

Relationship Between Traveling Habits and Happiness Index

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ABSTRACT

Purpose: This study aims to determine the correlation between travel habits and the happiness index. Many people have recently experienced stress at work and even among students. The ongoing trend is to travel, which could reduce stress levels and increase happiness.

Research methods: This quantitative study uses statistical data analysis with the Normal P-P Plot test and Pearson Correlation test. Data collection techniques used questionnaires with 100 Gen Z and millennial respondents.

Results and discussion: The analysis shows a significant relationship between traveling habits (variable X) and the happiness index (variable Y), with high reliability and correlation values.

Implication: These findings support the hypothesis that traveling habits strongly influence an individual's happiness level, which aligns with previous research showing that traveling can improve mental and physical well-being.

Keywords: Traveling habits, habit theory, happiness index

INTRODUCTION

Indonesia is ranked 80th out of 143 happiest countries according to the World Happiness Report Index 2024. According to the Central Bureau of Statistics of Indonesia, the Happiness Index 2017-2021 was measured using 3 (three) dimensions: Life Satisfaction, Feelings (Affection), and Meaning of Life (Eudaimonia). According to the Kamus Besar Bahasa Indonesia (KBBI), happiness is a state or feeling of being happy and peaceful. In the sense of words, happiness is psychological concerning a person's feelings. Several factors can affect human happiness, including Health, Physical Attractiveness, Living Conditions, Balance between Expectations and Achievements, and Emotional Adjustment. Happiness and mental health have become hot in Indonesia, especially among millennials and Gen Z. Nowadays, many young Indonesians feel that their mental health is terrible, and they do not feel happy.

Based on research conducted by Gan (2021) titled "The Influence of Traveling on the Mental Health of College Students," the study's results showed a positive correlation between traveling habits and students' mental health. The study showed that traveling helps improve students' mental health and has been used to improve tourism products suitable for students. In addition, "The Global Commission on Aging and the Transamerica Center for Retirement Studies and the US Travel Association also explained that women who travel at least twice

a year show a lower risk of heart attacks than those who only travel once every six years, just like men, men who do not take annual vacations show 20% higher mortality and are at greater risk of heart disease. "

Traveling is one of the most popular activities for most people; traveling also allows someone to escape from their daily routine. According to the Ministry of Tourism and Creative Economy, Indonesia is a country that has become a destination for foreigners. In 2023, there will be an increase in local and foreign tourists. There is a movement of domestic tourists in the first semester of 2023, which has reached 433.57 million trips, or an increase of 12.57% from 2022. Meanwhile, the number of foreign tourists as of July 2023 reached 6.31 million visits, or, an increase of 196.85% compared to 2022.

Nowadays, traveling has become one of the most popular attractions in Indonesia, both among young and older adults, especially students, millennials, and Generation Z. When traveling; many people like to capture activities or moments they take during their trip as proof that they have traveled to the place they visited on social media and post stories on their respective blogs or accounts.

Based on several previous studies, traveling has many benefits: it relieves stress and improves well-being. Traveling is often called "Healing" among young people such as Gen Z and Millennials. Healing means a healer who aims to gain peace of mind and soul. "According to research from Cornell University on Forbes, a sense of anticipation of the travel plan can increase happiness more significantly than in reality." Healing can also be interpreted as a recovery process or healing from wounds and emotions. Currently, many Social Media users use the word healing as a concept for traveling.

Tourists or Travelers are temporary visitors who stay at least 24 hours (overnight) at their destination. The benefits of this traveling activity include reducing stress levels, reducing the risk of death, and making people feel better, sound, and happy. Traveling has several elements, including natural elements such as forests, waterfalls, rivers, beaches, etc. In contrast, artificial elements such as golf courses, zoos, safari parks, etc., and natural places can mostly make someone feel more relaxed.

Many people make traveling their source of happiness, specifically after experiencing stress at work or school. Many Gen Z and Millennials travel to the areas or places that become hot topics. They spend a few days enjoying the excitement of tourist attractions or just walking around breathing in the cool air in the area. The high work demands make many Millennials travel to tourist attractions to rest and seek happiness. Based on this background, this study aims to see if there is a positive correlation between traveling habits and a person's happiness index.

