
EFFECTS OF TOURISM ON PSYCHOLOGICAL WELLBEING, POSITIVE YOUTH DEVELOPMENT AND ACADEMIC PERFORMANCE AMONG UNIVERSITY STUDENTS

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ABSTRACT

Quantitative information served as the foundation for this analysis. This study makes use of a correlational design, a non-experimental methodology for which the researcher observes multiple regression to determine the observable link between them, with almost no effort to control confounding factors. This study seeks to identify the good and negative repercussions of tourism on a variety of social and economic factors. Several methods are utilised to assess the impact of tourism in this study. Those tools are as follows: Ryff's psychological well-being scale (Arnold, Nott & Meinhold, 2012), Positive youth development Inventory (Arnold, Nott & Meinhold, 2012), Scale of memorable tourism experience (Churchills, 1979), College Self Efficacy Scale (Owen and Froman, 1988). The present study was conducted to merge four different variables (tourism, psychological wellbeing, positive youth development and academic performance) in one domain and to assess the correlation between them. Sample of this study is 250 university students, out of which one hundred and fifty are male and one hundred and fifty are female. Results shows that bachelors students are high in positive youth development and masters students are high in tourism, psychological

wellbeing and academic performance. There is a significant positive correlation between Tourism and positive youth development and significantly negative correlation of tourism with psychological wellbeing and academic performance. Positive youth development has a significantly negative correlation with psychological wellbeing and academic performance. Also, psychological wellbeing has a significantly positive correlation with academic performance. The data exposition of this study supported the hypothesis that tourism has positive effect on psychological wellbeing, positive youth development and academic performance.

KEYWORDS

Psychological wellbeing, positive youth development, tourism, academic performance

INTRODUCTION

A large amount of numerical information was used in this analysis. This study used a correlational design, a non-experimental methodology wherein the researcher observes two variables to determine the observable link between them, with little to no effort to adjust for confounding factors. The purpose of this study is to investigate the potential good and negative outcomes of tourism in various fields. The impact of tourism is evaluated using a variety of metrics in this study. Each kid has his possess abilities, qualities, and interface that propose the youngster potential for a shining future. The knoll of positive youth improvement centers on each and every child's incomparable abilities, qualities, interface and future potential. (Damon, 2004). Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development.

Various models and approaches to fostering positive youth development are discussed, including Benson's 40 defining moments resource base, Lerner's 5Cs and 6Cs brands, Catalano's 15 positive parenting builds, Community Enthusiastic Continuing to learn, and the being "in the world on strange life and character look. At the outset, our youth leaders and neighborhood office allies tried to portray several key concepts associated with positive young players, including (a) a competency inspiring framework to citizen engagement; (b) future work and overall improvement for youth and adolescence organizations; as well as (c) adolescent years and cohesive science systems that support the advertising of these popular effects. Iwasaki (2015).

The teenagers-as-teachers demonstrate places teenagers within the part of educator, giving an opportunity to memorize approximately themselves in a modern setting. Youngsters pick up information of child improvement, lock in real-time emergency tackling, and pick up method assessing their individual lesson. Teenagers repeatedly associate viably with children, and children regularly see up to youngsters, in this way making a difference to set up a positive learning environment. Programs give openings for adolescents to be locked in a socially pivotal and successful way in their possess

improvement and the development of the more youthful age children. (Worker, Iaccopucci, Bird , & Horowitz, 2019).

Tourism

Travel to foreign countries or other locations outside of one's usual environment for either leisure or business/professional objectives has the potential to be a boon to a country's economy, culture, and/or traveler population as a whole. It is the responsibility of the tourism industry to accommodate visitors (who may be tourists or excursionists, locals or visitors) and the activities they partake in while they are in a destination (United Nations World Tourism Organization, 2008).

