

Subjective factors of travel activity for the purpose of cultural support of biological diversity for individuals with different success levels

Tatyana Shcherbakova^{1*}, *Galina Zvezdina*¹, *Elena Kalinina*¹

¹Don State Technical University, 344002 Rostov-on-Don, Russia

Abstract. It is shown that the activity of a person's travels is associated with his psychological characteristics, ideological attitudes, needs for new connections and knowledge. Travel is endowed with a psychological resource that allows you to actualize the motivation for positive personality transformations. A system of internal factors for personal travel activity is identified and described: direction, tolerance for uncertainty, interests, tendency to accept novelty and test one's capabilities. The factors that determine the specificity of travel trajectory choice and tourist programs' types in the conditions of modern realities are described. The content of external and internal factors that can enhance the psychological resource of travel as a platform for self-development and personal improvement is shown. The role of travel in cognitive, communicative and personal transformations, in the development of the subject's ability to productively solve complex situations and effective activity in conditions of uncertainty is shown. The novelty of the study lies in the identification and subjective factors' description of travel activity for individuals with different success levels. Empirically, studies have identified severity indicators of tolerance and intolerance to uncertainty among participants in tourism programs with different statuses of success and self-efficacy.

1 Introduction

In the modern situation of sociocultural dynamics, the desire for self-improvement and development increases, general mobility awakens the desire to transform one's life situation and lifestyle. The psychological resource of travel is of great importance in the implementation by the subject of an individual project of his own changes. The implementation effectiveness of the psychological functions for travel is determined not only by objective, but also by subjective factors, such as: the level of individual aspirations; readiness for uncertainty, the ability to show mobility and flexibility, satisfaction with the

* Corresponding author: tatiananik@list.ru

decision made; self-trust. The tourism resource is revealed more fully in the presence of psychological and pedagogical support for this process [1].

In the modern world, the process of human development lasts throughout life and involves changes in interests, personality orientations, lifestyle and picture of the world. In this regard, travel plays the role of expanding the experience boundaries, a source of new information and impressions, and a stimulator of vivid emotional experiences. The sensory fabric of consciousness is enriched, horizons are broadened, and a worldview is formed due to acquaintance with another culture [2].

In modern conditions of uncertainty, dynamism and abundance of innovation, human life becomes the subject of transformation, which leads to the search for a platform revealing personal potential and expanding the space of life. Travel in this case allow you to increase independence, responsibility, enhance a sense of freedom, generate innovative ideas and the desire to invent a creative product and new projects. Psychologists consider travel as an effective way of self-education and self-generation of the subject, maintaining and improving the status of psychological health. It has also been shown that people who prefer cultural and historical tourism are characterized by reduced sensitivity and an insufficient level of spontaneity. Each type of tourism, apparently, has a special influence on the development of certain psychological characteristics of its participants [3].

Innovative changes in the world lead to the fact that self-determination becomes a permanent process. This encourages a person to actively develop, to try himself in completely new types of activities and unusual situations. Currently, the attention of psychologists is drawn to questions of the mechanisms and features of the subject socialization, in the context of which there is an assimilation of attitudes, values, and the inclusion of ideas about the diversity of the world and various methods of self-realization into the space of internal individual reality [4].

From the viewpoint of psychologists, during active inclusion in tourist programs, a person forms motives for growth and success, initiates cognitive and personal development, and the creation of new social relationships. Psychology emphasizes that the psychological resource of travel is used to the fullest if the content of the tourist program corresponds to the orientation of the individual and the characteristics of his aspirations; motives of activity, worldviews, values, meanings [5]. The “psychological trails” of travel experience manifest themselves in compensation and overcoming certain limitations in understanding oneself and the world, strengthening the ability to adapt and pre-adapt. The ability to enjoy one’s own activity of participating in tourism programs is associated, first of all, with resistance to unfavorable environmental conditions; the ability to identify external and internal factors that are significant for achieving the goal; manage cognitive resources, monitor, evaluate and adjust plans.

It is of interest to research the predictors of an individual’s turn to travel as a resource for increasing the eventfulness of the living space, a factor that increases the psychological well-being of the subject. An individual’s potential in choosing productive tourist navigation is determined by the development of the ability to model, orientation towards innovation, the ability to take risks and the ability to act quickly and adequately in a variety of situations, readiness to expand experience, and curiosity. In the research of modern psychologists, tourism is endowed with the function of psychological assistance to the subject in solving emerging life problems that require the transformation of attitudes, habitual patterns of behavior, and individual style of perception of reality [6].

An important projection of the travel experience is the development of regulatory skills, the ability to adequately evaluate oneself and the results of one’s activity, and strengthening the manifestation of the individual’s resilience in difficult situations. In psychology, the research of travel motivation phenomenon is associated with the study of lifestyle, worldview, and attitude to uncertainty. At the same time, the subjective potential of a mature

personality contributes to the self-determination of the efforts made to transform oneself and the circumstances of life, here the activity of travel plays an important role influencing the cognitive sphere of a person, opening a new vision of reality [7].