Traveling is an activity carried out by individuals or groups to explore new places, experience different cultures, and explore tourist destinations. Traveling can be done for various purposes, such as vacations, business, education, or exploration. Because it is not only fun, the benefits of traveling are very diverse. According to Hermawan, H (2017), various factors arise when someone travels, namely (1) the Means of Refreshing; (2) Traveling is considered more positive to fill free time; (3) the Influence of friends; (4) the Influence of media; (5) Sufficient economic conditions.

Habits are automatic behaviors acquired through repetition through cues,

routines, and rewards (Wood et al., 2002). Habits are a potential driver of sustainable tourism behavior and increase understanding and predictions to provide significant theoretical contributions. Indonesian tourists are the only country in the Asia Pacific whose tourists do research and booking via mobile (cell phones) compared to laptops or PCs; around 69% of Indonesians do travel research using mobile and 62% book travel via mobile. Indonesian tourists are most influenced by conversations with other people, friends, or relatives (Word of Mouth). In Asia, people tend to be influenced by what they see on social media.

Currently, the issue of mental health and happiness is quite a concern. If we look at it, more and more Indonesian people are experiencing problems in the field of mental health, with the increasing number of suicide cases occurring in Indonesia. Therefore, more studies are identifying happiness-related factors, including happiness in traveling.

Based on the Survey of happiness level measurements conducted in 2018 by the Magelang City Research and Development Agency, adopting from the measurement of happiness indicators conducted by BPS in 2017, here are three dimensions that can be used as benchmarks:

1. The life satisfaction dimension consists of 10 (10) indicators related to essential life domains covered in 2 (two) subdimensions. The first subdimension is Personal Life Satisfaction, namely: a) education and skills, b) main job/business/activity, c) household income, d) health, and e) house conditions and house facilities. The second subdimension is Social Life Satisfaction, namely: a) family harmony, b) availability of free time, c) social relationships, d) environmental conditions, and e) security conditions.
2. Feeling Dimension (Affect), which consists of 3 (three) indicators that describe the condition of the respondent's affection in living their daily lives, namely: a) feelings of happiness/joy/joy, b) feelings of not being worried/anxious, and c) feelings of not being depressed.
3. Meaning of Life Dimension (Eudaimonia), which consists of 6 (six) indicators that describe the meaning of the respondent's life in living their daily lives, namely: a) independence, b) mastery of the environment, c) self-development, d) positive relationships with others, e) life goals, and f) self-acceptance.

By then, research on happiness has gradually developed in economics, psychology, and other fields. The topic of happiness is one of the oldest philosophical research topics, and it is often defined as evaluating one's life positively. Some people believe that happiness can come from a person's economic ability. However, some believe that happiness is a peace of mind that comes more from psychological aspects. Happier people tend to be more successful in many other areas of life, including marriage, social relationships, work productivity, and health. Based on the background of the study, the research question of this research study is as follows: Is there any relation between traveling habits and a person's happiness index, and how significant is the relationship between traveling habits and a person's happiness index?

RESEARCH METHODS

This study uses a Quantitative research approach. According to Creswell (2018), quantitative research is an interrelated set of constructs (or variables)

formed into propositions or hypotheses that specify the relationship among variables (typically in terms of magnitude or direction). A theory might appear in a research study as an argument, a discussion, a figure, a rationale, or a conceptual framework, and it helps to explain (or predict) phenomena that occur in the world.

More specifically, this study uses a correlation test. The purpose of this correlation is to find out the strength of a relationship between two existing variables. This study consists of two independent variables symbolized "X," namely traveling habits, and related variables "Y," namely the happiness index. The Correlation Test is intended to see the relationship between traveling habits and the happiness index.

This study's population is the Millennial Generation, aged 28 to 43, and Generation Z, aged 12 to 27. The researcher used convenience sampling and a non-probability sample to find the most convenient respondents. This study uses the Cochran formula for sampling because the population is too large or unknown. The sample in this study was 100 people, consisting of millennials and Gen Z.

The data in this study were obtained through the distribution of questionnaires compiled based on indicators of travel habits and the happiness index. The analysis used in this study consisted of a Validity Test, a Reliability Test, a Normal P-P Plot test, and a Pearson Correlation test.

RESULT AND DISCUSSION

Statistical Test Results

Validity and Reliability Test

This study conducted a reliability test to measure the consistency of the questionnaire used for data collection. The following are the results of the reliability test obtained using the Statistical Reliability Test using SPSS.