Building on the laying out of tourism, a commonly acknowledged portrayal of a traveler is "someone who travels at slightest 80 km from his or her domestic for at slightest 24 hours, for commerce or recreation or other reasons". The United Nations World Tourism Organization (1995) makes a difference us break down this definition advance by expressing visitors can be: Domestic (those at home in the country being visited), Foreign (those from elsewhere), and International (residents of one nation traveling in another nation)

This results in the emergence of new, overlapping types of tourism, such as "business tourism," "sports tourism," and "medical tourism" (worldwide travel embraced for the reason of getting restorative care). According to studies, vacationers tend to stick to well-trodden routes, benefit from tried and true organizational models, and enjoy the usual guarantees accorded to those on the lookout for a good time.

Even if its roots may be traced back to classical antiquity, modern tourism can be traced back to Western Europe during the middle ages, where it became an established part of the established social order (Waton, 2008).

Psychological wellbeing

The term "psychological wellness" is used to describe a state of mind that includes a healthy relationship with oneself and with others, as well as a healthy sense of control over one's own life and the ability to grow as a unique person (Burns, 2016).

An individual's level of psychological well-being is measured by how they describe feeling on a daily basis. People who report higher levels of psychological fellow human have become less likely to participate in criminal activity or substance abuse, for example. Growth predicts greater good and more prosocial activity, including volunteering, when people have higher levels of psychological well-being. (Morin, 2020).

Having both a high major affect and a low negative influence, as well as a high level of cognitive satisfaction with one's existence, are necessary conditions for experiencing happiness. The less well-known term "eudemonic" well-being is utilized to allude to the intentional viewpoint of positive youth improvement. The clinician Carol Ryff (1989) has created indistinguishable demonstrate that breaks down eudemonic well-being into six key sorts of psychological wellbeing. Self-Acceptance, Environment-Based Self-Direction, Relationship-Based Self-Direction, Growth-Based Self-Direction, Purpose-Based Self-Direction (Carruthers, Hood & Seifert, 2004, 2005).

Academic achievement

In spite of the fact that a great deal of the literature has centered on higher instruction, the information gotten on behavioral wonders experiential in colleges and colleges can possibly conduct inquiries about understudy behavior in essential and auxiliary schools. A number of behavioral designs have been connected to academic achievements, such as time allotment, dynamic social ties, rest term and rest quality, or cooperation in the donning movement. Most of the existing ponder, in any case, endure predispositions and impediments regularly related to studies and self-reports, especially when measuring social systems. (Kassarnig, Mones, Nielsen, et. al, 2018).

It can conclude that, an individual who ponder well or appear intrigued in their ponder and can make it on time they will have more time to discover the work since that the rate of work in Malaysia will increment. Understudies are tending to wrap up their consider on time rather than delaying or amplifying. (Razak, Baharom, Abdullah, et. al, 2019).

The studies carried out by United Nation World Tourism Organization (2005) show that youthful individuals travel more frequently than other sightseers; Youthful individuals seldom go without from traveling since of political distress, illnesses and common calamities. Youthful individuals are pilgrim who open new curiously domains; Youthful travelers not as it were get social benefits from travel, but too give to the improvement of places they visit; Youth tourism has long been not fair a specialized sort of tourism, since it is based on different perspectives of youth way of life. For youth tourism: One of the shapes of preparing; A way to discover unused familiarities; The opportunity to come into contact with other societies; A source of career advancement; A implies of self- advancement; Youth tourism effectively creates and takes a driving position within the world showcase. (The international Student Trial Confederation & Association For tourism Leisure and Education, 2005).

Hjalager and Flagstad (2012) defined well-being as the state of one's body and mind being in a state of harmony with one's environment. Positive emotions and enjoyment

of leisure time and recreational activities have been cited as indicators of health and happiness (Gilbert & Abdullah, 2002). The pioneering scholars in the field of tourism and well-being are Gilbert and Abdullah (2004, 2002) who studied the aftermath of the presumption of holidays and recreational activities on the sense of well-being of individuals. They concluded that the anticipation of a holiday trip had a positive impact on the respondent's well-being. McCabe and Johnson (2013) accessed well-being amongst social tourists and concluded tourism contributed to social tourist's well-being. Researchers also found that vacationers report feeling happier after their trips. Happiness among vacationers appears to be conceptualized by measures of subjective well-being. Tourists who return home with a sense of fulfilment have done more than simply have a good time.

