An Investigation on the Role of Savoring in the Relationship between Vacation-Taking and Quality of Life (QOL)

by

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A thesis submitted in partial fulfillment of the requirements for the degree of

Doctor of Philosophy

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Abstract

The tourism industry is built on the premise that vacation-taking should be a healthy pursuit during our leisure time. Despite the importance of vacation-taking to people's quality of life (QOL), limited research has been conducted to examine this relationship. Meanwhile, although leisure travel is a substantive source of positive emotions, there is a lack of research on how tourists deal with or savor positive emotion and how savoring may play a role in the vacation and QOL link. Thus, the purpose of this dissertation project was to understand the relationship between vacation-taking and quality of life (QOL), and whether and how savoring plays a role in this relationship. To address this research purpose, I conducted three studies which are formatted as three separate manuscripts.

The first manuscript (Chapter 2) was a systematic review of studies investigating tourists' QOL. QOL is a complex concept that can be understood from a hedonic perspective (e.g., positive feelings) or a eudaimonic perspective (e.g., self-actualization). I identified and analysed 90 peer-reviewed articles studying tourists' QOL adopting one or both perspectives. The results revealed positive associations between tourism and different perspectives of QOL. The review also comprehensively summarized all the factors and outcomes that are relevant to tourists' QOL. In addition, research gaps including limited attention to the eudaimonic perspective of QOL and the post-vacation fade-out effect have been identified. Based on these findings, this research discussed the future directions that can advance research on tourists' QOL as well as implications for individuals and tourism practitioners.

The second manuscript (Chapter 3) explored tourists' savoring experiences. Although the importance of positive emotions is widely recognized in tourism research, savoring—as a process regulating positive emotions—is rarely studied. To address this research gap, Study 2

employed an interpretative phenomenological analysis approach to explore tourists' subjective savoring experiences. Given a tourism experience encompasses three phases (i.e., pre-trip, in-situ, and post trip), I explored tourists' savoring experiences at these three phases separately. Briefly speaking, tourists' pre-trip savoring experiences can be described by these three superordinate themes: (a) anticipating, (b) sharing, and (c) back to reality. Tourists' in-situ savoring experiences can be described as (a) engaged detaching, (b) immersing, and (c) action-readiness. Tourists' post-trip savoring experience can be explicated by the themes: (a) reminiscing, (b) comparing, and (c) eagerness to recreate. The study contributes to tourism experience literature by explicating tourists' savoring strategies as well as the role played by savoring in influencing tourists' experiences.

The third manuscript (Chapter 4) was conducted to investigate the relationship between vacation-taking and well-being and whether and how savoring may influence this relationship. A 5-week longitudinal study which measured participants' well-being and savoring frequency was conducted. Data were collected at three time points: (a) Time 1: 2 weeks before Reading Week vacation (Pre-vacation), (b) Time 2: at the end of Reading Week vacation (End of vacation), and (c) Time 3: 2 weeks post the end of vacation (Post-vacation). In short, repeated measures ANOVA and post-hoc tests suggested that tourists' well-being and savoring frequency significantly changed over a Reading Week vacation. One-Way ANOVAs and one-sample t-tests revealed that savoring can weaken the fade-out effect of vacation-taking, because, after vacation-taking, participants who savored their past trip with high frequency were more likely to experience more sustained psychological flourishing.

As a whole, the findings of this dissertation project have significant theoretical and managerial implications. The dissertation provides a comprehensive summary of the factors and

outcomes related to the vacation and well-being link which can improve the understanding of these two variables. Moreover, the project introduces new knowledge to the tourism field by conducting one of the first studies to delineate tourists' savoring experiences. In addition, using a longitudinal perspective, the dissertation project provides a glimpse into how tourists' well-being change over the course of a vacation. It also supports that savoring has the potential to promote well-being at different stages of vacation-taking and help tourists to experience more sustained well-being post-vacation. Finally, the findings inform tourism practitioners to the benefits of vacation-taking and savoring as well as how to foster tourists' savoring.

Preface

The thesis is an original work by Nanxi Yan. The research project, of which this thesis is a part, received research ethics approval from the University of Alberta Research Ethics Board, (a) Project Name "Savoring positive vacation experiences", (Pro00085271), September 26, 2018, and (b) Project Name, "A longitudinal research on the relationship between savoring and vacationer's Quality of Life (QOL)", (Pro00082740), January 30, 2019.

Acknowledgements

I would like to take this opportunity to acknowledge people to whom I am eternally thankful. To my supervisors, Professor Elizabeth Halpenny and Gordon Walker, I sincerely thank you for your trust, generous support (both academic and financial) and friendship. Your passion and knowledge have deeply influenced me as an academic and a person. I would never forget those Summer afternoons when we went for a short walk on campus or were sitting on a bench near the University Hall. Without those 'leisurely' moments, my dissertation would not be possible. You are the best supervisors in my heart, your strong work ethic and life attitude will influence me throughout my life.

I am sincerely grateful to the members of my dissertation committee: Dr. Amber Mosewich, Professor Lia Daniels, and my external examiner: Professor Bryan Smale. Thank you for reading my dissertation and sharing valuable insights with me.

I thank all the people I met at the Faculty of Kinesiology, Sport, and Recreation, and the University of Alberta, I was lucky to be surrounded by a number of knowledgeable and supportive individuals. Special thanks to Rongrong Zhang and Emma (Lei) Jing, we share lots of memories together. You guys made my journey much more enjoyable.

Finally, and most importantly, I dedicate this dissertation to my parents and Ran, for all the unquestioning love, understanding, and support you have given me.

Table of Contents

Lists of Tables

Lists of Figures

Chapter 1 General Introduction

The travel and tourism industry operates on the premise that holiday-taking is a mentally and physically healthy pursuit during leisure time (Gilbert & Abdullah, 2004; Hobson & Dietrich, 1995). Theoretically, vacation-taking can contribute to well-being or quality of life (QOL)[1]. First, from the bottom-up perspective, the leisure domain predicts people's global subjective well-being (SWB; Kuykendall, Tay, & Ng, 2015; Newman, Tay, & Diener, 2014). Holiday-taking as a form of leisure activity can impact leisure domain life satisfaction and, in turn, overall SWB. Dolnicar, Yanamandram, and Cliff (2012) even proposed that vacation-taking could be a separate domain and directly predicting people's overall QOL. Second, based on the broaden-and-build theory (Fredrickson, 1998, 2001), positive emotions generate long-term psychological benefits such as better health and social relationships. Leisure travel produces large amounts of positive emotions (Jeroen Nawijn, Mitas, Lin, & Kerstetter, 2012). For example, tourists experience gratification at both the pre- and post-trip phase (Clawson & Knetsch, 1966), and more frequent positive emotions while at the destination (Mitas, Yarnal, Adams, & Ram, 2012). Thus, by creating pleasure and enjoyment, vacationing can help individuals obtain positive health and wellness outcomes.

Empirically, extant research on this relationship between vacation-taking and QOL suggests there are several unanswered questions. First, although QOL can be understood from both a hedonic and eudaimonic perspective (Smith & Diekmann, 2017), fewer studies have measured tourists' eudaimonic well-being (e.g., Matteucci & Filep, 2017), or undertaken a comprehensive perspective to well-being. A fuller or holistic perspective to well-being considers both hedonic

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[1] In this research project, quality of life refers to optimal psychological experiences and functioning (Ryan & Deci, 2001), comprising hedonia and eudaimonia.

and eudaimonic approaches simultaneously. This line of research is worthy of more scholarly attention because vacations can be enjoyable and meaningful at the same time (Packer & Gill, 2017). Also, living a better life is not only marked by frequent feelings of positive emotions, but also a sense of accomplishment and having supportive relationships (Ryan & Deci, 2001; Su, Tay, & Diener, 2014).

Second, the tourism industry encourages us to believe that vacationing can make people happier (e.g., Hobson & Dietrich, 1995), but existing empirical investigations suggest that vacationing may not always boost people's happiness. For example, although several studies found that holidays improve people's well-being, such as life satisfaction (e.g., Gilbert & Abdullah, 2004; McCabe & Johnson, 2013), Milman's (1998) and Nawijn's (2011) research found that vacationing had no effect on tourists' life satisfaction after vacationing. This indicates that more research regarding whether and how vacation-taking can influence well-being should be undertaken.

Third, one important feature of vacation-taking is that generated vacation benefits are short-lived (Kuhnel & Sonnentag, 2011; Reizer & Mey-Raz, 2018). For example, De Bloom and associates' (2009) meta-analysis indicates that the effect of vacationing may fade out after 12 or 13 days. Similarly, Su, Tang, and Nawijn (2020) report that tourists' well-being returns to baseline level within a month. In contrast, De Bloom and her colleagues (2010) conducted a 5-point longitudinal study to investigate the effect of vacationing on vacationer's well-being (e.g., mood, life satisfaction satisfaction). They observed that vacationers' self-reported well-being significantly improved during vacation-taking. Nevertheless, this improved well-being declined during the first week after vacationers returned home and resumed work. This phenomenon may trigger people to ponder: (a) If the positive vacation benefits fade-out rapidly, why should

individuals spend time and money to vacation at all? (b) Is there a way to achieve sustained or longer-term well-being from vacation-taking? Past research provides limited information on these questions.

In sum, based on the foregoing discussion, my research goal is to investigate the relationship between vacation-taking (i.e., away from home tourism activities) and QOL (i.e., both hedonic and eudaimonic well-being), and explore whether and how people can obtain more sustained well-being from vacation-taking. In this dissertation project, I propose that the concept of *savoring* (Bryant & Veroff, 2007)—a well-researched positive psychology construct—has the potential to facilitate tourists to obtain more sustained well-being benefits post-vacationing.

Savoring is a process through which people focus on or attend to positive experiences and engage in thoughts or behaviors that regulate positive feelings arising from these experiences (Bryant, 1989; Bryant, 2003; Bryant & Veroff, 2007). This process can amplify or prolong positive emotions, which in turn improves people's well-being. Partly, this is because of the broaden-and-build process of positive emotions (Fredrickson, 1998, 2000), which broadens people's thought-action repertoire and increases psychological resources. The construct of savoring has been extensively studied in work engagement (Castanheira & Story, 2016), relationship satisfaction (Samios & Khatri, 2019), and aging (Salces-Cubero, Ramírez-Fernández, & Ortega-Martínez, 2019). However, limited research has examined tourists' savoring experiences, although it could be a particularly important construct in the tourism context (Yan & Halpenny, 2019a, 2020).

Research Objectives and Research Questions

Based on the aforementioned discussion, my primary research purpose was to understand tourists' well-being and how savoring could play a role in this relationship. Specifically, the objectives of the dissertation research were to: (1) investigate whether and how vacation-taking (i.e., traveling away from home) can influence QOL; (2) explore tourists' savoring experiences; and (3) assess whether and how savoring in response to vacation experiences can enhance the impacts of vacationing on QOL.

I conducted three separate but related studies to fully address the research objectives. In the following section, I present the specific research objectives and research questions for each study in detail.

Study 1

Objective One: this study investigates whether and how vacation-taking (i.e., traveling away from home) can influence QOL.

Research Question (RQ):

RQ 1: Does vacation-taking improve people's quality of life (QOL)?

Research Question 1a: Does vacation-taking include hedonic well-being?

Research Question 1b: Does vacation-taking influence eudaimonic well-being?

RQ2: What are the factors that can influence the relationship between vacation-taking and QOL?

RQ3: What are the outcomes related to vacation-taking and QOL?

Study 2

Objective Two: this study explores tourists' savoring experiences.

Research Question (RQ):

RQ1: How do tourists savor positive vacation experiences pre, during, and post vacation-taking?

Study 3

Objective Three: This study examines the relationship between vacation-taking and well-being and whether and how savoring may influence this relationship.

Research Question (RQ):

RQ1: How does tourist well-being (i.e., hedonic and eudaimonic well-being) change over the course of a vacation?

RQ2: How does savoring influence vacationer well-being?

Research Question 2a: Does savoring in response to vacation-taking influence well-being?

Research Question 2b: Does savoring contribute to more sustained change in well-being post-vacation?

The Structure of My Dissertation

Consistent with the University of Alberta's Faculty of Graduate Studies and Research Guidelines for paper-format dissertations, this dissertation research consists of the following five chapters: **Chapter 1**: Introduction, **Chapter 2**: Study 1, **Chapter 3**: Study 2**, Chapter 4**: Study

3, and **Chapter 5**: Conclusion. Each of the studies in chapters 2, 3, and 4 consists of an exclusive introduction and literature review, research methods, results, discussion, and conclusion. **Chapter 5,** the conclusion chapter, explains my findings in relation to the extant research; discusses its practical and theoretical implications; describes my studies' limitations; and provides recommendations for future research on this topic.

Conceptual Definitions

This research examines the relationship among vacation-taking, savoring, and QOL. In this section, I briefly discuss these key constructs' meanings.

Vacation-taking

Hobson and Dietrich (1995) maintained that there is an "underlying assumption in our society that tourism is a mentally and physically healthy pursuit to follow in our leisure time" (p. 23). This is a premise which guides the tourism industry, informing product development and promotions. Therefore, it is not surprising to find that the travel and tourism industry has advocated that taking vacations is good for everyone and everyone should have such experiences. The World Tourism Organization (UNWTO) defined tourism as the activities of a visitor "taking a trip to a main destination outside his/her usual environment, for any main purpose (business, leisure, or other personal purpose) other than to be employed by a resident entity in the country or place visited" (UNWTO, 2010a). In my dissertation, I only consider vacation-taking conducted for leisure purposes. Hereafter, vacation-taking refers to leisure travel, which is the activity of traveling to a destination outside one's usual environment for the purpose of leisure. In the whole document, vacation, vacationing, holiday-taking, leisure travel, or tourism were used interchangeably.

Quality of Life

There are a number of terms to represent quality of life. Happiness, in the broadest sense, concerns quality of life as a whole (Veenhoven, 2012), whereas in the most limited sense it refers to positive emotions. In this study, quality of life (QOL) is equivalent to happiness, broadly defined and not limited to just positive emotions; and well-being, which is inclusive of both hedonic and eudaimonic well-being. Thus, well-being, happiness, and quality of life are used interchangeably with each other to denote QOL subjectively. QOL in this research refers to optimal psychological experiences and functioning (Deci & Ryan, 2008), and is thus, in this research project, is comprised of both hedonia and eudaimonia.

Hedonia. This approach to a good life originated with Aristippus of Cyrene. He valued pleasure and considered it as the only good. Researchers who adopt the hedonic approach equate QOL with pleasure (Ryan & Deci, 2001), and they define their approach to QOL as a pursuit of positive emotions, optimal or maximized pleasure (David, Boniwell, & Conley Ayers, 2013). Subjective well-being (SWB) has been associated with the hedonistic approach to QOL (Kahneman, Diener, & Schwarz, 1999). Currently, it is one of the most common conceptualizations of hedonia. SWB is composed of three components: positive affect (PA), negative affect (NA), and life satisfaction (Pavot & Diener, 2013).

Eudaimonia. This approach to a good life originated with Aristotle. In contrast with hedonia's emphasis on pursuing pleasure, eudaimonia can be defined as "an ethical theory that calls people to recognize and to live in accordance with the daimon or true self" (Waterman, 1993, p.678). The daimon refers to either the potentials shared by all humans or unique potentials that differentiate one individual from all others (Waterman, 1993). Eudaimonia occurs when people feel fully engaged or live in a way that strongly aligns with their daimon (Ryan & Deci,

2001). A number of eudaimonia theories have been developed in recent years, including self-determination theory (Ryan, Huta, & Deci, 2008), eudaimonstic identity theory (Waterman, 2011), and the theory of human flourishing (Ryff, 1989). Ryff (1989) defines and measures human flourishing in terms of psychological well-being (PWB), which consists of six dimensions: autonomy, purpose in life, self-acceptance, positive relations with others, environmental mastery, and personal growth. Obviously eudaimonic models are much more heterogeneous regarding well-being when compared with hedonic frameworks.

Savoring

Savoring refers to the capacity to generate, intensify, and maintain positive emotions through attending to or appreciating positive experiences (Bryant & Veroff, 2007). Bryant and Veroff (2007) introduced three correlated concepts to explicate the nature of savoring: savoring experiences, savoring processes, and savoring responses or strategies. The broadest concept is savoring experiences, which represents a person's total experiences including sensations, perceptions, thoughts, behaviors, and emotions that are present when attending to a positive stimulus, outcome, or event. The intermediate level concept is savoring process. This is a sequence of "mental or physical operations that unfolds over time and transforms a positive stimulus, outcome, or event into a positive feeling to which a person attends" (p.13). Savoring process includes noticing something positive, interpreting and reacting to the positive stimulus or event cognitively or behaviorally, experiencing the consequence, which is a positive emotional reaction, and then noticing these positive feelings, and often repeating this sequence over time. Savoring strategies, as the operational component of savoring responses, are the micro-level of savoring. They are specific thoughts or behaviors that a person uses in response to or to generate

positive stimulus, outcome, or event (Bryant & Veroff, 2007; Quoidbach, Berry, Hansenne, &

Mikolajczak, 2010).

Conclusion

People want to be happy. Holiday-taking is a key activity for people to pursue happiness.

Despite the importance of vacation-taking on QOL, past studies on this relationship have

revealed several research puzzles. The current dissertation project was conducted to help solve

these puzzles and contribute to the tourism literature. First, Study 1—through documenting and

summarizing factors (e.g., antecedents, consequences) that are relevant to the relationship

between vacation-taking and well-being—contributes to our existing understanding of how

holiday-taking can influence different types of well-being. Second, Studies 2 and 3 provide some

of the earliest empirical examinations of tourists' savoring experiences. In addition, few studies

have investigated factors that can accelerate or slow down the fade-out effects of vacation-

taking. This research, through Study 3, addresses this gap by indicating that savoring has the

potential to delay the fade-out effect of vacation-taking.

For practitioners, this research brings to light changes in well-being associated with

vacationing, which can help to develop policy, programs, and guidelines for promoting positive

lifestyles as well as handling post-vacation stress. This information can also help tourism

managers to design travel products that can provide greater health and wellness benefits to their

customers. In addition, destination marketers may manage tourists' savoring experiences, which

in turn can help vacationers obtain quality visiting experiences and higher quality of life.

Chapter 2 Vacation-taking and tourists' quality of life (QOL): A systematic review and research agenda

Tourism or vacation-taking is believed to be a key avenue for people to pursue wellness and health (De Botton, 2002; J S P Hobson & Dietrich, 1995; Richards, 1999). Although research on quality of life (QOL) in the tourism and leisure field can be traced back to the 1960s (Uysal, Perdue, & Sirgy, 2012), the body of literature on how tourism impacts host community's QOL is more developed than that of tourists' QOL (Kay Smith & Diekmann, 2017; Sharpley, 2014). Given that tourism can generate individual benefits including recuperation from work (e.g., Chen, Petrick, & Shahvali, 2016), exposure to new experiences (Lee & Crompton, 1992), and personal development (Chen & Huang, 2017), in recent years increased attention has been paid to the study of tourism and QOL from the tourists' perspective.

Uysal, Sirgy, Woo, and Kim (2016) as well as Chen and Petrick (2013) conducted the earliest literature reviews on the relationship between tourism and individuals' QOL. On the one hand, these two reviews acknowledged the important role played by tourism in improving individuals' QOL. On the other hand, both reviews left opportunities for further explorations. First, although these two reviews claimed to study tourism's impact on QOL, their inclusion criteria for search strategies failed to differentiate the nature of vacation, namely, whether the studies examined vacations at home or entailed travel to a destination (de Bloom et al., 2011; Strauss-Blasche, Ekmekcioglu, & Marktl, 2000). A vacation at home is not tourism[2] (UNWTO, 2010a). Therefore, a review that can clarify the effect of holiday-taking (i.e., leisure tourism) on QOL is needed.

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[2] Tourism is defined as activities of visitors taking a trip to a main destination outside his/her usual environment, for at least one night but less than a year, with the purpose of business, leisure, or other personal purposes (UNWTO, 2010a). I only focus on leisure tourism in this research, which is tourism activities conducted for leisure purpose.

Second, Ryan and Deci (2001) concluded that there are two main philosophical traditions used to guide study of QOL. Specifically, these are a hedonic approach (e.g., pleasures, happiness, subjective well-being, Diener, Suh, Lucas, & Smith, 1999) and a eudaimonic approach (e.g., positive functioning, Ryff, 1989). Uysal et. al's (2016) and Chen and Petrick's (2013) reviews only examined QOL from the subjective well-being perspective (Diener et al., 1999) or adopted a hedonic approach (Kahneman et al., 1999). However, I note that Chen and Petrick (2013) also documented physical health outcomes. Even though the number of studies exploring tourism and QOL from a eudaimonic perspective have increased (Filep, 2014; Voigt, Howat, & Brown, 2010), so far no reviews have explicitly investigated this relationship from a eudaimonic perspective.

Lastly, QOL in the tourism research seems to suffer from the jingle-jangle fallacy. Frequently, the term psychological well-being (PWB) has been applied to different constructs in the tourism research (the jingle fallacy[3], Thorndick, 1904): For example, in Milman's (1998) research, PWB equates to individuals' positive and negative emotions, whereas Gao, Kerstetter, Mowen, and Hickerson (2017) conceptualised PWB as flourishing or positive functioning (Ryff, 1989). Simultaneously, quality of life sometimes may be interchangeably used with life satisfaction (e.g., Neal, Sirgy, & Uysal, 2004) to represent people's cognitive judgements of their living conditions (the jangle fallacy[4], Kelley, 1927). Therefore, a review of QOL conceptualization in tourism research is essential to decrease the risk of misinterpretation and conflation.

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[3] The jingle fallacy: the belief that scales with the same label reflects the same construct (Thorndick, 1904).
[4] The jangle fallacy: the belief that the scales with different labels measure different constructs (Kelley, 1927).

Given this array of perspectives and challenges, I undertook this systematic review (Boland, Cherry, & Dickson, 2017) focused specifically on vacation-taking (i.e., leisure tourism, UNWTO, 2010) and quality of life (i.e., hedonic and eudaimonic perspectives). The ultimate purpose is to provide a complete summary of the current literature on tourists' QOL, so as to identify known antecedents, outcomes, relationships between these and the variables and processes that require additional examination. I systematically searched and documented existent studies on tourists' quality of life. Then, I documented relevant research findings (e.g., operationalization of QOL, antecedents, outcomes) and integrated them into conceptual frameworks and identified critical directions for future research. In doing so, my goal is to contribute to the current understanding of tourists' QOL and encourage future research.

Research Method

This systematic review was conducted following Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA; Moher, Liberati, Tetzlaff, DG, & Group, 2009). The literature searches were conducted on May 27th in 2018 (see Figure 2-3 in the Appendix for details). After consulting university librarians, literature searches were conducted in the following databases: PsycINFO, Scopus, Medline, and Hospitality and Tourism Complete. Searched for articles containing subject terms such as *tourism, vacation-taking, quality of life, hedonia*, and *eudaimonia* (see Figure 2-3 in the Appendix for search strategies).

I included all the peer-reviewed articles that were published by the search date as long as they met pre-determined inclusion and exclusion criteria (e.g., written in English, peer-reviewed, examining leisure travel, see Figure 2-3). Next, each article's full content was reviewed for eligibility: research purpose and quality (Critical Appriasal Skills Programme, 2018; Cummings

et al., 2008). Then, based on which quality of life perspective was taken by the study, I categorized them into the following groups: (a) conceptualizing QOL employing a hedonic approach, (b) conceptualizing QOL employing a eudaimonic approach, and (c) conceptualizing QOL by combining both hedonic and eudaimonic approaches. For articles in each group, I extracted and tabulated the following information: author, publication year, study setting, study method, QOL measurement, and research findings (see tables in the supplementary dataset).

To synthesize the findings, based on summary tables, I employed a *narrative summary approach* to present, compare, and interpret the data (Dixon-Woods, Agarwal, Jones, Young, & Sutton, 2005; Mays, Pope, & Popay, 2005). Narrative summary concerns "narrative descriptions and ordering of primary evidence (perhaps selected) with commentary and interpretation (Dixon-Woods et al., 2005, p.53)." This approach is flexible in that it allows for different types of evidence (e.g., qualitative, quantitative) to be reviewed. It has been employed broadly, including in the fields of management, organizational behavior and health (e.g., Konlechner & Ambrosini, 2019). This approach is particularly suitable for my research because of the heterogeneity of research backgrounds and methods involved in these studies reviewed. I first studied tabulated results. Then, I identified and assembled antecedents, outcomes, or other factors that explain the relationship between vacation-taking and quality of life. I acknowledge this approach has limitations including a lack of transparency (Dixon-Woods et al., 2005). To aid research trustworthiness, a research journal was used to record details. Finally, the second author reviewed and criticized the process regarding documenting research findings and interpretations (Creswell, 2013).

Result

In total, 90 articles were deemed eligible and included in the review (See Table 1 for study characteristics). These articles were grouped into three sections: (a) conceptualizing QOL employing a hedonic approach (HQOL, n=63), (b) conceptualizing QOL employing a eudaimonic approach (EQOL, n=12), and (c) conceptualizing QOL by combining both a hedonic and eudaimonic approach (HEQOL, n=15). In this section, I first present an initial summary of characteristics of the documented literature. Then, for each QOL perspective, I provide a detailed discussion of the primary findings regarding the relationship between and factors associated with vacation-taking and QOL.

A Summary of Study Characteristics

The systematic review recognized several trends related to tourists' QOL research. Although I identified studies conducted across the globe, most of the studies were conducted in Asia (n=32), followed by Europe (n=30), North America (n=14), and Australia (n=7). I found that the number of studies conducted with Asian participants were the most prevalent, for both EQOL (50%) and HQOL (37%) studies. These findings suggest that pursuing QOL through tourism activities is universal and cultural variance may shape how tourists understand and experience QOL. Another noticeable characteristic is that all HQOL studies utilized quantitative methods (e.g., cross-sectional surveys). Quantitative methods dominate HEQOL research as well. In contrast, the most frequently employed methods of inquiry for EQOL studies were qualitative (e.g., unstructured interviews). Seventeen out of 90 studies adopted longitudinal survey methods. None used experimental design or experiential sampling methods to investigate QOL.

Table 2-1 Overview of Research on Tourism and QOL: Research Context, Methods, and Key Findings

	Hedonic Perspective (63)	Eudaimonic Perspective (12)	Hedonic and Eudaimonic Perspective (15)
Research Context or Study Location	Africa 10% — Australia 3% — Europe 32% — North America 18% — Asia 37% — Europe ■ Asia ■ North America ■ Africa ■ Australia	North America 8% — Europe 25% — Asia 50% — Australia 17% — Asia ■ Australia ■ Europe ■ North America	Australia 20% — Asia 20% — North America 13% — Europe 47% — Asia ■ Europe ■ North America ■ Australia
Research Method	• 63 Quantitative Research • 15 of 63 are Longitudinal Research	• 10 Qualitative Research • 2 Quantitative Research	• 2 Qualitative Research • 13 Quantitative Research • 2 of 13 are Longitudinal Research
Key Research Finding	• Vacation-taking can affect QOL • The tourist experience perspective and the destination characteristics can influence tourists' QOL • Tourists' QOL can affect their travel motivation, revisit intention, and intention to recommend	• Emotions, environment, challenge, arousal, and self-discovery are the elements within a travel experience that has the potential to induce QOL	• Vacation-taking cannot impact all sub-components of QOL

Conceptualizing QOL Employing a Hedonic Approach (HQOL)

HQOL measurements

Reviewing extant research investigating tourists' QOL from the hedonic perspective (HQOL), I observed that HQOL was measured in a variety of ways (see supplementary data Table 1). These range from employing omnibus measurements such as the Subjective Happiness Scale (SHS, Lyubomirsky & Lepper, 1999) to multi-dimensional measurements, such as the tripartite model (positive affect, negative affect, life satisfaction, Andrews & Withey, 1976; Diener, Emmons, Larsen, & Griffin, 1985; Diener et al., 1999). Also, tourism researchers measure HQOL by either examining cognitive judgements: specifically, the Satisfaction with Life Scale (SWLS, Diener et al., 1985), or assessing affect balance: namely, affective well-being (Mroczek & Kolarz, 1998). Moreover, tourism scholars have developed a life satisfaction scale that can be applied to the tourism context (Neal, Sirgy, & Uysal, 1999), which has often been employed. Additionally, self-composed life satisfaction questions have been utilized by tourism researchers (Pagán, 2015; Wei, Meng, & Zhang, 2017).

