

Progress in Research on Seniors' Well-being in Tourism: A Systematic Review

Abstract

Research on well-being has experienced exponential growth in tourism studies. However, knowledge about well-being of seniors in tourism is still limited, and thus conceptually underdeveloped, despite the growth of the ageing population and increased research focus on the subject. Consequently, the purpose of this review is to provide a holistic understanding of seniors' well-being in tourism, delineate the current research status, then identify gaps and future avenues for research. A systematic quantitative literature review was conducted, leading to 56 eligible articles extracted for subsequent analysis. By mapping the current state of knowledge, the study indicates a need for a comprehensive theoretical framework based on a holistic view of seniors' well-being in tourism. The findings of the systematic review suggest the need for a eudaimonic approach to the topic and research from residents' perspectives. Suggestions are made to investigate constraints to well-being and cultural differences in conceptions of seniors' well-being in tourism.

Keywords: Seniors; Ageing; Older; Well-being; Tourism

Progress in Research on Seniors' Tourism Well-being: A Systematic Review

1. Introduction

Tourism scholars have become increasingly interested in the concept of well-being, evidenced by the exponential growth of research (Farkić et al., 2020; Smith & Diekmann, 2017; Mendes et al., 2022). Scholarly attention on well-being initially commenced in the 1970s, with embryonic research concentrated in North America and Europe (Vada et al., 2020). Early conceptualizations were dominated by sociology and economics, building on the social indicators movement (Uysal et al., 2018). Economists attempted to develop a macro-level conception of well-being by synthesizing indicators related to the length of life and education (Fogel, 1993). However, as the area evolved, prior studies contend that economic measures (e.g., GNP) could not be reconciled with indicators that capture subjective well-being (Antolini & Grassini, 2020). To address this issue, sociologists provided a solid foundation designed to enhance the understanding of the underlying social aspects of well-being, such as education, social structure and crime (Søraker et al., 2015). Nonetheless, sociological approaches were criticized for their inability to capture the underlying dimensions of individual well-being (Veenhoven, 2008).

Subsequently, studies grounded in psychology emerged, focused on enhancing the conceptual understanding of subjective well-being, integrating constructs such as life satisfaction (Diener, 1984). While predominantly grounded in psychology, contemporary studies on well-being are often interdisciplinary (Cobbold et al., 2022) with prior studies often accepting the use of the term well-being as an umbrella term (Cobbold et al., 2022) which captures life satisfaction, happiness, quality of life and related terms. For example, whilst Dodge et al. (2012) argue that quality of life is merely a dimension of overall well-being, Pinto et al (2017) argue that quality of life is a broader concept characterized by the satisfaction of

26 one's needs and by an individual feeling strong, safe, supported and cared for. Well-being
27 tends to be used in a more psychologically oriented perspective and mental health definition.

28 Theories and methodological approaches in psychology are focused on the articulation
29 of well-being concepts (Uysal et al., 2018). Within positive psychology, well-being is
30 examined as two concepts, hedonia and eudaimonia (Huta, 2013). The concept of hedonia
31 focuses significantly on happiness and pleasure whilst eudaimonia focuses on personal growth
32 and optimal functioning (Huta, 2013). An important distinction between the two approaches
33 is that hedonia is about feeling good whilst engaging in an activity, whereas eudaimonia can
34 result from activities that are not particularly pleasant at the time but may have delayed positive
35 effects that occur well after a trip. Well-being is also identified as embracing both objective
36 and subjective well-being (Diener & Ryan, 2009), and life satisfaction is considered a
37 component of subjective well-being (Uysal et al., 2018). As such, this paper views well-being
38 as a complex multidimensional concept, broadly encompassing happiness, life satisfaction, and
39 quality of life.

