Research Paper

The effect of leisure travelling on emotional intelligence and life satisfaction among women of Kerala

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ABSTRACT

The new trend of the 21st century is "travel wellness" which has provided a substantial opportunity for uplifting the tourism industry. The scholars have started to shift their interest to know how and what factor leads to the enhancement of wellness in an individual. The two such factors which are of highly importance are emotional intelligence and life satisfaction. The purpose of the investigation is to understand the effects of leisure travelling on emotional intelligence and life satisfaction among women who leisure travel and women who don't in Kerala and to understand the predictive nature of leisure travelling on a women's emotional intelligence and life satisfaction. A sample of 164 women was considered for the study. There were 64 women who did leisure travelling and 101 women who didn't. To collect the data for the study Satisfaction with Life Scale and The Brief Emotional Intelligence Scale were employed. To analyse the data Pearson correlation, independent sample t-test and simple linear regression were done. The research concluded that there exists a moderately strong relation between emotional intelligence and life satisfaction. There lies a significant difference in emotional intelligence and life satisfaction among women who do leisure travelling and women who don't. It's also revealed that Leisure travelling is a much stronger predictor of emotional intelligence than life satisfaction.

With the advent of industrialisation, it was very important to work on the advancement in communication and transportation. The progress during the industrialisation was happening quickly all over the world and now the results are very much visible to all of us. The easy availability of the things at one click, travelling from one place to another and connecting to people living far away has become so easy. The one such industry which has given a boost up to the economy is the tourism industry. The work culture has made people think of going off for a few days from work to have a vacation at some exotic destination. The researchers have started to pay more attention to the research to know about the benefits of the travel experiences. Tourism is the new mental and physical health pursuit. A study providing the

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comprehensive review of literature about the benefits of travelling experience revealed that many studies have concluded that there are positive effects linked between travel experience and perceived health and wellness by an individual (Chen and Petrick, 2013). The concept of well-being has started to be linked with travelling. According to the Global Wellness Institute the estimate of wellness and health travel will enhance by 43% between 2015 and 2020 and also noted that travellers tool 691 million wellness trips (travelling to enhance one's personal well-being) in 2015 which is much more than the count of 2013 which was just 104 million (Craft, 2018).

In context of Tourism, a study was done by Gilbert and Abdullah's (2002) to measure the well-being of the UK tourists in which two groups were taken: one group was made to anticipate a forthcoming holiday and the control group was made not to. It was found out that expectancy of travel enhanced the degree of indulgence and the anticipatory group had a greater degree of well-being as likened to the control group. Similarly, in a study it was conducted by Sirgy et al. (2010) to study the benefits of the vacations on the individual's goal theory of subjective well-being was recommended. Preferring achievable travel ambitions and getting involved in tourism activities which help in achieving worthwhile aspirations enhanced leisure-travel gratification and increased constructive emotions in intended aspects of life.

Ryan and Deci (2001) suggested, "The concept of well-being refers to optimal psychological functioning and experience." The approach which is of highly significance to most of the researcher's related to subjective well-being is the hedonic well-being approach. According to Diener (2009), there are three components of hedonic well-being, which are existence of positive feeling, paucity of negative feeling and the last is the holistic gratification with life. The travel well-being can very much be studied from the perspective of two variables which are life satisfaction and emotional intelligence. According to Martin et al. (2008) life satisfaction is basically the cognitive aspect of one's subjective well-being and emotional Intelligence is basically the capability of a person to understand and react appropriately to the different emotional stimuli either evoked by the inner self or by the environment (Bai, 2011). In a study conducted on female adolescents by Judge and Arora (2017), it was found out that emotional intelligence has a constructive relationship with life satisfaction and well-being. Similarly, in a study through four hierarchical regression models it was found out that there is a positive correlation among emotional intelligence and psychological well-being components – life satisfaction, self-esteem and self-acceptance (Camreli et al., 2009). In the final model of a study done on graduate students by Urquijo et al. (2016) revealed a significant path from emotional intelligence through perceived stress to psychological well-being and life satisfaction after regulating the personality traits as co-variables. The findings also suggest the underlying mechanisms by which emotional intelligence enhances well-being by reducing the stressful experience. The components of emotional intelligence have also been found out to be the predictors of the well-being indicators like personal performance and life satisfaction (Extremera, 2005). Though, the studies regarding the influences of emotional intelligence and life satisfaction have revealed that there is enhancement in well-being of an individual and this well-being is said to be high in the leisure travellers as compared to the non-leisure travellers.