Table 1. Results of reliability analysis for travel habit variables

Reliability Statistics	
Cronbach's Alpha	N of Items
0,955	11

Table 2. Results of reliability analysis for the Happiness Index variable

Reliability Statistics	
Cronbach's Alpha	N of Items
,940	8

Tables 1 and 2 are the reliability analysis results for each travel habit and happiness index variable. Based on the reliability theory, this study's travel habit and happiness index variables are declared reliable because Cronbach's alpha values are 0.955 and 0.940, respectively.

The validity test was also carried out to see whether the questionnaire correctly measured the variables to be studied. The validity test was carried out

using the Pearson correlation test. After the validity test, it was found that all the questions in the questionnaire were declared valid with a calculated r value of more than the r table.

Normality Test

A normality test is conducted to see whether the data obtained comes from a normally distributed population. This is important because data that does not come from a normal distribution uses non-parametric analysis for its analysis test. In contrast, data from a normal distribution uses parametric analysis for its analysis test. This study uses the regular p-plot test for its normality test.

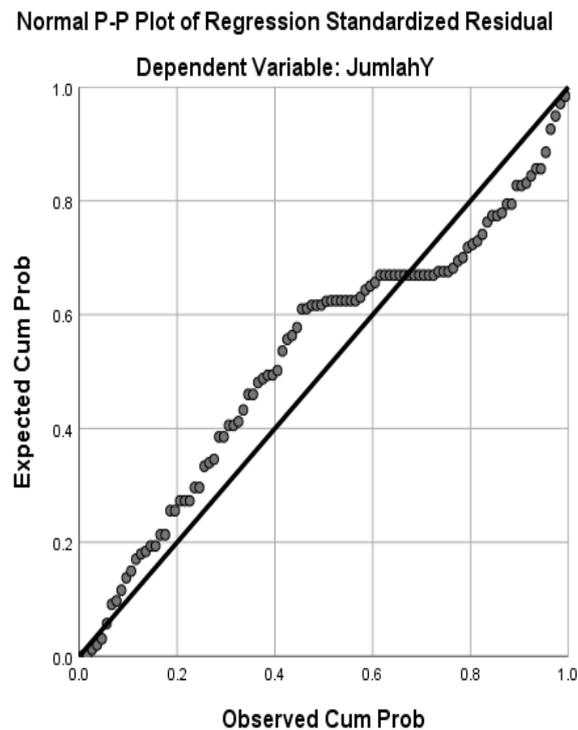


Figure 1. Results of Normal P plot Test

Figure 1 shows that the Normal P-P Plot data on the variables above is close to normal because the points in the distribution image are seen to be spread on the diagonal line. Based on the results of the P-Plot test in Figure 3. the research data on the variables are normally distributed. This can be seen from the points around and following the diagonal line on the P-Plot graph. Therefore, this normality test shows that the residual value is usually distributed and fulfilled.

Correlation Test

The Pearson correlation test was conducted to determine the relationship between travel habit variables and happiness index.

Table 3. Pearson Correlation Test Result

Correlations			
		Jumlah Y	Jumlah X
Jumlah Y	Pearson Correlation	1	.948**
	Sig. (2-tailed)		.000
	N	100	100
Jumlah X	Pearson Correlation	.948**	1
	Sig. (2-tailed)	.000	
	N	100	100

**** . Correlation is significant at the 0,01 level (2-tailed).**

Based on table 3. it can be seen that there is a relationship between variable x (traveling habits) and variable y (happiness index) with a significance value below 0.05. This shows that the respondents involved in the study, who came from the millennial and z generations, mainly considered traveling habits to be one of the things that can make them happy. The Pearson Correlation value is 0.948, which shows a robust relationship between traveling habits and the happiness index. This value is much greater than the range of 0.61–0.8, indicating a strong relationship.

Discussion

Previous studies have discussed the relationship between traveling and the happiness index little. So, it is hoped that this study can provide new insights into this relationship, especially for Generation Z and Millennials. Currently, the millennial generation and Generation Z are Indonesia's largest generations, as seen in Figure 5.