About two-fifths of the 63 studies utilized these measures in Asian contexts, which raises concerns about their cross-cultural applicable given most were developed in the West. Psychological research suggests that Westerners are more likely to have an independent self-construal (i.e., endorse autonomous entity, express and promote one's own goals, Markus & Kitayama, 1991) or valuing individualism (Hofstede, 2001; Triandis, 1994) and, consequently, are more likely to emphasize assessing how one is doing as well as one's own thoughts and feelings. However, in an Eastern cultural context (e.g., East Asian countries), people value collectivism (Hofstede, 2001; Triandis, 1994), fitting in, maintaining harmony, and promoting others' goals (i.e., interdependent self-construal, Markus & Kitayama, 1991).

In the latter case, QOL may be more likely to happen when people perceive that they are fitting in instead of standing out, or they experience calm feelings rather than excited ones (Markus & Conner, 2014). In light of these theoretical assumptions, I found that a number of tourism researchers adopted Western-developed models to measure East Asians' QOL without making adjustments according to the cultural context (e.g., Bai, Hung, & Lai, 2017; Kim, Woo, & Uysal, 2015; Su, Swanson, & Chen, 2018). It is highly possible that only measuring individual's feeling of life satisfaction may lead to biased conclusions about Asians' QOL (Rappleye, Komatsu, Uchida, Krys, & Markus, 2019).

Table 2-2 HQOL Scales Used in Tourism Research

Scale	Description	In Tourism Research
Life Satisfaction		
Satisfaction with Life Scale (SWLS, Diener et al., 1985)	This scale measures global life satisfaction. It has five items, with a 7-point Likert Scale (1=strongly disagree, 7=strongly agree)	It has been used to represent quality of life (Bai et al., 2017), cognitive aspect of SWB (Chen, Lehto, & Cai, 2013)
Delighted-Terrible Scale (Single-item, Andrews & Withey, 1976)	This measurement involves a question: "how do you feel about your life as a whole"; the researchers has proposed a number of life domains	It has been used to measure tourists' global life satisfaction and domain life satisfaction (Gilbert & Abdullah, 2004)
Subjective Happiness Scale (Lyubomirsky & Lepper, 1999)	The scale is an overall subjective evaluation of one's happiness. There are 4 items in the questionnaire	This scale has been used to represent chronic SWB (Chen et al., 2013); it has been used to represent SWB (Su et al., 2018)
Life Satisfaction Scale (Neal et al., 1999)	The scale has three items	It has been used in numerous tourism studies to examine QOL (Lee, Lee, Chung, & Koo, 2018)
Life Satisfaction Index (LSI, Neugarten, Havighurst, & Tobin, 1961)	Factors measured include zest, apathy, congruence between desired and achieve goals	It has been used to measure seniors' life satisfaction (Woo, Kim, & Uysal, 2016)
Index of General Affect (A. Campbell, Converse, & Rodgers, 1976)	People are asked to rate eight semantic differential scales such as enjoyable-miserable	A part of the scale has been adapted to create SWB measurement (Kim, Lee, Uysal, Kim, & Ahn, 2015)

Life Domain Satisfaction (Cummins, 1996)	Cummins (1996) identified 7 key life domains.	It has been used to measure life domain satisfaction
Tourists' SWB (J. Sirgy, 2012)	It has three items: "How much did this trip enhance the quality of your life?" "Overall, this leisure trip experience was very positive and memorable"; "It enriched my satisfaction with life" "My quality of life would have diminished significantly had I not taken this trip"	

Affect Aspect of SWB

Affectometer 2 (Kammann & Flett, 1983)	The scale measured general happiness or sense of well-being based on measuring the balance of positive and negative feelings in recent experience	It has been used as the affect aspect of SWB in tourism research (Chen, Fu, & Lehto, 2016)
Modified Differential Emotional Scale (mDES, Fredrickson, Tugade, Waugh, & Larkin, 2003)	It measures 20 emotion items	It has been used as the affect aspect of SWB in tourism research (Ferrer, Sanz, Ferrandis, McCabe, & García, 2016)
Consumption Emotions (Bigné & Andreu, 2004)	It has six items for pleasure, and four items for arousal	It has been employed as the affect aspect of SWB in tourism research (Lee, Manthiou, Jeong, Tang, & Chiang, 2015)
Positive and Negative Affect Schedule (PANAS, Watson, Clark, & Tellegen, 1988)	A self-reported measurement that includes both positive and negative affect	It has been used as the affect aspect of SWB in tourism research (Lyu, Mao, & Hu, 2018). It has also been used to measure hedonic level of affect or affective well-being (Nawijn, Marchand, Veenhoven, & Vingerhoets, 2010)
Scale of Positive and Negative Experience (SPANE, Diener et al., 2009)	12 affect items are measured	It has been used as the affect aspect of SWB in tourism research (Kruger, Saayman, & Ellis, 2014)

The Memorial University of Newfoundland Scale of Happiness (MUNSH, Kozma & Stones, 1980)	24 items measuring positive, negative affect, and positive and negative experiences. It is measured by a 3-point scale (0=no, 1=don't know, 2=yes)	It has been used to represent happiness, QOL, and "psychological well-being"(Milman, 1998)
Positive and Negative Affect (Mroczek & Kolarz, 1998)	It has 12 items with 6 on positive affect, and 6 on negative affect	It has been used to represent "psychological well-being"(Sangpikul, 2008)
Job-Related Affective well-being Scale (Van Katwyk, Fox, Spector, & Kelloway, 2000)	This scale aims to provide a measurement on job-specific affective responses. It has 30 affect items, and is measured by a 5-point scale (1=never, 5=always)	It has been used to represent emotional happiness or subjective well-being (Sthapit, Choi, & Hwang, 2016)

Adapting Items from Extant Scales

Consumer well-being Scale (Gosling & Williams, 2010; Grzeskowiak & Sirgy, 2007)	Both scales measuring QOL from a consumer or brand perspective. Items in these scales have been adapted to measure QOL in tourism research (Lee, Manthiou, Chiang, & Tang, 2018)
Consumers' Happiness (de Keyser & Lariviere, 2014; Theodorakis, Kaplanidou, & Karabaxoglou, 2015)	Consumer's happiness items have been adopted to measure tourism experiences' happiness

Self-Composed Items in Tourism Research

Overall Happiness (Bimonte & Salvatore, 2014)	It is a single-item question and asks individuals to assess their happiness on a 10-point ordinal scale, ranging from 1(unhappy) to 10 (very happy)
Mood and Satisfaction (de Bloom et al., 2010)	"How was your mood today?" and "How satisfied do you feel about today?"
Mood and Satisfaction (Nawijn, 2010)	"How are you feeling today?" and on a scale of 1 to 10 (1=terrible, 10=excellent) "How do you rate your life as a whole?"

QOL (Tokarchuk, Maurer, & Bosnjak, 2015)	"My trip to Tasmania enhanced my quality of life"

The Relationship between Vacation-taking and HQOL

I first display longitudinal data because, in comparison to cross-sectional data, they provide stronger support for a causal relationship. In total, 11 studies provide longitudinal evidence regarding this issue. Six studies examined the effect of vacation-taking on SWB, which is composed of affect balance (i.e., subtracting the negative affect score from the positive affect score) and life satisfaction. The remaining scales measured HQOL as pure feelings or emotional well-being over a vacation.

Vacation can precede HQOL. Chen and colleagues (2013) observed that, compared with non-vacationers, vacationers reported higher SWB: higher global life satisfaction, contentment with life domains, as well as more frequent positive affect at the end of their vacation. Gilbert and Abdullah (2002, 2004) obtained similar results: holiday-taking group, in comparison to a non-holiday group, reported higher life satisfaction in general and with a number of life domains (e.g., friends, home, job, and neighbourhood) and higher affect balance both pre-vacation and post-vacation. Similarly, for those who only measured change in feelings over a vacation, they suggested that vacationers experience higher affective well-being pre- and during vacation (de Bloom, Radstaak, & Geurts, 2014; Nawijn et al., 2010).

The fade-out effect of vacation-taking. However, positive increases in QOL resulting from vacation-taking fade out within weeks. de Bloom et al. (2010, 2011) pointed out that tourists experienced higher life satisfaction and better mood during vacation when compared with pre-vacation SWB (i.e., 2 weeks before vacation). However, these lifts decreased and returned to pre-vacation levels once they returned home and resumed work. Chen and associates (2013) also claimed that vacationers' increased life satisfaction and affect balance

would decrease to baseline two months after the end of vacation. The positive influence of vacation on emotional well-being quickly fades out after tourists' vacations ends as well (de Bloom et al., 2014; Nawijn et al., 2010).

Although these articles acknowledged the existence of a fade-out effect, tourism researchers rarely discuss this phenomenon comprehensively (e.g., what factors can accelerate or impede the rapid weakening of positive effects from vacations). Researchers have pointed out some factors: work overload (Fritz & Sonnentag, 2006) and organizational support (Reizer & Mey-Raz, 2018) can influence fade-out effects. Kuhnel and Sonnentag (2011) identified leisure activities post-vacation can be important ways to lessen the fade-out effect. More research should be conducted to enrich our understanding of the fade-out effect.

Antecedents Associated with Tourists' HQOL

The extant literature has proposed a number of factors that can influence tourists' HQOL (see Figure 2), including travel motivation, personal values, perceived work stress, components of travel experiences, travel activities, and relationship quality. These factors can be grouped into either a top-down or bottom-up approach to QOL. The top-down approach (e.g., internal factors, personal values, motivations) considers individuals' internal factors can shape their quality of life, whereas the bottom-up approach (e.g., service satisfaction) argues the summation of positive life experiences can increase well-being (Diener, 1984; Kuykendall, Tay, & Ng, 2015). Both approaches are described in detail below.

Top-down Factors: Travel Motivations, Goals, and Personal Values.

Travel motivations refer to the driving forces causing individuals to participate in a certain tourist activity (Crompton, 1979; Pizam, Neumann, & Reichel, 1979; Van der Mer, Slabbert, & Saayman, 2011); and this variable has been reported to be positively associated

with HQOL. Kim et al. (2015) maintained that hikers' motivations can positively influence life satisfaction. Particularly, "enjoying [the] natural environment and escaping from daily life" was the most influential motivation associated with hikers' life satisfaction. Kruger and collegues (2014) also reported that for those tourists who went to visit a wedding expo, their motives of event attractiveness, enhancement of relationships, and event novelty had positive relations with tourists' life satisfaction and affect balance. Thus, individuals with higher travel motivations seem to experience higher life satisfaction and affect balance.

Kruger, Sirgy, Lee, and Yu (2015) argued that *travel goals* (motivations), or the reasons for going on a leisure trip, can also influence tourists' life satisfaction. Particularly, those tourists who are driven by intrinsic motives to travel (e.g., to enjoy the travel activities), growth-based activities (e.g., satisfy need for personal growth), and flow-activities (e.g., being highly absorbed) are more likely to have higher life satisfaction. I found most of these goals or motives are 'push' factors (Hsu & Huang, 2008), or social-psychological motives (Crompton, 1979), which are intangible or intrinsic desires that predispose an individual to travel. Hence, these findings reinforce that the more a behavior is driven by autonomous/intrinsic motivations, the greater its capacity to increase well-being (Ryan & Deci, 2001).

Personal values (Kim et al., 2015), which refer to the beliefs that can guide people's attitudes and behaviors (Rokeach, 1973), can positively impact life satisfaction as well. In Kim and associates' (2015) research, they observed that the level of fulfilment of tourists' personal values (e.g., being respected, warm relationship) through travel experiences was positively associated with life satisfaction. Specifically, their research indicated that tourists who placed higher value on warm relationships, being well-respected, and pursuing a fun and enjoyable life were more likely to have higher HQOL. Similar to identity, personal values can be relatively stable throughout individuals' life (Dietz, Fitzgerald, & Shwom, 2005;

Inglehart, 1995), given it is very much influenced by social norms. Although personal values have a strong motivational component (Rokeach, 1973) and overlap with motivations and goals (Jolibert & Baumgartner, 1997), it is unclear, in the tourism context, how personal values interact with motivations or goals to influence people' attainment of quality of life, and to what extent each attribute can contribute to HQOL.

***Bottom-up Factors: Tourism Experiences**, **Recovery Experience, and Relational, Thinking, Hedonism and Meaningfulness Experiences**.*

Tourism experiences too can contribute to tourists' HQOL. For instance, Mathis, Kim, Uysal, Sirgy, and Prebensen (2016) and Chen et al. (2016) reported that tourism experience satisfaction positively influences SWB. I documented the component of tourism experiences that can shape tourists' HQOL:

To examine holiday experience's influence on life satisfaction Chen, Huang, and Petrick (2016) as well as Chen, Petrick, and Moji (2016) adopted Sonnentag and Fritz's (2007) *recovery experience* framework, which features relaxation, control (e.g., the ability to determine one's own schedule), detachment (e.g., forgot about work), and mastery (e.g., the ability to experience new/challenging things). Both research groups reported that the overall recovery experience can positively impact tourists' life satisfaction. Furthermore, Chen, Petrick, and Moji (2016) identified that for shorter trips (e.g., 3-7 days), psychological detachment contributed the most when predicting life satisfaction, while mastery experience had more influence on life satisfaction on longer trips (8 days or more).

In addition to recovery experiences, the experiential components of tourism experiences can positively influence HQOL. For example, Wu, Cheng, and Ai (2017) observed that experiential quality of leisure travel positively influences tourists' SWB. One explanation for this could be that tourism produces memorable experiences that people cherish (Tung &

Ritchie, 2011). Reminiscence of positive vacation memories can affect different life domains including family and social life (Sirgy, Kruger, Lee, & Yu, 2011), and in turn contribute to global quality of life.

The following research examined which experiential component is positively associated with HQOL. In Lyu, Mao, and Hu's (2018) investigation of Chinese cruise tourists, they found that: (a) passengers' *relational experiences* (e.g., friendly crew) can positively predict life satisfaction and positive affect and negatively predict negative affect; and (b) *thinking experience* (e.g., inspired thoughts, broadened horizon) had positive influences on life satisfaction and positive affect. Sthapit and Coudounari (2018) further suggested that the *hedonism and meaningfulness* of a tourism experience can positively impact people's HQOL.

In addition, the activities conducted by tourists while on vacations were found to impact tourists' SWB. For example, Simpson, Siguaw, and Sheng (2016) reported that recreational activities conducted at the destination (e.g., shopping, going dancing, eating out at restaurants) improved tourists' SWB. The frequency of photographing on a holiday appeared to positively influence tourists' life satisfaction and positive emotions as well.

Relationship quality concerns consumers' evaluation of the strength of their relationships with a service provider (Crosby, Evans, & Cowles, 1990). This construct can be impacted by *service satisfaction* (Kim & Cha, 2002) and *destination identification*. These two factors can influence tourists' HQOL.Given tourists spend a significant amount of time interacting with service providers (e.g., restaurant waitress, hotel front staff, tour guides), it is not surprising that *service satisfaction* is positively related with HQOL. Neal et al. (2007) discussed that tourism service satisfaction can determine tourism satisfaction and in turn influence leisure life satisfaction. Su, Huang, and Chen (2015) discovered that the *service fairness* of a destination appeared to positively influence tourists' subjective happiness level. Both Lee and

colleagues (2018) and Neal et al. (2004) determined that *service satisfaction* had a positive association with life satisfaction.

Destination identification (Su et al., 2018) or *Customer-company identification* (Su, Swanson, & Chen, 2016) were observed to exert positive impacts on SWB. Destination identification concerns the meaningful and strong relationships that customers develop with a company or destination, which can be defined as "an active, selective, and volitional act motivated by the satisfaction of one or more self-definitional needs" (Bhattacharya & Sen, 2003, p.77). Both of the aforementioned groups of researchers suggested that increased customer-company identification means a destination can help tourists to fulfill their important self-definitional (e.g., who am I?) needs, which can in turn increase their HQOL.

Similarly, existing research has also reported that perceived *self-congruity* with a destination can positively influence HQOL. For example, Tokarchuk, Maurer, and Bosnjak (2015) reported that perceived self-congruity (Bosnjak, Sirgy, Hellriegel, & Maurer, 2010) with the visited destination, including functional, hedonic, and leisure congruities, was positively associated with tourists' SWB. In other words, those who perceived there is a match between their self-concept and a destination's image would have higher levels of life satisfaction.

Destination personality, which refers to how tourists perceive a destination by using a set of human characteristics (Ekinci & Hosany, 2006), has been reported to influence life satisfaction as well (Lin, 2013). Consumers tend to attribute personalities to brands or destinations; when choosing products, they look for the similarities between the personal character traits they want to express and the products' personalities (Ekinci & Hosany, 2006). The better a match between a tourist's and a destination's personality, the greater the increase in a person's HQOL will be.

In summation, these results indicate that when tourists perceive that they can be identified with a destination or integrate the destination into their own self-identity, they can obtain more health and wellness benefits. This can be explained by the self-expansion theory (Aron, Aron, & Norman, 2004), which suggests that people have the need to cognitively incorporate others (including non-human others, such as the physical environment) into their identity. Thus, fulfilling this need may lead to higher HQOL.

Perceived work stress during leisure time can negatively impact leisure satisfaction and overall life satisfaction (Lin, Huang, Yang, & Chiang, 2014). In Chen, Huang, Gao, and Petrick's (2017) study of Taiwanese tourists' smartphone use, they observed that work stress permeated into their vacation time, and this was negatively related to tourists' life satisfaction (Chen, Huang, Gao, & Petrick, 2017). However, although previous researchers found that leisure-time work-related smartphone use can produce negative impacts on psychological detachment and in turn decreased HQOL (Christin, 2016), contradictorily, Chen, Huang, Gao, and Petrick (2017) found that tourists' *work-related smartphone use* increased their life satisfaction.

Moderators or Mediators that can Influence People's Attainment of HQOL.

Besides the above direct factors, extant research has proposed several indirect factors that further explain how tourists' SWB can be influenced. These include *level of working compulsively, tourism satisfaction, activity novelty,* and *length of stay*. Level of working compulsively (high, low) interacts with time to influence affective well-being (de Bloom et al., 2014). For instance, compared with non-obsessive workers, employees who demonstrated higher levels of working compulsivity obtained higher increases in affective well-being during vacations and higher decreases in affect balance post-vacation (i.e., returned home and resumed work). Activity novelty (i.e., how different and new their activities were; Drewery,

Jiang, Hilberecht, Mitas, & Jakubowitz, 2016) can moderate the relationship between affect balance and life satisfactions. Another indirect factor that can influence tourists' SWB is tourism satisfaction. Chen and associates (2016) indicated that the relationship between recovery experiences of a holiday and life satisfaction is mediated by tourism satisfaction. Similarly, Su and colleagues (2015) observed that tourism satisfaction mediates the relationship between service quality and SWB. Alternatively, Neal, Uysal, and Sirgy (2007) reported that length of stay moderates the relationship between leisure domain's life satisfaction and overall life satisfaction.

HQOL's Outcomes

Only a few studies have examined the outcomes associated with tourists' increased HQOL. Sangpikul (2008) reported that affective well-being can predict individuals' *travel motivations*. Positive affect appears to positively impact both push and pull motives, whereas negative affect can influence push motives (i.e., ego-enhancement) positively and pull motives (i.e., safety and cleanliness) negatively. In terms of increased SWB, three outcomes have been proposed: increased *intention to return or loyalty* (Kim, Lee, & Ko, 2016), increased *intention to recommend* (Lam & So, 2013), and *increased motivations to travel* (Kim & Woo, 2014).

Conclusion

After reviewing the extant literature on tourists' HQOL, I developed the following observations. First, the longitudinal studies suggest that taking a vacation or conducting tourism activities can lead to higher life satisfaction and higher affect balance. However, longitudinal study of this subject is less extensive than cross-sectional. Second, I documented a number of direct and indirect factors that influence tourists' HQOL. Nevertheless, most

tourism researchers adopted a bottom-up approach to studying tourists' well-being (Neal et al., 1999; Sirgy et al., 2011), whereas the less-studied top-down model can explain tourists' HQOL as well (Diener, 1984). For example, travel motivations and personal values may influence the way tourists perceive their vacation experiences and in turn shape their life satisfaction.

Third, I compared my findings to the DRAMMA model (Newman, Tay, & Diener, 2014). Newman and colleagues (2014), taking a bottom-up approach, proposed six key psychological mechanisms to explain the relationship between leisure and SWB: detachment-recovery, autonomy, mastery, meaning, and affiliation. My review's results suggest that the DRAMMA model could be adapted to explain tourists' HQOL. For example, in Chen, Petrick, and Moji's (2016) research, psychological detachment, control, mastery experience were important when predicting tourists' life satisfaction. However, when the trip length is over eight days, relaxation—as an important psychological mechanism in the DRAMMA model— has no influence on life satisfaction. Thus, this model may be modified when studying tourism experience and well-being. Tourism researchers should take the consumption/destination component of tourism experience (i.e., service satisfaction, destination identification) into consideration as well. After all, tourism is a consumption activity. Finally, tourists' increased QOL has the potential to lead to beneficial outcomes including increased travel motivations and improved loyalty behaviors. I provide a visual map of related research findings to describe factors and outcomes related to tourists' HQOL (see Figure 2).

Tourism and HQOL: 63 studies

Top down factors:
- Travel motivations
- Personal values
- Travel goals

Bottom-up factors
Tourism experiences
- Recovery experience
- Relational, thinking, and meaningful experiences
- *Tourism activities (recreation activities, photographing)*
Relationship quality
- Service satisfaction/fairness
- Destination identification/personality/self-congruity
Work stress
- Perceived work stress
- Work-related smartphone use on vacation

Mediators or moderators
- Length of stay
- Activity novelty
- Tourism satisfaction
- Level of working compulsively

Life Satisfaction

Affective Well-Being

SWB

Intention to recommend

Intention to return

Higher travel motivations

Figure 2-1 An Overview of the Research Findings on Tourists' HQOL: Factors and Outcomes

Conceptualizing QOL using a Eudaimonic Approach (EQOL)

EQOL Measurements

Of the 90 articles identified in my review, only 12 studied EQOL in a tourism context. These studies construed EQOL using a variety of conceptualizations and theories. For example, Matteucci and Filep (2017) adopted Ryff and Singer's (2008) conceptualization of eudaimonia, defined as a: "higher state of flourishing that is explicitly formed through self-development and self-realization of the individual" (p. 40). Moal-Ulvoas (2017) research focused on spirituality, which emphasized meaning of life in her study of older adults' tourism experiences. Chen and Huang (2017) and Hsu, Lee, and Chen (2017) examined eudaimonia in regard to personal development or self-transformation in their research. My second observation is that these studies, which explicitly claimed that they examined eudaimonic experiences or outcomes, were all published after 2015. However, eudaimonia-related research is not exclusively a new research focus. I found several early studies,

especially those investigating the benefits or values of tourism, also addressed eudaimonia (e.g., Broad, 2003).

The Relationship between Vacation-taking and EQOL

It seems that no study has longitudinally examined changes in EQOL over a vacation. However, I did identify one longitudinal study that assessed psychological well-being (Ryff, 1989) as a component of a multidimensional conceptualization of QOL. Gao, Kerstetter, Mowen, and Hickerson (2017) found that in comparison to pre-vacation, tourists' self-acceptance and positive relations significantly improved after their vacation.

Only three studies offer cross-sectional evidence to explain the correlational relationship between tourism and EQOL (Chen, Bao, & Huang, 2014; Chen & Huang, 2017; Hsu et al., 2017). One example follows: Chen, Bao, and Huang (2014) developed a construct of backpackers' personal development (BDP), which proposed five dimensions to account for the outcomes of participating in backpacking trips: capacity, emotion, skill, worldview, and self-consciousness. This scale was validated in Chen and Huang's (2017) and Hsu et al.'s (2017) research. Although correlational evidence cannot imply causation, an absence of correlations can suggest an absence of causality. Thus, these studies reaffirm the potential for tourism to effect EQOL. It also forms a basis for future causal hypotheses.

The majority articles in EQOL are qualitative in nature. Five of them explored eudaimonic tourism experiences, whereas the remaining studies aimed to understand the benefits of participating in tourism activities. The benefits these studies examined often overlapped with the characteristics of EQOL. For example, some benefits tourists have experienced include: personal growth, developing new relationships, learning new skills and knowledge, and changed view of life (Broad, 2003; Lo & Lee, 2011; Pan, 2017).

Antecedents Associated with Tourists' EQOL

30

Emotion: positive and negative emotions. Experiencing *positive emotions* is an essential EQOL antecedent. For example, Moal-Ulvoas (2017) held that self-transcendent positive emotion (i.e., awe) contributed to people's spirituality and meaning of life. Knobloch, Robertson, and Aitken (2017) also reported that those positive feelings, including awe, wonder, elation, and excitement, promote fulfillment, a sense of mastery of life, and the advent of eudaimonic well-being. Filep, Macnaughton, and Glover (2017) discovered that feeling gratitude (after an act of kindness from a stranger) increased tourists' self-confidence and self-actualization. Therefore, positive emotions, which encourage people to engage and interact with their environment to a more frequent and deeper extent (e.g., the broaden-and-build process, Fredrickson, 1998), foster EQOL experiences.

Negative emotions also evoke EQOL. In Matteucci and Filep's (2017) research, one informant reported that her negative feelings led her to try new things and developed her self-confidence and willpower. Knobloch et al. (2017) found that although interviewees experienced negative affect (e.g., scared, tense) during some activities, these emotions were also accompanied by a sense of personal growth and a sense of goal attainment. Similarly, Myers (2010) observed that overcoming negative emotions such as fear and doubt contributed to a sense of accomplishment. To explain why negative emotions can generate positive influences, Kirillova, Lehto, and Cai (2017) maintained that adverse experiences provide opportunities for tourists to test their resilience and strength, which can help them to reach their potential. Tourism experiences have even been compared to self-imposed trauma, where suffering can trigger post-traumatic growth (Tedeschi, Park, & Calhoun, 1998).

Tourism experiences components: Environment, challenge, arousal, self-discovery. In addition to emotions, *environment, challenge, arousal,* and *self-discovery* can contribute to EQOL (Matteucci & Filep, 2017). Matteucci and Filep (2017) studied Flamenco tourists' experiences and how their experiences (i.e., environment, challenge, arousal, and self-

discovery) can contribute to tourists' eudaimonia. They held that each element of the experience contributes to tourists' self-potential, self-actualization, and meaning in life. Thus, emotions, environment, arousal, challenge, and self-discovery are important factors that can help tourists to obtain eudaimonic outcomes.

EQOL Outcomes

The eudaimonic experiences generated by taking a vacation can be enduring and transcend people's daily lives. For example, tourists mentioned that they obtained broadened skillsets and resources to better deal with their daily lives (e.g., relationship management, problem-solving skills; Pan, 2017) or gained better knowledge of themselves (Matteucci & Filep, 2017).

Conclusion

Current research provides exploratory information on the essential elements that a tourism experience can contribute to EQOL. As an emerging research area, few EQOL studies were identified. Consequently, I could only locate a small number of factors that are relevant to the process of obtaining EQOL. It is possible that there are other relevant antecedents to explain tourists' EQOL. Moreover, I was not able to conclude to what extent these attributes can affect EQOL. Additionally, limited research hinders the ability to document the dispositional antecedents (e.g., personality, motivations, goals) shaping experiences, as well as how long EQOL can last. In all, more research about the relationship between tourism and EQOL is warranted (e.g., qualitative exploring and quantitative testing).

