlight each theme, as indicated in Table 2. The most popular theme recognition technique is repetition, based on the concept that reoccurs throughout and across transcripts. The following are the themes discovered throughout the analysis.

Table 2
Experiences of Pickleball Players on the Role of Pickleball on their Healthy Lifestyle

Essential Themes	Core Ideas
Engaged in Inclusive Sport	Sport Transition due to Health Conditions Opportunity for Older Adults Avenue for Physical Health Source of Enjoyment and Fun Easy to learn to wide range of players Injury-Friendly and Low Impact Sport
Motivated to Stay Engaged	Motivated to Play for fun and Enjoyment Motivated to Play for Health and Exercise Motivated to Play due to inclusivity nature of the game
Optimized Physical Wellness	Enhanced the Physical Aspects Supported Healthy Weight Management Fostered Health Development Promoted Diet and Nutrition
Boosted Psychological and Social Wellness	Enhanced Mental Health Fostered Stress Relief Improved the Quality of Sleep Developed Social Interaction
Achieved Leisure Satisfaction	Attaining Physical Wellness Satisfaction Obtaining Relaxation Satisfaction Obtaining Enjoyment Satisfaction

Engaged in Inclusive Sport. This theme refers to the engagement of the participants to the inclusive nature of pickleball. Most of them had sports transitions from other sports; one of them added pickleball to his other physical activities. The inclusive nature of pickleball creates an environment that accommodates the participant's different backgrounds, ages, and needs, and some of them actively participate regardless of barriers like injuries and other factors. Six core ideas were gathered for this theme, as shown in the table. Each core idea represents each case of Pickleball players. Cases 1, 2, 3, 4, and 5 had their own stories about the engagement in the inclusive sport.

Motivated to Stay Engaged. This theme refers to the participants continuing to participate and engage in pickleball due to their internal and external drives. These include personal desire, enjoyment, satisfaction, and a sense of accomplishment, competitions, and playing for someone like a mentor. All pickleball players exhibit motivation to play, demonstrating their enthusiasm to continue playing. This second theme is evident in all five cases. Table 2 shows the four main ideas generated for this particular theme. Players were sometimes motivated to engage in their health and exercise.

Optimized Physical Wellness. Participants' healthy lifestyles in terms of physical wellness enhanced as they played pickleball. Most of the enhancements they experienced were in health development, weight management, physical fitness, and cardiovascular endurance. They were able to develop their physical health by leading a healthy lifestyle. Four core ideas were gathered for this theme.

Boosted Psychological and Social Wellness. The participants experienced beneficial changes in psychological and social behavior due to pickleball's role in their healthy lifestyle. They noticed most enhancements in stress relief, relaxation, mental break, mental focus, sleep quality, good relations to others, and social interaction. For this theme, four core ideas were gathered.

Achieved Leisure Satisfaction. It is the fulfillment, enjoyment, and contentment that the participants experienced from engaging in pickleball. All pickleball player expressed satisfaction while playing, displaying their feelings of fulfillment every time they played. This last theme can be found in all five cases. Table 2 shows the four core ideas created for this specific theme. In most cases, participants found both physical and mental satisfaction.

Navigating the Experiences of Social Dynamics and Interactions Fostered by Pickleball

In describing the social Dynamics and Interactions of the pickleball

players in terms of their experiences, table 3 shows four essential themes with their corresponding core ideas and challenges.

Table 3
Navigating the Experiences of Social Dynamics and Interactions fostered by Pickleball

Essential Themes	Core Ideas	Challenges
Maintaining positive Social Interaction and Connection	Promoting Positive Social Atmosphere Establishing Connections	feeling of being snubbed or ignored by others
	Deepening Strong Friendships Creating Warm and Harmonious Community	Too much familiarity that can cause division and problems on community involvement
	Fostering Community Involvement	
Cultivating a Culture of Sportsmanship and Positivity	Showing Respect to Others	Engaging in trashtalk by using offensive language or verbally taunting others in order to distract, intimidate, or irritate their opponents.
	Being a Good Sport	Neglecting being a Good Sport by not showing honesty in line calls that can cause conflicts
	Balancing Competition and Camaraderie	Some individuals manifest evident negative behavior like being arrogant and not reflecting the balance between competitive drive and the sense of community