It has been proven in psychology that a subject who has realized himself to the maximum, has reflected on the goals of his actions, and is psychologically prosperous is capable of bringing great benefit and greater efficiency in social interaction. In modern conditions of uncertainty, dynamism and abundance of innovation, human life is becoming the subject of transformation and the culture of travel is becoming increasingly popular as a construct of individual living space. In the process of participating in tourism programs, a person receives new knowledge and impressions that can update the motivation for achievement. This is precisely what justifies the increased scientific interest in the issues of motives for tourist activity, predictors of awareness of existing needs.

In a situation where the quality of life improves, people come to understand that they can do things that bring psychological well-being, inner satisfaction, and also expand their living space. In case of dissatisfaction with one's situation, travel can be a unique solution to the problem by enriching impressions and expanding ideas [8]. In the context of participation in the implementation of tourism programs, the subject begins to more consciously and deeply understand the world, other people and himself. Getting to know the way of life by other people from different sociocultural groups allows you to reflect on your own problems, evaluate your life from other positions, see new perspectives, and more clearly understand personal values and beliefs. Moreover, the activity of personal travel promotes emotional relaxation, increasing the status of psychological well-being due to the accumulation of vivid positive impressions, which actualizes the motivation to improve the subject's quality of life.

From the psychological science point of view, travel experiences stimulate the personal, cultural and spiritual development of the subject. Time spent traveling allows you to focus more fully on yourself, subjective goals, dreams, hobbies and interests. In the process of traveling, the subject is forced to constantly adapt to changing conditions, which contributes to the development of thinking flexibility and social competence, which will increase success in later life. In the process of participating in tourism programs, the subject is constantly faced with new information and the need to make decisions and be responsible, rationally plan and manage their finances and behavior, overcome emerging difficulties and find the best way out in difficult situations, and manage their time.

2 Materials and Methods

The purpose of the study was to study the subjective factors that determine travel activity among people with different levels of success. The following research methods were used: questioning (author's questionnaire "Subjective assessment of personal and professional success"); testing; methodology "Self-efficacy Scale" (Sh. Ralph, M. Yerusalem standardized by V. Romek); methodology "New Questionnaire for Tolerance of Uncertainty" (T.V. Kornilova).

The empirical object of the study - the study involved persons who contacted travel agencies with the aim of purchasing travel packages in the amount of 60 people.

The hypothesis was that respondents who practice tourism on a regular basis can be characterized by pronounced personal and professional success and a high level of tolerance for uncertainty.

At the first stage of the empirical study, a questionnaire was conducted to study the subjective assessment of personal and professional success (the author's questionnaire). The "Self-Efficacy Scale" technique was also carried out.

Based on the analysis of the results studying self-efficacy and subjective assessment of success, the group of respondents was divided into two groups: group 1 - successful, group

2 - unsuccessful. The successful group consisted of 22 people (36%) who travel regularly and the unsuccessful group who travel situationally – 38 people (64%) of the sample.

3 Result

Self-efficacy refers to a person’s belief that he is able to behave in a way that will lead to the desired results - the success of his own actions. Using the author's questionnaire, respondents were surveyed to study the subjective assessment of success. As criteria for success, respondents named interest in the work performed, receiving satisfaction from the results of activities and not only material ones, the desire to initiate new projects and ways to improve living conditions, realizing their abilities and gaining new experience, the data is presented in Figure 1.

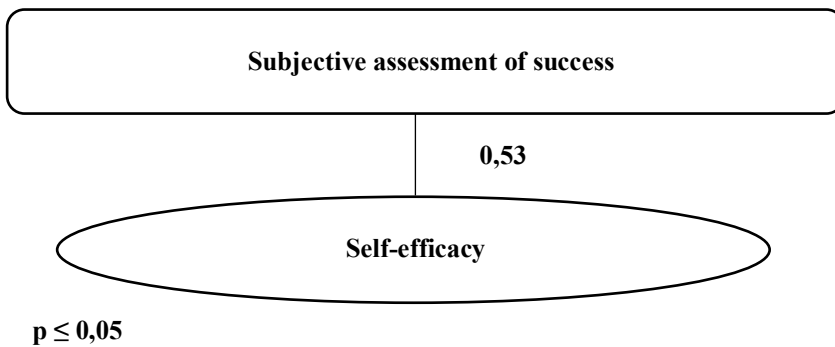


Fig. 1. Correlation analysis of results. Correlation between subjective assessment of success and self-efficacy

A correlation analysis was conducted to study the relationship between self-efficacy and subjective assessment of success, during which a moderate positive relationship was revealed between these indicators. Based on these results, it was concluded that success is directly proportional to self-efficacy. A person who chooses to travel (tourism) for leisure activities is often in a situation of uncertainty. In this regard, the “New Questionnaire of Tolerance of Uncertainty” (T. V. Kornilova) technique was used to study the severity of tolerance-intolerance to uncertainty, the data is presented in Figure 2.