Having acknowledged the above concerns, I provide a visual map of related research findings to describe factors and outcomes related to tourists' EQOL (see Figure 3).
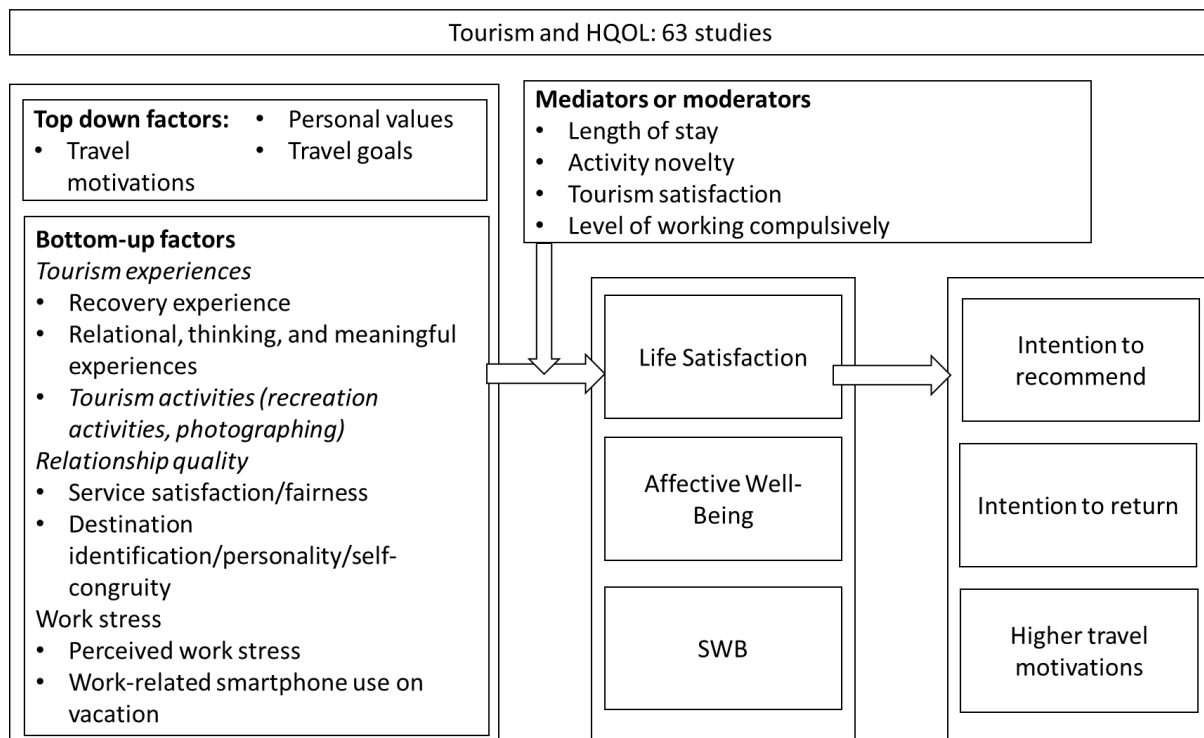
Factors:
- Emotions
- Environment
- Arousal
- Challenge
- Self-discovery

EQOL:
- Spirituality
- Fulfillment
- Mastery of life
- Meaning of life
- Self-knowledge
- Self-confidence
- Self-actualization

- **Outcomes:**
- Broadened skillsets
- psychological resources
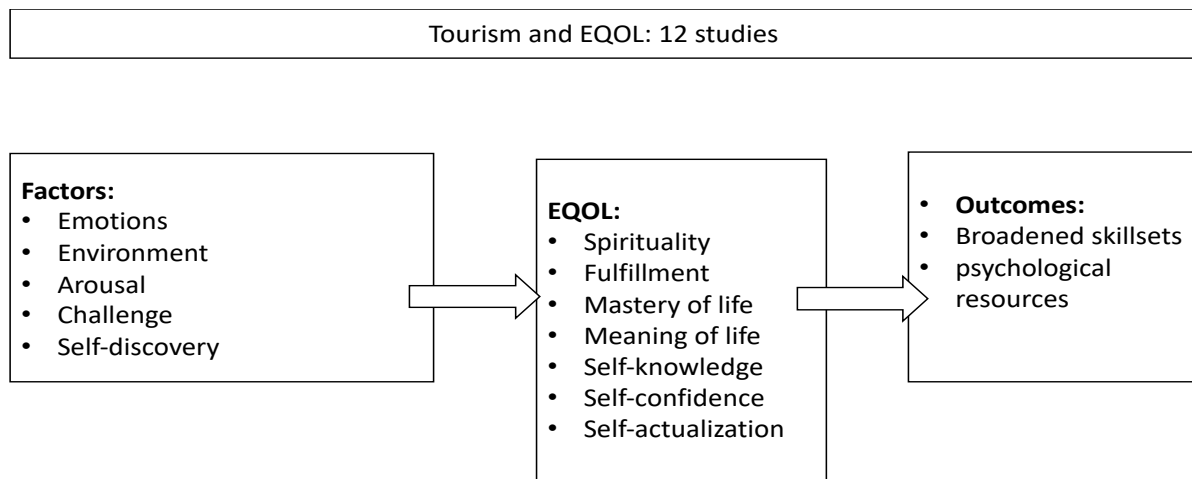
Figure 2-2. An Overview of Factors and Outcomes Related to Tourism and EQOL

Conceptualizing QOL by Combining Hedonic and Eudaimonic Perspectives (HEQOL)

Su, Tay, and Diener (2014) suggested that living a fuller life should include both achieving self-actualization and frequently experiencing positive feelings—thus demonstrating the importance of conceptualizing QOL as both hedonia and eudaimonia (HEQOL). Ryan and Deci (2001) also advocated for this multidimensional conception. Relatedly, Disabato, Goodman, Kashdan, Short, and Jarden (2016) proposed that empirically hedonia and eudaimonia may reflect one single overarching construct, though philosophically they have been treated as different concepts. Thus, conceptualizing hedonia and eudaimonia within one higher order factor, rather than treating them as distinct constructs, is strongly encouraged.

HEQOL measurements

In the tourism literature, I found 15 articles that studied QOL by adopting both hedonic and eudaimonic perspectives (HEQOL). Three theoretical models of HEQOL were used in tourism research: the PERMA model (Seligman, 2011), Waterman's (1993) Personally Expressive Activities Questionnaire (PEAQ) scale, and the Orientation to Happiness Scale (C. Peterson, Park, & Seligman, 2005). In addition to using these models, a

common practice in the tourism field is to borrow measures from existing hedonic or

eudaimonic frameworks and combine them together. For example, items from Diener's

(1985) tripartite SWB, Kozma and Stones's (1980) MUNSH scale, Ryff and Keyes's (1995)

psychological well-being measures, and Deci and Ryan's (2000) basic needs scale have been

adopted to represent either hedonic or eudaimonic components to form a more

comprehensive QOL measure.

A second observation is that a number of researchers utilize single-item questions to

evaluate the structure of QOL. For example, Nawijn and Damen's (2014) use of a single-item

question to investigate tourists' three basic needs (i.e., autonomy, competence, and

belongingness). Gao et al. (2017) as well as Chen and Li (2018) asked single-item questions

to examine each construct (e.g., relationship, meaning) of psychological well-being (Ryff,

1989). The brevity of such measures may fail to capture the multidimensionality each

construct entails. (see, however, Cheung & Lucas, 2014; Lucas & Brent Donnellan, 2012, for

an alternative view on the issue)

The Relationship between Vacation-taking and HEQOL

The relationship between tourism and HEQOL has been longitudinally investigated.

For example, in a study of social tourism (i.e., providing economically or socially

disadvantaged group with vacation-taking opportunities), McCabe and Johnson (2013)

reported that social tourism participants' domain life satisfaction and some aspects of positive

functioning (i.e., resilience, relationship) were improved after holiday-taking. Gao and

colleagues (2017) observed that US tourists' life satisfaction and psychological well-being

(i.e., self-acceptance, relationship) were improved. These studies suggest that leisure travel

has the potential to improve HEQOL. However, depending on the type of scales or the type

of tourism experiences, leisure travel or a vacation may not contribute to each single

component of HEQOL.

Antecedents Associated with Tourists HEQOL

Engaging Tourism Activities. I found that *types of tourism activities* is relevant to tourists' HEQOL. For example, those who visited a beauty spa obtained mood lift, whereas spiritual retreat visitors and lifestyle resort participants experienced personal growth, self-development, and life changes (Voigt et al., 2010). Based on Stebbins's (1982, 2007) serious leisure construct, Voigt and colleagues (2010) classified: (a) beauty spa visits as casual leisure (e.g., immediately rewarding, relaxing); (b) spiritual retreat visits as serious leisure (e.g., effortful, need skills and training, perseverance, unique ethos); and (c) lifestyle resort visits (e.g., stress management program, nutrition program) in the middle of the casual/serious leisure continuum, with serious leisure characteristics outweighing the causal ones. Voigt et al. (2010) argued that only lifestyle resort visitors obtained HEQOL suggesting that serious leisure activities are more likely to induce HEQOL.

Intensity of travel experiences appears to be a second influential factor. Tsaur, Yen, and Hsiao (2013) found that transcendent experiences and flow experiences (Csikszentmihalyi, 2002) were positively related to hedonic enjoyment and eudaimonic well-being. Moreover, they found that visitors' level of mountain climbing experience, when on a climbing trip, mediated their flow experiences and hedonic outcomes. Novice mountain climbers' (i.e., those who had climbed mountains once or twice) hedonic enjoyment did not change if they had flow experiences, while more experienced mountain climbers' hedonic enjoyment increased as long as they could experience flow.

Similarly, tourists' *co-creation experiences* (e.g., customers and organizations collaborate to create experiences, Mathis et al., 2016), which can increase tourists' engagement with their travel experiences, can in turn contribute to HEQOL (Buonincontri,

Morvillo, Okumus, & van Niekerk, 2017). Meanwhile, *practicing emotion regulation* on vacation can increase HEQOL as well (Gao et al., 2017). To summarize, these findings suggest that the level of engagement of tourism experiences may be positively associated with HEQOL.

Tourism and Life Satisfaction. Tourism satisfaction and *life satisfaction* can affect tourists' HEQOL as well. Chen and Li (2018) assessed the relationship between destination attributes (service quality and destination image) and QOL constructs (i.e., life satisfaction, affect balance, and psychological well-being). Their results suggested that tourism satisfaction and life satisfaction mediated the aforementioned relationships. Chen and Li (2018) found that destination image and service quality can increase tourists' life satisfaction, eudaimonic well-being, and positive affect by increasing tourism satisfaction. The total mediation effect of tourism satisfaction suggested that service quality may not increase tourists' life satisfaction unless it increases their tourism satisfaction. They also found that destination image and service quality increased life satisfaction, and that this subsequently improved people's eudaimonic well-being and positive affect.

HEQOL Outcomes

Although no articles explicitly identified outcomes related to increased HEQOL, it is possible that effects generated by increased HQOL and EQOL can be applied here. Moreover, it is also possible that these two QOL perspectives could be found to have some synergistic effects—a topic worthy of future investigation.

Conclusion

Taking a fuller perspective to study tourists' quality of life provides a more well-rounded picture of well-being than only examining HQOL or EQOL (Huta, 2015). In

summary, this review of published HEQOL research suggests that (a) tourism can precede certain elements of HEQOL; and (b) some attributes within tourism experiences are particularly important in increasing HEQOL, especially those factors that contribute to engaging tourism experiences (e.g., the intensity of travel experiences). However, it is also possible that there are other factors that can influence the process. For example, personality (Butkovic, Brkovic, & Bratko, 2012) and culture (Joshanloo, 2013) can shape individuals' HEQOL and, therefore, these factors and others should be examined in the tourism context.

Discussion and Future Research

The purpose of this study was to obtain a comprehensive understanding of the relationship between tourism and QOL. Through a review of 90 peer-reviewed articles, I delineated the ways tourism researchers operationalize QOL, identified the factors that can influence tourists' QOL, and ascertained the outcomes associated with tourists' QOL. This review can provide a platform for developing theoretical and empirical research on tourists' QOL. Taking these findings into consideration, I also point out some current research gaps that, if addressed, could advance understanding of this topic, conceptually, theoretically, and methodologically (see Table 3).

Increasing Multifaceted understanding of Tourists' QOL

My review found that current research in the tourism field emphasizes certain aspects of QOL. For instance, the majority of studies I identified examined HQOL, and the majority were also cross-sectional in nature. Therefore, there is still much we do not know about tourists' QOL. Accordingly, future research may want to explore more about EQOL, HEQOL, and take a closer look at how QOL changes during each phase of a vacation.

Exploring eudaimonia. The influence of tourism on HQOL has been explained through a bottom-up model (Neal et al., 2007; Neal, Sirgy, & Uysal, 1999) and, to a much

lesser extent, the DRAMMA model (Newman et al., 2014). However, none of these reviewed studies specified a theoretical framework to explain tourists' EQOL. Although I documented some common elements (e.g., emotions) that may influence this relationship, the small number of relevant studies limit our ability to draw conclusions. Thus, future research is needed to explain what underlying mechanisms of a vacation or tourism can affect EQOL. Existential authenticity (Kirillova et al., 2017) is one promising factor for explaining tourists' EQOL. Apart from this, tourism researchers may want to examine how obtained eudaimonic benefits can transcend to people's daily lives. In addition, more longitudinal or cross-sectional studies are warranted to confirm the effect of vacation-taking on EQOL and record factors that can shape tourists' EQOL.

Examining the multiple phases of vacation. Although a vacation experience is composed of three phases: pre-, during, and post-vacation (de Bloom et al., 2010), researchers predominantly investigate during-vacation experiences (e.g., service evaluation, destination attributes, activities). The pre- and post-vacation phase should receive greater attention as well. There currently exists a number of studies on tourists' pre-vacation or anticipation (Gilbert & Abdullah, 2002). However, the post-vacation phase—and especially the fade-out effect of mood and life satisfaction (Chen et al., 2013; de Bloom et al., 2010)— has not been studied extensively. Future research should thus consider addressing the following questions: (a) What underlying mechanisms causes the fade-out effect? (b) What outcomes may be accompanied by the fade-out effect? (c) Is the fade-out effect caused by increases in post-vacation stress? (Besser & Shackelford, 2007), and (d) How does the fade-out effect influence people's post-trip experiences?

Most EQOL studies have explored tourists' experiences as a whole; with greatest attention being paid to tourists' during-vacation experiences. Future research can focus on temporal aspects to clarify: (a) how tourists obtain eudaimonic experiences from pre-vacation

to post-vacation; (b) what eudaimonic outcomes originate in the pre-vacation, the during-vacation, and/or the post-vacation phase(s); and (c) whether the fade-out effect is a relevant concept in eudaimonic tourism experiences. Similarly, more effort is needed to understand tourists' pre, or post-vacation experiences when they can receive both hedonic and eudaimonic benefits from travel. Addressing these aforementioned issues can enhance our understanding of tourists' QOL and obtaining long-lasting health and wellness benefits.

Investigating the Role Played by Host Communities

From the bottom-up perspective, host communities are an integral part of tourism experiences and have the potential to determine tourists' QOL (Carmichael, 2006; Nickerson, 2006). For example, the friendliness of local people can contribute to memorable tourism experiences (Kim & Ritchie, 2013). Although Filep et al.'s (2017) research has suggested that experiencing kindness from strangers at the destination can improve EQOL, very few researchers have examined how interactions with local communities can influence tourists' HQOL or HEQOL. Thus, more research is needed to investigate how tourists' interactions with local communities, or residents' attitudes or behaviors can influence tourists' quality of life.

Expanding Understandings of the Antecedents and Outcomes of Tourists' QOL

Earlier I summarized the factors that can influence tourists' QOL and possible outcomes related to tourists' QOL. Potentially, my review could also help build a theoretical framework that explains tourists' HQOL. However, the limited quantity of studies centered on tourists' EQOL and HEQOL suggests that more research is needed to identify factors that can contribute to these types of QOL. Moreover, due to the small body of extant research and its cross-sectional nature, we lack the ability to definitively address questions including: What factors have the closest relationship to or the strongest positive effects on tourists'

QOL? And what is the essence or are the core attributes of tourists' QOL?

Tackling Methodological Considerations

My review suggests that most studies are quantitative and cross-sectional in nature, with research on HQOL or HEQOL predominantly adopting quantitative methods, whereas most studies on EQOL are qualitative inquiries. Relying on any type of method may limit the knowledge development of a field (McFee, 2007). Therefore, future research should consider utilizing a broader range of research methodologies. For example, narrative inquiries can be employed to understand the subjective, complex process of how tourists make meaning of HQOL or HEQOL as well as how social, cultural, and psychological contexts intersect to influence this process. In contrast, tourism researchers may adopt experimental designs to investigate the effectiveness of how each aspect of a tourism experience influence EQOL, and longitudinal research design to measure the pre- and post-vacations EQOL change.

The self-report approach has dominated QOL research in the tourism context, although some concerns such as distortion and biases have been raised in cognate fields (Diener, 1984). Peer-rating measures may add validity and objectivity to the data and be a valuable direction for future research. Second, researchers may want to provide better justifications on the choice of HEQOL measurements. Discussing the robustness of their psychometric characteristics and theoretical considerations of how the constructs can fit certain research contexts should be provided (e.g., Huta & Waterman, 2014). Acknowledging individuals' diverse cultural traditions is also critical in the social sciences (Markus & Kitayama, 1991). Thus, tourism researchers are encouraged to adopt culturally-attuned measurements of QOL in different cultural contexts, for instance using the Interdependent Happiness Scale (Hitokoto & Uchida, 2015) to measure East Asians tourists' QOL. By doing so, researchers may develop a more comprehensive, unbiased understanding of QOL. In

addition, future research may bring in technologies—such as testing cortisol to measure stress levels—to learn more about the biological process of vacation-taking and QOL. This could help us develop more in-depth understanding of this topic and, in turn, help individuals make the most out of their vacation-taking.

Table 2-3 A Summary of Research Opportunities related to Tourists' QOL.

Exploring eudaimonia

- How do tourists understand EQOL?
- What personal and environmental factors may influence tourists' EQOL?
- What outcomes (especially eudaimonia) originate in the pre-vacation, the during-vacation, and/or the post-vacation phase(s)?
- How do tourists' EQOL change from pre-vacation, during-vacation, to post-vacation?

Focusing on the multiple phases of vacation (e.g., post-vacation fade-out effect)

- What causes the fade-out effect post-vacation?
- What outcomes (e.g., physical, psychological) may be accompanied by the fade-out phase?
- What is the relationship between holiday stress or post-vacation stress and the fade-out phase?

Investigating the role played by host communities

- How does the interaction between tourists and local communities influence tourists' QOL?

Expanding the antecedents and consequences of tourists' QOL

- What factors have the largest positive effects on tourists' QOL?
- What is the essence or are the core attributes of tourists' QOL?
- How can tourists' QOL affect their physical health?

Tackling methodological considerations

- How do qualitative inquiries (e.g., ethnography, narrative inquiries, grounded theory) contribute to researchers' understanding of HQOL or HEQOL?
- How do different quantitative approaches (e.g., longitudinal research, experimental design) improve researchers' understanding of EQOL?
- How do cultural differences shape people's QOL?
- In addition to self-report approaches, what methods are available to evaluate QOL in a tourism setting (e.g., in a destination)?
- What technologies can be used to detect the physiological characteristics and process of tourists' QOL?

Conclusion

I reviewed 90 articles examining tourism and quality of life and organized them into three sections based on how researchers operationalize the construct of QOL: HQOL, EQOL, and HEQOL. I presented longitudinal evidence to suggest the causal relationship between tourism/vacation-taking and QOL and discussed the factors that have the potential to account for the relationship between them. Building on these, I proposed potential knowledge gaps that can be addressed through future research. Perhaps most importantly, the review reinforced that engaging in tourism experiences is a healthy pursuit, with the potential to provide not only fun and relaxation but also personal growth and self-actualization.

Using this review as a foundation, researchers can advance the study of tourists' QOL by attending to the nuances of each type of QOL and each aspect of tourism experiences. Doing so can not only contribute to theories of tourists' QOL but also benefit individuals' pursuit of a happy life. By stressing the wide range of benefits generated by vacation-taking (e.g., frequent positive affect, personal development opportunities), my research conveys the message that individuals can count on tourism to improve well-being. My findings can assist tourism practitioners as well. Particularly, I confirmed that tourists' health and wellness outcomes are important in fostering customer loyalty. Additionally, these findings provide destination managers with directions on how to better design their products, offering strategies and policies to improve tourists' QOL.

As with any study, this one has certain limitations. One limitation of this review may be the exclusion of non-English publications, which may have resulted in only partial understanding of the effect of cultural difference on QOL and vacation-related well-being. Another limitation is the descriptive nature of the study. I was unable to conduct a meta-analysis to assess the magnitude of each factor's influence on tourists' QOL due to the small

number of studies and missing important information (e.g., effect size) necessary to yield conclusions with reasonable confidence intervals.

To conclude, this systematic review provides a comprehensive overview of research pertaining to the important role tourism plays in people's quality of life. My review also demonstrates that this research area holds great potential for future research. I believe that, with increased attention to this research topic and a growing number of high-quality studies, the theories and practice on how tourism can improve quality of life will be further advanced. This is important because, Quoting Seneca, the Roman philosopher and statesman, "travel and change of place impart new vigor to the mind".

Chapter 3 Tourists' savoring experiences: An interpretative phenomenological analysis

With the advent and development of positive psychology (Fredrickson, 1998), positive emotion has received growing recognition among tourism scholars (Pearce, 2009). Extant literature suggests that positive emotions determine global satisfaction and destination loyalty (Prayag & Ryan, 2011). Also, positive emotions is considered to be an essential component of memorable experience (Tung & Ritchie, 2011); and making experience memorable is the raison d'être for the tourism and hospitality industry (Pizam, 2010). These benefits of positive emotions can be explained by its function of signaling to individuals that an environment is safe (Fredrickson, 1998) and the experience is congruent with individuals' goal (Frijda, 1986). Meanwhile, according to the broaden-and-build theory (Fredrickson, 1998, 2001), positive emotions can expand people's attention, enable them to become more creative, and encourage them to engage in flexible thinking as well as exploring the environment. This in turn can promote more interactions between a tourist and a destination. Thus, knowing how positive emotions occur and can foster important goals for both tourists and tourism suppliers.

Savoring is a process that can help individuals obtain more positive emotions. The concept of savoring refers to individuals' capacity to derive positive emotions from positive experiences (Bryant & Veroff, 2007). Savoring can increase the frequency, duration, and intensity of positive feelings (Bryant, 2003). Moreover, savoring involves different time orientations. People can savor positive events that happened in the past (reminiscence), ongoing positive experiences in the moment, or future positive experiences (through anticipation). When people savor, they engage in savoring strategies which are concrete thoughts or behaviors (cf. Bryant & Veroff, 2007; Jordi Quoidbach, Berry, Hansenne, & Mikolajczak, 2010) that people use to regulate positive feelings (Bryant & Veroff, 2007).

Nevertheless, it is unclear how tourists savor. Tourists' savoring experiences should be studied because savoring can be a construct particularly relevant to the tourism context. Compared with a person's everyday life, when one is a tourist more positive emotions often occur (Chen, Lehto, & Cai, 2013; Gilbert & Abdullah, 2004; Mitas, Yarnal, Adams, & Ram, 2012). Moreover, the tourism context is unique. It is an extraordinary experience because tourism happens less frequently; happens at a destination that is away from usual living or working areas (UNWTO, 2010b); and is characterized by different motivations (Iso-Ahola, 1982) than those in daily living (e.g., escaping vs. making ends meet). Moreover, investigating tourists' savoring experience can theoretically contribute to the research on savoring. As commented by Bryant et al. (2011), "different types of positive experiences presumably evoke different cognitive appraisals, which activate different combinations of savoring responses, which in turn produce different positive feelings" (p.116).

Thus, this study is guided by the overarching research question: *how do tourist savor positive visiting experience*? Furthermore, given a tourism experience encompasses three phases (C. Ryan, 2002)—pre-trip, during-trip, and post-trip—and people obtain dissimilar positive emotions in each phase (Jessica de Bloom et al., 2010), tourists may experience savoring differently across time. Thus, this study seeks to understand tourists' savoring in each phase in detail.

Methodology

My social constructivist epistemology and interpretivist perspective (Crotty, 1998) informed me to adopt Interpretative Phenomenological Analysis (IPA, Smith, 1996; Smith, Flowers, & Larkin, 2009) and obtain an in-depth understanding of tourists' savoring experiences. IPA is suitable for exploring in detail how individuals perceive "particular situations they are facing, how they are making sense of their personal and social world. It is

especially useful when one is concerned with complexity, process, or novelty" (Smith & Osborn, 2003, p.53). Given my purpose is to understand tourists' savoring experiences, IPA enabled me to consider both personal and social worlds while retaining a focus on mental process.

IPA as an approach to qualitative, experiential, and psychological research is informed by the following philosophical underpinnings: *phenomenology*, *hermeneutics*, and *idiography*. It is phenomenological because it examined participant's life world in detail and is mainly focused on people's subjective reflections. Hermeneutics provides theoretical insights for IPA regarding how the researcher could play an active role in making sense of participants' personal world (i.e., double hermeneutics). Double hermeneutics suggests that "the participant is trying to make sense of their personal and social world; the researcher is trying to make sense of the participant trying to their personal and social world" (Smith, 2004, p.40). IPA is concerned with the particular (Smith, Flowers, & Larkin, 2009): Taking an idiographic approach means that IPA aims to conduct an in-depth analysis of a phenomena through understanding a particular phenomenon from the perspective of particular people in a particular context.

Thus, IPA provides me with the tool to uncover how participants perceive their experiences by "standing in their shoes", by making meaning of their experiences through interpretative process, and by capturing particular lived experiences of a particular group of people (i.e., tourist's savoring experiences in the tourism context). Although Smith and Osborn (2003) maintained that researchers could engage the IPA methodology from different philosophical perspectives, this research is guided by my constructive epistemology and interpretive theoretical perspective (Crotty, 1998).

Participants

Previous IPA studies have adopted straightforward designs, which entail scholars recruiting homogeneous group of participants and collecting data from them once. However, this study adopted a multi-phase design, as vacation or leisure travel experiences are comprised of three phases: pre-, during-, and post-trip (C. Ryan, 2002). This approach enables me to investigate participants' experiences as lived at different time points. Also, as mentioned by Smith and associates (2009), examining a phenomenon from multiple perspectives can help the IPA analyst to develop a more detailed and multifaced account of the phenomenon.

In accordance with IPA guidelines (Smith & Osborn, 2003; Smith et al., 2009), I purposely sampled (Patton, 2002) a relatively homogenous group of tourists of a similar age and education level. 23 participants who self-identified as being post-secondary students aged 20 to 30 years old volunteered to be in my study. Of this total, 8 participants were interviewed about their pre-trip savoring experiences, 7 were interviewed regarding their during-trip savoring experiences, and the remainder were interviewed concerning their post-trip savoring experiences. All were deemed tourists because their traveling purpose was leisure; at the time they were interviewed, they were either going to have, had already had, or were having a leisure trip that lasted between 3 and 14 nights; and this trip was away from their usual place of residence (UNWTO, 2010b). It is worth adding that this study's sample size is in line with the purpose of IPA because it facilitates the collection of richer and deeper data from participants (Smith, 2011).

Table 3-1 Participants' characteristics

Participant Name	Age	Gender	Trip characteristics
Pre-vacation interviewees			

P1	20-30	Female	8 days, travel to the United States for a music festival with friends
P2	20-30	Female	7 days, travel to Mexico with boyfriend
P3	20-30	Female	7 days, travel to Jasper and Calgary with family
P4	20-30	Male	5 days travel to Jasper and Rocky Mountain areas with friends
P5	20-30	Male	8 days trip to Italy with friends
P6	20-30	Male	4 days trip to Rocky Mountain areas with friends
P7	20-30	Male	6 days trip to Rocky Mountain areas with friends
P8	20-30	Female	7 days trip to Iceland with friends
During-Vacation Participants			
I1	20-30	Female	10 days trip to Mexico with family.
I2	20-30	Female	12 days trip in Canada from Norway
I3	20-30	Female	7 days trip in United States with family
I4	20-30	Male	5 days trip in Iceland
I5	20-30	Male	8 days trip in Western Canada from Switzerland
I6	20-30	Male	5 days trip in Calgary and Banff from Sweden
I7	20-30	Female	4 days trip in Rocky Mountain Areas with friends
Post-vacation participants			
S1	20-30	Female	4 days trip in Rocky Mountains with boyfriend
S2	20-30	Male	5 days trip in Rocky Mountains with friends
S3	20-30	Female	12 days trip in Italy with family members
S4	20-30	Female	7 days trip in Rocky Mountain with boyfriend
S5	20-30	Female	14 days trip in Italy with friends
S6	20-30	Male	9 days trip in Rocky Mountains with family
S7	20-30	Male	14 days trip in Europe with girlfriend
S8	20-30	Female	6 days in Rocky Mountain Areas with family

Data Collection

Prior to data collection, approval was obtained from a university ethics board.

Participants of pre- or post-trip savoring experiences were recruited through university

listserv postings at a large Western Canadian city. In contrast, during-trip participants were

recruited through a mix of two ways: soliciting tourists who were visiting national park sites in the Rocky Mountains and using the aforementioned university listserv postings. They were screened during email, phone, or in-person conversation in which the nature and purpose of the study were discussed, and I determined whether the selection criteria were met. Volunteers who met the criteria and agreed to participate were invited to do an in-person interview, whereas during-trip tourists who were geographically distant were interviewed using Skype.

Prior to the interview, participants were provided with a written information sheet describing the study and informing them of their right to confidentiality, anonymity, and the ability to withdraw from the study at any time. After this, a discussion of the concept of savoring was conducted (e.g., the concept of savoring had been described in the information consent form; we briefly discussed the concept of savoring). During data collection, semi-structured interviews were used as they can provide rich data on issues regarding emotions, feelings, and experiences and they are the common method used in IPA (Smith, 2011). The interview guide was created based on the guidelines set out by Clarke and Braun (2013). Each interview began with introductory questions that enabled me to build trust with the participant. The interviews themselves had a conversational tone, with mainly open-ended questions related to the research question. Prompts and probes were used frequently to encourage participants to open-up, expand on their answers, or provide more detail. The interview guide can be found in Table 1. Each interview lasted between 20 to 80 minutes. The average interview length was 35 minutes.