Acknowledging Diversity and Inclusivity	Connecting to Diverse playing styles and skill levels	Some tend to have problem with playing with newbie and teaming up with lower skill level
	Connecting with Different Age Groups	
Sustaining Team Dynamics	Demonstrating Effective communication on the court	Miscommunication with the game plan and weakened team communication
	Conveying Effective communication off the court	Some players hold on to their grudges and continue to be upset after a game setback
Developing Conflict Resolution Options	Providing Recommendations Behavioral Issues	No clear policies are available to address behavioral issues
	Recommending approaches for Fair Play and Policies Issues	Absence of a Policy of rules and regulation fair play in clubs

The five themes are presented: Maintaining positive Social Interaction and Connection, Cultivating a Culture of Sportsmanship and Positivity, Acknowledging Diversity and Inclusivity, Sustaining Team Dynamics, and Developing Conflict Resolution Options. Social dynamics and interactions in pickleball are challenging, but the true challenge lies in the determination to interact and build community despite these challenges. However, it was noted that all the participants involved in this case study strived to maintain their social dynamics and interactions.

Maintaining positive Social Interaction and Connection. It is the effort of the participants to maintain an inclusive environment where everybody will feel respected, accepted, valued, and connected. Two challenges were encountered for this theme, and five core ideas were gathered, as shown in the table. Participants shared their experiences and how they were able to describe the challenges of those experiences. All cases detailed how they did their best to maintain positive social interaction and connection.

Cultivating a Culture of Sportsmanship and Positivity. It is the intentional efforts

of the participants to show respect to others, be a good sport, and balance competition and camaraderie. The players' social dynamics and interactions have produced the second theme. All cases of Pickleball players manifested their positive attitude and sportsmanship towards others. They wanted to cultivate and promote sportsmanship and positivity.

Acknowledging the Diversity and Inclusivity. The diversity and inclusivity pertain to how the participants connect to players across ages with varied playing styles and skill levels. This is the third theme generated from the experiences of cases' social dynamics and interactions. Two core ideas extracted from the theme exemplify the acknowledgment of the diversity and inclusivity of pickleball to accommodate and communicate regardless of age and skills.

Sustaining of Team Dynamics. It is the effort of the participants to maintain effective communication by using verbal and non-verbal or body language efficiently during gameplay, showing trust and confidence to teammates, and enhancing teamwork. This is the fourth topic that emerged from the two challenges the cases encountered regarding social dynamics and interactions. It found that communication is critical to the team's performance when playing with a partner. Case 2 described how his teammate communicated with him on the court through feedback. They also communicated off the court by discussing strategies and adjustments.

Developing Conflict Resolution Options. The participants are recommended to establish documented written policies and guidelines addressing specific conflicts within the pickleball community, particularly regarding fair play, ethics, and behavior. This is the fifth theme generated from the two challenges of the cases' social dynamics and interactions. All cases shared their concerns about the need for a written policy for each club to address behavioral and fair play conflicts.

Similarities and Differences between Cases

Underscored in Table 4 are the similarities and differences of the five cases in the context of experiences in the role of pickleball on healthy lifestyles and social dynamics and interactions based on their experiences.

Table 4
Similarities and Differences of Experiences and Social Dynamics of Cases

Themes on Experiences and Social Dynamics	Case Unit		Remarks
	Similar	Different	

Experiences:			
Engaged in Inclusive Sport	1, 3, 4, 5	2	Cases 1, 3, 4, and 5 mentioned that sports engagement and transitioning from another sport to pickleball are due to health issues and the inclusivity nature of the sport, but Case 2 added pickleball to his existing physical activities, explaining that it didn't interfere. Instead, it helped him achieve his overall fitness goals.
Motivated to Stay Engaged	2, 3, 4, 5	1	Cases 2, 3, 4, and 5 are motivated to play pickleball for their physical health and enjoyment, but Case 1 is the only one with extrinsic motivation, which is for the competitions and to play in memory of her late mentor.
Optimized Physical Wellness	2, 4, 5	1	Cases 2, 4, and 5 were able to optimize their physical wellness. Case 1 had exceptional experience. Her immune system improved and prevented her lupus from worsening. As a result, her lab results improved, and her doctor was able to decrease their steroid dosage gradually.
		3	Case 3 also had exceptional experience when he lost weight by playing pickleball thrice a week.
Boosted Psychological and Social Wellness	1, 2, 3, 5	4	Cases 1, 2, 3, and 5 boosted their psychological and social wellness. Only Case 4 had exceptional experience in developing and learning patience, self-control, and social skills, particularly when