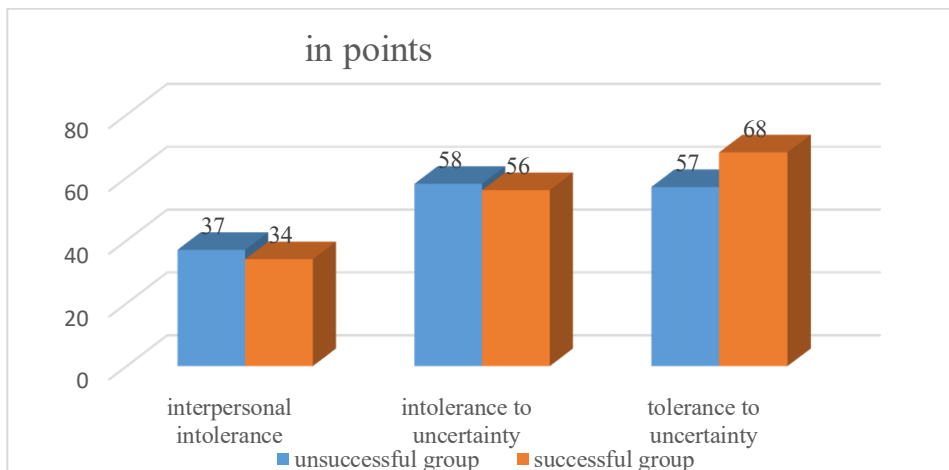


Fig. 2. Expression of indicators of tolerance to uncertainty in individuals with different levels of success

The diagnostics showed that the indicator values of the two respondents' groups were within the range of medium and high values. Analysis of the scales showed that interpersonal tolerance in both groups of respondents is within the average values and has minor differences. Interpersonal tolerance to uncertainty is manifested in the desire for clarity and control in interpersonal relationships, in a feeling of discomfort in case of uncertainty in relationships with others. In general, this corresponds to the criteria of instability, monologue, and staticity in relationships with others.

Both groups of respondents demonstrated acceptance of others and situational understanding of their problems. The intolerance to uncertainty scale is within the average range. Respondents with such indicators show a desire for relative clarity and stability of the situation. The study of the tolerance to uncertainty scale showed that respondents with different levels of success showed differences on the tolerance to uncertainty scale.

Analysis of differences in the severity of empirical indicators among respondents with different levels of success was carried out using the nonparametric Mann-Whitney U test. Establishing the significance of differences using the Mann-Whitney test showed that statistically significant differences were identified on the "tolerance of uncertainty" scale.

Table 1. Results of statistical analysis of empirical indicators using the Mann–Whitney U test

Indicators	Expressiveness of rank	Expressiveness of rank	U	P
	successful group	unsuccessful group		
intolerance	736	690	188	0,05
tolerance of uncertainty	776	400	49	0,01

The successful group demonstrated a high level of tolerance for uncertainty, which indicates their willingness to change and perceive the situation of uncertainty not as a problem, but as an opportunity. Such people independently resort to searching for solutions to new non-standard situations. Such situations actualize their personal potential and focus on results. When traveling, people expect new discoveries and unexpected situations, so respondents with a high level of tolerance for uncertainty have a more pronounced motivation to visit new places and get acquainted with another culture.

Thus, the study showed that successful respondents who more often choose travel as a leisure activity are characterized by self-efficacy and a high level of tolerance for uncertainty, compared to less successful respondents who prefer more traditional leisure activities.

4 Discussion

The problem of meaningful leisure time through tourism is becoming an urgent problem for modern researchers. Today, researchers consider tourism activity as a space of vectors manifestation for human self-development. Tourist trips are defined by psychologists as a means of stimulating personal growth and developing tolerance and improving communication skills. Researchers note that while travelling, the subject not only perceives a new objective reality for him, but actively studies, forms, completes and transforms his own "cognitive matrix of reality", adjusts the system of ideological beliefs, complements ideas about the world, about others and about oneself, thereby enriching the semantic space of your personality.

Modern psychological research shows that a travelling person is a subject looking for a new personal and social identity, as well as wanting to build new connections and

relationships with people and the world. The results of studying the psychological characteristics of people practicing various types of tourism showed the presence of statistically significant differences in the content of characteristics among people who prefer different types of tourism.