Table 3-2 Interview Guide

Interview Section	Questions
Warm-up questions	• Pre-trip: How would you describe your upcoming vacation experiences?

Main Questions	• During-trip: How would you describe your travel experience today? • Post-trip: How would you describe your past vacation experience? • Pre-trip: ○ Did you savor your upcoming vacation? How often would you savor this upcoming vacation? ○ Under what situation did you savor this upcoming vacation? ○ How did you savor this upcoming vacation? ▪ Probe for behaviors/ thoughts ○ What emotion did you experience at the time? ○ How do you feel after savoring? • During-trip: ○ Did you savor your experiences today? How often? ○ Under what situations did you savor your travel experience? ○ How did you savor? ○ What emotions did you experience at that time? ○ How do you feel after savoring? • Post-trip: ○ Did you savor your past travel experience? How often? ○ Under what situations did you savor the past trip? ○ How did you savor this past trip? ○ What emotions did you experience at the time? ○ How did you feel after savoring?
Conclusion	• Is there anything else you want to share with me?

Data Analysis

Data analysis followed the guidelines set out by Smith et al. (2009), and occurred simultaneously with data collection. Audio files were transcribed by the researcher within two weeks of each interview. First, I read each single transcript one or more times while listening to the audio files. By listening to the interview while reading the transcript, I was able to read the words on screen while reflecting on participants' tone, gesture, silence, and volume. After gaining familiarity with the transcript, the focus then shifted to initial noting. I used Atlas.ti 7.0 as a qualitative analysis tool. I first gave *descriptive* comments, which focused on describing the contents of what the participant had said. As soon as I noticed some importance phrases or terms, I identified them in the text and remarked on them using descriptive comments.

Next, I assigned *linguistic* comments and attended to the specific language use of the participant. I looked closely at the use of laughter, pauses, verbal tense, pronoun usage, and other linguistic features. After this, the *conceptual* level of annotation was conducted. At this level, I started to pull myself, as the researcher, closer to the transcript. As Smith et al. (2009) noted and recommended, I felt that I was participating in a dialogue between my own pre-understandings and my newly emerging understandings of the participant's world. This level is taken in an interrogative form, and I felt that I developed deeper understanding. For example, I may have commented with a question such as "How does such a description link to savoring?" During this stage, I used the memo functions to keep reflexive journaling so as to temporarily bracket presuppositions and critical judgements in order to focus on what was actually present in the data (Ponterotto, 2005).

After initial noting, I read the transcripts again and transformed initial notations into concise phrases (emergent themes) that summarised the essence of what was found in the piece and contain a higher level of abstraction (Smith et al., 2009). The theme should reflect a synergistic process of description and interpretation. For example, the initial notation of "showing photos with friends about the upcoming trip" was developed into "showcasing". After establishing a set of themes within the transcript, I proceeded to map the themes by relating themes to one another using the lines and color in the *network* function in Atlas.ti. In this step, I clustered themes together if they displayed similar ideas.

Meanwhile, overarching terms that summarised the nature of each theme as a whole were labeled as superordinate themes. After each transcript had been analysed in the above-mentioned steps, I looked for patterns—divergence and convergences—across participants. This involved relabelling of certain themes, merging themes showing similar ideas, removing certain themes if they lack meaning in comparison to others. A table was produced which contained all the themes, descriptions of each, and sample quotations (see Appendix).

Finally, I translated themes into narrative accounts to present my findings. It is important to note that I analyzed the pre-trip, during-trip, and post-trip savoring experiences separately, because I wanted to understand savoring in each trip phase in depth. Each participant only participated in one trip phase.

Methodological Rigour

Smith et al.(2009) recommended Yardley's (2000, 2008) four principles to assess the quality of qualitative work; specifically: (a) sensitivity to context, (b) commitment and rigour, (c) transparency and coherence, and (d) impact and importance. In this study, these principles were followed during each stage of the study. Specifically, *sensitivity to context* was established throughout the research process including closely engaging with participants, piloting interviews with peers with travel experience, and maintaining awareness that the interpretations were grounded in tourists' experiences. *Commitment and rigour* were achieved through in-depth interviews, invested extended time and engagement with the topic, and immersion in the data. The study established *transparency and coherence* through an audit trail of themes, reflexive journaling, and presenting the themes, sample quotations to critical friends (i.e., senior doctoral students with research backgrounds in psychology and organizational theory). The final principle *impact and importance* rests on the usefulness of the findings for advancing theory, practical application, and future research (Yardley, 2000).

Table 3-3 Main themes and sub-themes emerging from qualitative analysis of interview data.

Main theme	Sub-theme
Pre-trip savoring experience	
Anticipating	Mind-wander to the destination
	Affective forecasting
Sharing	Showcasing
	Seeking information
Back to current reality	Feeling stress

	Increased attention to current non-travel tasks
During-trip savoring experience	
Detached engaging	Fantasizing
	Shifting attention to the self
Immersing	Deconstruction
	Absorption
Behavioral readiness	The readiness to continue
	The readiness to revisit
Post-trip savoring experience	
Reminiscence	Mind-wandering to the past
	Sharing
Comparing	Finding similarities
	Finding differences
Eagerness to recreate	Motivating people to travel more
	Motivating people to engage in personal growth

Note. Sample quotations for each sub-theme can be found in the appendix.

Research Findings

Participants reported rich detailed accounts of their savoring experiences. Their savoring experiences are displayed and discussed by the trip phase they were interviewed about.

Pre-trip Savoring Experiences

At the pre-trip stage, tourists' savoring experiences can be summarized under the following three superordinate themes: (a) anticipating, (b) sharing, and (c) back to reality.

Anticipating

All participants mentioned their frequent anticipation of or engaging in conscious thoughts about their upcoming vacations. This theme has two sub-themes: (a) mind-wandering to the destination and (b) affective forecasting.

Mind-wandering to the destination. All participants engaged in this savoring strategy which featured mentally simulation of what may happen at the destination. For example, P4 explained how he savored the trip by imagining possible scenarios that could happen at the destination: "thinking about the good things that you're going to visit, the restaurants that you are going to eat [at], how the Airbnb looks, such as the design and how we are going to stay in the Airbnb." Similarly, P1 described that she has been vividly visualizing the outfits she is going to wear and the music her favorite singers are going to play that day.

Affective forecasting. Participants also described that they would project their emotional reactions into their future travel. For example, the pleasurable emotions they were going to experience during the trip. P7 articulated that he savored by picturing how relaxing the trip will be "…it's getting away. It's finally being able to just not think about all the responsibilities that I have here and relax." Similarly, P6 reported he thought about how rewarding the future trips will be: "This trip is for me. It meant for me to enjoy myself, relax. It's almost liked a reward for my hard work …" P3 and P4 also echoed that they often thought about how "relieving" or "relaxing" or "enjoyable" their upcoming vacation will be.

Anticipation was facilitated by various technologies. For example, because the internet can provide information, it fed mental simulation. P5 depicted that "I'm already at a computer screen, I find myself searching things regarding [the destination], it does lead me to be more excited because I'm looking at these different places that I'm going to. I imagine[d] about how to possibly visit." Similarly, P8 mentioned that "I would go to websites like Groupon and then I'll look up things to do in Iceland. My friend and I are getting tattoos there. So, I am searching for an idea of what tattoo to get over there, where to get, and I like go on Groupon and stuff to find such deals…"

Sharing

In addition to imagining the future individually, participants engaged in sharing behaviors to savor. The theme of sharing encompasses two sub-ordinate themes: (a) showcasing, and (b) seeking information.

Showcasing. Participants savored their upcoming trip by sharing trip details with friends or families. P3 mentioned that she enjoyed sharing travel plans and showcasing pictures with friends:

> "…I talked about it with my friends, which is quite often now, I really like showing them pictures and like going through actual hikes and hear what people have to say about them. Pictures are like a big selling point because it's like the mountains are so beautiful, it's hard to find anyone doesn't like it."

P8 echoed this by mentioning that she savored it with her parents. Moreover, she felt that her parents showed matching levels of interest to her travel plans, which simultaneously enhanced the excitement level.

> "We talked about the trip several times these days. They've even been doing a little bit like research for me. They've been looking up trails and stuff and looking at pictures. And I suspect that they're probably going to live vicariously through us. So, yeah, talking to my parents about it, my mom especially, it's fun. I enjoy talking about it."

Seeking information. Participants savored by asking for friends and families' opinions about their trip planning. For example, P4 described that he savored an upcoming vacation by "asking friends or telling them that I am gonna go on a trip, most of the time they offer [me information] like a trail that they've done or something. I just get excited with that." P7 concurred that he savored by sharing travel plans with families asking about their opinions: "…just share the whole plan with family, I would also ask my family members' opinions what to do, they would give me advice, their advice made my travel plan more viable, which made me feel more excited."

The approach of sharing is heavily influenced by expressed emotions from conversation partners. Participants would shorten or stop sharing when they received 'unexciting' feedbacks. For example, P7 commented that he would stop talking "because I

can feel sometimes my family gets bored, to listen to what I am going to do. So, I will keep the conversation short, or change topic." P2 agreed that she switched topics when partners "lose interests" in talking about her trips.

Back to Current Reality

Savoring can induce participants to contemplate how current reality can stand in the way of attaining their desired future. This theme describes savoring outcomes, which encompasses two sub-ordinate themes: (a) feeling stress and (b) increasing attention to current non-travel tasks.

Feeling stress. Somewhat surprisingly, savoring can engender negative emotions. Participants identified that, in addition to positive affect, after savoring, they felt stressed. Savoring triggers uncertainty. For example, savoring increased participants' doubt about how well-thought-out their plan was. P5 mentioned that

> "I'm like…, I think I need to plan a little bit more…., my accommodations haven't been booked yet. My plan is to do that this week.... I'm like, oh, look, I need to focus accommodations or have those coming up, so I don't get angry… I should hold myself accountable."

P2 also elaborated that she felt stressed after savoring because she starts to worry about "how am I supposed to live without my parents for weeks in a different country?" Moreover, savoring heightened the uncertainty that people's expectations will not be met. For example, P4 stated that

> "You also feel that if you think about it too much, there will be some other stresses. again, you don't want to build up the hype because when we talked about what contributes to a negative experience while you're on vacation, it might be that it doesn't live up to your hype or to your expectation."

Increased attention to current non-travel tasks. Participants denoted that savoring increased their focus on their jobs and even improved work efficiency. P7 depicted that "I felt that I became more focused, because I knew I would enjoy myself more if I study for the

exam now…, it kinds of drives me to study harder. So, the trip can be more rewarding for me." Similarly, P6 also elaborated that "I'm going to work harder today because I want to do this right. You know, you need to earn the days off. You need to make the money to go on that trip. So having that kind of sense of purpose… that's a real big driver for me."

In-Situ Savoring Experiences

The following superordinate themes were identified to account for tourists' in-situ savoring experiences. These themes are: (a) engaged detaching, (b) immersing, and (c) action readiness.

Engaged Detaching

Engaged detaching entails a process where participants dis-attend to actual interaction with the scenic spot or event but let information come in from outside and let associated meanings come up from inside. It has two sub-themes are: (a) fantasizing, (b) shifting attention to the self.

Fantasizing. Instead of only paying attention to the physical stimuli, participants savored by letting their attention roam or imagine. As I6 described:

> "when you see these mountains, landscapes, the rivers…. Okay. How the hell did this become a place like this, you are like, OK, this may take x amount, millions or billions of years and it kind of gets you thinking. So, you get curious, like, what's gonna happen? You know, like 50 years, 100 years afterwards, like what they are going to look like. And I also look at history. I mean, I think a little bit about the first people who came here, what did they experience? I think this is the way you get "the sane". You get some freaking connection to what it might have been when they came here…"

Similarly, another participant (I4) stated "I would look at every piece of the ice and the volcano, and I would start to think about in the past what has happened here and how long does it take to become such a place like this…". In contrast, I2 explained that her attention

wandered to imagine what it would be like if she was visiting the destination with her families and friends.

> "I think about bringing my friends visiting here. I have friends who are very interested in animals. They would love it here because there are so many wild animals here…. Also, there are a lot of pretty rocks, …, I also have friend who likes rocks and I believe he will love it here too. Every pieces of my visiting experiences will remind me of them…"

Shifting attention to the self. Participants elaborated that they started to think about themselves. Some participants engaged in positive self-talk. For example, they started to self-validate that they made a right choice. I5 states that: "I feel calm and peaceful, and I feel happy to be here. I feel fortunate enough that I made this right choice and travel this far... The landscape made me feel that everything is worthwhile. This is a right choice…". Participants also savored by emphasizing that they feel grateful about the decision of traveling to the place. For example, I2 mentioned that:

> "I want to remember how beautiful it is. I try to tell myself how lucky we are to have such wonderful nature. I appreciate the nature, and I feel grateful to be here…. Normally when I go back to work, it's really hectic. I might be running around all [the] time and have a long day. So, when I have this time off where I can just like be peaceful and just relaxing like this. Just take it all in…"

In contrast, some participants would envisage themselves living in the place. For example, I1 described:

> "I think I really liked…. just really great and super welcoming. It is a little hectic and crazy but like it was nice. … I feel like I could be here and living in the remote place which is like deep in the jungle…like going grocery shopping only one time a week…, this beautiful weather and the community and the people here. It all seems like it would be OK."

Immersing

Participants reported that they immerse themselves in the place. Immersing means tourists completely involve themselves in the environment. The theme is composed of two sub-themes: (a) deconstruction and (b) absorption.

Deconstruction. Deconstruction means paying attention to parts or elements of an experience other than appreciating it as a whole. For example, I4 described how he was savoring the food: "I like to spend more time to taste each dish, like taste each dish in great depth. I was guessing each ingredient and the process of making this dish, like the steps or the process of making this dish, which steps goes before and which steps goes after. I was thinking about maybe I can cook it at home by myself…" I3 also shared, while shopping for clothes, she would like to discuss her experiences with friends in details: "…how cute the clothes are, the colors, the design, and texture, and so on, I feel happy when talking about those little details."

Absorption. Participants savor by absorbing themselves in the scene. For example, I6 highlighted that "I mean, particularly, I don't think too much about it. I just. Oh, I don't think, you know. I sort of try to not think about things too much because I just want to enjoy it. I'll put on some music and just being there and enjoying where you are." I1 described that "… it was such a beautiful sunny day, it really allowed me to like take it all in. I can see like the water through, it's the sun reflecting off the river. That was like just down the hill from the restaurant and I was sitting in the sun, so I could feel the warmth on my arms and face..."

I found that participants' in-situ savoring was usually accompanied by retrained body movement, which means slowing down movement (e.g., many of them are sitting down while savoring) and allowing themselves to become engrossed in their visiting experiences.

Behavioral readiness

Savoring increases participants' intention to engage in more interactions with the destination. This theme of behavioral readiness has two sub-themes: (a) the readiness to continue and (b) the readiness to revisit.

The readiness to continue. Participants wanted to deepen their interactions with the destination. For example, I2 described that, "I would love to be out hiking all day from sunrise to sunset. I'd just be out all day like walking here and there. Instead of walking around down here along the river, I would like to go up in the mountains and set more goals…" Similarly, I5 echoed that she would extend her hiking after savoring, because she wanted to enjoy more calmness. I4 depicted that savoring triggered him to know more about the destination: "I would like to use WIKI and read more on their history, Just some light research for interest. I think it triggers me to want to know more about them, because it is so different from where I live, what I eat. I wanted to know about the histories."

The readiness to revisit. Participants noted savoring increased their intention to revisit again. I7 mentioned that savoring "…energizes me, makes me feel good, and I want to do more such stuff with my friends. But it doesn't have to be the same place, or the same mountain." Similarly, I5 explained that "I hope my friends will come and join me to visit. I thought this would definitely be a place where I would go with them because it is really beautiful." This strategy involves future thinking.

Post-Trip Savoring Experiences

Tourists' post-trip savoring experiences can be described using the following superordinate themes: (a) reminiscing, (b) comparing, and (c) eagerness to recreate.

Reminiscing

Tourists savor their past trips by recalling what happened in the trip. This theme has two sub-ordinate themes: (a) mental travel to the past and (b) sharing.

Mental travel to the past. Informants savor their past vacation experiences by recalling moments that happened in the past trip. As S1 suggested "I would take a deep breath, close my eyes, and think of things he [boyfriend] said that are funny or things that

60

have happened in trips. Honestly, like humorous things that people would say." S4 mentioned that she would often savor by thinking about memorable moments and specific feelings of the past trip,

> "Time and again it would bring me back. Like those good memories that I like and those good feelings that I experience, and those emotions that experience like in the particular picture per say. So, I look at the pictures and I'll kind of remember the specific emotions that I felt, but then I'll look at all the pictures like as a whole and just recall like how great and like how good and just how peaceful the entire trip is. Like specific emotions for specific pictures but that as a whole it just generates like a great big feeling of happiness and peaceful and calmness."

Sharing. Informants would savor their past vacation experiences by recalling what happened together. For instance, S6 and S8 commented that they would savor by collective reminiscing with travel companions. For example, S8 said that

> "I like to talk about these with my families. It's usually a lot of giggling because they're usually silly stories. And definitely just like happy, like enjoyable moments, like just, you know, you're talking to your sister and you're like, oh, remember when I was so scared of the bear? And she's like, Yeah, you were being ridiculous. And then we just kind of giggle about it, right. I'm definitely one of those people that likes to remember happy times. And I think most people in my family. But yeah, I'd like my family's very silly, like a lot of giggling, a lot of laughing, a lot of almost like my family tends to like almost poke fun at each other sometimes and make it into a joke..."

S5 agreed with this approach describing that she would have big and long conversations with her friends and families about her trips, particularly sharing these happy moments.

> "Sometimes when I am reminiscing about the trip I'll especially share it with my two friends, like my two best friends they're called [name] and [name] and so we have a group message and so whenever I'm thinking about something that I love and I'm not ready to stop thinking about it, I'll send either a picture or a message,…, we just have like this big conversation, long conversation, sharing pictures and stories"

Comparing

Participants savor their past trip by relating their travel experiences with someone else's. This theme has the following sub-themes: (a) finding similarities and (b) downward contrasting.

Finding similarities. Participants compared their travel experiences with other people who travel to the same destination. For example, S2 talked about he went online and search for travel blogs or photos posted about the same place visited. He mentioned that "I'll go on my phone and search photos or travel blogs about [destination]. I want to see what other people have done, which kind of add on to that enjoyment." S3 highlighted that: "I thought about Alexander Trudeau who went to China especially in his experience and how he wrote it all down. I keep a travel journal too. So, I wrote my whole trip down and it's like I recognize similarities in how he perceives things as to how I perceive things when I was in Europe. So, I thought that was really cool that I was able to connect to it."

Downward contrasting. This strategy is similar to downward social comparison where one compares himself/herself to others who are considered to be worse off (Wheeler & Miyake, 1992). S4 recounted that she was basking in the thought that she was better off than her peers, as she was able to take time off for something fun when her peers had to work and study. She stated that "Like there is so much to tell them. Within 7 days I've been here and there, and there was just so much that I did there. Like they were just like listening to me basically. Because you know they were working while I back. So, having the time off that was really good." S1 agreed with this approach to savor, stating "I got to do something cool and I just feel good about that, I feel I made a right decision" when compared with her friends.

Eagerness to Recreate

Savoring past trips enhanced participants' readiness to travel more. This theme has the following sub-themes: (a) motivating people to travel more, (b) motivating people to engage in personal growth.

Motivating people to travel more. Savoring past trips increased participants' urge to re-live those experiences again. S4 delineated that "I think it drives us to going out and having [find] something similar, because it would cause us to say, 'oh remember when we were in [place name] and we had something similar to this?" This urge motivated participants to plan more trips in the future so as to create similar memories, as recounted by S8, "So, it's probably mostly like, OK, we need to do that again. That's probably one of the biggest things, …, let's plan another trip then or let's make the effort to do another trip in so many months. Right. Like, it's almost like making… creating opportunities to have more memories like that." In addition to increased intention to conduct more trips in different places, S3 commented that savoring increased her attention to visit the same destination again, "kind of like a longing to go back. I've already thought about planning another trip quite soon. So that's part of it as well as the wanting to continue to travel the wanting to go back kind of thing."

Motivating people to engage in personal growth. Savoring not only motivated respondents to travel more but also inspires them to develop themselves so as to have the ability to create more similar memories (i.e., conduct more trips). For instance, S1 expressed that savoring enabled her to "kind of think of what I want to do next. I get a feeling of like wanting to grow more as a person…. I want to do more; I want to feel that way [her past vacation experiences] more often." Similarly, S5 described that "It's kind of like pushes me to keep doing university, because I really want to finish my undergraduate so I can find my next kind of adventure there [Italy, where she did her past trip]."

Discussion and Conclusion

The purpose of this study is to understand how people savor their positive travel experiences. Given a tourism experience encompasses three phases—pre-, during, and post-

trip—I explored tourists' savoring experiences at each phase in depth. In the following sections, I discuss savoring experience at each trip phase, separately.

Pre-trip Savoring Experiences

Participants' pre-trip savoring experiences can be described by *anticipating*, *sharing*, and *back to current reality,* with the first two describing the savoring strategies and the last theme highlights the outcome of savoring. The savoring strategies tourists used at pre-trip can resonate with Bryant and Veroff's (2007) and Quoidbach, Berry, Hansenne, and Mikolajczak's (2010) savoring strategies— *positive mental time travel* and *capitalizing*. Nevetherless, *mind-wandering to the destination* is only partially similar to *positive mental time travel* (PMTT, vivid anticipation or recollection, Quoidbach et al., 2010), given the former only focuses on the future. *Showcasing and seeking information* are comparable to *capitalizing* because all of these strategies concern sharing positive news with people. The difference is that the savoring strategies identified in this current study are more purpose-oriented: for example, obtaining information to assist trip planning.

When alone, tourists savor by *mind-traveling to the destination* or *affect forecasting*. These two strategies generate positive emotions in the present (Busby Grant & Wilson, 2020), which may explain why tourists' happiness level at the pre-trip stage is higher than peers who have no vacation plans (Gilbert & Abdullah, 2002; Nawijn, Marchand, Veenhoven, & Vingerhoets, 2010). *Mind-traveling to the destination* enables tourists to construct positive scenarios that may happen in their future trip, whereas *affective forecasting* concerns people's prediction about the feelings associated with the future event. One reason these two strategies enhance positive emotions is that people's future thinking's usual positive (Klinger & Cox, 1987; Quoidbach, Wood, & Hansenne, 2009).

Also, it could be because these thoughts represents tourists' confidence that they can achieve desired outcomes and their willingness to bring them about (Johnson & Sherman, 1990; Vasquez & Buehler, 2007). This strategies may be influenced by previous memory (Spears & Yazdanparast, 2014). Compared with positive mental time travel (Quoidbach et al., 2009), these two savoring strategies in my research went further to explicate the contents of tourists' future thinking or demonstrate a mental rehearsal of future events.

In an interpersonal context, tourists savor through *showcasing* or *seeking information*. Sharing positive news is common in daily life. Sharing boosts positive affect (Gable, Reis, Impett, & Asher, 2004; Otto, Laurenceau, Siegel, & Belcher, 2015). This increment of positive emotions can be contributed by enhanced self-esteem (Gable et al., 2004; Tracy & Robins, 2004). For example, participants (e.g., P8) mentioned that showcasing her travel plans enhanced her self-esteem "I feel like I'm better than everyone else because I got to leave. It is a sense of like [feeling] pride." The positive affect can be associated with enhanced social relationships too (Lambert et al., 2013), as conversation partners' pleasurable responses also matters.

Pre-trip savoring triggers or enhances tourists' urge to contemplate about their current reality too, which made them *feel stress* and experience *increased attention to complete their current task at hand*. Pre-trip stage itself can be stressful because people experience the pressure to finish work in time (DeFrank, Konopaske, & Ivancevich, 2000) or feel uncertainty about their travel planning (Westman, 2004). However, it is possible that savoring intensifies these negative feelings through facilitating *mental contrasting* (Oettingen et al., 2009; Tay, Valshtein, Krott, & Oettingen, 2019). Mental contrasting describes the process, that after thinking about the attainment of a desired future, people would immediately reflect on the constraints existing in the current reality that may stand in the way of reaching this desired future. Meanwhile, mental contrasting may explain why people

experience increased attention to complete work too, because such process can motivate people to overcome constraints. Thus, in this current study, savoring can assist people to become more focused in completing their tasks.

In-situ Tourists' Savoring Experiences

Three superordinate themes have been revealed to describe tourists' in-situ savoring experiences. The first theme *engaged detaching* described how tourists would let their attention roam wild. The second theme *immersing* aligns with the first theme as it also described engaged and cognitive savoring but addressed different ways of utilizing attentions — enjoying it wholeheartedly or with positive imagination. The third theme *behavioral readiness* is different from the first two themes, being the outcomes of in-situ savoring.

Tourists savor by engaged detachment, which means they physically detach themselves from the reality but subjectively interact with the place. Specifically, tourists either *fantasizing* or *shifting attention to selves* while savoring. Both strategies provide tourists a means of contrasting stories or imagining in mind or projecting things that are unreal. These strategies of imagination assist tourists to actively make sense of their visiting experiences (C. Campbell, 2018; Chronis, Arnould, & Hampton, 2012). It seems that both strategies have not been documented in savoring strategies checklists (Bryant & Veroff, 2007; Quoidbach et al., 2010). However, the strategy of shifting attention to selves has some partial overlap with the strategy of *self-congratulation*.

Tourists savor by *immersing* themselves in the scenery. They either attend to the small parts to *deconstruct* or to practise *absorption*. Deconstructing can be an important savoring strategy because it enables tourists to appreciate their experiences in detail as well as make deeper connections with their destinations by apprehending how each element interrelates to form the whole. A persistent effort to understanding information cause one to

become increasingly deeply involved with a place (Goel, Johnson, Junglas, & Ives, 2011). It is the experiences (small details) that people paid more attention to linger longer in people's memory (e.g., episodic memory, Mantonakis, Whittlesea, & Yoon, 2008).

Absorption is the strategy of being in the moment. It involves no judging but simply experiencing what is going through and feeling the moment. This strategy also means that tourists are deeply involved with the environment (Rodríguez-Sánchez, Schaufeli, Salanova, Cifre, & Sonnenschein, 2011). These two strategies describe tourists' interaction and connection with the destination (Pine & Gilmore, 1998). These two strategies also influenced tourists' behavioral readiness.

In-situ savoring enhances tourists' readiness to continue to explore or experience more about the destination, this may support the idea that savoring is the mechanism that triggers or prolongs people to stay in the broaden-and-build process of positive emotions (Fredrickson, 1998; Jose, Lim, & Bryant, 2012). In addition to thinking about continuing their visit, it is notable to find that tourists would think about revisiting the place in the future while they are still in the visiting process. This may also be the time when tourists' revisit intention starts to formulate.

Tourists' Post-trip Savoring Experiences

Tourists' post-trip savoring experiences can be described by *reminiscing, comparing*, and the *eagerness to recreate*. Tourists reminisce their trips through *mental travel to the past* or *share.* Mental travel to the past is similar to PMTT (Quoidbach et al., 2010) by replaying in mind what happened in the past trip again. Recollection can increase positive emotions when people think about happy moment in the past (Bryant, Smart, & King, 2005). In my study, reminiscence happened interpersonally as tourists reminisced about their past trip with friends or trip companions. Similar to capitalizing, when people share positive news with

friends or companions, they feel happier themselves (Langston, 1994). Reminiscing is

facilitated by photographs taken during the past trip (J. Kang, Manthiou, Kim, & Hyun,

2016).

Comparing is an important savoring strategy practised post-trip. Tourists either *find*

similarities or *downward contrasting* to savor their post-trip. *Finding similarities* may be

relevant to people want to validate that they made a socially desirable choice. In contrast,

downward contrasting suggests that tourists compare themselves with people who are less

privileged than them to increase pleasurableness, which is similar to the downward social

comparison process (Wheeler & Miyake, 1992). The *eagerness to recreate* suggests the

behavioral outcomes after people's savoring. People who savor their past trip experience

develop the urge to travel more and to achieve personal growth. This urge may be caused by

emotional batteries—similar to Jasper's (2011) moral batteries—which is the tension between

positive and negative emotion. The contrasts between them motivates tourists to want to

recreate or re-live such kind of beautiful memories. They also realized that they should

develop themselves and become more capable. Thus, they are more likely to travel more.

Theoretical Implications

This study makes important theoretical contributions to the extant literature. Most

importantly, it identified 12 types of savoring strategies, across three trip phases, practiced by

tourists and the outcomes that follow savoring. The study also found that during each trip

phase, tourists savor differently and experience dissimilar outcomes. Nevertheless, savoring

experiences can shape tourism experience. From a place research perspective, savoring is

relevant to the formation of place attachment (Yan & Halpenny, 2019b)—the emotional

bonds people develop with places (Low & Altman, 1992; Williams, Patterson, Roggenbuck,

& Watson, 1992). At pre-trip, active anticipation or "vicarious insideness"(Relph, 1976) with

a place acquired through nonpersonal experience can contribute to place meaning and foster the development of placement attachment (Hosany, Buzova, & Sanz-Blas, 2020; Tuan, 1974). At the in-situ phase, the savoring strategies including fantasizing and absorption enable a person to become deeply involved with a destination (e.g., Blumenthal & Jensen, 2019; Brown & Cairns, 2004).