			faced with conflicts and difficult situations.
Achieved Leisure Satisfaction	1, 2, 3, 4, 5		All Cases achieved leisure satisfaction in playing pickleball.
Social Dynamics:			
Maintaining Positive Social Interaction and Connection	1, 2, 3, 5	4	Case 1, 2, 3, and 5 maintained positive social interactions and connections. Case 4 went above and beyond his duty as pickleball coach. He did life coaching as a form of counseling for some of his playmates.
Cultivating a Culture of Sportsmanship and Positivity	1, 2, 3, 5	4	Cases 1, 2, 3, and 5 cultivated a culture of sportsmanship and positivity among other players. Only Case 4 mentioned the importance of coaching and providing support during gameplay, adding mentoring to sportsmanship.
Acknowledging Diversity and Inclusivity	2, 3, 4, 5	1	Cases 2, 3, 4, and 5 were able to acknowledge diversity and inclusivity in their community. Only Case 1 experienced shyness and intimidation when playing against more skilled opponents during the competition in Bali, Indonesia, but still appreciated the opportunity to learn skills from them.
Sustaining Team Dynamics	2, 3, 4, 5	1	Cases 2, 3, 4, and 5 could sustain team dynamics in playing. Only Case 1 shared instances of silent communication during ongoing errors. She discussed moments when they failed to communicate

			while making continuous errors during the game and still attempted to encourage.
Developing Conflict Resolution Options	1, 3, 4, 5	2	Cases 1, 3, 4, and 5 recommended policies concerning ethics and fair play. Only Case 2 observed and highlighted the significance of players being open-minded and becoming mature when conflicts arise. More than the written policies, he emphasized the role of leadership and followership in resolving conflicts.

Experiences of the Pickleball Players in the Role of Pickleball on their Healthy Lifestyle

Engaged in Inclusive Sport. It can be seen in the table that Cases 1, 3, 4, and 5 have similar experiences in terms of engaging in inclusive sports. The engagement in Pickleball of cases was exemplified because they participated in Pickleball due to its inclusivity. There were sports engagement and transitions due to their health conditions and restrictions, and the low-impact nature of pickleball accommodated them in managing health and changing physical abilities. There were sports engagements due to their age. Pickleball's inclusivity provided them an inclusive avenue for physical activity options, reduced physical strain, and a manageable pace on a smaller court. Relating their relevant experiences on the role of Pickleball in their healthy lifestyle, their sports engagement due to health conditions and restrictions, sports engagement due to age, and sports engagement due to pickleball inclusive nature.

On the other hand, only Case 2 incorporated pickleball into his regular physical activities and found that it positively impacted his fitness goals. He did not replace or hinder his other activities but enhanced them as part of a healthy lifestyle. He also mentioned how pickleball is inclusive and accessible for people of all ages to learn and play, contributing to its popularity.

Case 1, a former tennis player with Lupus, shifted to Pickleball due to its indoor nature, accommodating her health needs while allowing dynamic

movement. Case 3 praised Pickleball's inclusivity, citing its adaptability for injured players, providing a suitable environment for his back and knee pain. Case 4 embraced Pickleball for its accessibility to players of all ages and fitness levels, promoting a holistic and healthy lifestyle. Similarly, Case 5 transitioned from badminton to Pickleball after sustaining injuries, appreciating its low-impact nature and inclusivity. In contrast, Case 2 seamlessly integrated Pickleball into his routine, enhancing his fitness goals without replacing other activities, emphasizing its appeal to diverse demographics.

Motivated to Stay Engaged. Cases 2, 3, 4, and 5 have similar motivation experiences to stay engaged. Cases were motivated to stay engaged in pickleball and maintain a healthy lifestyle due to internal factors like the joy and enjoyment derived from playing, associated health benefits from physical activity, and the inclusive nature of sports that allow them to continue. On the other hand, only Case 1 had external motivations like competing and paying tribute to their late mentor. Her motivation is directly linked to these competitions and their mentor, and they strongly desire to compete in tournaments. Despite the absence of their mentor, she finds fulfillment and enjoyment in playing pickleball and continues to stay motivated.