40 Since the proliferation of well-being into the disciplines which inform tourism research,
41 research on well-being has subsequently diffused into the tourism field. Tourism studies have
42 focused on well-being and its related concepts for a few decades (Smith & Diekmann, 2017).
43 One of the major challenges that plague tourism research on happiness, well-being and quality
44 of life is the difficulty in clearly defining and differentiating between these terms and concepts
45 as tourism scholars often use the concepts of happiness, well-being, quality of life and life
46 satisfaction interchangeably (Filep & Deery, 2010; Pearce, 2009). Eslami et al. (2018) and
47 Cho (2010) noted that tourism has centered increasingly more on non-economic indicators such
48 as satisfaction, well-being, quality of life, wellness, and sustainability of tourism stakeholders
49 in recent years. In 2015, the Sustainable Development Goals (SDGs) were adopted by the

50 United Nations as an ambitious call to ensure that all people enjoy peace and prosperity by the
51 year 2030 (United Nations, 2015). The SDGs contain an explicit goal which aims to improve
52 the health and well-being of the global population (United Nations, 2015). Moyle et al. (2021)
53 note the tourism sector should focus on the achievement of the SDGs. However, well-being
54 research in tourism is still in relative infancy with definitional issues, conceptual ambiguity
55 and methodological contests (Filep et al., 2022). Calls for innovative and creative approaches
56 have been made to ensure tourist well-being is integrated into the policy (Nawijn & Filep,
57 2016), as well as respond to global trends, such as the ageing population across the globe
58 (Roberts et al., 2020).

59 The growth of the ageing population is considered to be one of the most significant
60 transformations of the 21st century (Patterson & Balderas, 2020). Age, combined with the
61 acquisition of wealth and leisure time has resulted in older people, referred to in this manuscript
62 as ‘seniors’, emerging as a key market in the global tourism sector (Balderas-Cejudo, 2019).
63 Studies demonstrate a critical aspect in the life of seniors is to adjust to retirement (Rafalski et
64 al., 2017). Consequently, seniors increasingly consider travel a priority after retirement
65 (Totsune et al., 2021), largely due to tourism’s capacity to lead to beneficial health outcomes
66 (Filep, 2014).

67 Research in conceptually related areas to tourism articulated the merit of treating
68 seniors as a separate group (Pikhart & Klimova, 2020). Older travellers have been found to
69 differ from younger travellers in a variety of ways, including motives for travelling, destination
70 preferences and their destination activity involvement (Esichaikul, 2012). Seniors often have
71 increased leisure time and, if their physical health allows, tend to be more mobile than young
72 people (Patterson & Balderas, 2020). However, ageing is often linked to functional declines
73 and major life changes due to losses of partners or friends. As such, older people may

74 experience chronic issues such as loneliness, and experience a decreased sense of well-being
75 (Boyes, 2013).

76 Despite a mounting interest in tourist well-being, there is a lack of understanding of the
77 role of tourism in the well-being of seniors. Consequently, the aim of this study is to
78 systematically assess prior research on tourism and the well-being of seniors. Achieving this
79 will enable a critical assessment in progress in research on prior research on travel and the well-
80 being of seniors. The following six key objectives drive this manuscript.

- 81 1. To explore the geographic and cultural diversity of research on seniors' well-being in
82 tourism
- 83 2. To identify the disciplines that inform research on seniors' well-being in tourism
- 84 3. To assess the theories and models applied in research on seniors' well-being in tourism
- 85 4. To critically assess how well-being is conceptualized in research on seniors' well-being
86 in tourism
- 87 5. To examine the methods applied in research on seniors' well-being in tourism
- 88 6. To examine the facilitators and barriers in research on seniors' well-being in tourism

89 **2. Method**

90 There are several types of literature reviews, which evaluate, synthesize and summarize
91 existing bodies of knowledge. Grant and Booth (2009) named 14 kinds of reviews, which can
92 be broadly categorized into integrative reviews, narrative reviews and systematic reviews
93 (Snyder, 2019). An integrative review tends to explore theoretical frameworks and
94 advancement of knowledge, that is, to generate a new conceptual framework or theory, rather
95 than be descriptive or historical. Narrative reviews are considered traditional, with a reliance

96 on the expertise of the authors (Vada, et al., 2020), often conducted in a qualitative way but
97 rarely synthesized and quantified to demonstrate patterns (Snyder, 2019). A systematic review
98 emphasizes a systematic reproducible and explicit process of the database search, exclusion,
99 and synthesis (Yang et al., 2017), minimizing the subjective bias in alternative approaches.