Figure 2. Age structure of the Indonesian population

Based on Figure 2. It can be seen that more than 50% of Indonesia's population currently consists of millennials and Gen Z, and many studies state that these two generations are also the ones who experience the most stress or pressure. According to (Gamby in Hasanah and Mediasari, 2024) in his research, the millennial generation has high levels of anxiety and depression due to low self-compassion. Self-compassion can be interpreted as empathy, compassion, and acceptance of oneself. Meanwhile, Generation Z has high-stress levels due to social pressure caused by the development of social media.

With many Indonesian people having high levels of anxiety or stress, it is hoped that this study can be one of the solutions to increase the happiness index in Indonesia. A previous study entitled "Healing as a stress coping through tourism" by Hikmah, N et al. (2022) stated that healing through tourism includes activities carried out by seeking peace and relaxation, indicators of quality of well-being, and quality or satisfaction of life. Many tourist attractions, such as nature tourism, offer healing to people tired of their daily activities. This is one of the findings of this study; namely, 51 percent of respondents felt that traveling could effectively relieve stress and boredom. In addition, 67 percent of respondents felt happy traveling to new and interesting places.

The researcher once conducted a short interview with one of the millennial generations who has a hobby of traveling. Informant A said that she felt fatigued and bored after working from time to time, which made informant A face a decrease in motivation to work. After traveling several times, informant A felt that with the habit of traveling, informant A regained his enthusiasm for work after completing the traveling activities. This is also synchronized with the opinion of 71% of research informants who filled out the questionnaire. They said they tend to be more energetic and motivated when returning from a trip/traveling.

In addition, this opinion is based on the indicators of the theory of happiness, which states that a person can be declared happy if they fulfill one of the dimensions of Feeling (Affect), which is composed of 3 (three) indicators that describe the condition of the respondent's effect in living their daily lives, namely: feelings of happiness/joy/joy, feelings of not worrying/anxious, and feelings of not being stressed. When traveling, a person tends not to have feelings of stress like at work or school but instead has feelings of happiness and reduced feelings of worry. This could also be because when traveling, the body releases endorphins and oxytocin hormones, which can make people happier.

This applies not only to someone who is already working but also to students, which is in line with research (Gan, 2021) that shows that traveling positively affects students' mental health in China. In this study, 70% of respondents thought traveling helped them develop stronger social connections. Of course, this is also very useful for those who are still in college or school because they can develop networking networks, make new friends, or even improve their communication and interpersonal skills.

Several things must be considered when traveling, such as determining the budget and tourist attractions so that someone does not feel disappointed after the traveling activity ends. Currently, traveling activities are much easier to do, even for younger people. Nowadays, access to ticket reservations for both transportation and accommodation is effortless. Budgeting and itinerary planning skills must also be considered for travelers; do not let the budget be on their

financial capabilities. For Gen Z and millennials, money is not a problem that is too much considered. With the YOLO concept (you only live once), they do not mind spending money to travel.

Along with the yolo concept in the mindset of Gen Z and millennials, around 75% of respondents feel that traveling is not just an activity that spends money but also functions to increase their pleasure. Almost 80% of respondents also agree that traveling can provide a better meaning to life. By traveling, they will find things that may not be found in everyday activities by looking at the community activities that may differ from life in big cities like Jakarta. The journal article by Paramitha, NA (2020) states that by traveling, someone can get to know themselves better, get to know the people they travel with, see life from a different perspective, enjoy youth, be more independent and confident, and gain new experiences and knowledge.

With the development of many fascinating destinations today, it is hoped that more young people, such as Gen Z and millennials, will travel. It is hoped that traveling more can increase the standard of happiness of urban communities, which are already tired of the hustle and bustle at work and school. In addition to increasing happiness, traveling is helpful for economic growth in the destination area.

CONCLUSION

Currently, the stress level experienced by Indonesian society, especially the younger generation, tends to increase. With the ease of society accessing and using social media, the younger generation often posts about their activities. If we look at the current trend, many young people make someone famous, commonly called an influencer, a benchmark for what to do. To minimize the level of stress experienced by someone who may have experienced pressure at work, school/college, or even in the family environment, many people look for sources of happiness that can be obtained. This study found that the habit of traveling can be one of the activities that the younger generation can use to increase happiness. With a reasonably high Pearson correlation value of 0.948, almost 90 percent of respondents agreed that traveling can make them happier. With this study, it is also hoped that more tourist attractions can package fun activities and be easily reached by many young generations.

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