It contributes to current savoring literature as well. This research demonstrates that tourists do savor in ways that previously unaccounted for in extant literature. Through a comparison with the savoring strategy list developed by Byrant and Veroff (2007) and Quoidbach et al. (2010), I found that not all of their strategies were reported in my study. For example, none of my participants explicitly mentioned sensory-perceptual sharpening (e.g., close eyes heighten appreciation of chamber music). Also, I uncovered some strategies that have not being documented in existing savoring strategy checklists, including fantasizing, deconstruction, and immersion. These strategies emerged specifically in a leisure travel context. They may be effective in helping people enjoy their leisure experiences, whereas whether and how they can be transferred to work domain remains unknown. However, these findings deepen Bryant and Veroff's (2007) broad-ranged and well-established notion of savoring to account for savoring happened in a more extraordinary, more pleasurable context.

Moreover, from the emotion regulation perspective (Gross, 1998, 2015), this research reveals that tourists' savoring mainly focuses on the strategy of *attentional deployment* (e.g., absorption, imagination, mental travel to the past) to influence positive emotions. None of the savoring strategies in this study reflected the strategy of *situational modification (e.g., altering the situation one is in,* Gross, 2015). Thus, for tourists, controlling the focus of attention within a given situation is more likely to generate desirable positive emotions. In addition, investigating tourists' savoring can contribute to the tourism research by expanding

the current understanding of emotion: emotion is not a static point representing an entire experience, however it is dynamic and can be varied (Jie Gao & Kerstetter, 2018a).

Practical Implications

To obtain competitive advantage for tourism and hospitality businesses, creating quality consumption experiences is the key (Pine & Gilmore, 1998; Pizam, 2010). Indeed, many companies, e.g., Disney, Starbucks, spend significant resources to create consumption experience that can maximizes pleasure, which include staging experiences (Pine & Gilmore, 1998) or improve service quality (Bolton, Gustafsson, McColl-Kennedy, Sirianni, & Tse, 2014). This current study can add to this line of strategy by introducing the process of savoring. This study reports that savoring at pre-trip, during-trip, and post-trip can influence tourists' imagination of the destination, quality experience, memory formation, and revisit intention. Thus, marketers or managers may consider provide opportunities (e.g., design communication strategies, provide equipment) that can induce or activate tourists' savoring as a priority.

Individuals have different savoring capacities (Bryant & Veroff, 2007) and savoring knowledge repertoires. For example, females were found to have higher savoring capacity than males (S. Kim & Bryant, 2017), whereas people with higher positive affectivity have higher ability to derive positive emotions from experiences (Kahrilas, Smith, Silton, & Bryant, 2020). Thus, destination marketers should pay attention to tailor their strategies to varied savoring capacities. For instance, for people who have lower savoring capacities, practitioners may consider incorporating some savoring education (e.g., biteable videos, leaflets, messages) to broaden their savoring inventory and prime them to think about or try savoring.

At the pre-trip or post-trip phase, tourists' savoring may function and intertwine with people's daily lives. For example, at the pre-trip phase, savoring may trigger people to focus on non-travel tasks. This may be relevant to the decrease of pre-vacation stress (Jeroen Nawijn, De Bloom, & Geurts, 2013; Westman, 2004) or triggers coping strategy. At post-trip, savoring induces or motivates tourists to contemplate about now or how to achieve desired future. This suggests that savoring could be important strategies or an essential ability for people living in contemporary society to improve themselves and achieve better well-being.

Limitations and Future Research

There are several limitations to this study. First, it is not longitudinal as each participant was only interviewed once at the specific trip phase. Thus, savoring changes that may have occurred across the three phases is unknown. Future research may follow the same tourists' savoring activities at each phase of tourism and compare the similarities and differences between the use of savoring strategies. Second, IPA's use of the spoken word to understand individual experiences relies on individual participant's willingness to speak about them (Back, Gustafsson, Larsson, & Berterö, 2011). Although some people have rich experiences, they may be reluctant to participate fully in the study. Also, some participants may have omitted certain narratives because they were unwilling to describe them. As a result, we may loss meaningful narratives from such situations. Thus, future research should incorporate multiple resources such as asking participants to provide photographs or videos or conduct multiple interviews with one participant to widen and deepen understanding of each strategy. Third, the effectiveness of each savoring strategy remains unknown due to the nature of the study. Thus, future research may conduct quantitative testing to examine the effect of each savoring strategy on tourists' experiences.

Fourth, people in different age groups, cultural groups (S. Kim & Bryant, 2017) or life stages may savor differently (e.g., older adults, Smith & Bryant, 2019); people who have extensive travel experiences may savor dissimilarly too (Quoidbach, Dunn, Hansenne, & Bustin, 2015). Hence, future research should develop studies that design comparisons of groups, based on socio-demographics or destination context characteristics to deepen understanding of savoring. Finally, the research considers tourists savoring of normal leisure travel that characterized as relaxing and pleasurable. However, it is unclear how tourists may savor tourism experiences involving mixed emotions (e.g., dark tourism, Nawijn & Biran, 2019). For example, under social context with negative emotions, can more of positive emotions still be better? Will savoring transform aversive experiences into a positive one? Accordingly, future research may examine situations that tourists may experience complex emotions. In all, it is hoped that the present study can lead to more pursuit on the topic of savoring in the tourism area and advance the understanding of tourists' savoring in the future.

Chapter 4 An investigation on the role of savoring in the relationship between vacation-taking and well-being

Vacations—pleasure trips taken outside of one's usual environment (Chen, Huang, & Petrick, 2016)—can be of great importance to human well-being (Richards, 1999). Researchers are giving increasing attention to the impact that vacation-taking has on individuals' health and well-being (for a review, see Uysal, Sirgy, Woo, & Kim, 2016). Individuals' well-being can be understood from two philosophical perspectives: hedonic and eudaimonic well-being (Huta & Waterman, 2014). Most studies examine holiday-taking's influence on the hedonic perspective of well-being whereas the eudaimonic perspective is rarely investigated (Vada, Prentice, Scott, & Hsiao, 2020). Even fewer studies have simultaneously investigated eudaimonic and hedonic outcomes in tourism settings. Nevertheless, pursuing both hedonia and eudaimonia may provide a more well-rounded understanding of well-being and generate greater well-being than studying either alone (Huta & Ryan, 2010; C. Peterson et al., 2005). Thus, the first purpose of this study is to understand how vacation-taking can comprehensively influence well-being.

Current research reveals mixed results regarding vacation's effect on people's well-being. Not all researchers found vacation-taking can increase tourists' well-being (Milman, 1998; Nawijn, Marchand, Veenhoven, & Vingerhoets, 2010). Meanwhile, the positive effects of vacation-taking are temporary. For example, in de Bloom et al.'s (2009) meta-analysis, the authors found that although vacation-taking is beneficial its effects quickly dissipate. They concluded, therefore, that future researchers need to put greater effort into determining "which factors might prolong vacation effects and delay fade-out" (p. 23). Few studies have identified factors that can impede the fade-out effects of vacation (Reizer & Mey-Raz, 2018), although a number of studies have indicated numerous factors that can accelerate the fade-out process (e.g.,

work load, Fritz & Sonnentag, 2006). To expand this line of research, the second research purpose of this study is to investigate whether vacationers can get more sustained boosts of well-being.

This current study proposes that savoring (Bryant & Veroff, 2007), a process of positive emotional regulation that can sustain and intensify positive affect (Bryant, Chadwick, & Kluwe, 2011), has the potential to strengthen the relationship between vacation-taking and well-being. Building on the broaden-and-build theory of positive emotions (Fredrickson, 1998, 2000), savoring can facilitate the link between positive affect and expanded thoughts, actions and psychological resilience (J. L. Smith & Bryant, 2017a). In addition, savoring may enhance people's ability to direct their cognitive resources towards heightening positive expectations, recovering from adversity rather than focusing on negative outcomes of demands (Sytine, Britt, Sawhney, Wilson, & Keith, 2019) and slowing the fade-out effects of vacationing. Therefore, this research aims to investigate the influence of vacation-taking on tourists' well-being and whether and how savoring may influence this relationship.

Theoretical Foundation

Tourism and Well-being

There's no unanimous definition of well-being in the literature (Dodge, Daly, Huyton, & Sanders, 2012), in part, because of this concept's importance and contributions in different disciplines, including economy, sociology, and psychology. In positive psychology, well-being has been characterized as: *hedonia* and *eudaimonia* (Deci & Ryan, 2008; M. . Smith & Diekmann, 2017; Sera Vada, Prentice, Scott, & Hsiao, 2020). *Hedonia* considers sensory pleasure, happiness, individuals' subjective experience of enjoyment, emotional well-being, or life satisfaction (Fowers, Mollica, & Procacci, 2010; Carol D. Ryff & Singer, 2008; Waterman,

2011). *Eudaimonia,* advocated by Aristotle, occurs when people are living in accordance with their true self (Ryan & Deci, 2001). Aristotle argues that eudaimonia is not subjective feeling of pleasure (Brown, 2009), but a lifelong pursuit of values aligned with reason (Ryan, Huta, & Deci, 2008). Because of eudaimonia's complexity, this concept's operationalization has varied among scholars (e.g., Huta & Ryan, 2010; Ryff, 1989; Waterman, 1993). One of the widely used operationalization is Ryff's (1989) psychological well-being (PWB): (a) self-acceptance, (b) positive relations with others, (c) personal growth, (d) purpose in life, (e) environmental mastery, and (f) autonomy.

The majority of studies on tourists' well-being focuses on hedonia (Chen, Lehto, & Cai, 2013; Kawakubo, Kasuga, & Oguchi, 2017; Kroesen & Handy, 2014; Milman, 1998; Nawijn et al., 2010). For example, Gilbert and Abdullah's (2004) found that holiday-takers—after their vacations—compared with non-holiday takers indicated higher life satisfaction, more positive affect, and less negative affect. The former group in both pre- and post-trip stages also experienced higher life satisfaction, domain life satisfaction, positive affect, and less negative affect when compared with the latter group. The predominant role of hedonism in tourism research may be because tourism is a business fulfilling people's desires and the hedonism value is popular in contemporary western cultures (Joshanloo, 2013).

There's an increasing number of studies investigating tourists' eudaimonia, given tourism has also been seen as a way of pursuing meaning and eudaimonia (Chen & Li, 2018). Tourism researchers usually connect eudaimonia with certain types of tourism activities, e.g., highly engaging activities. For example, Matteucci and Filep (2017) describe how flamenco tourism can contribute to self-fulfillment. Magrizos, Kostopoulos, and Powers (2020) described how volunteerism influence individuals' eudaimonia.

Very few studies investigate vacation's influence on well-being by considering both hedonia and eudaimonia simultaneously, and most that have adopted qualitative methods. For example, Voigt, Howat, and Brown (2010) conducted one of the earliest exploratory studies on wellness tourism's impact on hedonia and eudaimonia. They concluded that the type of leisure activities engaged in by tourists is associated with the type of well-being outcome. For example, spa tourists are considered as hedonic/causal type and are more likely to experience hedonia, whereas spiritual retreat tourists (i.e., serious leisure type, Stebbins, 1982) are more likely to obtain eudaimonic outcomes. However, Knobloch, Robertson, and Aitken (2017) found that an activity itself does not determine whether hedonic or eudemonic effects are produced but, rather, it depends on how a person engaged in the activity subjectively. The same kind of activity may yield hedonic effects for one but eudaimonic benefits for another. Thus, to understand the effect of tourism in well-being, examining both hedonia and eudaimonia is necessary.

This less examined approach does indeed provide a more comprehensive understanding of tourists' well-being. On the one hand, new research suggests that eudaimonia and hedonia are highly correlated statistically. Thus, they may reflect an overarching construct of well-being (Disabato et al., 2016). Similarly, Ryan and Deci (2001) reviewed existing literature and maintained that perceiving well-being, as a multidimensional conception that includes both hedonic and eudaimonic components, may enhance our understanding of well-being. King and Napa (1998) reported that in their research respondents perceived that a full life requires both happiness and meaning.

On the other hand, only examining either hedonia or eudaimonia can result in biased interpretations of people's well-being. For example, only evaluating hedonic outcomes while neglecting eudaimonic outcomes may lead to a false impression that people obtain few well-

being benefits from participating in pro-environmental or pro-social behaviors. Similarly, people obtain lifts in their positive emotions even when pursuing some personal goals that result in the loss of relaxation time (e.g., perceived difficulty, effort predicts eudaimonia, and accompanied by hedonic enjoyment, Bosnjak, Brown, Lee, Yu, & Sirgy, 2016). Excluding either eudaimonia or hedonia when conceptualizing well-being may be incompatible with researchers' (e.g., Seligman, 2002) and lay person's understanding of well-being, and may result in a distorted view of well-being. Similarly, tourism experiences can bring about not only happiness but also a deeper understanding of the self (H. Andrews, 2009). Nevertheless, there exists few quantitative studies that investigated to what extent vacation-taking can influence both types of well-being, explicate changes in both types of well-being over a vacation, and how vacationing can influence well-being change.

Fade-out Effects

One critical feature of vacation's influence on well-being is that the benefits of vacationing are short-lived. Typically, within 2 weeks of having resumed work, well-being indicators return to pre-vacation levels (Blank et al., 2018; Jessica de Bloom et al., 2009). The decrease in well-being reveals a substantive reduction of leisure time and an increase in workload or increased job demands (e.g., job demand-resources model, JD-R model, Bakker & Demerouti, 2007); loss of resources or even threats to resources can decrease well-being (conservation of resources theory, Hobfoll, 1989, 2002). Some other theories that explain the fade-out effect include attention restoration theory, or ART (Kaplan & Kaplan, 1989; Lehto, 2012). According to ART, people's home/routine environment often lacks the restorative qualities of a vacation setting, thus they are more likely to experience stress and decreased well-being once they return from a trip.

The majority of studies reporting vacation's fade-out effect have focused on the hedonic well-being (e.g., subjective happiness, mood and life satisfaction change, de Bloom et al., 2010; Kawakubo et al., 2017). Few studies have examined the fade-out effect's influence on tourists' post-trip eudaimonic change. In Su, Tang, and Nawijn's (2020) research, they reported that, similar to hedonia, eudaimonia returns to baseline post-vacation levels. Previous research proposed that leisure/relaxation time and leisure activities may function to weaken the fade-out effects (Kühnel & Sonnentag, 2011; Smyth et al., 2018). During relaxation experiences, activation is reduced whereas restoration and regeneration can take place (Meijman & Mulder, 1998). These studies have not—other than equalizing leisure time with relaxation or recovery—explicate the underlying process that leisure activities can buffer the fade-out effect. To address this research puzzle, I employ the concept of savoring to explain how vacation-taking can influence well-being and weaken the fade out effect of vacation-taking.

Well-Being Boosters: Savoring as A Mechanism Improving Tourists' Well-Being

Positive psychology research provides evidence that a number of factors can influence and even enhance people's well-being (Lyubomirsky & Layous, 2013; Seligman & Csikszentmihalyi, 2014). One of the mechanisms that can improve individuals' well-being is savoring (Bryant & Veroff, 2007). My research focuses on savoring because its' influence on well-being has been well-documented (e.g., Quoidbach, Berry, Hansenne, & Mikolajczak, 2010; Smith & Hollinger-Smith, 2015). More importantly, I argue that savoring should be a particularly important construct in the tourism context (Yan & Halpenny, 2019, 2020). Compared with daily life, tourism experiences can induce greater amounts of positive affect (Gilbert & Abdullah, 2002, 2004; Mitas, Yarnal, Adams, & Ram, 2012). Thus, the tourism

context offers more opportunities for people to practise savoring than in everyday life, although it has been less frequently studied.

The Construct of Savoring

Savoring refers to the capacity to attend to, appreciate, and enhance positive experiences (Bryant & Veroff, 2007). Savoring is a process through which people attend to positive experiences and engage in thoughts or behaviors to regulate positive emotions arising from these experiences (Bryant, Chadwick, & Kluwe, 2011; Bryant, 2003; Bryant & Veroff, 2007). When people savor, their awareness of ongoing positive feelings rise, which can change the intensity, frequency, and duration of the feelings. Thus, the savoring process can amplify or prolong people's positive emotions, which in turn influences individuals' well-being. Smith and Bryant (2017) suggest that it is not positive events themselves, but the way individuals savor them that influences well-being. For example, savoring has shown to be positively associated with positive emotions and it can mediate the impacts of daily positive events on happiness (Lyubomirsky, Sousa, & Dickerhoof, 2006; Seligman, Steen, Park, & Peterson, 2005).

Savoring encompasses different time orientations: people can savor by attending to the present positive moment. They can also savor positive experiences that happened in the past (through reminiscence) or in the future (through anticipation). While savoring, individuals engage in savoring strategies—specific thoughts and behaviors—to change the intensity and/or duration of positive feelings (Bryant & Veroff, 2007). These savoring strategies include *positive mental time travel, be present*, *sharing with friends,* and *behavioral display* (cf. Bryant & Veroff, 2007; Quoidbach, Berry, Hansenne, & Mikolajczak, 2010). The first two are cognitive strategies. *Positive mental time travel* (PMTT) means vividly remembering or anticipating positive events (Suddendorf & Corballis, 2007). *Be present* is directing attention to the present pleasant

experiences, which can increase intensity or frequency of positive emotions (Bryant, 2003). The last two are behavioral strategies. *Sharing with friends* or *capitalizing* (Gable & Reis, 2010) is done by communicating positive experiences with others, which can let others in and experience the pleasurable moment. *Behavioral display* describes an outward physical manifestation of inner positive feelings.

Savoring and Well-being

A growing body of research demonstrates that savoring has a positive relationship with well-being (Bryant, 2003; Smith & Bryant, 2017). In older adult samples, savoring is positively associated with happiness and life satisfaction (Ramsey & Gentzler, 2014). Although most research has examined savoring's impact on hedonia or subjective well-being (Diener, Suh, Lucas, & Smith, 1999), an increasing number of studies have started to link savoring with eudaimonia. For example, for adolescents, self-focused savoring strategies (e.g., self-congratulation) and expressive sharing (e.g., sharing with friends) predict eudaimonia (Chadwick, Jose, & Bryant, 2020) or psychological well-being (Keyes, 2006).

Frameworks that have the potential to explain the link between savoring and well-being include Fredrickson's (2001) broaden-and-build theory. This theory suggests that positive emotions expand people's thought and behavior patterns and cultivate important personal resources such as creativity and problem-solving skills. These personal resources subsequently increase individuals' resiliency and well-being. Savoring as a mechanism facilitates the link between positive emotions and the broaden-and-build process (Tugade & Fredrickson, 2004). For example, helping people maintain and extend positive emotional experiences so, in turn, they experience lasting positive emotions, can be essential for individuals' higher well-being.

Another theoretical framework that can explain savoring and well-being is the architecture of sustainable happiness (Lyubomirsky, Sheldon, & Schkade, 2005). This theory suggests that although 50% of individuals' happiness is determined by genetics (Lykken & Tellegen, 1996), and 10% by life circumstances (e.g., marital status, job status, Diener, Suh, Lucas, & Smith, 1999), a large portion (i.e., 40%) is explained by happiness-increasing intentional activities. These activities can be cognitive (e.g., counting blessings) or behavioral (e.g., sharing positive news with friends). Many of these intentional activities are savoring strategies, particularly those activities that aim to cultivate positive feelings (Sin & Lyubomirsky, 2009). The most recent meta-analysis suggests that these happiness-increasing intentional activities, such as savoring, have small positive effect to enhance subjective well-being and mediate level positive effect on psychological flourishing (Hendriks, Schotanus-Dijkstra, Hassankhan, de Jong, & Bohlmeijer, 2020).

Control Variables: Gender, ethnicity, and length of vacation

Control variables are introduced to avoid the impacts from extraneous factors and facilitate the estimates of focal relationships more accurate (Spector, 2020). Based on literature review, gender, ethnicity, and length of vacation are considered as control variables in the study. Gender difference is controlled for because male and female may experience different well-being outcomes (Batz & Tay, 2018). For example, men have higher levels of life satisfaction than women (Batz &, Tay, 2018). Cultural variations may influence people's well-being too (e.g., Benet-Martínez & Karakitapoglu-Aygün, 2003). Length of vacation was controlled because it is related to people's happiness (e.g., Nawijn, 2010, 2011).

Current Research: Aims and Hypotheses

Based on the above theoretical discussion, I propose that savoring could be an important factor that can (a) positively predict tourists' well-being at each phase of their vacationing and (b) help tourists obtain sustained well-being after they return home. Given a vacation is composed of pre-vacation, in-situ, and post-vacation (Ryan, 2002), I first account for the changes in well-being over the course of a vacation. Based on the previously reviewed research, I have developed the following hypotheses:

Hypothesis 1: Tourists' well-being changes over the course of a vacation.

- H1a: Tourists' hedonia starts to rise from pre-vacation, peaks at the end of vacation, and returns to a level similar to that at the pre-vacation phase.

- H1b: Tourists' eudaimonia starts to rise from pre-vacation, peaks at the end of vacation, and returns to baseline post-vacation (i.e., the level identical to that of the pre-vacation phase).

In terms of the relationship between vacation-taking and savoring frequency, it is possible that savoring frequency may change over the course of a vacation. Savoring frequency would be influenced by positive emotions, because people experience different amount of positive emotions at different vacation phase. For example, tourists experience the most amount of positive emotions while visiting (Jeroen Nawijn, Mitas, Lin, & Kerstetter, 2013). Thus, tourists' savoring frequency may change according to how positive emotions change over the course of a vacation.

Hypothesis 2: Tourists savoring frequency starts to rise from pre-vacation, peaks at the
end of vacation, and returns to a level similar to that at pre-vacation phase.

Meanwhile, although savoring is a process regulating positive emotions (Bryant & Veroff, 2007)
it can also help people to cope with negative experiences (Salces-Cubero, Ramírez-Fernández, &
Ortega-Martínez, 2019). Thus, it is possible that,

Hypothesis 3: The relationship between savoring and tourists' well-being (both hedonia
and eudaimonia) is positively mediated by positive affect but negatively mediated by
negative affect at each phase of vacation.

I propose that savoring frequency can buffer the fade-out effects of vacationing. As discussed
above in the literature review, savoring strategies or happiness-increasing activities can be well-
being boosters (Lyubomirsky & Layous, 2013). Plus, savoring could prolong tourists' broaden-
and-build process, which can help tourists to obtain more psychological resources, which in turn
may have the potential to decrease the exhaustion they experience in their work or studying
(Hobfoll, 1998). Thus, a fourth hypothesis is put forward:

Hypothesis 4: Savoring frequency slows down the decrement of well-being level at post-
vacation phase.

Research Methods

Procedures

A 5-week longitudinal study which measured participants' well-being and savoring
frequency was conducted. Data were collected at three time points: (a) Time 1: two weeks before
Reading Week vacation (Pre-vacation), (b) Time 2: at the end of Reading Week vacation (End of
vacation), and (c) Time 3: two weeks after the end of vacation (Post-vacation). The choice of

these time points were based on previous research (e.g., de Bloom et al., 2010). Data collection

took place between January 2019 and March 2020 during three Reading Week[5] vacations. Before

each cycle of data collection, I sent email invitations through a university listserv to all students

(undergraduate, graduate) at a Western Canadian university. In the email, I briefly described the

inclusion criteria: (a) at least 18 years old, (b) going on a leisure vacation outside of their usual

living area during the upcoming reading week and that is at least 3 nights in length. In order to

encourage participation, compliance to the research protocol, and reduce missing data, a lottery

prize was also announced (i.e., a $100 gift card to a large online shop). Use of such a prize is not

uncommon when collecting student samples in psychology research (Hanel & Vione, 2016). This

study used a student sample because of the group's homogeneity (Peterson, 2001; Thomas,

2011), cost-efficiency, and the unprecedented amount of stress students repeatedly experience

(cf. Regehr, Glancy, & Pitts, 2013).

To record pre-trip baseline information, I sent out the first online survey link to

participants at least two weeks before Reading Week. The frontpage of the survey described the

study purpose, confidentiality and privacy protocols, and ethics approval information. If they

agreed to participate, they receive screening questions (i.e., age, length, date, purpose of

vacation) and questions on well-being and savoring frequency. Before the end of Reading Week,

I again sent an online survey link to participants to record well-being, savoring frequency

information, and characteristics of their trip. Participants were reminded to complete the survey

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[5] A Reading Week is a week of time with no lectures during a semester that students can use to relax. The three reading weeks covered in this study happened: Feb 18 to 22, 2019, Nov 11 to 15, 2019, and Feb 17 to 21, 2020)

at the end of their trip. Two weeks post-Reading Week, the last survey link was sent to participants and they were asked to complete the final survey.

Measures

In the following section, the measures used in this current research are outlined.

Hedonia: Subjective Happiness Scale (SHS, Lyubomirsky & Lepper, 1999)

This scale measures individuals' self-perceived happiness. SHS is a broad measure of one's well-being and consists of four items (e.g., "In general, I consider myself to be happy."). Each item is measured on a 7-point scale, with 1=not at all to 7= a great deal. Cronbach's alpha values associated with this scale range from .85 to.95 in various studies (e.g., Extremera & Fernández-Berrocal, 2014; Otake, Shimai, Tanaka-Matsumi, Otsui, & Fredrickson, 2006; Swami, 2008). The SHS's measurement accuracy (e.g., internal consistency, test-retest reliability, convergent and discriminant validity) has been found to be acceptable in numerous studies and among diverse samples (e.g., Otake, Shimai, Tanaka-Matsumi, Otsui, & Fredrickson, 2006; Swami et al., 2009).

Hedonia: Affective Well-Being

In addition to SHS, affective well-being was measured to capture tourists' hedonic perspective of well-being. Affective well-being is investigated using an affect balance score, which is the difference between the amount of positive and negative feelings experienced (Fors & Kulin, 2016). The current study employed 18 types of affect from Tsai, Knutson, and Fung (2006)'s Affect Valuation Index (AVI). These emotions can be categorized based on their degrees of valence and activation (Larsen & Diener, 1992; David Watson & Tellegen, 1985), and include the following six emotion octants: High-arousal positive (e.g., excited, enthusiastic), positive (e.g., happy, satisfied), low-arousal positive (e.g., calm, peaceful), low-arousal negative (e.g.,

dull, sleepy), negative (e.g., sad, unhappy), and high-arousal negative (e.g., nervous, hostile). I excluded the activation and high activation because they are less frequently captured in tourism experiences (e.g., Nawijn, Mitas, Lin, & Kerstetter, 2013). To measure affect, participants were asked to rate to what extent they felt each of the emotions on a 5-point scale (1= never, 5=always). The scale's internal consistency and test-retest reliability was confirmed in Tsai, Knutson, and Fung's (2006) research. For example, when using the scale to measure college students' actual affect (i.e., rate how much you typically feel each emotion on average), they recognized that this scale had good test-retest reliability and the internal consistency for each octant was acceptable, as it ranged from .61 to.87.

Eudaimonia: Psychological Flourishing Scale (Ed Diener et al., 2009)

Diener and associates' (2010) eight-item Psychological Flourishing Scale (PF) has been used to assess psychological well-being. The scale concerned important aspects of positive functioning (e.g., purpose in life, positive relationships). Scale items (e.g., I lead a purposeful and meaningful life) were measured on a 7-point Likert scale, from 1=strongly disagree to 7=strongly agree. A study of 689 college students from six locations (Diener et al., 2010) supported the PFS's internal consistency (i.e., Cronbach's alpha = .87).

Leisure Life Satisfaction

Leisure life satisfaction was measured by adopting five items from Neal, Sirgy, and Uysal's (2004) study. Each item (e.g., I am generally satisfied with my vacation trips) was measured with a 7-point Likert type scale, with 1=strongly disagree to 7=strongly agree. In their study, the internal reliability was examined by calculating squared multiple correlations. The scale demonstrates adequate internal reliability, given the score for leisure life satisfaction was .82.

Savoring strategies. Four savoring strategies were adopted and modified based on

Quoidbach, Berry, Hansenne, and Mikolajczak's (2010) and Bryant and Veroff's (2007)'s

savoring strategies lists: *behavioral display* (e.g., I made verbal sounds of appreciation to help

myself enjoy the moment, e.g., saying "mmm", "aahh", "humming"), *being present* (e.g., I

closed my eyes, relaxed, and enjoyed the moment), *capitalizing* (e.g.,I talked to or messaged

others about how good I felt about the trip), and *positive mental time travel* (e.g., I vividly

anticipated or thought back of good experiences related to the trip). Participant were asked to rate

how often they used each strategy to savor their vacation in a 5-point scale (1=Never, 5=

Always).