100 A systematic approach was adopted to assess the current states, gaps and directions of
101 research on seniors' well-being in tourism. Taking a systematic approach allows for a
102 comprehensive mapping of the landscape and boundaries of knowledge, determining "what we
103 know" and "what we don't know" enabling the researcher to deduce conclusions on "what we
104 need to know" (Pickering et al., 2015). This research method is "quantitative", as the data
105 collected is quantified to assess the scope, breadth and depth of research on the topic (Pickering
106 & Byrne, 2014). However, this type of quantitative literature review includes knowledge and
107 data generated through both qualitative and quantitative approaches (Pickering et al., 2015).
108 As such, this quantitative assessment of an evolving knowledge base, such as seniors and well-
109 being in tourism, involves the collection and assessment of both quantitative and qualitative
110 research. The systematic review process (Figure 1) used in this study was adapted from
111 Pickering and Byrne (2014).

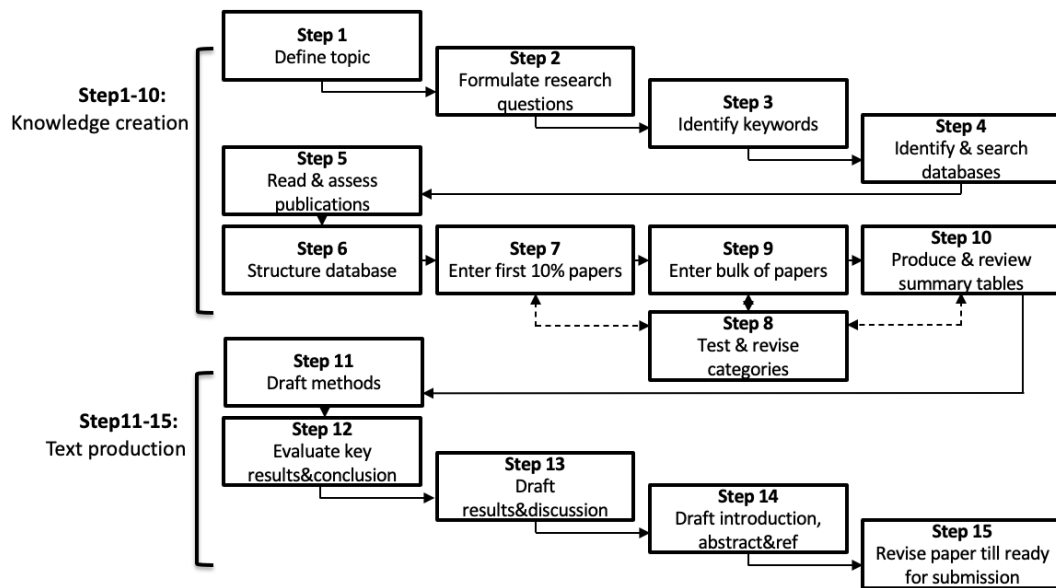


Figure 1. Fifteen stages in undertaking systematic quantitative literature review

Three categories of keywords (A, B, C) were created to locate articles (please refer to Table 1). For category A, “tourism”, “travel”, and “tourists” were selected since they were common keywords in recent tourism studies (Vada et al., 2020). Terms such as “seasonal migration” and “seasonal mobility” were used, as these were identified in previous studies to refer to seasonal travel mostly undertaken by older people (Chen & Bao, 2020; Kou et al., 2018; Zhou et al., 2018). For category B, the keyword of “well-being”, including a variation of the spelling, such as wellbeing, was applied. According to Daykin et al. (2018) and Kekäläinen et al. (2017), studies focused on well-being through a string of terms inspired by psychology and philosophy, such as “quality of life” (Uysal et al., 2016; Dolnicar et al., 2012), “life satisfaction” (Sirgy et al., 2010), “happiness” (Filep & Deery, 2010; Nawijn, 2011). As such, a series of conceptually related terms were also selected from previous studies, presented in Table 1 (Mahadevan & Fan, 2020; Kim et al., 2015; Hwang et al., 2020). For category C, the terms “older adults”, “older people”, and “elderly” were identified as frequently applied in

127 existing studies (Hung & Lu, 2016; Gao et al., 2021). To ensure the inclusiveness of all relevant
128 articles, other synonyms, such as “seniors” and “retirement” were selected.

129 Multiple combinations of each of the five keywords in Category A, B and C were
130 applied to search for relevant literature. Each keyword in one term category was searched in
131 combination with each in the other two categories (Term A* Term B * Term C, e.g., “tourism,
132 well-being, seniors”). There were 125 searches in each database (5*5*5). Articles with the
133 search terms in the title, abstract and/or keywords were considered.