Case 2 finds motivation in Pickleball to maintain a healthy lifestyle and the camaraderie it offers, keeping him active and engaged in life. Case 3's motivation stems from a dedication to overall well-being, finding engagement in Pickleball vital for sustaining interest in exercise despite physical discomfort. In case 4, a coach draws motivation from the social aspect of teaching Pickleball and its inherent enjoyment, fostering a commitment to a healthy lifestyle. Case 5 values Pickleball for its low-impact nature, intense cardiovascular workout, and enjoyable aspects, contributing to his overall well-being. In contrast, Case 1's motivation revolves around extrinsic factors like competition and honoring her late mentor, finding fulfillment and connection through Pickleball even after her mentor's passing.

Optimized Physical Wellness. Cases 2, 4, and 5 have similar experiences concerning optimized physical wellness serving the five cases. In the role of pickleball on their healthy lifestyle, they enhanced their physical aspect as an act of good cardio exercise, fitness, and a form of energizer. They were also able to manage their weight due to the ability of pickleball to burn calories and fats. They were also able to promote diet and nutrition, where they monitor their nutrition, hydration, and eating habits, especially in preparing for tournaments.

Case 1, despite health concerns like lupus, experienced notable improvements in overall well-being through pickleball, including enhanced physical health, fitness, weight control, and diet. Playing regularly strengthened

her immune system, reducing susceptibility to illness and allowing lower steroid doses. Case 3 achieved significant weight loss through pickleball, emphasizing its positive impact on physical well-being and weight management, particularly with regular play three times a week. Case 2 attributed pickleball to his healthy lifestyle, highlighting its advantages for fitness, health, weight management, and strategic nutrition and hydration for peak performance. Case 4 highlighted pickleball to optimize physical wellness, offering efficient cardiovascular exercise and sustainable workouts. Case 5 emphasized pickleball's role in enhancing physical wellness, noting dietary changes, and observing improvements in body composition due to increased calorie burning during sessions. Despite health challenges, Case 1's experience stands out, showcasing pickleball's potential in managing lupus and limiting its progression, leading to reduced steroid doses. Case 3's significant weight loss underscores pickleball's effectiveness in physical wellness optimization, emphasizing its role in achieving fitness goals.

Boosted Psychological and Social Wellness. Boosted Psychological and Social Wellness. With increased psychological and social wellness serving the five cases, Cases 1, 2, 3, and 5 have similar experiences. The role of pickleball in their healthy lifestyle is that it enhances mental health through mental breaks, attentional focus, relaxation, a sound mind, and stress relief. They were able to improve sleep patterns, expel energy through playing pickleball, reduce insomnia, and quality and longer sleep. Playing pickleball also allowed them to interact and build relations with the diverse community.

On the other hand, Case 4 was the only one to mention the positive impact of pickleball on his overall well-being. He talked about how playing the game helped him learn patience and resilience and improved his social skills. He emphasized the importance of creating a positive and harmonious environment within the pickleball community. Overall, his experience highlighted the benefits of sports and physical activity on psychological and social wellness.

Case 1 underscores pickleball's role in fostering a healthy lifestyle and enhancing psychological well-being by improving sleep patterns, promoting deep rest, and reducing stress. Case 2, a pastor, finds pickleball crucial in alleviating stress and providing relaxation, emphasizing its social benefits in breaking monotony and fostering community interaction. Case 3 highlights pickleball's impact beyond physical health, citing its role as a stress reliever and source of relaxation, contributing to psychological well-being. Case 5 attests to pickleball's positive effects on psychological and social wellness, viewing it as a means of distressing and fostering interaction among colleagues. Case 4 uniquely emphasizes pickleball's contribution to psychological and social

wellness, noting the development of patience and social skills, promoting harmony within the pickleball community.

Achieved Leisure Satisfaction. The five cases shared similar experiences in achieving leisure satisfaction, as manifested in their overall enjoyment and fulfillment of playing pickleball as a leisure activity. In the role of pickleball in their healthy lifestyle, they attained physical satisfaction, which pertains to their achieved physical health. They also obtained satisfaction with relaxation, whereas playing pickleball provided stress relief and relaxation.