Similarly another study by Topham and Moller (2011), the results were not measurably significant: the mental factors, measured when members were starting their to begin with year at college did not foresee their academic performance at the end of that year. According to Limanond, Butsingkorn and Chermkhunthod, (2011) University undergraduates are more likely social with special travel behavior: they are having more flexibility than the dedicated undergraduates with their unpredictable lesson timings, spend much less time in course than tall school understudies, regularly live on campus, can drive, and have more socialization commitments within the campus environment. Not even a single study studied these four variables (Tourism, Psychological wellbeing, Positive youth development and Academic performance) altogether. E.g. impact of tourism on psychological wellbeing, positive youth development and academic performance among university students.

LITERATURE REVIEW

Hjalager and Flagstad (2012), in their study, defined well-being as "a state of complete bodily and mental health that is in harmony with one's perception of one's own and the world's social and Positive emotions and enjoyment of leisure activities have been cited as indicators of health and happiness (Gilbert & Abdullah, 2002). In another study on tourism and happiness Gilbert & Abdullah found that vacationers report feeling happier after their trips. Happiness among vacationers appears to be conceptualized by measures of subjective well-being. Tourists who return home with a sense of fulfilment have done more than simply have a good time.

The main assumption arising from the literature is that people who are interested in tourism expect to feel better on a bodily, emotional and intellectual level, so they can build good relationships with others after holidays. They also tend to cope with their daily life routine in a much positive way. However, the type of tourist and traveling activities are of huge significance to enhance overall well-being. Leisure

traveling is usually seemed as an individual good with suggested advantages ranging from stress to improved personal relationships (McCabe & Johnson, 2013).

A case study by Richards and Wilson (2005), demonstrated that tourism among students and youth have increased due to the cheaper cost of airlines and more flexible employment benefits or other societal changes, such as ICT's and changing demographics modes within the mid 90's. This encourages to further studies to know that why tourism among youth has increased. An expanding number of nations and locales are presently aware of the focal points of youth tourism. Local communities can encounter unending financial opportunities as this portion frequently travel longer and spend more cash than other travelers. This fortifies adjacent businesses as well as cultivating closer social intelligent (UNWTO, 2016). When examining youth tourism and their impacts, the positive impacts are more highlighted than the negative impacts.

Comparing the sum of psychological wellbeing among the understudies of to begin with and the final scholastic a long time uncovers a factual noteworthy distinction between both bunches of understudies. Moreover, comparing the level of psychological wellbeing between the female and male understudies of College demonstrates a critical contrast. The authors prescribe for the instructors and guardians to keep in mind the meaning and significance of the variables that impact student's psychological wellbeing to way better get it and assess student's individual needs and values, in order to help and offer assistance them through their individual development and improvement. (Navale, 2018).

According to Limanond, Butsingkorn and Chermkhunthod, (2011) University understudies are more likely social gather with special travel behavior: they are having more flexibility than the dedicated understudies with their unpredictable lesson timings, spend much less time in course than high school understudies, frequently live on campus, can drive, and have more socialization commitments inside the campus environment. At their age, they are more likely to organize unpredictable trips since of their overpowering socialization and their related on each other.

RESEARCH OBJECTIVE

1. To examine the effect of tourism on psychological wellbeing and positive youth development among university students.
2. To explore relationship between psychological well-being, positive youth development, tourism and academic performance among university students.
3. To investigate the effect of demographic variables like age, gender, and education on tourism, psychological wellbeing and positive youth development among university students.