134 Table 1. Search terms that were combined to find relevant texts

Term A	Term B	Term C
▪ tourism	▪ well-being	▪ seniors
▪ travel	▪ wellbeing	▪ retirement
▪ tourists	▪ quality of life	▪ older adults
▪ seasonal migration	▪ life satisfaction	▪ older people
▪ seasonal mobility	▪ happiness	▪ elderly

135
136 The database search was conducted in five academic databases that were identified
137 from prior tourism review publications. Based on a method adopted by Liu et al. (2020),
138 Pahlevan-Sharif et al. (2019), Vada et al. (2020), Web of Science, Scopus, ProQuest and
139 EBSCO Host databases were used to search for relevant articles. Following the initial search
140 in four databases, ScienceDirect and Sage was added, with only one new eligible result
141 identified, indicating the search of the initial database had been exhausted. All the articles
142 published until the end of 2021 were included in the research to present an up-to-date review.

143 To ensure the quality of the research, records were screened to identify research articles
144 published in English-language peer-reviewed journals. The papers were assessed based on the
145 abstract, and full texts were referred to when necessary. After the preliminary screening, 1152

146 records remained, which were exported to the Endnote software for data management. 490
 147 duplicates were recognized and removed before the further screening. The remaining 662
 148 records were screened against the selection criteria adapted from Watson et al. (2018).

149 **Table 2. Inclusion and exclusion criteria**

Criteria	Inclusion	Exclusion
Study Type	Original theoretical/conceptual and empirical studies Peer-reviewed journal articles	
Language	English	Any other language
Sector	Tourism research	Non-tourism related focus
Sample	Older people	Other age group
Relevance	Well-being (or quality of life or life satisfaction or happiness) of older adults	The subjects were not the elderly Unrelated to well-being (or quality of life or life satisfaction or happiness)

150

151 The selection was based on three key characteristics, sector (the research belongs to the
 152 distinct tourism sector); demographic (the research concerns the group of older people); and
 153 relevance (the research must focus on the concept of well-being) (Table 2). Articles which did
 154 not satisfy these criteria were excluded from the analysis (Table 3). For example, publications
 155 that were excluded due to a focus on medicine, care, or public health domains were removed
 156 because well-being was investigated from a pathological or nursing or non-travel-related
 157 mental health perspective.

158 **Table 3. Rationale for exclusion**

Exclusion Criteria	Articles Excluded Record
(1) Not within Tourism Sector	
Medicine	127
Care and Nursing	38
Public Health	19
Transportation System	68

	Daily Travel and Mobility	73
	Business Management	42
	Environment and Planning	18
	Physical Activity and Sport	25
	Leisure Activities Excluding Travel	22
	Migration	13
	Online Activity	5
	Others	77
(2) Not Concerns Older People		28
(3) Not Focus on Well-being		47
No Full Text		8

159

160 Articles which belonged to the tourism sector were screened to check if they concerned
161 older people. During this process, 28 articles were excluded. For example, although the study
162 by Wolf et al. (2015) investigated the national park tourism experience, it was discarded as the
163 research participants were of all ages. Likewise, the remaining articles that met the first two
164 conditions were examined to filter out those that focused on well-being. Another 47 items were
165 excluded in this step. For example, the study by Ross (2005) was excluded because it examined
166 the impact of travel preparation on destination satisfaction instead of life satisfaction.

167 The screening process articulated above yielded 52 legible peer-reviewed journal
168 articles. As a supplement to database searching, the references list of these papers was
169 examined for new relevant studies (Liu et al., 2020). Four additional eligible articles were
170 identified. The final database is composed of 56 peer-reviewed articles. Figure 2 presents the
171 number of studies excluded and included at different stages of the review (Moher et al., 2010).