Trip type, length and characteristics. Respondents' trip type was determined by asking the

questions: "What is your destination?" and "What is your trip's main travel activity?" Length of

vacation was measured by asking the question: "How long did your holiday last?" Trip dates

were collected as well. In addition, trip satisfaction (Neal, Sirgy, & Uysal, 1999) was also

measured. Trip satisfaction was measured using a 5-point Likert-type scale (1=strongly disagree,

5=strongly agree). Previous research found this scale had a composite reliability score of .86

(Neal et al., 2004).

In sum, measures assessed at each time point has been displayed in Table 1.

Table 4-1 A summary of measures used at different time points

Time Point	Two weeks before vacation (T1)	At the end of vacation (T2)	Two weeks post the end of vacation (T3)
Measures	a) Demographics b) Trip characteristics c) Subjective Happiness Scale d) Psychological Flourishing Scale e) Affective well-being	a) Trip satisfaction b) Subjective Happiness Scale c) Psychological Flourishing Scale d) Affective well-being e) Leisure life satisfaction	a) Subjective Happiness Scale b) Psychological Flourishing Scale c) Affective well-being d) Leisure life satisfaction e) Savoring frequency post the end of vacation

f) Leisure life satisfaction	f) Savoring frequency during the trip
g) Savoring frequency pre-vacation	

Data Analysis

I used SPSS 24.0 to conduct my data analysis. First, descriptive statistics (i.e., means, standard deviations), internal reliabilities, and bivariate correlations (Pearson's r) were calculated. I considered missing data to be negligible as it was less than 5% (Schafer, 1999) for all items. Repeated measures Analysis of Variance (ANOVA) with post-hoc tests (Bonferroni correction) were calculated to detect people's well-being and savoring frequencies change among different time points. One-way ANOVA and one-sample t-test were used to examine the relationship between savoring and changes in well-being happened after the end of vacation.

Profiling Participants: Demographics and Trip Characteristics

A total of 185 people participated in the study. I subsequently excluded 44 participants because they either dropped out at T2 or T3 ($n = 41$) or had over 5% (Schaffer, 1999) of their data missing ($n = 3$). An attrition rate of 22% is not uncommon in longitudinal research (e.g., Gao, Kerstetter, Mowen, & Hickerson, 2017). Of the 141 remaining participants who completed all three phases: 63% were female; 84% were single; 70.2% were undergraduate students; and 58.9% identified their ethnicities as Europeans or Euro-Canadians versus 38% who self-identified as Asians or Asian-Canadians. The remaining 3.1% were others. The destination participants visited were within-Alberta (28.4%), within Canada (not including Alberta, 30.5%), and international (40.4%). Finally, 53.9% reported that their vacation lasted between 3 and 5

nights whereas 35% had vacations that lasted between 6 to 14 nights, and the remaining had a vacation over 14 nights.

Results

Descriptive Statistics

The descriptive statistics (i.e., mean, standard deviation, Cronbach's alpha, and Pearson correlation) of the items for each of the scales are presented in Table 2. Mean item values can generally described as moderately high. Hence, participants seem to have satisfied evaluation of their lives and savoring is a relevant response to vacation-taking.

Table 4-2 Means, Standard Deviations, Cronbach's α, and Zero-order correlations between all study variables

	Variable	M (SD)	A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	SHS T1	4.81 (.57)	.85																		
2	SHS T2	5.00 (.92)	.80	.66																	
3	SHS T3	4.96 (1.01)	.89	.67	.66																
4	PF T1	5.34 (.89)	.87	.61	.38	.45															
5	PF T2	5.53 (.81)	.87	.54	.50	.45	.65														
6	PF T3	5.38 (.96)	.90	.54	.41	.73	.63	.60													
7	PA T1	4.51 (.84)	.85	.43	.24	.29	.34	*.15*	.23												
8	PA T2	4.84 (.84)	.77	.26	.39	.30	.22	.31	.25	.22											
9	PA T3	4.49 (.84)	.85	.39	.35	.57	.37	.37	.59	.24	.42										
10	NA T1	3.49 (.83)	.78	-.47	-.35	-.32	-.43	-.29	-.36	-.34	-.22	-.18									
11	NA T2	3.28 (.83)	.81	-.26	-.37	-.19	-.26	-.33	-.23	-.14	-.42	*-.10*	.63								

#	Variable	M (SD)	α	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
12	NA T3	3.57 (.98)	.86	-.41	-.31	-.51	-.40	-.28	-.58	-.23	-.12	-.46	.56	.43							
13	LS T1	5.26 (.94)	.84	.49	.39	.36	.52	.40	.43	.33	.09	.30	-.27	-.16	-.20						
14	LS T2	5.34 (.92)	.84	.47	.44	.43	.47	.58	.56	.14	.29	.27	-.26	-.23	-.22	.52					
15	LS T3	5.30 (1.09)	.92	.46	.32	.59	.42	.43	.70	.33	.16	.41	-.31	-.22	-.42	.55	.60				
16	SF T1	4.19 (1.21)	.71	.09	.06	.09	.14	.03	.14	.25	.21	.11	-.02	.05	.12	.17	.02	.12			
17	SF T2	4.54 (1.17)	.71	.13	.06	.09	.21	.11	.06	.17	.21	.14	.04	.01	.04	.07	.12	.13	.43		
18	SF T3	3.87 (1.34)	.79	.09	.03	.10	.05	-.05	.11	.05	.25	.30	.09	.01	.06	.14	.07	.17	.42	.35	
19	TS	5.98 (.88)	.85	.45	.28	.28	.42	.51	.43	.20	.20	-.17	-.16	.17	-.19	.33	.47	.37	.19	.18	.14

Note. N=141. SHS = Subjective Happiness; PF = Psychological Flourishing; PA = Positive Affect; NA = Negative Affect; LS = Leisure Life Satisfaction; SF = Savoring Frequency; TS = Trip Satisfaction. α = reliability; α = Cronbach's α; Correlations set in italics have a p value >.05.

Hypothesis 1: Tourists' well-being change over the course of a vacation.

To evaluate the vacation effect on participants' well-being change, it was deemed appropriate to conduct repeated measures analysis of variance (ANOVAs) to examine whether there exists significant well-being change before, at the end, and post-vacation. To detect variations in well-being indicators across the vacation period, post-hoc Bonferroni corrections were undertaken. Effect sizes were calculated using Partial Eta Squared, with 0.01, 0.06, and 0.14, representing small, medium and large effect sizes, respectively (Cohen, 1988).

First, respondents' subjective happiness levels changed significantly over their vacations, F (2, 280) = 4.09, $p<$.05, partial η_p^2 =.03, which indicates a large small effect size. The post-hoc tests (see Table 3) suggested participants' subjective happiness levels were significantly higher at the end of vacation (T2, M = 5.00, SD =.08) compared with two weeks post-vacation (T3, M = 4.95, SD =.09) and two weeks pre-vacation (T1, M = 4.81, SD=.09). This reveals that, compared with pre-vacation, participants reported higher subjective happiness levels right after the vacation. This indicates, and is supported by the large effect size, that vacation-taking is important for promoting participants' happiness. This finding is consistent with previous vacation research (Kawakubo et al., 2017; Lujun Su et al., 2020) that reported subjective happiness level increased and reached a peak at the end of vacation.

Second, tourists' Psychological Flourishing (PF) levels also changed significantly, F (2, 280) = 3.12, $p<$.05, partial η_p^2 =.02, with participants' end of vacation PF level (M = 5.50, SD=.75) being significantly higher than their pre-trip level (M = 5.35, SD =.89). Participants' reported PF level was highest at the end of the trip. However, there was no significant difference in PF levels between pre- and post-trip. This suggests that PF levels fade out and return to the level of pre-trip. In addition, not all psychological flourishing items were influenced by vacation-

93

taking. For example, items capturing social status, such as "*people respect me*", and item that represent *optimism or collectivism*, had no significant change over the course of a vacation.

Third, participants reported high levels of leisure life satisfaction (LS) at all three time points. However, tourists' LS levels did not differ significantly from each other at $p<.05$. This finding may suggest that, in general, vacation has no influence on an individual's overall leisure life satisfaction. Nevertheless, one LS item, "my vacation trips are close to ideal", was influenced by vacation-taking, F (2, 280) =3.62, η_p^2=.03, $p<.05$, reporting a small effect size, as people reported significantly higher levels of satisfaction post-trip (*M*=5.55, *SD*=1.22) than pre-trip (*M*=5.26, *SD*=1.32).

Last, participants' affective well-being was significantly different across the three phases, F (2, 280) =15.70, $p<.001$, η_p^2 =.11, representing a medium effect size. Post-hoc calculations reveal that tourists experienced higher affective well-being (*M*=1.10, *SD*=.59) at the end of vacation than pre-vacation (*M*=.75, *SD*=.98). I also found that tourists' affective well-being at T3 (*M*=.59, *SD*=1.11) is significantly lower than at the end of vacation (T2). Thus, traveling has significant influence on changes in people's emotional experiences. The results also reveal that the vacation exerts different impacts on each type of affect, specifically: (a) Vacationing did not influence all positive affect. For example, being elated (T1: *M*=2.99, *SD*=.89, T2: *M*=3.01, *SD*=.86, T3: *M*= 2.84, *SD*=.89) and calm (T1: M=3.13, SD=.99, T2: 3.31, SD=.90, T3: 3.21, SD=.96) did not change across the three phases of vacation-taking. (b) Not all positive affect underwent a similar fade-out process. Using enthusiastic as examples, the fade out process appeared start within two weeks of returning home—the significant difference between the end of vacation (T2: *M*=3.68, *SD*=.80) and two weeks post the end of vacation (T3: *M*=3.28, *SD*=.89). (c) However, positive affect, like happy, significantly improved after a vacation, as it

94

has a longer fade-out phase, at least longer than two weeks. This is because, although the post-vacation level (T3: *M*=3.66, *SD*=.66) is similar with the pre-vacation level (T1, *M*=3.55, *SD*=.78), the end of vacation (T2: *M*=3.75, *SD*=.62) and two weeks post vacation has similar level of happiness. Regarding the relationship between vacation-taking and negative affect, I found that (a) people experience less negative affect at the end of vacation (T2: *M*=2.35, *SD* =.60, T1*: M*=2.49, *SD*=.60) (b) a number of negative emotions, such as loneliness (T1: M=2.38, SD=1.10, T2: M=2.29, SD=.79, T3: M=2.93, SD=.84), had no association with vacation-taking; and (c) the positive influence of vacationing on negative affect disappeared within two weeks after returning home (T3: *M*=2.62, *SD*=.70).

Table 4-3 Means and standard deviations of tourists' well-being index over different phases of a vacation and vacation's effect on these well-being indicators over the course of a vacation

	Mean and Standard Deviations			F (partial eta-squared)	Post-hoc test results		
	Pre (T1)	End (T2)	Post (T3)	Time	Pre vs. End	Pre vs. Post	End vs. Post
Subjective Happiness Scale (SHS)	4.81 (.09)	5.00 (.08)	4.95 (.09)	4.09* (.03)	.19*	.18	-.008
In general, I consider myself	5.13 (.91)	5.44 (.85)	5.27 (1.06)	7.55**(.51)	.31***	.14	.17
Compared with most of my peers, I consider myself:	4.76 (1.24)	5.13(1.10)	5.00 (1.22)	8.208*** (.06)	.38**	.24*	-.14
Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?	4.56 (1.29)	4.92 (1.27)	4.79 (1.32)	6.50** (.04)	.36**	.23	-.13
Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you? *(reverse coded)*	4.78 (1.39)	4.53 (1.35)	4.83 (1.38)	4.01* (.03)	.29*	.01	-.28*
Psychological Flourishing (PF)	5.35 (.89)	5.50 (.73)	5.38 (.96)	3.12* (.02)	.15*	.04	-.12
I lead a purposeful and meaningful life	5.09 (1.30)	5.43 (1.02)	5.18 (1.30)	4.945** (.03)	.34**	.10	-.24
My social relationships are supportive and rewarding	5.30 (1.34)	5.65 (.89)	5.43 (1.22)	5.42* (.04)	.34**	.12	.12

People respect me	5.37 (1.19)	5.49 (.97)	5.46 (1.18)	.86 (N.A.)	N.A.	N.A.	N.A.
I am engaged and interested in my daily activities	5.13 (1.32)	5.43 (1.13)	5.13 (1.22)	5.35** (.04)	.30*	0	-.30*
I actively contribute to the happiness and well-being of others	5.45 (1.08)	5.50 (1.00)	5.32 (1.20)	1.77 (N.A.)	N.A.	N.A.	N.A.
I am competent and capable in the activities that are important to me	5.58 (1.10)	5.61 (.96)	5.54 (1.15)	.11 (N.A.)	N.A.	N.A.	N.A.
I am a good person and live a good life	5.56 (1.09)	5.65 (.91)	5.68 (1.10)	.86 (N.A.)	N.A.	N.A.	N.A.
I am optimistic about my future	5.30 (1.37)	5.28 (1.27)	5.18 (1.30)	.59 (N.A.)	N.A.	N.A.	N.A.
Leisure Life Satisfaction (LS)	5.28 (.90)	5.25 (.84)	5.30 (1.07)	.03 (N.A.)	N.A.	N.A.	N.A.
I am generally satisfied with my vacation trips	5.99 (.95)	5.79 (.90)	5.81 (1.10)	2.67 (N.A.)	N.A.	N.A.	N.A.
I am generally satisfied with my non-vacation leisure	5.09 (1.12)	5.09 (1.09)	5.00 (1.28)	.46 (N.A.)	N.A.	N.A.	N.A.
My vacation trips are close to ideal	5.26 (1.32)	5.40 (1.09)	5.55 (1.22)	3.62* (.03)	.14	.29*	.16
My non-vacation leisure is close to ideal	4.66 (1.35)	4.79 (1.21)	4.79 (1.42)	.93 (N.A.)	.13	.13	.01
Overall, the quality of my leisure life is satisfactory	5.35 (1.22)	5.33 (1.11)	5.37 (1.10)	2.24 (N.A.)	-.20	.06	.14
Positive Affect (PA)	3.24 (.60)	3.46 (.49)	3.20 (.60)	11.43*** (.08)	.22***	-.03	-.25***

Enthusiastic	3.39 (.85)	3.68 (.80)	3.28 (.89)	12.23*** (.08)	.29**	-.12	-.40***
Excited	3.42 (.83)	3.78 (.73)	3.31 (.81)	19.53*** (.12)	.36***	-.11	-.47***
Elated	2.99 (.89)	3.01 (.86)	2.84 (.89)	2.10 (N.A.)	N.A.	N.A.	N.A.
Happy	3.55 (.78)	3.75 (.62)	3.66 (.66)	4.15* (.03)	.21*	.11	-.09
Satisfied	3.34 (.96)	3.52 (.81)	3.29 (.86)	3.37* (.02)	.19	-.04	-.23*
Content	3.64 (.80)	3.66 (.74)	3.39 (.89)	5.82** (.04)	.02	-.25*	-.27**
Calm	3.13 (.99)	3.31 (.90)	3.21 (.96)	2.04 (N.A.)	N.A.	N.A.	N.A.
Peaceful	2.94 (1.0)	3.19 (.96)	2.97 (.93)	3.58* (.03)	.25	.03	-.22
Relaxed	2.78 (.91)	3.21 (.90)	2.91 (1.00)	10.70*** (.07)	.43***	.14	-.29**
Negative Affect (NA)	2.49 (.60)	2.35 (.60)	2.62 (.70)	13.26*** (.09)	-.14**	.12	.27***
Fearful	2.38 (1.10)	2.18 (.90)	2.46 (1.06)	4.68* (.03)	-.20	.08	.28**
Hostile	1.79 (.93)	1.76 (.86)	1.97 (1.08)	4.29* (.03)	-.04	.18	.21
Nervous	3.01 (.99)	2.80 (.97)	3.26 (1.06)	10.48*** (.07)	-.21	.25*	.46***

Sad	2.44 (.81)	2.24 (.90)	2.48 (.89)	4.90** (.03)	-.19	.04	.23*
Lonely	2.38 (1.10)	2.29 (.94)	2.39 (1.07)	2.93 (N.A.)	N.A.	N.A.	N.A.
Unhappy	2.23 (.87)	2.13 (.79)	2.26 (.84)	1.42 (N.A.)	N.A.	N.A.	N.A.
Dull	2.04 (.89)	1.98 (.91)	2.26 (1.11)	5.25** (.04)	-.06	.21	.27*
Sleepy	3.35 (1.11)	3.13 (1.11)	3.44 (.97)	6.21** (.04)	-.22	.09	.31**
Sluggish	2.80 (1.11)	2.73 (1.05)	3.01 (1.01)	3.98* (.03)	-.07	.21	.28*
Affective Well-Being (AWB)	.75 (.98)	1.10 (.92)	.59 (1.11)	16.70*** (.11)	.36***	-.16	-.52***

Note. ***p<.001, **p<.01, *p<.05; SHS is measured using 7-point scale (1=not at all, 7= a great deal); both Leisure Life satisfaction and PF is measured using 7-point scale (1=strongly disagree to 7=strongly agree); Affect and affective well-being is measured using 5-point scale (1=Never, 5= Always); Effect sizes: .01,.06, and .14 representing small, medium and large effect sizes, respectively (Cohen, 1988).

Hypothesis 2: Tourists savoring frequency starts to rise from pre-vacation, and peak at the end of vacation, and return to the level similar to that at pre-vacation.

Results (see Table 4) showed that tourists' savoring frequency varies with trip stages. The repeated measures ANOVA $F(2, 280) = 16.68$, $p<.001$, $\eta_p^2 = .11$, representing a medium effect size, and post-hoc tests suggests that tourists savor more frequently while in vacation (T2, $M=3.24$, $SD=.73$) than during the pre-travel phase (T1, $M=3.06$, $SD=.80$) or two-weeks post trip (T3, $M=2.88$, $SD=.96$). Savoring frequency at pre-trip and post-trip were not significantly different from each other. Participants seem to prefer different savoring strategies depending on the trip phase they are in. For example, *be present* (T2: M=3.31, SD=1.19) and *behavioral display* (T2: M=3.32, SD=1.19) were more frequently engaged in when participants were in vacation than pre- or post-trip. Also, *capitalizing* (T1: $M=3.45$, $SD=1.16$, T2: $M= 3.22$, $SD=1.26$, T3: $M=2.90$, $SD=1.35$) and *positive MTT* (T1: $M= 3.82$, $SD=1.06$; T2: $M=3.12$, $SD=1.40$, T3: $M=3.64$, $SD=1.08$) were practiced more often pre-trip than during or post-trip.

Table 4-4 Means and standard deviations of savoring frequencies at different time points as well as vacation effect on savoring frequencies

	Mean and Standard Deviations			F (partial eta-squared)	Post-hoc test results		
	Pre	End	Post	Time	Pre (T1) vs. End (T2)	Pre (T1) vs. Post (T3)	End (T2) vs. Post (T3)
Savoring frequency	3.06 (.80)	3.24 (.73)	2.88 (.96)	16.68*** (.11)	.35***	-.31*	-.66***
Behavioral display: I made verbal sounds of appreciation to help myself enjoy the moment (e.g., saying "mmm", "aahh", "humming")	2.47 (1.24)	3.32 (1.19)	2.01 (1.16)	67.21*** (.33)	.85***	-.46**	-1.31***
Be present: I closed my eyes, relaxed, and enjoyed the moment	2.44 (1.18)	3.31 (1.19)	2.64 (1.31)	27.54*** (.17)	.86***	.66	-.66***
Capitalizing: I talked to or messaged others about how good I felt about the trip	3.45 (1.16)	3.22 (1.26)	2.90 (1.35)	9.249*** (.06)	-.23	-.55***	-.33*
Positive MTT: I vividly anticipated or thought back of good experiences related to the trip	3.82 (1.06)	3.12 (1.40)	3.64 (1.08)	14.28*** (.09)	.70***	-.19	.51**

Note. ***p<.001, **p<.01, *p<.05; Savoring frequencies measured by 5-point scale (1=never, 5=always); Effect sizes: .01,.06, and .14 representing small, medium and large effect sizes, respectively (Cohen, 1988)

Hypothesis 3: The relationship between savoring and tourists' well-being (both hedonia and eudaimonia) is positively mediated by positive affect but negatively mediated by negative affect at each phase of vacation.

The correlation table (Table 1) indicates that savoring frequency and tourists' well-being constructs (i.e., subjective happiness level, psychological flourishing level, leisure life satisfaction, affective well-being) have no direct relationship. The non-significant direct relationship between the independent and dependent variables suggests that mediation cannot be established (Baron & Kenny, 1986). Thus, in this study, a mediation analysis was not calculated.

Hypothesis 4: Savoring frequency slows down the decrement of well-being level at post-vacation phase.

To examine whether savoring influences fade-out, I performed one-way analysis of variance (ANOVA), post-hoc tests using post-hoc Bonferroni corrections, and one-sample t-tests. Before the computation, I first calculated the change rate of well-being constructs from T2 to T3 using the following equation:

$$\Delta X = X_i - X_{ii} \ (X_i = T2SHS, T2PF, T2AB; X_{ii} = T3SHS, T3PF, T3AB)$$

Using tertile split (e.g., Giannopoulos & Vella-Brodrick, 2011; Lepp, 2018), participants' savoring frequency was separated into three groups: low savoring frequency, medium savoring frequency, and high savoring frequency.

To assess whether participants in these three savoring frequency groups experienced different change rates in well-being, one-way ANOVAs with post-hoc tests were conducted. In addition, one-sample t-tests were employed to understand whether each well-being construct's change between these two time points was significant or not by testing the null hypotheses that there would be no change in each well-being construct from T2 to T3 (Mean = 0).

The one-way ANOVA on psychological flourishing revealed a significant main effect for savoring frequency, $F (2, 138) = 4.618$, $p<.05$. $\eta_p^2 =.05$, representing a small effect size, The post-hoc tests indicate that participants in the low savoring frequency group ($M=.22$, $SD=.70$), or medium savoring frequency group ($M=.27$, $SD =.87$), had a significantly higher change rate in psychological flourishing than participants in high savoring frequency group ($M= -.18$, $SD =.87$, $p <.05$).

In addition, the one-sample t-tests results revealed that participants indeed experienced a reduction in psychological flourishing from T2 to T3 when they were in low savoring frequency group [Mean difference = .22, t (49) = 2.273, $p<.05$] or medium savoring frequency group [Mean difference= .27, t (41) = 2.146, $p<.05$]. However, given the change in psychological flourishing in the high savoring frequency group was non-significant, [mean difference = -.18, t (41) = -1.646, n.s.], this suggest that participants in the high savoring frequency group experienced prolonged or unchanged psychological flourishing benefits. Hence, savoring can weaken the fade-out effect of vacationing. In other words, after vacation-taking, participants who savored their past trip with high frequency were more likely to experience more sustained psychological flourishing.

One-way ANOVA tests also indicated that savoring had no significant relationship with subjective happiness level change after the end of vacation, $F (2, 138) = 1.105$, p=n.s. However, one sample t-tests results shown that although participants in the low savoring group or high savoring group experienced non-significant changes in SHS, those in medium savoring frequency group [Mean difference=.28, t (48)=3.157, $p<.005$] did indeed experience decreased subjective happiness.

Finally, savoring has no significant relationship with affective well-being change after vacation ends, $F (2,138) = 2.517$, p= .084. However, the one-sample t-tests results do hint at the possibility that participants in low or medium savoring frequency groups experienced significant affective well-being decreases (see Table 6), which could be worth examining in the future. Thus, the findings can suggest participants' affective well-being fades out after vacationing and savoring may has the potential to influence in the process.

Table 4-5 Means and standard deviations of tourists' well-being change from T2 to T3 and Savoring frequency type's influence on these well-being constructs

	Mean and Standard Deviations			F (partial eta-squared)	Post-hoc test results		
	Low	Medium	High	Frequency Type	Low vs. Medium	Low vs. High	Medium vs. High
ΔSHS (T2SHS-T3SHS)	.13	.28	.13	1.105	N.A.	N.A.	N.A.
ΔPF (T2PF-T3PF)	.22 (.70)	.27 (.87)	-.18 (.73)	4.618* (.05)	-.04	.40*	.45*
ΔAB (T2AB-T3AB)	.53	1.13	.46	2.52	N.A.	N.A.	N.A.

One-Sample T-tests

Savoring Group	Well-being change	M (SD)	T-test (p-value)	N
Low Savoring Frequency	ΔSHS	.13 (.50)	1.784[+] (.08)	50
	ΔPF	.22 (.70)	2.273* (.027)	50
	ΔAB	.54 (1.43)	2.649* (.011)	50
Medium Savoring Frequency	ΔSHS	.28 (.62)	3.157** (.003)	49
	ΔPF	.27 (.87)	2.146* (.037)	49
	ΔAB	1.13 (1.72)	4.603*** (.000)	49
High Savoring Frequency	ΔSHS	.12 (.73)	1.105 (.276)	42
	ΔPF	-.19 (.73)	-1.646 (.107)	42
	ΔAB	.46 (1.60)	1.883[+] (.067)	42

Note. ***p<.001, **p<.01, *p<.05; ΔSHS: Subjective Happiness change from T2 to T3; ΔPF: Psychological Flourishing change from T2 to T3; ΔAB: Affective well-being/Affect balance change from T2 to T3;

Discussion

In this 5-week longitudinal study, I investigated changes in well-being two weeks before, at the end of, and two weeks post vacation; whether and how savoring could play a role in well-being at each phase; and well-being change after the end of vacation-taking. My results are discussed in detail in the following sections.

Hypothesis 1: Tourists' well-being change over the course of a vacation.

I first examined how vacation-taking can influence well-being (H1). Well-being is a multi-dimensional construct—e.g., subjective happiness, psychological flourishing, affective well-being—which combined encompass eudaimonia and hedonia. In this study, student participants' well-being did change over the course of a vacation. For example, subjective happiness, affective well-being, and psychological flourishing levels were all highest at the end of vacation-taking in comparison with pre-trip or two weeks post-trip. All of these constructs returned to baseline (i.e., the pre-trip levels) within two weeks of the end of vacation. These results are consistent with previous research that tourists felt happier or more meaningful during or right at the end of the trip, but benefits fade out within weeks (Chen et al., 2013; de Bloom et al., 2010; Su, Tang, & Nawijn, 2020).

Psychological flourishing faded out within two weeks. This result suggests that psychological flourishing can be short-lived, which is different from Kay Smith and Diekmann's (2017) and Voigt et al.'s (2010) research which suggested that eudaimonic benefits last longer than hedonic ones. Meanwhile, out of the eight items composing psychological flourishing, only three items have positive relationships with vacation-taking (i.e., meaningful life, social relationships, engaging life). This is not uncommon in tourism research measuring psychological

well-being. For example, Gao, Kerstetter, Mowen, and Hickerson (2018) found that vacation-taking was only relevant with the following aspects of Ryff and Keyes's (1995) operationalization of eudaimonia: environment mastery, self-acceptance, and positive relationships. Thus, these findings reveal that although tourism experiences are of importance for eudaimonia, a single tourism experience may have a limited contribution.

In addition, vacation-taking has no significant impact on leisure life satisfaction. Thus, this may denote that one vacation experience may have a restricted influence on the whole evaluation of leisure life satisfaction. Following the bottom-up theory of well-being (Compton, 2005; Kuykendall et al., 2015), tourism or vacation-taking has long been considered as one type of leisure activity contributing to well-being by influencing leisure life satisfaction. However, my research reveals that vacation-taking or tourism experiences can directly promote well-being. Thus, vacation-taking appears to function as a separate life domain, like family or non-vacation leisure, in influencing people's well-being (Dolnicar, Yanamandram, & Cliff, 2012).

Hypothesis 2: Tourists savoring frequency starts to rise from pre-vacation, and peak at the end of vacation, and return to the level similar to that at pore-vacation at post-vacation.

Results show that people savor more during the trip phase of their vacation (T2) than the pre-trip (T1) or post-trip (T3) phases. These results are supported by observations that people experience more positive emotions during vacation when compared pre-trip or post-trip (e.g., Nawijn et al., 2013) and savoring frequency is positively associated with positive affect. My results also showed that not all savoring strategies were practised with the highest frequency during vacation. For example, positive mental time travel (PMTT) was practised the most during the pre- or post-trip phase, whereas being present and behavioral display were practised more often during the trip itself. These results uncover that while in-situ, tourists are more likely to

focus their attention on the positive moment. Being present and behavioral display are two intrapersonal savoring strategies, which may help tourists "take it all in" and experience immersion (Tsaur et al., 2013). Capitalizing was practised at frequently high levels during both pre-trip and during-trip. This suggests that while enjoying solitary activities and the above is important, collective exchanging can improve people's experience of enjoyment (Gable & Reis, 2010).