RESEARCH HYPOTHESES

1. There is a positive correlation between tourism, psychological wellbeing, positive youth development and academic performance among university students.
2. Tourism predicts psychological wellbeing among university students.
3. There is a difference between males and females students on tourism, psychological wellbeing, positive youth development and academic performance.
4. There is a difference between bachelor and masters students on tourism, psychological wellbeing, positive youth development and academic performance.

RESEARCH METHODOLOGY**Sample**

Sample is a small part or representative of population. On the other side a researcher may conduct a survey on the basis of its sample. In order to address the research aim, the participants will be selected by using techniques of probability sampling known as convenient sampling. We will select 250 students from different universities for data collection, out of which half will be male (n= 125) and half of students will be female (n=125). Age group of our sample will be 19-22 years. Our major focus will bachelor's students. Representation of overall population is the major reason of selecting simple random sampling for our research.

Instruments

Considering that simple random sampling is both a valid and novel method of data collecting, we shall employ it in our investigation. We'll be using three distinct measures of significance to draw conclusions from this study's random sample.

Ryff's psychological wellbeing scale

(Arnold, Nott & Meinhold, 2012) consisting of six different dimensions, the SF-36 measures one's level of autonomy, environmental mastery, personal growth, meaning in life, supportive relationships, and acceptance of oneself. Twenty-eight items on a Likert-type scale are used to assess participants' psychological health in this investigation.

Positive youth development inventory

Arnold, Nott, and Meinhold are responsible for creating this questionnaire (2012). Youth development is measured on a Likert type, 4-point scale from 1 (strongly disagree) to 4 (very agree) with this 55-item scale before and after participating in an educational or youth development programme. The scale's 6 domains are competence, confidence, character, connection, caring, and contribution (strongly agree).

Scale of memorable tourism experience

The 24-item Memorable Tourism Experience Scale developed by Churchills (1979) is

widely useful, in our opinion. There are 24 items overall, and they're all measured on a Likert scale from 1 (strongly disagree) to 4 (strongly agree) in the 7 categories of hedonism, relaxation, local culture, task significance, knowledge, involvement, and novelty (totally agree).

College self-efficacy scale

The first version of the Academic Self-Efficacy Scale was created by Owen and Froman (1988). The ensuing collection of 33 items has no discernible hierarchy. Included was an explanation on how to use a five-point Likert scale.

DATA ANALYSIS AND RESULTS

Table1: Descriptive statistics of Demographic variables of the study (N=250)

Variables	Frequency (f)	%
Education		
Bachelors	136	54.4
Masters	114	45.6
Gender		
Male	125	50
Female	125	50

Table 1 shows the demographics of the study with sample of (N=250) of students. According to the education bachelors students are (f=136, 54.4%) and master students are (f=114, 45.6%). According to the gender male students are (f=125, 50%) and females students are (f=125, 50%).

Table 2: Psychometric properties of the variables of study (N=250)

Variables	k	M	SD	α	Range		Skewness	Kurtosis
					Potential	Actual		
Tourism	24	71.86	11.52	0.90	24-120	24-96	-.53	1.13
Positive youth development	30	93.56	9.84	0.89	30-120	66-120	.36	.14
Psychological wellbeing	18	43.92	15.06	0.93	18-126	18-92	1.25	.95
Academic Performance	33	77.54	21.88	0.90	33-165	33-131	.28	-.32

Table 2 demonstrates the descriptive statistics for the variables under study. Cronbach alpha validates the internal consistency of the variables. The values (skewness= -.53, .36, .28, kurtosis= .14, .95, -.32) fall within the range of +1 and -1, indicating that the values are within acceptable range.

Table 3: Inter-correlations among study variables (N=250)

Variables	1	2	3	4
1 Tourism	1	.49**	-.37**	-.28**
2 Positive Youth Development	-	-	-.31**	-.45**
3 Psychological Wellbeing	-	-	-	.18**
4 Academic Performance	-	-	-	-

Note: *p < .05. **p < .01. ***p < .00.