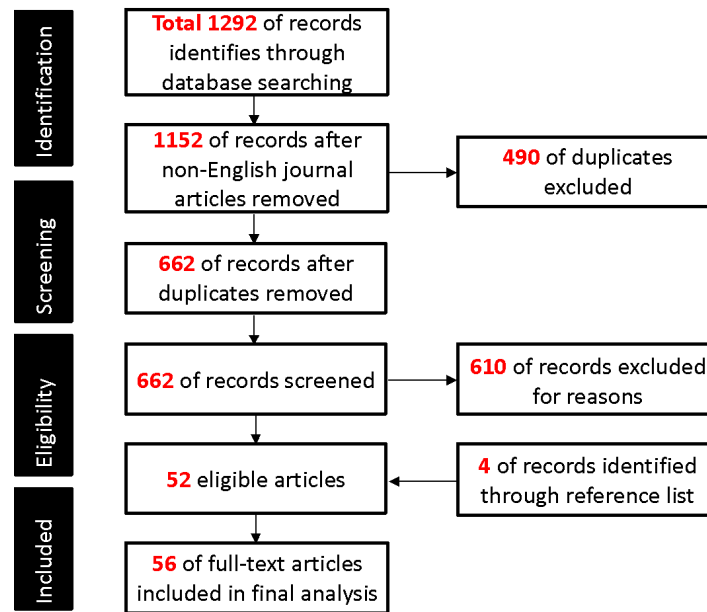


Figure 2. Summary of systematic review process

172
173
174

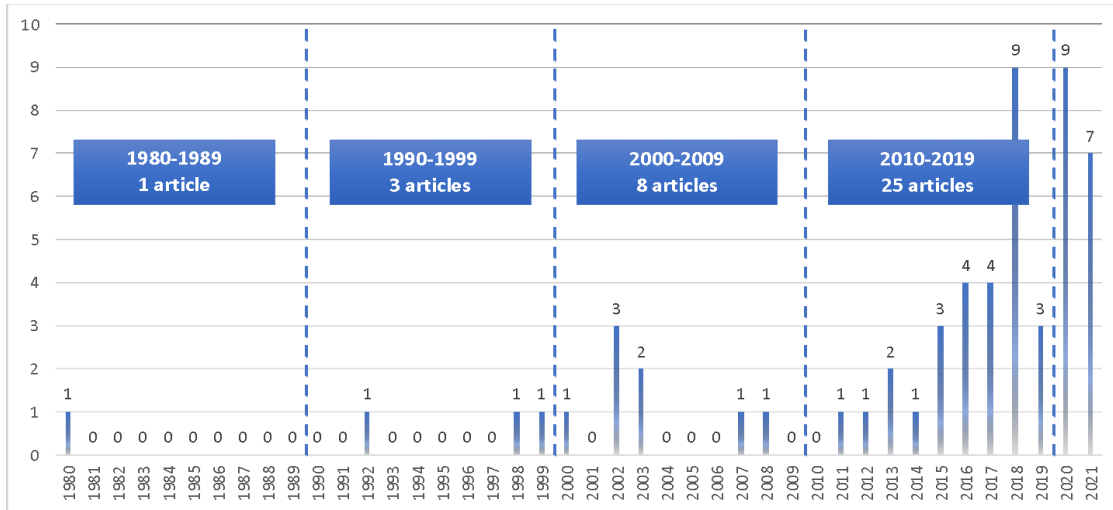
175 To analyze the eligible articles, a structural overview was first summarized in a
176 Microsoft Excel spreadsheet. Categories were coded by information of authors (country,
177 institution), publication information (title, year, journal name, journal discipline), fieldwork
178 location, samples (age, gender, scale), travel types, theoretical frameworks, methodology
179 applied, research content (definition of older people, conceptualization of well-being, the
180 factors that influence well-being), research findings, future research and practical implications.

181 3. Results

182 3.1. Overview of Research Characteristics

183 To analyze the trends of academic interest on seniors' well-being in tourism research,
184 every decade since 1980 was considered a separate period, when the first article on this topic
185 was published in the reviewed literature (Figure 3). Overall, there was little interest in this topic
186 during the first two periods (1980-1999) with only sporadic articles published in individual

187 years. The following period (2000-2009) saw an increase in the number of articles, with eight
 188 publications, doubling the sum of the preceding two decades. An upsurge in interest in senior
 189 tourism well-being research surfaced in the fourth period, with nine manuscripts published in
 190 2018 and 2020.