Hypothesis 3: The relationship between savoring and tourists' well-being (both hedonia and eudaimonia) is positively mediated by positive affect but negatively mediated by negative affect at each phase of vacation.

Compared with previous research focused on savoring belief or capacity and well-being (Smith & Hollinger-Smith, 2015), this study, to minimize attitude-behavior mismatch (Claudy, Peterson, & O'Driscoll, 2013), examined how savoring frequency may be correlated with tourists' well-being. The findings indicate that savoring frequency has no direct relationship with tourists' well-being, which seems to be inconsistent with previous research (e.g., Smith & Bryant, 2016) that found savoring capacity is positively related to people's well-being.

It is possible that the insignificant results were caused by the focus of savoring strategies being measured in the current study. For example, I only examined savoring strategies related to their tourism experiences without examining savoring strategies and frequencies related to individuals' work or social life (e.g., savoring positive events that happened at work pre-trip). Trip-related savoring frequencies—which are only one aspect of people's well-being—may have limited influence on improving people's well-being. This speculation can be examined in future research by documenting individuals' savoring strategies related to both the leisure and non-

leisure life domains, and then examine the combination of savoring strategies' influence on people's well-being.

Although the current research is not able to conduct a mediation analysis (MacKinnon, Fairchild, & Fritz, 2006) to examine the relationship among savoring frequency, positive and negative emotions, and well-being, the mediation effect of positive emotions and negative emotions effect is still worth investigating in future research. Doing so could provide more empirical evidence on the relationship between savoring, emotions, and well-being. Also, given current research on savoring focuses on positive emotions, investigating whether and how the mediating role played by negative emotions can add more knowledge on the relationship between savoring, negative emotions, and well-being.

Hypothesis 4: Savoring frequency slows down the decrement of well-being level at post-vacation phase.

The findings indicate that, whereas it exerted no significant impact on changes in subjective happiness and affective well-being, savoring did indeed buffer the influence of fade-out effect on psychological flourishing. Specifically, when participants savored frequently after vacation-taking, psychological flourishing did not change between T2 and T3. This may be explained by the idea that savoring strategies could provoke the broaden-and-build process in that increases in positive emotions helps individuals gain positive resources and protects them from resource loss. Resources loss can causes strain (conservation of resources theory, Hobfoll, 1998) and accelerate the fade-out process. However, savoring can slow down changes in psychological flourishing because of how savoring strategies function (e.g., positive mental time

travel, sharing with people). These savoring strategies provided opportunities for people to reminiscence about the past trip. This may also provide opportunities for self-reflection, which may induce a sense of meaning in life although their trip is finished (Lengieza, Swim, & Hunt, 2019).

Theoretical and Practical Contributions

This study adds a variety of new knowledge to the field of tourism and well-being. It provides a longitudinal perspective on the cross-time differences on the significant associations between vacation-taking and hedonia and eudaimonia. It extends tourism and well-being research by providing a comprehensive view of well-being. As one of the few studies that has considered eudaimonic change over a vacation, this research discovered that vacation-taking is not relevant to all aspects of psychological flourishing (e.g., people respect me). Also, this study is one of the earliest studies to examine the trajectory of the changes to tourists' eudaimonia; it reaches its highest level at the end of vacation-taking and fades out after the vacation ends. Although some researchers have proposed that tourists' eudaimonia should last longer than their hedonia (Smith & Diekmann, 2017; Voigt et al., 2010), in this study, the positive lift of eudaimonia did not last longer than two weeks.

Most importantly, this current study adds knowledge to tourists' savoring. The research addresses the call to understand vacation fade-out effects (Jessica de Bloom et al., 2009; Reizer & Mey-Raz, 2018). With an increased understanding that high frequency savoring could impede the dissipation of vacation benefits, it may reinforce the importance of positive emotions, emotion regulation, and happiness-increasing intervention in helping people obtain more sustained health and wellness benefits.

My research has multiple practical implications. First, individuals indeed obtained higher well-being (both hedonia and eudaimonia) after vacation-taking. Given the study employed a university students sample, results of the current study can benefit university policy makers when implementing vacation strategies to decrease students' stress and improve their life quality. For example, more frequent Reading Week vacations may be provided to university students, so that they can experience more frequent happiness boosting during their academic year. Similarly, by reinforcing the importance of tourism experiences in achieving happier lives, this study can help policy makers understand that the tourism sector is not only important for enhancing the economy but also for people's quality of life.

Although well-being benefits faded out within two weeks of returning home, participants who savored their past trip with high frequency after their vacation ended were more likely to experience prolonged psychological flourishing benefits. These are important findings for policy makers or managers who are concerned with post-vacation syndrome or stress to help vacationers obtain sustained health and wellness benefits. For example, workplaces and universities can design or promote savoring opportunities or savoring education to help vacationers combat the stress they can experience upon their returning home and prolonging happiness.

Limitations and Future Research

This research is not without limitations. First, although the study selected representative measurements to examine eudaimonia (i.e., the psychological flourishing scale), it is possible that some other eudaimonic concepts were not covered (e.g., Ryff & Keyes, 1995). Future research may examine tourists' eudaimonia using other concepts, such personal expressiveness (Waterman, 1993) or Ryff and Keyes's (1995) psychological well-being. Second, the savoring

strategies scale adopted in this research are not exclusively developed for tourism experiences. Moreover, the tourism context is dissimilar to daily life because it has more positive affect, more autonomy, and perceived freedom. Thus, a tourists' savoring scale should be developed.

Third, this research adopted retrospective assessment to estimate savoring frequencies which can be biased. Participants may not be able to provide accurate answers about how often they savored. To this end, experience sampling method or introduction of more than one time point of data collection during vacation may provide more precise information. However, it should be acknowledged that experience sampling method or multiple time points of data collection can be time-consuming for participants whose goal of partaking a vacation is to relax and be free of responsibilities. Fourth, future research may benefit by adding a control group of participants not on vacation. Demonstrating that a control group's well-being does not change during the same period could strengthen the relationship between vacation-taking and well-being. In addition, using a university student sample may limit the generalizability of my results to working adult groups or senior groups. Thus, future studies should replicate this study with different demographic groups. Future research may also consider examining vacation-specific savoring experiences and design vacation-specific savoring interventions to help people have more prolonged and happier lives.

Chapter 5 Conclusion

The purpose of this dissertation project was to better understand the relationship between holiday-taking and well-being (both eudaimonic and hedonic) and determine the potential contribution of savoring in this relationship. To achieve this goal, I first conducted a systematic review to investigate the extant research on vacation-taking and well-being (Chapter 2, Study 1). This review laid the foundation for addressing my research questions. Given savoring is a rarely explored construct in tourism studies, my Study 2 (Chapter 3) adopted a qualitative approach guided by Interpretative Phenomenological Analysis (IPA) to understand tourists' subjective savoring experiences. In addition to documenting tourists' savoring processes, savoring strategies, and outcomes, this study provided insights for the design of my Study 3 (Chapter 4). In Study 3, I employed a longitudinal design to assess changes in individuals' well-being over a Reading Week vacation and whether savoring played a role in this relationship. The results showed that savoring is positively associated with well-being and that savoring can help tourists to obtain more sustained well-being, post-trip. In the remainder of this chapter I discuss my three studies' theoretical and practical implications and strengths and weaknesses, as well as provide suggestions for future research.

Study 1: Vacation-taking and tourists' quality of life (QOL): A systematic review and research agenda

In study 1, following systematic review guidelines (Boland et al., 2017; Booth, Sutton, & Papaioannou, 2016), I collected and reviewed 90 articles on tourists' quality of life or well-being. I found that the majority (63) studied tourists' well-being from a hedonic perspective (e.g., subjective well-being Diener, Suh, Lucas, & Smith, 1999; Subjective Happiness Scale,

Lyubomirsky & Lepper, 1999), while fewer studies either investigated tourists' eudaimonic well-being alone (12), or adopted a comprehensive view of well-being by considering both hedonia and eudaimonia (15).

Documenting and summarizing the antecedents, moderators, mediators, and consequences of the relationship between holiday-taking and well-being, my study contributes to extant literature by demonstrating how holiday-taking can influence different types of well-being. For example, my findings identified that both *top-down* (e.g., motivations, goals, personal values) and *bottom-up* (e.g., service quality, perceived work stress, travel activities) factors can influence tourists' hedonic well-being. These findings suggest that the DRAMMA model (*cf.* Newman, Tay, & Diener, 2014) which proposed five psychological mechanisms of leisure in shaping the subjective well-being (e.g., service satisfaction, destination identification) may need to be expanded when explaining tourists' well-being. For example, destination identification is positively associated with well-being (Su, Swanson, & Chen, 2018) because of participants' psychological attachment to the destination, whereas attachment is not part of the DRAMMA model.

In contrast, for tourists to obtain eudaimonic well-being, emotion (positive and negative) is an essential antecedent. For example, Moal-Ulvoas (2017) summarized that self-transcendent positive emotion (i.e., awe) contributed to people's spirituality and meaning of life. Negative emotions also evoked EQOL. In Matteucci and Filep's (2017) research, one informant reported that her negative feelings led her to try new things and developed her self-confidence and willpower. Similarly, Knobloch et al. (2017) found that although respondents experienced negative affect (e.g., scared, tense) during some activities, these emotions were accompanied by a sense of personal growth and a sense of goal attainment. The findings that negative emotions

114

can positively contribute to well-being may challenge a current idea that well-being is about maximizing positive emotions but avoiding negative ones (Pavot & Diener, 2013). For example, negative feelings such as anger or hate can facilitate one to feel a sense of uniqueness and meaning (Poria & Ashworth, 2009). Thus, the benefits of negative emotions in the tourism context need more research (Oren, Shani, & Poria, 2021).

Fewer studies have operationalized well-being as a construct encompassing both hedonic and eudaimonic components. Thus, more research is needed to understand the factors that can help tourists to obtain a more comprehensive well-being. Particularly, what are the individual-level and destination-level factors that can influence tourists' QOL. In all, findings of the first study reveal that more research needs to be done in the area of tourists' quality of life. In particular, there is currently a lack of studies on tourists' eudaimonic well-being alone and in combination with hedonic well-being (i.e., a comprehensive perspective of well-being).

Study 2: Tourists' savoring experiences: An interpretative phenomenological analysis

In Study 2, the guiding research question was *how do tourists savor positive visiting experience*? This study was conducted when research pertaining to tourists' savoring was still in infancy. However, savoring should be an essential construct in the tourism context. Compared with other life domains, people obtain more frequent positive emotions when vacationing (e.g., Chen, Lehto, & Cai, 2013). Thus, with more positive emotions, tourists obtain more opportunities to savor or deal with positive emotions. Moreover, the construct of savoring expands tourism researchers' understanding of tourists' experiencing of emotions by adopting a dynamic view (Gao & Kerstetter, 2018; Gross, 2015)—in addition to a static perspective—to understand how the positive emotions that tourists themselves experience could influence.

As noted above, my research was one of the first tourism studies to look at how people savor. It introduces new knowledge to the field, which in combination with existing research on savoring, will yield further conceptual development. Specifically, I discovered 12 types of savoring strategies practised by tourists during their pre-, during, or post-trip stages. Additionally, not all of the savoring strategies identified in extant checklists (e.g., Bryant & Veroff, 2007; Quoidbach, Berry, Hansenne, & Mikolajczak, 2010) were found in my study. Thus, some of the new savoring strategies identified in Study 2 (e.g., deconstruction, fantasizing) may be able to be incorporated into older savoring strategy checklists. Moreover, Bryant and Veroff (2007) or Quoidbach et al. (2010) have not distinguish between life events being savored (e.g., savoring a success at work or savoring a symphony). This study can contribute to this gap by focusing on how people savor pleasurable leisure travel. My findings indicate that people savor differently when in a pleasurable context. Thus, the specificity of context is important when studying people's savoring responses. In the future, investigators may further this line of research by looking at savoring responses towards different life events (e.g., studying how employees' savor in their organizations, or how athletes savor in competitions).

Although most savoring studies focus on in-the-moment savoring (Chadwick et al., 2020; Jose et al., 2012), Study 2 looked at three temporal stages of savoring. For example, prior to their trip, tourists preferred engaging in anticipatory savoring, whereas tourists savored the present moment when they were at the destination. Also, in terms of the focus of savoring, Bryant and Veroff (2007) proposed two perspectives to described tourists' savoring: focusing inward (self-focus) and focusing outwardly (world-focus). In my study, it seems that each phase is a mixture of world-focused savoring by directing attentional resources toward the world (e.g., mind-wandering to the destination, showcasing, and sharing) and self-focus (e.g., within self). These

two types of attention are not mutually exclusive (Lambie & Marcel, 2002). Thus, it is possible that tourists start their savoring through world-focused savoring and end through self-focused savoring. However, the process of how these two subjects of focus shifts during one positive event is unclear and could be another promising future research area.

Study 2 documented savoring outcomes. For example, savoring is associated with results including increased attention to current non-travel tasks, readiness to explore, intention to revisit, and personal growth. These findings suggest that in addition to regulating positive emotions (Bryant & Veroff, 2007), savoring may have other functions, including enhancing reflections such as increasing awareness of the self. This may be relevant to Gentzler, Palmer, and Ramsey's (2016) research on individuals' savoring motivations: to express positive affect, to reflect on the self, and to dampen experience.

Study 3: An investigation on the role of savoring in the relationship between vacation-taking and well-being

To understand how well-being changed during vacation-taking, in Study 3, I adopted a longitudinal design. The design covered 5 weeks with three-time points: two weeks pre-vacation (baseline, Time Point 1), at the end of vacation (Time Point 2), and two weeks after the end of vacation-taking (Time Point 3). Although most studies on tourists' well-being focus on hedonic well-being (Yi Chen et al., 2013; Jessica de Bloom et al., 2010; Kawakubo et al., 2017), this study investigated change in both hedonia (i.e., Subjective Happiness, Affective well-being) and eudaimonia (i.e., psychological flourishing) over a vacation. The results reveal that holiday-taking indeed was positively associated with hedonia (i.e., subjective happiness, affective well-being), and eudaimonia (i.e., psychological flourishing).

However, my findings revealed that vacation-taking was only positively related to a few psychological flourishing items. This result is similar to Gao, Kerstetter, Mowen, and Hickerson's (2017) study on vacation and psychological well-being (CD D. Ryff, 1995). Regarding the fade-out effect of vacation-taking (Kuhnel & Sonnentag, 2011), I also found that the lift in well-being dissipated soon after vacation-taking. For example, the boost in subjective happiness, psychological flourishing, and affective well-being went back to baseline within two weeks post-vacation. These findings can contribute to current knowledge on fade-out effect. First, the results illustrate that vacation effect is short-lived not only for both hedonic but also eudaimonic outcomes (de Bloom et al., 2009; Kühnel & Sonnentag, 2011). Second, it seems that both subjective happiness and psychological flourishing does not last longer than two weeks. This result seems to contradict previous research stating that tourists' eudaimonia should last longer than their hedonia (Smith & Diekmann, 2017).

Another key contribution is that my study examined savoring and the correlation between savoring and well-being in the tourism context. First, the study delineated the change of savoring frequency over the course of a vacation. Participants savor with higher frequency during vacation-taking, and the preferred type of savoring was different pre-, during, and post-vacation taking, which may be relevant to the frequency and type of emotions experienced. Although previous research has extensively investigated the correlation between savoring and well-being (Bryant, Chadwick, & Kluwe, 2011; Chadwick et al., 2020; Ramsey & Gentzler, 2014; Smith & Bryant, 2017), these studies did not differentiate between types or frequencies of savoring but rather focused on savoring capacity. For example, in most studies, the construct of savoring was measured using the savoring beliefs inventory (Bryant, 2003;Bryant & Veroff, 2007). This instrument assesses individuals' perceived capacity to savor (e.g., I enjoy looking back on happy

times from my past). My findings examined the frequency and types of practised savoring, which provides behavioral information on savoring.

In addition, my findings indicate that savoring frequencies can weaken the fade-out effect of vacationing. In other words, savoring has the potential to prolong the benefits obtained from vacation-taking. This study contributes to the literature by addressing the call to understand vacation fade-out effects (Jessica de Bloom et al., 2009). Knowing that high frequency savoring could impede the dissipation of vacation benefits, it may reinforce the importance of positive emotions, savoring, or happiness-increasing interventions' influence on sustaining individuals' well-being. However, it should be noted that the participants in my study were undergraduate students; whether and how savoring could influence working adults' post-vacation recovery should be studied in the future.

In sum, all three studies contribute to our understanding of tourists' well-being by (a) operationalizing well-being from a fuller perspective (i.e., hedonia and eudaimonia), (b) introducing the positive psychology construct savoring to the tourism context, and (c) explicating how savoring can play a role in tourist experiences and help tourists to obtain more sustained well-being.

Practical Implications

The tourism industry operates on the premise that vacationing is beneficial for everyone and a factor in increasing quality of life (David Gilbert & Abdullah, 2004a). The underlying assumption is that tourism is a mentally and physically healthy pursuit during people's leisure time (J S P Hobson & Dietrich, 1995). This dissertation project broadens individuals' understanding of the benefits that can be obtained from vacation-taking. In addition to

pleasurable emotions, a leisure vacation is positively related to eudaimonic benefits including *meaning in life*, *engagement, connectedness*, and even *self-esteem*. This is an important message for policymakers who can support and promote tourism or more frequent vacation-taking. For tourism managers, they may start to think about what kinds of meaningful or flourishing opportunities they can provide for visitors at their destination. Improving visitors' well-being is beneficial for their travel products, as improved well-being is positively associated with trip satisfaction, encouraging tourists' revisit intention and loyalty.

A less studied phenomena of vacation-taking is the fade-out effect (Reizer & Mey-Raz, 2018). Although participants' well-being improved during vacation-taking, these benefits diminished within two weeks of their return from traveling. If vacation's benefits disappear so soon, why do people spend money and time in vacationing? My findings reveal that savoring could weaken this quick dissipation and prolong the benefits tourists obtain from vacationing. After vacation-taking, when individuals practise savoring with high frequency, their well-being reduction rate was slower. Thus, promoting savoring to vacationers or providing savoring opportunities (e.g., apps, email or message communications) can be important strategies to help individuals prolong the elevated well-being benefits they obtained. For example, Smyth et al. (2018) designed a smartphone intervention "Holidaily" to help vacationers preserve the benefits obtained from vacation-taking. Although they used an app to encourage leisure activities not savoring activities, this suggests that tourism practitioners could develop savoring apps to minimize fade-out effects of vacationing.

Given my studies used students' samples, university policymakers could benefit by understanding the trajectory of students' well-being change and the effect of savoring in the relationship between vacation-taking and well-being. On the one hand, these findings may

reinforce the importance of Reading Weeks for students' mental health and personal development. Thus, universities may consider scheduling more frequent Reading Weeks each calendar year or providing funding to support students' travels during Reading Weeks. On the other hand, these results provide information for university policy makers to consider ways to help university students to combat post-holiday stress (Poole, Khan, & Agnew, 2017) or prolong the happiness and personal growth they obtained from their holiday-taking (e.g., university-wide vacation photo-video competitions).

In addition, my research provides insights for tourism practitioners on how savoring can help provide quality consumption experiences, which is essential for the tourism and hospitality industry to survive and gain competitive advantage in the market. For example, I explored tourists' subjective savoring experiences and identified savoring strategies and outcomes pre-, during, and post-trip. Tourists savoring strategies, such as fantasizing and absorbing, are strategies that help tourists to obtain immersive and high-quality experiences. Meanwhile, my findings reveal that tourists' savoring strategies are mainly about attentional deployment (J. J. Gross, 2015). Thus, for practitioners to induce or create environments that foster savoring, providing space, equipment, and enough information for focusing or deploying attention is important. For example, providing chairs, Wi-Fi, background music to facilitate visitors' concentration on their visiting experiences (e.g., Kang & Lakshmanan, 2017).

Limitations and Future Research

Despite its many important contributions to the current literature, my dissertation research also has some limitations that must be acknowledged. Sampling is one such limitation. Both Studies 2 and 3 involved samples that were mainly university students aged between 20 and

30 years old. Although such a group is homogeneous, and its members are well-educated and thus able to articulate their savoring experiences, study findings may not be generalizable and so more diverse populations should also be examined. For example, Marques-Pinto et al. (2020) reported that adolescents prefer interpersonal savoring strategies, whereas elderly people predominantly engage in recalling-type cognitive savoring strategies. Thus, recruiting participants from diverse age groups (e.g., children), socio-economic backgrounds, or cultural contexts is necessary.

Another limitation deals with the retrospective nature of the collected data. To decrease memory bias, my research adopted a longitudinal design and the data were collected while participants were in the pertinent trip phase. However, memory bias could still be relevant because vacationers may not be able to estimate or recall the specific emotions or experiences associated with certain activities. Thus, future research may want to adopt the experience sampling method (Hektner, Schmidt, & Csikszentmihalyi, 2007) or even virtual reality to collect tourists' immediate conscious experiences.

Another study limitation concerns the variety of vacations taken. This diversity may have hidden important differences between the types of vacation experiences (e.g., visiting a cultural heritage site vs. a natural landscape). Future research on specific types of vacation is also needed. For example, volunteer tourism or education tourism visitors may experience dissimilar emotions and practise different types of savoring strategies. In addition, it is unknown whether and how savoring may play a role for individuals engaged in dark tourism (e.g., visiting a prison museum or a holocaust site). Lastly, as with other self-reported research, this study's data collection instrument was subject to social desirability bias. Thus, in the future, including a

social desirability scale in the questionnaire will help researchers to identify the degree to which social desirability influence responses (Dodou & de Winter, 2014).

Future Studies

    Developing new instruments to measure savoring experiences. There are no existing instruments to measure savoring in the tourism context. Prior savoring instruments include savoring capacity (Savoring Beliefs Inventory, Byrant, 2003) or savoring strategies (The Way of Savoring Checklists, Bryant and Veroff, 2007). Adopting savoring instruments like these in the tourism context may result in certain limitations. For example, my Study 2 findings suggested several strategies (e.g., fantasizing, deconstruction) that tourists prefer to use, but are not mentioned by existing instruments. Moreover, savoring experiences should include bodily reactions (e.g., muscle movement), physiological responses (e.g., facial expressions, heart rate change). I was not able to measure these aspects of savoring using current savoring measures. Thus, future research may consider what new instruments can be used to capture savoring experiences more comprehensively. In addition, cultural difference should be considered. For example, Kim and Bryant (2017) reported that Korean young adults are more likely to dampen positive emotions than American counterparts.

    Savoring and hedonic decline. My research findings have the potential to shed light on hedonic decline. Hedonic decline occurs when the initially liked stimulus becomes less pleasant with repetition (Galak & Redden, 2018). For example, people derive less pleasure when repeatedly exposure to their favorite food (Epstein, Temple, Roemmich, & Bouton, 2009), music (Schellenberg, Peretz, & Vieillard, 2008) or, potentially, the same resort for several days. This is an important topic to understand, because (a) a changing hedonic response makes maximizing enjoyment more difficult and (b) it can create difficulties for people trying to encourage

behavioral change (e.g., marketers try to sustain satisfaction with a project, professors' hoping to maintaining students' interest in a topic, Galak & Redden, 2018).

Hedonic decline occurs through mechanisms including adaptation, habituation, optimal stimulation, or self-reflection (Galak & Redden, 2018; Galak, Redden, Yang, & Kyung, 2014). The literature proposes preventive measures that can reduce hedonic decline. For example, the process of hedonic decline can slow down when people consume more slowly (Galak, Redden, & Kruger, 2009), when the product is only available to be consumed at limited times (Sevilla & Redden, 2014), or when consumers seek variety and switch among alternatives to prevent adaptation (Fishbach, Ratner, & Zhang, 2011). Thus, mechanisms that can change perceptions can effectively alter the rate of hedonic decline (Galak & Redden, 2018). This means that savoring has the potential to influence the process of hedonic decline, given the savoring process involves redirecting people's attention and behavior. This hypothesis could be tested in future research.

Conclusion

To conclude, my dissertation research significantly contributes to current understandings of the relationship between vacation-taking and well-being, and the role savoring plays in this relationship. My studies suggest that vacation-taking is of great importance in obtaining both hedonic and eudaimonic well-being. Tourists savor in response to their vacation experiences, and savoring has the potential to help individuals obtain more sustained well-being post-vacation. Thus, these findings may set the stage for—following the trend of positive psychology interventions (Sin & Lyubomirsky, 2009)—designing effective savoring interventions (e.g., Smith, Harrison, Kurtz, & Bryant, 2014) to increase the effect of tourism experiences on daily well-being. In all, my dissertation offers new insights for scholars and practitioners, which I hope

will inspire more interest in this research area and lead to the discovery of new information on savoring, positive emotions, and well-being.

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Appendix A: PRISMA Flow Chart
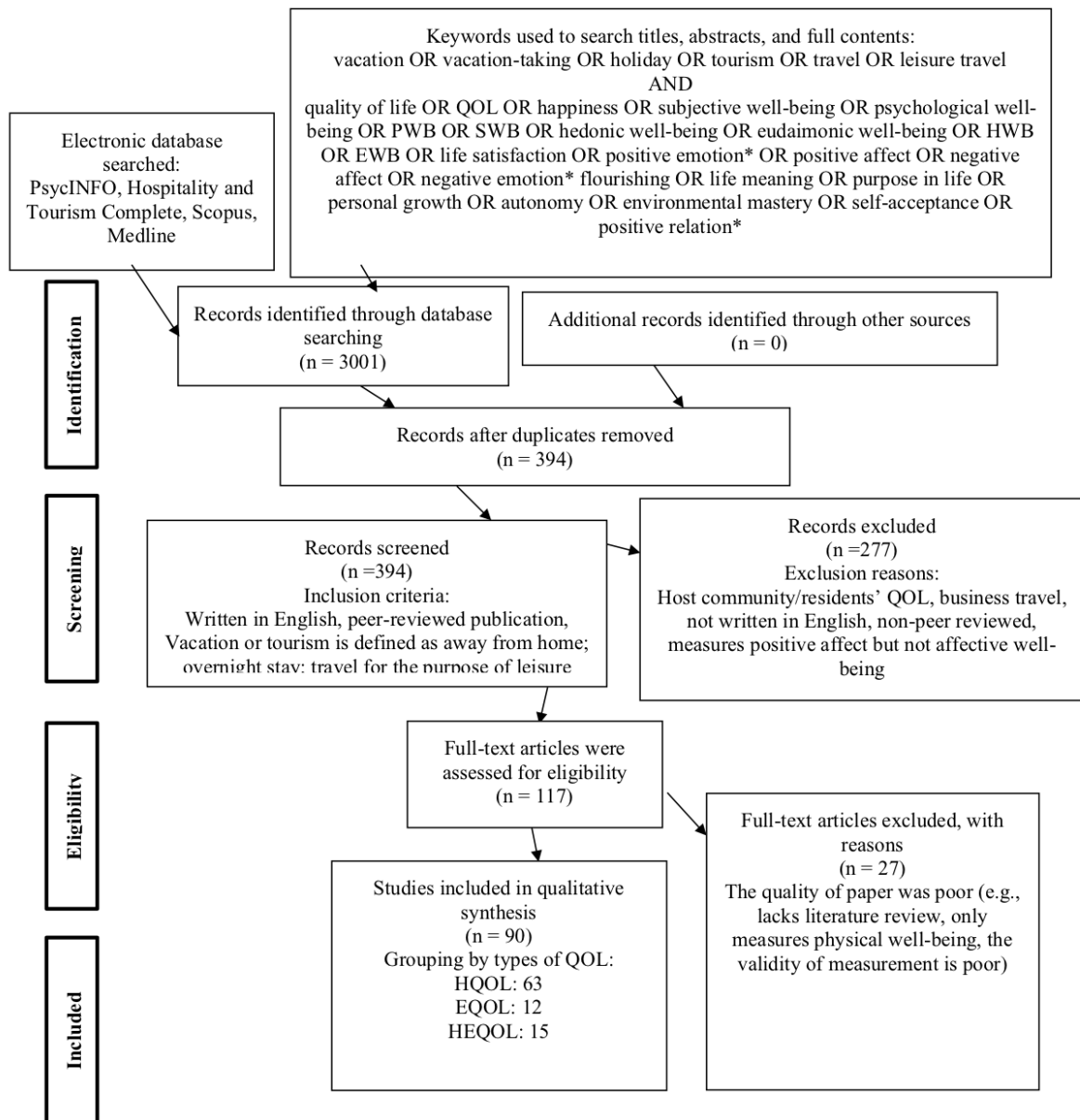
Figure 5-1 Flow Diagram of the Search and Selection Procedure of Studies

Supplementary data tables can be found in the shared Google Drive.

https://drive.google.com/drive/folders/1GwdIavMbnKUhQREQat8TdSedUOMuGIC8?usp=sharing

Appendix B: Study 2 Sample Quotes

Superordinate Theme	Sub Theme	Participants	Illustrative Quotes
Pre-trip savoring experiences			
Anticipating	Mind-wander to the destination	P1	"I will think about clothes, like music festivals it's really fun to buy outfits for them. I'll see someone's outfit and be like 'Oh! that would be cool for going to L.A.". I listen to the music of the people that are in the music festival like…kind of listening to their music makes you more excited because then you're like oh I get to see this person live."
	Affective forecasting	P7	"I think about the excitement. Yeah, it was excitement. It was some happiness. I felt like kind of get away from being sad and mad about exams, I guess. Yeah. It's like a relieving experience."
Sharing	Showcasing	P8	"I'd just like to get excited, I would like talk really fast, like I would texting my friend I'm going with and I'll be like, oh, look at like this cool stuff like I found online that we could do and just like talk about it more."
	Seeking information	P3	"I love to get people talking, so I really enjoy asking people just about the things that they've done in the area. So, one of my friends, she spent a lot of time in [destination] this last summer. I haven't yet. But I plan on quizzing her on everything. I love getting people talking. So, I'm just asking them more about their experiences"
Back to current reality	Feeling stress	P2	"I feel anxious…, because the weeks seem to fly by when you have assignment due tomorrow, or some do next week. You know, like, 'oh, crap! it's already next week. It's due tomorrow. So, time seems to fly by. So, I get really anxious when I am savoring"

	Increased attention to current non-travel tasks	P6	"Cause it kind of drives me to study harder. So, the trip can be more rewarding for me."

