

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

Aysha P N^{1*}, Shamsudheen Shahana², Durga K S³

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.

Keywords: *Emotional intelligence, life satisfaction, leisure travel, women, Kerala.*

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

¹3rd B.Sc. Student, Department of Psychology, Christ College Irinjalakuda, Kerala, India.

²3rd B.Sc. Student, Department of Psychology, Christ College Irinjalakuda, Kerala, India.

³Assistant Professor, Dept. of Psychology, Christ College (Autonomous) Irinjalakuda, Kerala, India

*Responding Author

Received: May 13, 2020; Revision Received: June 18, 2020; Accepted: June 25, 2020