191

Figure 3. Total Publications (1980-2021)

192

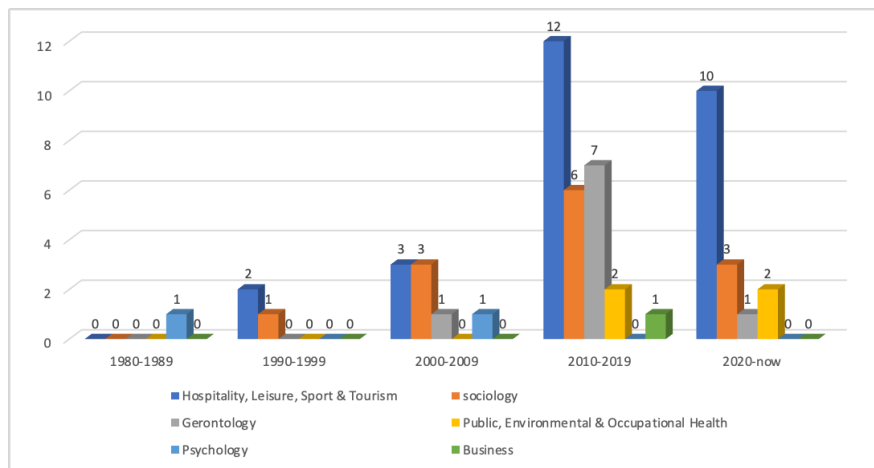
193 The collected articles were derived from 39 journals. The top three journals for seniors’
 194 well-being research in tourism include *Annals of Tourism Research* (8.93%), *Ageing & Society*
 195 (7.14%), *Journal of Policy Research in Tourism, Leisure and Events* (5.36%), and
 196 *International Journal of Tourism Research* (5.36%) (Table 4).

197 Table 4. Top journals for seniors’ well-being research in tourism

No.	Journals	No. of studies	%
1	<i>Annals of Tourism Research</i>	5	8.93%
2	<i>Ageing & Society</i>	4	7.14%
3	<i>Journal of Policy Research in Tourism, Leisure and Events</i>	3	5.36%
3	<i>International Journal of Tourism Research</i>	3	5.36%
	Total	15	26.8%

198

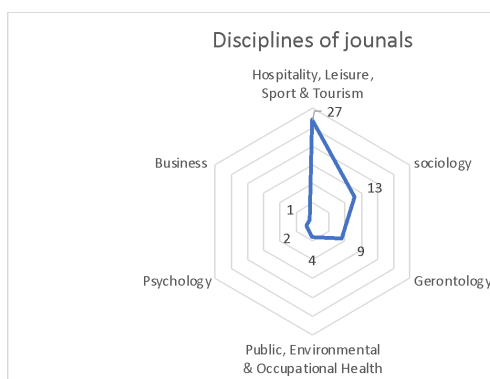
199 Regarding the distribution across disciplines, when disciplines were identified
 200 according to journals classified by Web of Science, it was found that the disciplines have
 201 become increasingly diverse over time (figure 4). In the first decade, only Psychology was
 202 utilized in seniors' well-being research in tourism, with Hospitality, Leisure, Sport & Tourism
 203 and Sociology emerging subsequently. After 2000, there emerged attention in Gerontology,
 204 Public, Environmental & Occupational Health, and Business. However, when disciplines are
 205 classified according to theories or tools adopted in studies, rather than the discipline of the
 206 journal, results demonstrate that, although only two articles have been published in Psychology
 207 journals, numerous studies from other journals borrowed theories or tools from Psychology.