During-trip savoring experience

Detached engaging	Fantasizing	I1	"So, the city used to be like an agricultural landscape. So, it used to be all farming farmland which was super cool because that's not what it is today. And just kind of like learning about how things have evolved and adapted, and I think it's cool because it's like right where I'm standing right now isn't what it used to be. It's changed a lot. I'm curious about things like how they've changed over time and what brought them to what they are now
	Shifting attention to the self	I2	"I think it's just time for me to think. I was thinking of my whole life. What I did and what I'm going to do. Might be how my last week was….. Sometimes I need to think about like everything."
Immersing	Deconstruction	I3	"…how cute the clothes are, …, the colors, the design, the texture, and so on, I feel happy when talking about those little details with [female name].
	Absorption	I7	"sit down for a while…I try to find a nice viewpoint and then I just stand there. …Then I think it's more of a free roam where you sit down for a while. Like you don't need to shut down your cognition and you don't need to think too much. But just like you staring at what you're looking at…"
Behavioral readiness	The readiness to continue	I4	"I think about doing more hiking…"
	The readiness to revisit	I3	"…I want to do more trips like this, I may come back and visit again…"

Post-trip savoring experiences

Reminiscence	Mind-wandering to the past	S1	"And then to prolong that memory sometimes I just think of other things he said that are funny or other things that have happened in other trips honestly like humorous things..."
	Sharing	S7	"We talk about like things and what had happened throughout the trip right. we'll look at pictures, or remember when we saw this and that, and remember this moment…. In that particular moment that we either captured with a camera or phones or just a conversation that stood out more in our memories."
Comparing	Finding similarities	S3	"So, I wrote it my whole trip down and it's like I recognize similarities in how he perceives things as to how I perceive things when I was there."
	Finding differences	S4	"Like there is so much to tell them. Within 7 days I've been here and there, and there was just so much that I did there. Like they were just like listening to me basically. Because you know they were working while I had the time off, that was really good"
Eagerness to recreate	Motivating people to travel more	S2	"I would love to go on more trips…. I would want to find more time for us to hang out maybe more often. "
	Motivating people to personal growth	S7	"It drives to move on the moment now, if I can keep moving forward, then I can one day go back to there. I have to work to get there."

Study Title: An interpretive phenomenological analysis of savoring and positive vacation experiences

Research Investigator:	**Supervisor:**
Nanxi Yan	Elizabeth Halpenny
3-156 University Hall	2-130G University Hall
University of Alberta	University of Alberta
Edmonton, AB, T6G 2H9	Edmonton, AB, T6G 2H9
savoringstudy2018@gmail.com	elizabeth.halpenny@ualberta.ca
780-492-5561	780-492-5702

Background

This letter is an invitation to consider participation in a study. I, Nanxi Yan, am conducting as part of my PhD's degree in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta under the supervision of Dr. Elizabeth Halpenny. The results of the study will be used in support of my thesis. The findings of the study will not be used for any commercial purposes.

Purpose

The purpose of this study is to explore how tourists deal with, or savor positive experiences pre, during, and post vacation. In other words, how tourists may amplify their pleasurable feelings pre, during, and after their travel. For example, during your visit, when you enjoy something or find something beautiful to look at or listen to, what would you do and think to regulate such experiences?

Study Procedures

You will participate in <u>one</u> interview about either your pre, during, or post vacation experiences depending on which vacation phase you are in. The interview will last no longer than 30 minutes. The interview can be conducted in a place and time that is mutually agreed upon by both of us. You will be asked questions by me, the interviewer, and you may respond however you wish to these questions. With your permission, the interview will be recorded on a digital audio recorder. I will transcribe the interview verbatim from the recording. I will use whichever portions from the transcript relevant in the final report of the study. Shortly after the interview has been completed, I may send you a copy of the transcript to give you an opportunity to confirm the accuracy of our conversation and to add or clarify any points that you wish.

Benefits

There may be no direct benefits to participants. However, you may potentially benefit from participating in this study by discovering more about yourself. I hope that the information we get from doing this study will help people better understand how to enhance positive visiting experiences when visiting. You will receive a $5 Canadian dollars Tim Hortons gift card for completing the interview. No cost is involved in participating in the research.

Risk

There are NO reasonably foreseeable harms that may arise from your participation in this project.

Voluntary Participation

The participation is completely voluntary. You have the right not to participate in this study, as well as the right to withdraw from the project at any point. You have the right to refuse to answer any question without stating a reason. You will not suffer any penalty for refusing to participate in the whole project or any part of it. You have the right to withdraw any, including, of all your data from the project within two weeks of time from the day we conducted the interview, after which point, all data will be included in the data analysis, which will inform the final report. Any data that you choose to withdrawn will be deleted completely.

Confidentiality & Anonymity

You have the right to privacy and anonymity. Your identity, and any other personal data, such as your contact information, will not be released to any other individual. You will be assigned a pseudonym during data analysis and in the final report. Your provided answers will be seen only by researchers associated with this study. Your data will be stored in the interviewer's locked cabinet in her locked lab for five years following the completion of the project, after which they will be destroyed in a way that ensures your privacy and anonymity. You have the right to request a copy of the recorded interview, as well as the accompanying transcript. You have the right to obtain a copy of the research findings. If you wish to obtain any of these materials, please email the interviewer at savoringstudy2018@gmail.com

In addition to being used as part of the researchers' PhD thesis, the results of this study may be used for writing research articles in journals, as well as for presentations at conferences.

The plan for this study has been reviewed for its adherence to ethical guidelines by a Research Ethics Board at the University of Alberta. For questions regarding participant rights and ethical conduct of research, contact the **Research Ethics Office at (780) 492-2615**. If you have

questions about this project or if you have a research-related problem, you may contact the researcher, ***Nanxi Yan at 780-492-5561 or savoringstudy2018@gmail.com***

Consent Statement

I have read this form and the research study has been explained to me. I have been given the opportunity to ask questions and my questions have been answered. If I have additional questions, I have been told whom to contact. I agree to participate in the research study described above and will receive a copy of this consent form. I will receive a copy of this consent form after I sign it.

_____   _____

Participant's Name (printed) and Signature   Date

_____   _____

Name (printed) and Signature of Person Obtaining Consent   Date

Study Title: A longitudinal research on the relationship between savoring and vacationer's Quality of Life (QOL)

Research Investigator:	**Supervisor:**
Nanxi Yan	Elizabeth Halpenny
3-156 University Hall	2-130G University Hall
University of Alberta	University of Alberta
Edmonton, AB, T6G 2H9	Edmonton, AB, T6G 2H9
nyan@ualberta.ca	elizabeth.halpenny@ualberta.ca
780-492-5561	780-492-5702

Background

This letter is an invitation to consider participation in a study I, Nanxi Yan, am conducting as part of my PhD's degree in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta under the supervision of Dr. Elizabeth Halpenny. The results of the study will be used in support of my thesis. The findings of the study will not be used for any commercial purposes.

Purpose

The purpose of this study is to explore the relationship between the change of tourists' savoring frequencies over the course of a vacation and the change of tourists' quality of life. In other words, how often tourists may amplify their pleasurable feelings pre, during, and after their travel? Do these savoring frequencies change over a vacation has any correlations with tourists' quality of life change?

Study Procedures

You will be invited to complete three online questionnaires at three different time points (i.e., two weeks before your reading week, at the end of your reading week, 2 weeks after the end of reading week). Each survey takes no longer than 20 minutes. In each of the survey, you will be asked to answer closed-ended questions and a few open-ended questions.

Benefits

There may be no direct benefits to participants. However, you may potentially benefit from participating in this study by discovering more about yourself. If you complete all three surveys, you will get a chance to win one out of ten $100 Canadian dollars Best Buy gift cards. The likelihood of winning the prize draw will be 1/16.

Risk

There are NO reasonably foreseeable harms that may arise from your participation in this project.

Voluntary Participation

The participation is completely voluntary. You have the right not to participate in this study, as well as the right to withdraw from the project at any point. You have the right to refuse to answer any question without stating a reason. You will not suffer any penalty for refusing to participate in the whole project or any part of it. You have the right to withdraw any, including, of all your data from the project within two weeks from the day when you complete the last survey, after which point, all data will be included in the data analysis, which will inform the final report. Any data that you choose to withdrawn will be deleted completely.

Confidentiality & Anonymity

You have the right to privacy and anonymity. Your identity, and any other personal data, such as your contact information, will not be released to any other individual. You will be assigned a code number that will be associated with your email information until the end of the study at which point any identifying information will be deleted. Your questionnaire will be seen only by researchers associated with this study. Your data will be stored in the researcher's password protected computer, for five years following the completion of the project, after which they will be destroyed in a way that ensures your privacy and anonymity. You have the right to obtain a copy of the research findings. If you wish to obtain any of these materials, please email the researcher at nyan@ualberta.ca

Please note that information collected will be transmitted to and stored on servers outside of the University, Alberta and Canada and the University cannot guarantee protection against disclosures as a consequence of foreign laws. You may view the privacy statement from zoho.com here: https://www.zoho.com/privacy.html

You should know that while we will keep the information you give us confidential. In the United States, under US privacy laws, the government has the right to access all information held in electronic databases.

In addition to being used as part of the researchers' PhD thesis, the results of this study may be used for writing research articles in journals, as well as for presentations at conferences. No person will be identified in any research presentations or papers.

The plan for this study has been reviewed for its adherence to ethical guidelines by a Research Ethics Board at the University of Alberta. For questions regarding participant rights and ethical conduct of research, contact the **Research Ethics Office at (780) 492-2615**. If you have questions about this project or if you have a research-related problem, you may contact the researcher, *Nanxi Yan at 780-492-5561 or nyan@ualberta.ca*

By clicking "I agree" below you are indicating that you are at least 18 years old, have read and understood this information consent form and agree to participate in this research study. Please print a copy of this page for your records.

Thank you so much for participating in the research.

Sincerely,

Nanxi Yan

3-156 University Hall, University of Alberta, Edmonton, AB, T6G 2H9

nyan@ualberta.ca

Office: 780-492-5561

TIME POINT 1: 2 Weeks Pre-Reading Week Vacation Survey

Dear participant,

In this survey, before we ask about your upcoming vacation, we would like to know about your quality of life, and we want to know more about you.

Instructions:

- Each question is very important for understanding your experiences.
- Please read each question carefully and provide your genuine opinions about each question.

Section 1: Please tell us about your happiness level

For each of the following statements and/or questions, please circle the point on the scale that you feel is the most appropriate in describing you.

1. In general, I consider myself:

1	**2**	**3**	**4**	**5**	**6**	**7**
Not a very happy person						A very happy person

2. Compared with most of my peers, I consider myself:

1	2	3	4	5	6	7
Less happy						More happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
Not at all						A great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
Not at all						A great deal

Section 2: Please indicate how often you have experienced these emotions.

*Please think about what you have been doing and experiencing **today** Use the following response options to indicate how often you experienced the following emotions, moods, and feelings **today***

1	Enthusiastic	1 Never	2	3	4	5 Always
2	Excited	1 Never	2	3	4	5 Always
3	Elated	1 Never	2	3	4	5 Always
4	Happy	1 Never	2	3	4	5 Always
5	Satisfied	1 Never	2	3	4	5 Always
6	Content	1 Never	2	3	4	5 Always
7	Calm	1 Never	2	3	4	5 Always
8	Peaceful	1 Never	2	3	4	5 Always
9	Relaxed	1 Never	2	3	4	5 Always
10	Fearful	1 Never	2	3	4	5 Always
11	Hostile	1 Never	2	3	4	5 Always
12	Nervous	1 Never	2	3	4	5 Always
13	Sad	1 Never	2	3	4	5 Always
14	Lonely	1 Never	2	3	4	5 Always
15	Unhappy	1 Never	2	3	4	5 Always
16	Dull	1 Never	2	3	4	5 Always
17	Sleepy	1 Never	2	3	4	5 Always
18	Sluggish	1 Never	2	3	4	5 Always

Section 3: We also want to know how you feel about your life

Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, Indicating your level of agreement for each statement.

1.I lead a purposeful and meaningful life

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

2.My social relationships are supportive and rewarding

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

3.I am engaged and interested in my daily activities

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

4.I actively contribute to the happiness and well-being of others

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

5.I am competent and capable in the activities that are important to me

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

6.I am a good person and live a good life

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

7.I am optimistic about my future

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

8.People respect me

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

Section 4: This section asks about how satisfied you feel about your life

Below are statements with which you may agree or disagree. Using the 1–7 scale below, Indicating your level of agreement for each statement.

1.I am generally satisfied with my vacation trips

1	2	3	4	5	6	7

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

2.My vacation trips are close to ideal

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

3. My non-vacation leisure are close to ideal

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

4. I am generally satisfied with my non-vacation leisure

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

5. Overall, the quality of my leisure life is satisfactory

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

6. I am generally satisfied with my work or study

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

7. I am generally satisfied with my family situation

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

8. I am generally satisfied with my personal health

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

9. I am generally satisfied with the relationships I have with people such as my relatives

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

10. I am generally satisfied with my community and neighborhood

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

11.I am generally satisfied with my standard of living and financial situation.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

Section 5: We also want to discover how tourists savor their tourism experiences

Savoring is a process attending to pleasurable feelings. People engage in thoughts or behaviors to enhance, amplify or prolong their positive feelings. E.g., get absorbed in anticipating to prolong the excitement

1. How many times per day during the past week did you anticipate the upcoming vacation? (e.g., 2 times per day)

2. Did you engage in savoring your upcoming vacation to intensify your feelings of anticipation? (If yes, please describe)

3. What is the most effective pre-vacation savoring method that you have engaged in?

Please think about what you have been doing and experiencing during the past weeks. Use the following response options to indicate how often you engaged in savoring activities related to your upcoming vacations?

In general, when I was savoring my upcoming vacation…

1	I expressed positive emotions (e.g., excitement, happiness) with non-verbal behaviors (e.g., jumping, laughing).	1	2	3	4	5
		Never				Always
2	I made verbal sounds of appreciation to help myself enjoy the moment (e.g., saying mmm, aahh, humming)	1	2	3	4	5
		Never				Always
3	I felt delight to browsing more pictures or webpages about my destination.	1	2	3	4	5
		Never				Always
4	I became more engaged in the preparation for the upcoming vacation (e.g., packing, making itineraries).	1	2	3	4	5
		Never				Always
5	I got absorbed in the moment	1	2	3	4	5
		Never				Always
6	I closed my eyes, relaxed, and took in the moment	1	2	3	4	5
		Never				Always
7	I expressed to others how much I valued the upcoming vacation.	1	2	3	4	5
		Never				Always
8	I talked to or messaged other people about how good I felt about the trip.	1	2	3	4	5
		Never				Always
9	I vividly anticipated or thought back of good experiences related to the trip.	1	2	3	4	5
		Never				Always

10	I imagined a whole sequence of good experiences that may happen during my upcoming vacation	1		2	3	4	5
		Never					Always

11. To savor your upcoming vacation, did you do something entirely different from any of the above, please specify.

Section 6: Please answer the following questions so we can learn a bit more about your vacation

1. What is your destination?
2. What activities at the destination do you expect to engage in most often?
3. When will you arrive at the destination?
4. How many nights will you stay?

Section 7: This section tells us who participate in our study

1. What is your age in years?
   - Less than 18 years old
   - 18-24 years old
   - 25-34 years old
   - Above 35 years old
   - Other

2. What is your gender?
   - Female
   - Male
   - Other

3. What is your marital status?
   - Single
   - Married
   - Other

4. Which ethnic or cultural group do you belong to or most closely identify with (For example, Aboriginal, Canadian, Chinese, Chinese-Canadian, English, English-Canadian, East Indian, Ukranian, Ukrainian-Canadian, etc.)?

5. Are you a graduate student or an undergraduate student?
6. What program are you studying at the University of Alberta?
7. What year you are in?

Section 8: Prize Draw Section

Do you want your name to be entered into a prize draw?

   If Yes, please answer the following questions:

   1. What is the answer to the equation: (4+6)/10=?

   2. What is your name (first, last name)?

   3. What is your email address?

   4. What is your phone number?

If No. You can exist the survey now.

THANK YOU!

TIME POINT 2: End of Vacation Survey

Dear participant,

In this survey, before we ask about your vacation experiences, we would like to know more about your well-being and savoring experiences

Instructions:

- Each question is very important for understanding your experiences.
- Please read each question carefully and provide your genuine thoughts about each question.

Section 1: Please tell us about your happiness level

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

1	2	3	4	5	6	7
Not a very happy person						A very happy person

2. Compared with most of my peers, I consider myself:

1	2	3	4	5	6	7
Less happy						More happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
Not at all						A great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
Not at all						A great deal

Section 2: Please indicate how often you have experienced the following emotions.

Please think about what you have been doing and experiencing <u>today</u>. Use the following response options to indicate how often you have experienced the following emotions, moods, and feelings <u>today</u>.

1	Enthusiastic	1 Never	2	3	4	5 Always
2	Excited	1 Never	2	3	4	5 Always
3	Elated	1 Never	2	3	4	5 Always
4	Happy	1 Never	2	3	4	5 Always
5	Satisfied	1 Never	2	3	4	5 Always
6	Content	1 Never	2	3	4	5 Always
7	Calm	1 Never	2	3	4	5 Always
8	Peaceful	1 Never	2	3	4	5 Always
9	Relaxed	1 Never	2	3	4	5 Always
10	Fearful	1 Never	2	3	4	5 Always

11	Hostile	1 Never	2	3	4	5 Always
12	Nervous	1 Never	2	3	4	5 Always
13	Sad	1 Never	2	3	4	5 Always
14	Lonely	1 Never	2	3	4	5 Always
15	Unhappy	1 Never	2	3	4	5 Always
16	Dull	1 Never	2	3	4	5 Always
17	Sleepy	1 Never	2	3	4	5 Always
18	Sluggish	1 Never	2	3	4	5 Always

Section 3: We also want to know about how you feel about your life?

Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, Indicating your level of agreement for each statement.

1.I lead a purposeful and meaningful life

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly disagree | Disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Agree | Strongly agree |

2.My social relationships are supportive and rewarding

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly disagree | Disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Agree | Strongly agree |

3.I am engaged and interested in my daily activities

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly disagree | Disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Agree | Strongly agree |

4.I actively contribute to the happiness and well-being of others

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly disagree | Disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Agree | Strongly agree |

5.I am competent and capable in the activities that are important to me

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly disagree | Disagree | Slightly disagree | Neither agree nor disagree | Slightly agree | Agree | Strongly agree |

6.I am a good person and live a good life

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

7.I am optimistic about my future

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

8.People respect me

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

Section 4: This section asks about how satisfied you feel about your life.

Below are statements with which you may agree or disagree. Using the 1–7 scale below, Indicating your level of agreement for each statement.

1.I am generally satisfied with my vacation trips

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

2.My vacation trips are close to ideal

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

3. My non-vacation leisure are close to ideal

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

4. I am generally satisfied with my non-vacation leisure

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

5. Overall, the quality of my leisure life is satisfactory

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

6. I am generally satisfied with my work or study

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

7. I am generally satisfied with my family situation

1	2	3	4	5	6	7

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

8. I am generally satisfied with my personal health

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

9. I am generally satisfied with the relationships I have with people such as my relatives

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

10. I am generally satisfied with my community and neighborhood

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

11. I am generally satisfied with my standard of living and financial situation.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

Section 5: We also want to discover how tourists savored their vacation experiences.

> **Savoring is a process attending to pleasurable feelings. People engage in thoughts or behaviors to enhance, amplify or prolong their positive feelings. E.g., I shared my experience in social media to prolong/intensify my happiness.**

1. During your vacation, did you engage in **savoring** to intensify, enhance or prolong positive moments that you have encountered? (If Yes, provide examples) Yes/No.

2. How often did you engage in savoring during your vacation? (e.g., 2 times a day)

3. During your vacation, what is the most effective savoring method that you have engaged in to enhance or prolong the positive moment you experienced? Please describe.

Please think about what you have been doing and experiencing during your vacation. Use the following response options to indicate how often you engaged in the following activities when you were vacationing?

In general, during my vacation, when I was having positive experiences…….

1	I expressed positive emotions (e.g., excitement, happiness) with non-verbal behaviors (e.g., jumping, laughing).	1	2	3	4	5
		Never				Always
2	I made verbal sounds of appreciation to help myself enjoy	1	2	3	4	5

the moment (e.g., saying mmm, aahh, humming)

		Never				Always
3	My positive emotions (e.g., happiness, enjoyment) inspired me to take photographs [capture the moments]	1	2	3	4	5
4	I got absorbed in the moment or I only thought about the present	Never 1	2	3	4	Always 5
5	I thought about how unique the experience was (e.g., the food, the service, the view…)	Never 1	2	3	4	Always 5
6	I identified similarities between this place (e.g., the food, the view, the culture) and my home.	Never 1	2	3	4	Always 5
7	I closed my eyes, relaxed, and took in the moment	Never 1	2	3	4	Always 5
8	I tried to move slowly to stop or slow down time	Never 1	2	3	4	Always 5
9	I expressed to my travel companions how much I enjoyed the moment (and their being there to share it with me)	Never 1	2	3	4	Always 5
10	I shared my positive experiences with friends through tweeting or sharing posts via different social media	Never 1	2	3	4	Always 5
11	I talked to or messaged other people about how good I felt about this trip.	Never 1	2	3	4	Always 5
12	I vividly anticipated or thought back of good experiences related to the trip	Never 1	2	3	4	Always 5
13	I thought about when I could return to this destination again.	Never 1	2	3	4	Always 5
		Never				Always

14. If you thought or did something entirely different from the savoring activities above. Please describe them

---

Section 6: This information helps us to understand the outcomes of your travel experience

Using the 1–7 scale below, Indicating your level of agreement for each statement.

1.   1. All in all, I feel that this vacation has enriched my life.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

2. I am really glad I went on this vacation

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

3. On my vacation, I accomplished the purpose of this vacation

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

4. My vacation was rewarding to me in many ways.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

5. I feel much better about things and myself after this vacation.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

6. I have wonderful memories of my vacation.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

7. I won't forget my vacation experience.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

8. I will remember many positive things about my vacation

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

THANK YOU!

TIME POINT 3: Two weeks after the end of reading week

Dear participant,

In this survey, we ask about your well-being level and your post-vacation savoring experiences.

Instructions:

- Each question is very important for understanding your experiences.

- Please read each question carefully and provide your genuine thought about each question.

Section 1: Please tell us about your happiness level

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

1	**2**	**3**	**4**	**5**	**6**	**7**
Not a very happy person						A very happy person

2. Compared with most of my peers, I consider myself:

1	2	3	4	5	6	7
Less happy						More happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
Not at all						A great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
Not at all						A great deal

Section 2: Please indicate how often you have experienced the following emotions

Please think about what you have been doing and experiencing <u>today.</u> Use the following response options to indicate how often you experienced the following emotions, moods, and feelings <u>today.</u>

1	Enthusiastic	1 Never	2	3	4	5 Always
2	Excited	1 Never	2	3	4	5 Always
3	Elated	1 Never	2	3	4	5 Always
4	Happy	1	2	3	4	5

		Never				Always	
5	Satisfied	1	2	3	4	5	
		Never				Always	
6	Content	1	2	3	4	5	
		Never				Always	
7	Calm	1	2	3	4	5	
		Never				Always	
8	Peaceful	1	2	3	4	5	
		Never				Always	
9	Relaxed	1	2	3	4	5	
		Never				Always	
10	Fearful	1	2	3	4	5	
		Never				Always	
11	Hostile	1	2	3	4	5	
		Never				Always	
12	Nervous	1	2	3	4	5	
		Never				Always	
13	Sad	1	2	3	4	5	
		Never				Always	
14	Lonely	1	2	3	4	5	
		Never				Always	
15	Unhappy	1	2	3	4	5	
		Never				Always	
16	Dull	1	2	3	4	5	
		Never				Always	
17	Sleepy	1	2	3	4	5	
		Never				Always	
18	Sluggish	1	2	3	4	5	
		Never				Always	

Section 3: We also want to know how you feel about your life

Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, Indicating your level of agreement for each statement.

1.I lead a purposeful and meaningful life

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

2.My social relationships are supportive and rewarding

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

3.I am engaged and interested in my daily activities

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

4.I actively contribute to the happiness and well-being of others

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

5.I am competent and capable in the activities that are important to me

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

6.I am a good person and live a good life

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

7.I am optimistic about my future

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

8.People respect me

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

Section 4: This section asks about how satisfied you feel about your life (Life Domain Satisfaction, Neal, Sirgy, & Uysal, 2004**).**

Below are statements with which you may agree or disagree. Using the 1–7 scale below, Indicating your level of agreement for each statement.

Satisfaction with Leisure and Non-Leisure Life Domain

1.I am generally satisfied with my vacation trips

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

2.My vacation trips are close to ideal

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

3. My non-vacation leisure are close to ideal

1	2	3	4	5	6	7

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

4. I am generally satisfied with my non-vacation leisure

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

5.Overall, the quality of my leisure life is satisfactory

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

6. I am generally satisfied with my work or study

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

7. I am generally satisfied with my family situation

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

8. I am generally satisfied with my personal health

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

9. I am generally satisfied with the relationships I have with people such as my relatives

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

10. I am generally satisfied with my community and neighborhood

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

11.I am generally satisfied with my standard of living and financial situation.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree

Section 5: We also want to discover how tourists savor their tourism experiences

Savoring is a process attending to pleasurable feelings. People engage in thoughts or behaviors to enhance, amplify or prolong their positive feelings. E.g., I shared my experience in social media to prolong/intensify my happiness.

1. How many times per day during the past two weeks did you recollected the past vacation? (e.g., 2 times per day)

2. After coming back from the vacation, have you engaged in **savoring** to intensify, enhance or prolong your positive reminiscence?

3. What is the most effective savoring method that you have engaged in to intensify or prolong positive reminiscence?

Please think about what you have been doing and experiencing during the <u>past two weeks</u>. Use the following response options to indicate how often have you engaged in the following activities when you were recollecting or reminiscing about your past vacation?

In general, when I was reminiscing about the past vacation, ……

1	I expressed positive emotions (e.g., excitement, happiness) with non-verbal behaviors (e.g., jumping, laughing).	1	2	3	4	5
		Never				Always
2	I made verbal sounds of appreciation to help myself enjoy the moment (e.g., saying mmm, aahh, humming)	1	2	3	4	5
		Never				Always
3	I closed my eyes, relaxed, and enjoyed the moment.	1	2	3	4	5
		Never				Always
4	I purposely took time to look at the photographs and videos created during my vacation.	1	2	3	4	5
		Never				Always
5	I talked to or messaged others about how good I felt about the trip	1	2	3	4	5
		Never				Always
6	I talked with those who vacationed with me about how much I enjoyed sharing it with them	1	2	3	4	5
		Never				Always
7	I shared my details of vacation experiences with other people	1	2	3	4	5
		Never				Always
8	I vividly anticipated or thought back of good experiences related to the trip	1	2	3	4	5
		Never				Always
9	I dreamed about future vacations, hoping to recapture the pleasures of my most recent vacation.	1	2	3	4	5
		Never				Always

9. In the past 2 weeks, if you engaged in savoring activities that are different from the savoring activities above, please describe:

_____