Case 1 relishes pickleball for its ability to induce intense physical activity, leading to a satisfying sensation of sweating and perceived detoxification. She finds it fulfilling and rejuvenating, attributing pickleball to her overall sense of well-being. Case 2, a pastor, values pickleball as a respite from the stress of his demanding work, providing a mental escape and contributing positively to his healthy lifestyle. Case 3 finds leisure satisfaction in pickleball, experiencing relaxation and relief from muscle tension. He appreciates its capacity to alleviate stress and its inclusive nature, making it accessible to many participants. Case 4 regards pickleball as a source of leisure fulfillment, describing it as captivating and gratifying. Despite exhaustion, he finds solace in the game, which has become integral to his daily routine, ultimately enhancing his well-being. Case 5 derives profound satisfaction from pickleball beyond its physical benefits, citing its calming effect and ability to clear his mind. For him, pickleball is not just a form of exercise but a vital component of his mental and emotional wellness.

Navigating Social Dynamics and Interaction

Playing and interacting in diverse clubs and communities is very challenging. However, amidst this challenge, the concerned pickleball players were able to deal with the difficulty and struggle to continue playing pickleball and maintain their social dynamics and interactions.

Maintaining Positive Social Interaction and Connection. Regarding maintaining positive social interaction and connection serving the five cases, Cases 1, 2, 3, and 5 have similar experiences. Playing pickleball enables them to have positive social interaction and build strong connections. Their accommodating attitude and willingness to create a welcoming atmosphere, foster relationships, and establish friendships contributed to maintaining positive interaction and connection. On the other hand, only Case 4, a pickleball coach, goes beyond his expertise in the game and excels in fostering socially dependable connections among players. He shows remarkable empathy and understanding towards personal challenges that affect players' performance,

providing a supportive environment to address concerns. His dedication to players' well-being is evident through post-game counseling sessions. As a coach, he emphasizes skill development and his players' social and emotional growth.

Case 1 highlighted how pickleball transforms into a vibrant community, emphasizing the diverse relationships it fosters beyond mere competition. She described how kind players had been to her personally, illuminating the social dynamics of the group and its preference for friendship over rivalry. Case 2 underscored the importance of healthy social interactions in pickleball, advocating for respect, honesty, and sportsmanship. He highlighted the significance of gestures like the paddle tap in acknowledging opponents and nurturing a positive playing environment. Case 3 echoed the sentiment that pickleball extends beyond physical exercise, providing a platform for building relationships and community bonds. He described how tournaments and open plays facilitate connections with individuals of various backgrounds, emphasizing the welcoming atmosphere of the sport. Case 5 emphasized balancing pickleball and family commitments, advocating respectful boundaries and meaningful interactions. He stressed the importance of prioritizing quality social interactions over quantity and respecting players' time. As a pickleball coach, Case 4 went above and beyond his role, fostering strong social connections within the community. He displayed empathy and understanding towards players' challenges, providing support and counseling to address their concerns. His approach highlights the importance of skill development and social and emotional well-being in pickleball.

Cultivating a Culture of Sportsmanship and Positive Attitude. Cases 1, 2, 3, and 5 have similar experiences regarding these themes. In navigating social dynamics during the competitions and open plays, they were all able to demonstrate sportsmanship by promoting humility and honesty, balancing competition and enjoyment, expressing gratitude to opponents, and accepting defeats. In pickleball, create a welcoming community for all players as they foster a culture that values fair play, respect, and positive attitudes. In Case 4, there was a strong focus on promoting sportsmanship and a positive attitude in the community. Unlike other cases, he emphasized teaching and supporting teammates and opponents during games. It created a mentoring aspect to sportsmanship, where they focused on skill development and encouraged continuous learning and improvement. The players developed a positive and supportive attitude towards one another by exchanging knowledge.

Case 1 stressed fostering sportsmanship and positivity in pickleball, advocating against offensive behavior, and promoting mutual respect for a

harmonious environment that balances competition and camaraderie. Case 2 shared his mature approach to sportsmanship, emphasizing resilience in the face of challenges and maintaining composure despite unpredictable circumstances on the court. Case 3 highlighted the need to avoid trash-talking and promote supportive cheering to enhance the pickleball environment and prevent player conflicts. Case 5 exemplified a solid commitment to sportsmanship, emphasizing genuine gestures of respect towards opponents and valuing their abilities beyond competition. Case 4 stood out for his efforts in mentoring and supporting teammates and opponents, emphasizing skill development, and fostering a culture of continuous learning and mutual respect in the pickleball community.