From the modern psychologists' point of view, travel acts as a space for demonstrating resistance to uncertainty and realizing personal potential. The psychological feature of travel is the transformation of the external and internal characteristics of the subject, the opportunity to establish new contacts, expand the circle of communication, develop the ability to accept and adequately rationally respond to the uncertainty of the situation, show frustration tolerance, which helps to increase readiness for innovations of various kinds in life in general.

From the psychologists' point of view of, in the process of traveling a person, leaving the "comfort zone" beyond the boundaries of his usual environment, becomes more open to new ideas and experiences, which expands individual capabilities, contributes to the development of evaluative and analytical skills and becomes a significant factor in personal, social and professional development. High travel activity helps to increase the subject's openness to new experiences, the development of curiosity and tolerance; the development of the ability to pre-adapt. The delayed psychological effects of travel activity are that the subject learns to accept new experiences, find compromise solutions and control his emotions, and perceive time and space in a new way.

5 Conclusions

The current situation poses the task of developing the subject's psychological and competence readiness for mobility, uncertainty, innovation, etc. In this regard, the development of a psychological cluster for personal characteristics that ensure successful pre-adaptation of the individual, such as: the ability to deeply understand and reflect on various life situations and respond to them mobilely and adequately, is of particular importance; the ability to confront challenges and risks, overcome apathy; willingness and ability to change one's behavior in accordance with the specifics of the situation; self-determination skills; persistent motivation for competence; desire for growth and achievement. Here, immersion in tourist programs, opening up new horizons for the individual, acts as a kind of simulator for the development of relevant skills.

Successful subjects are characterized by resilience, are able to maintain control over the situation, demonstrate developed communication abilities and integrated subjective control, have high autonomy, and are able to choose adequate positive coping strategies in stressful situations. A person who successfully operates in different spheres of life is able to control his life, freely make decisions and implement them in situations of uncertainty.

The high travel activity of successful people is associated, first of all, with the desire to gain new experience, expand ideas about the world, test new patterns of behavior and satisfy the need for novelty. The personal meaning of travel is associated, first of all, with the enrichment of the sensory tissue of consciousness, the saturation of the subjective living space with new experiences, vivid impressions, and the development of individual ideas about various ways of organizing one's own existence. It is personal meaning that becomes a powerful motive for travel activity and participates in the subject's conscious choice of both the type of tourism and the corresponding navigation. Personal meaning enhances the emotional component of travel activity, making it even more attractive to the subject.

The choice of travel activity vector reflects the orientation of the individual - a complex psychological development that has a multi-level and multi-component structure that integrates individual attitudes, motives, desires, aspirations, needs, drives, intentions, interests, inclinations, beliefs, ideals, world - ideological positions, values and meanings. Therefore, when developing the content of tourism programs, it is necessary to take into

account monitoring data of the psychological characteristics for potential service's consumers. One perspective of the study is to compare the perceptions of different cultures of landscapes by people with different travel experiences.

References

1. N. Vladimirov, N. Kuznetsova, M. Arpenteva, Psychological and pedagogical support of food sports tourism. *Modern problems of service and tourism* **15(1)**, 34–48 (2021) <https://doi.org/10.24412/1995-0411-2021-1-34-48>
2. A. Korobchenko, G. Golubchikov, M. Arpentyeva, Psychological and pedagogical possibilities and limitations of glamping: tourism as a practice of human development. *Physical Culture. Sport. Tourism. Motor recreation* **5(4)**, 134–140 (2020)
3. A. Litvin, Psychological characteristics of people practicing various types of tourism. *South Russian Journal of Social Sciences* **19(2)**, 100–116 (2018)
4. V. Ekintsev, A. Cherdantseva, Tourist activity as a manifestation of human self-development. *Psychology in Economics and Management* **1**, 70–74 (2011)
5. A. Cherdantseva, Psychology of the traveler. Study of personal characteristics. *Bulletin of Tomsk State University* **333**, 149–152 (2010)
6. S. Filep, Positive Psychology and Tourism. *Handbook of Tourism and Quality-of-Life Research* **2**, 31–50 (2012) https://doi.org/10.1007/978-94-007-2288-0_3
7. A. Holden, *Tourism Studies and the Social Sciences* (London, Routledge, 2012)
8. L. Skavronskaya, N. Scott, B. Moyle, D. Le, A. Hadinejad, R. Zhang, S. Gardiner, A. Coghlan, A. Shakeela, Cognitive psychology and tourism research: state of the art. *Tourism Review* **2**, 221–237 (2017) <https://doi.org/10.1108/TR-03-2017-0041>
9. T. S. M. Tse, Does Tourism Change Our Lives? *Journal Asia Pacific Journal of Tourism Research* **9**, 989–1008 (2014) <https://doi.org/10.1080/10941665.2013.833125>
10. Yu. A. Griber, The influence of color on recognition memory for cultural landscapes. *Russian Psychological Journal* **20(3)**, 157–172 (2023) <https://doi.org/10.21702/rpj.2023.3.8>