208

209 Figure 4. Number of articles in different disciplines every decade

210



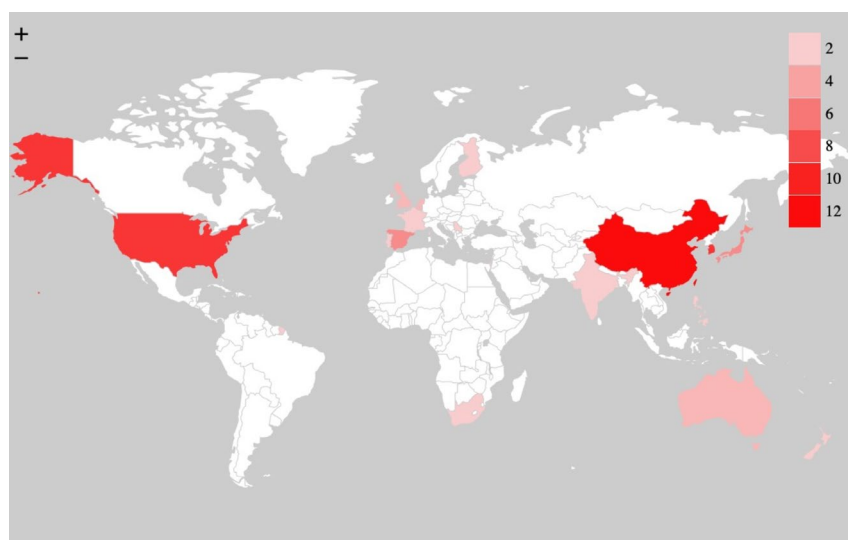
211

212 Figure 5. Disciplines of journals



213 Figure 6. Disciplines of theories and tools

212 Regarding research location, a majority of the studies on senior tourist well-being
213 conducted fieldwork in Asia and Europe (77%). The other 15.3% were performed in North
214 America, and only 2% were conducted in Oceania and Africa. In terms of specific countries,
215 seniors' tourism well-being in China (19%), the United States (15%) and South Korea (15%)
216 have attracted the most attention (Figure 7). As regards its development trends, the topic has
217 begun to gain momentum in Asia and Europe since 2010, while there were negligible
218 fluctuations in other regions.



219

220 Figure 7. Geographic distribution of fieldwork location

220

221 3.2. *Concepts and Theory*

222 3.2.1 Defining Seniors

223 There is no clear and consistent definition and unified age limit for older people or
224 seniors in the reviewed literature as the definition of old age is context specific and varies from
225 one country to the next (Tsartsara, 2018). Over half of the selected articles (53.6%) did not
226 present a specific criterion to define older people, while the others identified seniors according
227 to a certain age, which often depends on the fieldwork location. Additionally, mainly three

228 criteria were used to segment older people: legal standard by the World Health Organization
 229 (WHO) or National Statistics, legal retirement age, and the age limit utilized in previous
 230 studies. For example, in South Korea, people aged 65 or older were selected as research
 231 participants, because the elderly legal standards in Korea are 65 years old and over (Hwang &
 232 Lee, 2019a), as in many European countries (Sedgley et al., 2018). While some studies
 233 conducted in China selected 60 as the age limit since it is the general retirement age in China
 234 (Pan et al., 2020).

235 3.2.2 Travel Types

236 As presented in Table 5, the travel activities adopted by seniors can be classified
 237 according to travel distance, travel duration and travel arrangements. Across the studies that
 238 have clarified travel types, overseas travel and domestic travel were examined equally (36%),
 239 while long-stay travel (41%) was given more attention than short-stay travel (24%). This study
 240 followed Tkaczynski et al. (2009) and Lyu et al. (2021) to define long-stay travel as staying in
 241 the destination for more than 10 days. “Second home travel” (Oliveira et al., 2018), “seasonal
 242 mobility” (Kou et al., 2017) and “snowbirds travel” (Bjelde & Sanders, 2012) were investigated
 243 predominantly in long-stay travel studies, with a focus on package tours (42%) slightly more
 244 than independent travel (37%).

245 Table. 5 Travel types

Typology	Travel types	No. of Studies	% in each typology
Distance	Overseas travel	10	36%
	Domestic travel	10	36%
	Both	8	29%
Duration	Long-stay travel*	7	41%
	Short-stay travel	4	24%
	Both	6	35%
Arrangement	Package travel	8	42%
	Independent travel	7	37%
	Both	4	21%
	Others	8	/

246 * More than 10 days

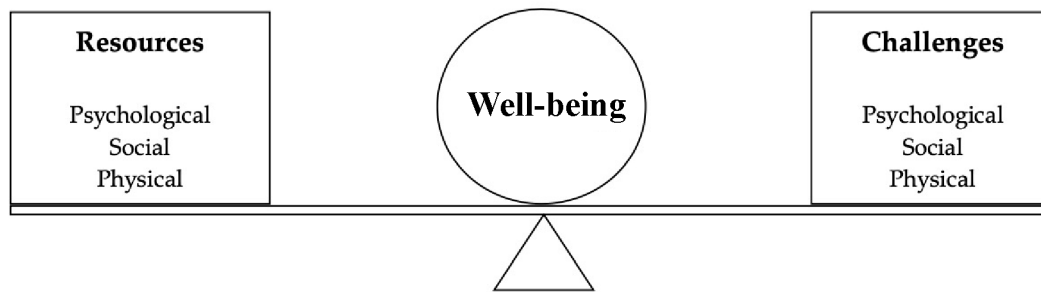
247 Note: more than one travel type can be considered in one single article.