Acknowledging Diversity and Inclusivity. Concerning acknowledging diversity and inclusivity, Cases 2, 3, 4, and 5 have similar experiences. In navigating social dynamics in pickleball, they supported a community that values and respects diversity by accommodating and communicating with players of different ages and skill levels. They were able to promote a positive environment and social inclusivity to other players regardless of varied ages and capabilities. On the other hand, only Case 1 had a different experience because she openly admitted to feeling shy and intimidated when playing against opponents with higher skill levels. However, they tried to overcome these feelings and showed a positive attitude towards playing against players of different skill levels. It demonstrated their willingness to embrace diversity and contribute to the inclusive pickleball community.

Case 2 highlighted pickleball's inclusivity, tracing its origins to a family-friendly game welcoming players of all ages and skill levels. He ensures inclusivity by guiding newcomers and adjusting gameplay to accommodate varying skill levels. Case 3 emphasized the pickleball community's openness to diversity, guiding beginners and adapting to higher-skill players' styles to foster a welcoming atmosphere. Case 4 underscored the community's dedication to inclusivity, prioritizing fair play and enjoyment for all players regardless of skill level. Case 5 demonstrated proactive inclusivity by introducing "walling" for beginners and adjusting his gameplay to support players of different abilities. Case 1, despite initial shyness, showed a commitment to inclusivity by facing opponents of diverse skill levels with positivity and a desire to communicate, contributing to the community's inclusiveness.

Sustaining Team Dynamics. Cases 2, 3, 4, and 5 have similar experiences regarding sustaining team dynamics. They maintained their team dynamics in pickleball mainly depending on the efficiency of their communication on the court through gestures and verbal and non-verbal cues. According to their shared experiences, they were able to develop strong

relationships on and off the court, build trust and confidence in their teammates, and bond. These helped them strengthen their chemistry, communication, and teamwork, which are necessary for their gameplay. They mentioned the vital usage of verbal and non-verbal communication, which they were able to develop in playing pickleball.

On the other hand, only Case 1 shared experience in facing challenges in communication and maintaining a supportive environment when dealing with continuous errors. They found it challenging to make remarks or statements after these errors, which strained their team dynamics. She tried to offer encouragement, but the team's cohesion suffered due to reduced communication. These challenges highlight the importance of supporting and maintaining communication in difficult situations to sustain team dynamics.

Case 2 emphasized clear and effective communication as vital for successful team dynamics in pickleball doubles, stressing cues like "mine" and "yours" to prevent confusion and enhance coordination. Case 3 highlighted the necessity of developing communication skills among teammates to ensure efficient coordination and mutual learning in doubles pickleball. Case 4 provided insights into sustaining team dynamics, emphasizing teamwork's importance on the court's large dimensions and the necessity of effective communication through signals and gestures. Case 5 extended the discussion to include empathy and mutual respect, drawing parallels between teammates' relationships and couples, underscoring the need for understanding and consideration during gameplay. Case 1 shared challenges in team dynamics, particularly in communication and support during errors, underscoring the importance of maintaining encouragement and communication, especially in difficult situations.

Developing Conflict Resolution Options. Cases 1, 3, 4, and 5 have comparable experiences when creating conflict resolution options. They identified specific conflicts concerning fair play and ethics or behavior in their communities. Because of this, they expressed the need for a written policy and guidelines to resolve disputes in the pickleball community. They mentioned that policies and procedures are essential in maintaining an enjoyable and harmonious environment in the community.

Moreover, by implementing policies and guidelines, resolving conflicts would be more accessible and objective. On the other hand, only Case 2 highlighted the significance of leadership and followership in resolving conflicts rather than solely relying on policies. It emphasized how well leaders implement policies and how effectively individuals adhere to and apply them. While written policies are necessary for addressing behavioral and character conflicts, the

crucial aspect is putting them into practice and abiding by them.

Case 1, Case 3, Case 4, and Case 5 underscored the importance of establishing clear rules and regulations within pickleball clubs to resolve conflicts and foster a harmonious environment. They emphasized the necessity of formalizing policies through written guidelines to prevent confusion and ensure consistency in addressing issues within the community. While Case 2 acknowledged the value of written policies, he highlighted the critical roles of leadership and followership in implementing and adhering to them, stressing the importance of living up to the established rules rather than merely having them in place.