There is no review of literature considering the gender, travelling, life satisfaction and emotional intelligence together. This study tries to give a head start to future studies by

considering these factors and studying the effects of life satisfaction and emotional intelligence among women doing leisure travelling and women not doing it at all.

Aim
The aim of the study is to understand the effects of leisure travelling on emotional intelligence and life satisfaction among women of Kerala and to understand the predictive nature of leisure travelling on a women's emotional intelligence and life satisfaction.

Need and significance of the study
The study will work on either retaining the perception or will act as an ice breaker for the individuals thinking that the emotional intelligence and life satisfaction would be greater in the women doing leisure travelling as compared to women who don't. This study will also help the industries in the tourism sector to create such package tours which will work on enhancing the well-being of an individual at affordable prices so that the middle strata of the society can also avail them. It will also help as the groundwork for further studies on this topic in future.

Hypotheses
1. There is no significant relationship between emotional intelligence and life satisfaction among women.
2. There is no significant difference in emotional intelligence among women who leisure travel and women who don't.
3. There is no significant difference in life satisfaction among women who leisure travel and women who don't.
4. Leisure travelling can't predict emotional intelligence in women.
5. Leisure travelling can't predict life satisfaction in women.

Sample
A sample size of 164 women was considered for the study. Among the sample population, there were 64 women who do leisure travelling and 101 women who don't do leisure travelling.

Instruments
Two measures were used in this study,
1. **The Satisfaction with Life Scale (SWLS):** Satisfaction with life scale (SWLS) was established by Diener, et.al in 1985. It's one of the commonly used measures for life satisfaction. Satisfaction with life scale is a 7 – point scale ranging from totally agree to totally disagree. The scale consists of 5 items to measure subjective well-being among individuals. The scale has an alpha coefficient of = 0.87.
2. **The Brief Emotional Intelligence Scale (BEIS-10):** The scale was developed by Kevin Davies et al., 2010. it's a 10-item multiple-choice self-report inventory with five subscales. The internal consistency of the tool ranges .87 to .89, the tool additionally has a respectable test-retest reliability with a level of 89.2% to 96.4% during a two-week duration (Davies et al., 2010).

Procedure
Random sampling was used to collect the data from women of age ranging from 25 to 40 years. Data of women who do leisure travelling and women who don't, were collected through Google form and Instagram. Satisfaction with life scale and The Brief Emotional

Intelligence Scale was used to measure life satisfaction and Emotional Intelligence of the sample population. Data was collected and analysed to test the hypotheses.

The objective of the present investigation was to understand the effects of leisure travel on the emotional intelligence and life satisfaction among women who travel for leisure and the women who don't. It also tries to understand the predictive nature of leisure travelling on a woman's emotional intelligence and life satisfaction. Pearson's correlation was employed to determine the relation between emotional intelligence and life satisfaction, independent sample t-test to understand the difference of emotional intelligence and life satisfaction among women who do leisure travelling and women who don't. Simple linear regression was performed to understand the predictive nature of leisure travelling on emotional intelligence and life satisfaction.

Table No. 1 Pearson's Correlation Between Emotional intelligence and Life satisfaction

	Mean	SD	1	2
1, Emotional intelligence	23.41	6.626	-	
2, Life satisfaction	39.15	5.883	0.683**	-

N=164, **p <.01

To assess the relationship between emotional intelligence and life satisfaction Pearson correlation was performed. The hypothesis was to test whether there exists a relation between emotional intelligence (Mean = 23.41, SD = 6.626) and life satisfaction (Mean = 39.15, SD = 5.883) among women. Table 1 has concluded that there exists no relation between emotional intelligence and life satisfaction in women (r (164) = .683, p =.001). A study done by Mirkhan et al. (2014) on female teachers in Iran revealed that the reduction in the emotional problems enhanced the life satisfaction which indicated that there is a significant relationship between EI and life satisfaction. Jain (2015) in her studies conducted on females came up with similar results claiming that managing emotions leads to easily facing life challenges and increasing life satisfaction.