Inter-correlations among study variables show that there is a significant positive correlation between Tourism and positive youth development (r=.49) and significantly negative correlation of tourism with psychological wellbeing (r=-.37) and academic performance (r=-.28). Positive youth development has a significantly negative correlation with psychological wellbeing (r=-.31) and academic performance (r=-.45). Also, psychological wellbeing has a significantly positive correlation with academic performance (r=.18).

Table 4: Regression analysis predicting psychological wellbeing from tourism (N=250)

	R ²	Adjusted R ²	B	B	T	P
Constant			79.48		14.21	.00
ism	.14	.14	-.49	-.37	-6.43	.00

Note: **p<.01, ***p<.001, CI=confidence interval

Table 4 indicates regression analysis predicting psychological wellbeing. The R² value of tourism is .14 which explains 14% variance brought by tourism. There is a negative relationship between tourism and psychological wellbeing.

Table 5: Regression analysis predicting positive youth development from tourism (N=250).

	R ²	Adjusted R ²	B	B	T	P
Constant			63.29		18.16	.00
Tourism	.24	.23	.42	.49	8.79	.00

Note: **p<.01, ***p<.001, CI=confidence interval

Table 5 indicates regression analysis predicting positive youth development. The R² value of tourism is .24 which explains 24% variance brought by tourism. There is a positive relationship between tourism and positive youth development.

Table 6: Means, Standard deviations and t values for Masters and Bachelors students among study variables (N=250).

Variables	Bachelors (n=136)		Masters (n=114)		t(248)	p	95% of CI		Cohen's d
	M	SD	M	SD			LL	UL	
Tourism	71.63	11.52	72.14	11.57	.34	.73	3.39	2.37	0.04
Positive Youth Development	94.49	9.74	92.46	9.90	1.61	.11	.44	4.5	0.20
Psychological Wellbeing	42.47	14.89	45.66	15.14	1.67	.09	6.95	.55	0.21
Academic Performance	74.74	22.33	80.82	20.97	2.19	.03	11.52	.63	0.28

Table 6 shows the differences between bachelors and masters students on Tourism, Positive youth development, Psychological wellbeing, and academic performance. The mean column of the table indicates that there is a significant difference between bachelors and masters students under academic performance (Mean of bachelors=74.74, Mean of masters=80.82).

Table 7: Means, Standard deviations and t values for Males and Females students among study variables (N=250).

Variables	Male (n=125)		Female (n=125)		<i>t</i> (24 8)	<i>p</i>	95% of CI		Coh en's d
	M	SD	M	SD			LL	UL	
Tourism	74.64	11.26	69.08	11.14	3.91	.0	2.76	8.34	0.49
Positive Youth Developmen t	95.31	9.76	91.76	9.64	2.86	.0	1.11	5.98	0.36
Psychologic al Wellbeing	37.93	7.87	49.92	17.92	6.84	.0	15.43	8.53	0.86
Academic Performance	74.67	22.43	80.45	21.00	2.09	.03	11.22	.35	0.26

Table 7 shows the differences between male and female students on Tourism, Positive youth development, Psychological wellbeing, and academic performance. The mean column shows that there is a significant difference between male and female students under tourism (Mean of male=74.64, Mean of Female= 69.08), positive youth development (Mean of male=95.31, Mean of female=91.76), psychological wellbeing (Mean of male=37.93, M of female=49.92), and academic performance (Mean of male=74.67, Mean of female=80.45).

DISCUSSION

This research is conducted to find out the effects of tourism in different domains of life, which may be negative or positive. In this research different tools are used to measure the effect of tourism. Those tools are as follows: Ryff’s psychological wellbeing scale (Arnold, Nott & Meinhold, 2012) Positive youth development Inventory (Arnold, Nott & Meinhold, 2012) Scale of memorable tourism experience (Churchills, 1979), College Self Efficacy Scale (Owen & Froman, 1988). Sample of this study is 250 university students, out of which one hundred and fifty are male and one hundred and fifty are female. Results shows that bachelors students are high in positive youth development and masters students are high in tourism, psychological wellbeing and academic performance. There is a significant positive association between Tourism and positive youth development and a significant negative correlation of tourism with psychological wellbeing and academic performance. Positive youth development has

a significantly negative association with psychological wellbeing and academic performance. Also, psychological wellbeing has a significantly positive correlation with academic performance.