DISCUSSION

The experiences of pickleball players regarding its impact on their healthy lifestyle are multifaceted, encompassing both competitive and recreational aspects. Buzzelli and Draper (2019) note that pickleball, with its smaller courts and less demanding athleticism than tennis, is particularly beneficial for individuals facing health issues, injuries, or age-related barriers, providing opportunities for socialization and competition while enhancing physical, social, and psychological well-being. Moreover, Cerezuela et al. (2023) highlight pickleball's potential to improve mental health, offering enhanced personal well-being, life satisfaction, and stress reduction. This inclusive sport fosters a supportive environment accommodating players of all abilities, backgrounds, and ages, promoting healthier and more inclusive communities. Additionally, the motivation to continue engaging in pickleball stems from internal factors, such as personal enjoyment and satisfaction, and external factors, including tangible rewards and mentorship. Participation in pickleball also leads to optimized physical wellness, boosting cardiovascular health, muscle strength, and weight management while contributing to psychological and social well-being by offering mental breaks, stress relief, and opportunities for social interaction and skill development. Ultimately, achieving leisure satisfaction from pickleball enhances overall well-being, providing players fulfillment, enjoyment, and a balanced quality of life.

The experiences of pickleball players navigating social dynamics and interactions yield four essential themes: maintaining positive social interaction, cultivating a culture of sportsmanship, acknowledging diversity and inclusivity, sustaining team dynamics, and developing conflict resolution options. Participants strive to foster an inclusive environment where everyone feels respected and connected, addressing challenges such as exclusion and overfamiliarity. Cultivating sportsmanship involves respecting opponents,

accepting defeat, balancing competition with camaraderie, and fostering enjoyable and respectful play. Acknowledging diversity entails connecting across ages and skill levels, promoting a sense of belonging, and broadening community participation. Sustaining team dynamics requires effective communication, trust, and teamwork, while conflict resolution options establish fair play guidelines to maintain harmony and prevent division. Despite challenges, sustaining engagement is crucial for fostering positive social behavior and maintaining healthy social networks within the pickleball community.

The study unveiled diverse yet interconnected experiences of individuals engaging in pickleball and pursuing a healthy lifestyle, showcasing similarities and differences among cases. Themes emerged regarding engagement in inclusive sport, motivations, physical wellness, and psychological and social benefits. Cases 1, 3, 4, and 5 transitioned to pickleball due to health concerns and embraced its inclusive nature, aligning with health lifestyle theories and theories of participation. Racquet sports like pickleball were suitable for older adults, supporting adaptive sports for healthy aging. Case 2 integrated pickleball into existing physical activities, in line with the importance of varied physical engagement. All cases exhibited intrinsic motivation for pickleball, resonating with achievement goal theory, while Case 1 also showed extrinsic motivations. Physical wellness benefits were observed across all cases, with exceptional improvements noted in Cases 1 and 3. All people experienced psychological and social improvements, with Case 4, in particular, showing signs of becoming a good coach. All cases experienced leisure satisfaction, demonstrating the all-encompassing advantages of pickleball on their healthy lifestyles. In summary, while differences existed, all cases derived physical and psychological enjoyment and health benefits from pickleball, highlighting its role in promoting well-being.

Cases 1, 2, 3, 4, and 5 each exhibit various social dynamics and interactions within pickleball. They demonstrate positive social interaction and connection, cultivating a culture of sportsmanship and positivity, acknowledging diversity and inclusivity, sustaining team dynamics, and developing conflict resolution options. The experiences of these cases align with theories such as McMillan and Chavis' "Sense of Community Theory" and Coakley's interactionist theory, highlighting the importance of sports in promoting social interaction, inclusivity, and personal growth. While all cases share similarities in fostering positive social environments and resolving conflicts, differences arise in the extent of their roles and approaches, with Case 4, as a coach, playing a significant mentoring role and Case 2, as a pastor, emphasizing maturity and

open-mindedness in conflict resolution. These diverse experiences underscore the multifaceted benefits of pickleball, including community building, mentorship, and personal development.

Implications for Educational Practice

Incorporating pickleball into school programs offers a multifaceted approach to student development and well-being. Establishing pickleball clubs, integrating it into physical education classes, and including it in the broader curriculum can promote skill development, social interaction, and a healthy lifestyle. Collaborating with health professionals allows for comprehensive education on nutrition and exercise. Workshops and peer mentoring programs can enhance communication, teamwork, and conflict-resolution skills. Inclusive sports events foster diversity and teamwork. These initiatives create a positive social environment, fostering inclusivity and leadership. Collaboration among stakeholders is essential for successful implementation.

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