Table No. 2 Descriptive Statistics and Independent Sample t-test of emotional intelligence among women who do Leisure travelling and women who don't.

Women	N	M	SD	t-value	Sig.
Non-leisure travelling women	100	40.51	5.547	3.858	0.01
Leisure travelling women	64	36.38	7.362		

The table 2 shows the mean value of emotional intelligence among Non-leisure travelling women (N= 100, M= 40.51, SD= 12.59) and leisure travelling women (N= 64, M= 36.38, SD= 7.362). To test the hypothesis that leisure travelling brings up no significant change in the mean of the women's emotional intelligence, an independent sample t-test was performed. 'The assumption of homogeneity of variances was tested and not satisfied via Levene's F test' (Levene, 1960) (F (162) = 12.296, p = .01). The variation among leisure travelling and non-leisure travelling women's emotional intelligence was tested and found to be statistically significant, t (162) = 3.858, p= .01. Since there are no studies supporting this hypothesis, we can assume that the involvement of the travelling women in the interpersonal relationships isn't that much as compared to the women who deal with the interpersonal adversities on a daily basis which makes the development of emotional intelligence much better in the non-travelling women than the travelling one's.

Table No. 3 Descriptive Statistics and Independent Sample t-test of Life satisfaction among women who do Leisure travelling and women who don't.

Women	N	M	SD	t-value	Sig.
Non-leisure travelling women	100	24.26	6.569	2.351	0.20
Leisure travelling women	64	21.72	7.052		

The table 3 shows the mean value of life satisfaction among Non-leisure travelling women (N= 100, M= 24.26, SD= 6.569) and leisure travelling women (N= 64, M= 21.72, SD= 7.052). To test the hypothesis that leisure travelling brings up no significant change in the mean of the women's life satisfaction, an independent sample t-test was performed. 'The assumption of homogeneity of variances was tested and satisfied via Levene's F test' (Levene, 1960) (F (162) = 1.669, p = 0.198). The variation among leisure travelling and non-leisure travelling women's life satisfaction was tested and found to be statistically significant, t (162) = 2.351, p= .02. Since there are no studies supporting this hypothesis, we can assume that the differences in the factors like attitudes, aspirations, goal setting behaviour and resilience can contribute to the differences in the life satisfaction among the women who leisure travel and the women who don't.

Table No. 4 Simple Linear Regression of Emotional intelligence and Life satisfaction among women who Leisure travel.

Variables	R	R^2	Change R^2	β	F value	Sig.
X= Emotional intelligence Y = Leisure travelling	0.378	0.143	0.138	-0.378	27.013	0.01
X = Life satisfaction Y = Leisure travelling	0.205	0.042	0.036	-0.205	7.135	0.01

To determine the ability to predict women's emotional intelligence based on leisure travelling, simple linear regression was conducted. A substantial regression equation was discovered (F (1,163) = 27.013, p=.01), with an R2 of 0.143 between emotional intelligence and leisure travelling among women. Women's predicted emotional intelligence is equal to 40.920 - 4.545 where females are coded as 0 = Non-leisure travelling women, 1 = Leisure travelling women. Leisure travelling women's emotional intelligence is 4.545 units lower than non-leisure travelling women. The analysis has concluded that leisure travelling can predict emotional intelligence up to 14% accurately.

Simple linear regression was conducted to predict women's life satisfaction based on leisure travelling among females. A substantial regression equation was discovered (F (1,163) = 7.135, p=.01), with an R2 of 0.042 between life satisfaction and leisure travelling among women. Women's predicted life satisfaction is equal to 27.281 - 2.781 where females are coded as 0 = Non-leisure travelling women, 1 = Leisure travelling women. Leisure travelling women's life satisfaction is 2.781 units lower than non-leisure travelling women. The analysis has concluded that leisure travelling can predict life satisfaction up to 4% accurately. From the analysis it's clear that leisure travelling is a much weaker predictor of life satisfaction than emotional intelligence. The relationship between emotional intelligence and leisure travelling is much stronger than life satisfaction and leisure travelling.

CONCLUSION

The research concluded that there exists a moderately strong relation between emotional intelligence and life satisfaction. There lies a significant difference in emotional intelligence and life satisfaction among women who do leisure travelling and women who don't. It's also revealed that Leisure travelling is a much stronger predictor of emotional intelligence than life satisfaction.

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