In previous researches, researchers were focused on the people who were involved in tourism, and they specifically went on these recreational trips and events for health and wellbeing benefits. In another study it is suggested that young people travel more frequently and long distance trips are still be considered as a once in a lifetime opportunity. Therefore, most of youth are prompted to spend a lot of time and money to make certain a memorable trip (Richard & Wilson 2005). According to Limanond, Butsingkorn and Chermkhunthod, (2011) University students are more likely social bunch with special travel behavior: they are having more flexibility than the dedicated students with their unpredictable course timings, spend much less time in course than tall school students, regularly live on campus, can drive, and have more socialization commitments within the campus environment. The present study was conducted to find the effects of tourism on different domains of life and to assess the correlation between them. The data exposition of this study supported the findings that tourism has positive effect on psychological wellbeing, positive youth development and academic performance. The hypothesis and results of the present study are mentioned below in detail.

The results of the current study are consistent with those of Stone and Petrick (2017), who found that travel generally improves scholastic performance of children in areas like IQ tests, math tests, general knowledge, and overall academic performance (Ingraham & Peterson, 2004; Morrison, 1924; Novelli & Burns, 2010). Firstly it is hypothesized that the students who are involved in tourism perform higher in academics but it is rejected due to the small sample size and online data collection, another reason is low level of concentration of students on study as they just focus on touris. Stone and Fesenmaier (2017) present experience learning as a way by which trips effect children, such that they evade the brief rereading of other scales.

Some of the study findings has been rejected, it is rejected that there is a 'positive association between tourism and psychological wellbeing' and it is supported by results of Steyn, Saayman and Nienaber (2004). They found that there are possible reasons for changes in psychological wellbeing which included that some participants are not first time travelers and therefore one can assume that there must be specific problems to address if these people show a decrease in their well-being.

Matud, Curbelo, and Fortes (2019) provide support for the hypotheses at hand by reporting statistically significant gender differences across a range of psychological well-being measures; specifically, men outperformed women on measures of self-

acceptance and independence, while women outperformed men on measures of personal growth and supportive relationships. However, the first part of the hypothesis was rejected due to a small sample size, which was also used to reject the second part of the hypothesis. To back up their findings, Bizirgiannia and Dionysopoulou (2013) argue that the tourist industry has begun to recognize the needs of young people through this shift and has responded to this problem by establishing a strong presence in the social media sphere.

On basis of results of the study, it can be concluded in simplified manner that the positive youth development is increasing due to tourism And academic performance is enhancing due to psychological welling whereas psychological wellbeing and academic performance is below the average due to tourism Positive youth development has a significantly negative correlated with psychological wellbeing and academic performance. As the reasons behind the negative findings are small sample size, and low concentration level of students on study as they just focus on tours and trips so avoid the brief reading. It supposed to one can expand the sample size and use the random sampling to improve generalizability and data should be collected from other areas as well for representative sample.

RECOMMENDATIONS

As we noted from results of this study tourism has positive impact on psychological wellbeing, positive youth development and academic performance, which shows the importance of tourism in different aspects of life. To disperse the importance of tourism to nation, it is necessary to convey awareness about its impacts on different aspects of life. Concerned organizations like UNWTO should plan awareness sessions regarding the benefits of tourism.

These authorities can spread awareness by using social media platforms, by conducting online sessions, by introducing different amusement places, and by advertisement. Campaigns should target the youth. It is suggested that schools and universities should arrange trip opportunities for students once in a year to improve their academic performance, to give them a break from studies for a while and to experience something new and amusing for their better performance in many aspects of life. They can also arrange study trips for students for learning purpose, because one can learn better by experience rather than cramming.

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