248

249 3.2.3 Definition of Well-being

250 Regarding the definition of well-being, less than half of the reviewed articles (41%)
251 provided an exact definition. Among these studies, multiple terms were used interchangeably,
252 such as well-being, life satisfaction, quality of life, health-related quality of life, amongst
253 others. Although the terms adopted were subtly diverse, some were defined similarly. The
254 detailed definitions presented in reviewed articles are summarized in Appendix A. Overall,
255 reviewed articles defined well-being in two ways, indicating its components or further
256 explaining the connotation. The components of well-being can be encapsulated in five
257 dimensions: physical, psychological (mental), social, economic and ecological. Physical,
258 psychological (mental) and social aspects are fundamental components, with a viewpoint that
259 well-being is more subjective valuation and perception in nature (Kim & Woo, 2014; Yoon et
260 al., 2020; Kekäläinen et al., 2017). Besides, some close statements were used in defining well-
261 being, for example, the “balance” or “dynamic interaction” of external and internal conditions
262 (Tsartsara, 2018; Zhang & Zhang, 2018); the “fit” between personal goals and achievements
263 (Yoon et al., 2020); the “balance” of positive and negative feelings (Milman, 1998), as well as
264 the “extent” to which a person’s needs, goals and wishes are fulfilled (Bai et al., 2017). This
265 suggests that well-being is a dynamic, subjective concept. By and large, the results indicate
266 that there is no unified definition of well-being among reviewed articles, in accordance with
267 the already stated position that the definition of well-being remains ambiguous (Dodge et al.,
268 2012). However, on the basis of Appendix A, the manner in which the reviewed articles explain
269 well-being is somewhat consistent with the definition offered by Dodge et al. (2012). They
270 proposed an equilibrium between an individual’s resource pool and challenges faced by three

271 dimensions: physical, psychological and social (Figure 8). The definition by Dodge et al.
 272 (2012) emphasizes the dynamic nature of well-being and the pursuit of a balanced life, which
 273 is highly consistent with previous discourses.



274

275 Figure 8. Definition of Well-being (Dodge et al., 2012)

276 3.2.4 Theoretical Orientation

277 Analysis revealed only 26 studies have applied, cited, or responded to specific theories.
 278 Table 6 displays the theories or models in senior tourist well-being, which originated from
 279 numerous disciplines. Psychological theories were the most popular, such as bottom-up
 280 spillover theory, activity theory, successful theory, Maslow’s theory, socioemotional
 281 selectivity theory and the theory of flow, amongst others. Disengagement theory, self-
 282 determination theory and continuity theories from gerontology and sociology were used several
 283 times, while others, such as Attachment theory, PERMA model of well-being theory and self-
 284 congruity theory were only employed once.

285 Table 6. Theories applied or cited in reviewed articles

No.	Theories	No. of studies
1	Bottom-up spillover theory	7
2	Activity theory	6
3	Disengagement theory	3
3	Self-determination theory	3
3	Successful ageing theory	3
6	Continuity theory	2

6	Maslow's theory	2
6	Socioemotional selectivity theory	2
6	Theory of flow	2

286 Please see Appendix B for the whole table

287 As presented in Table 6, the bottom-up spillover theory was the most applied theory
288 (Kim et al., 2015; Kim & Woo, 2014; Diekmann et al., 2020; Pan et al., 2020; Zhang & Zhang,
289 2018; Woo et al., 2016; Sie et al., 2021). Bottom-up spillover theory is often used to measure
290 the overall quality of life (Pan et al., 2020), claiming that the overall quality of life is affected
291 by a variety of life domains, such as health, social life, leisure life and emotional well-being
292 (Bayulken & Huisingh, 2015; Sirgy et al., 2010). Studies drawing on bottom-up spillover
293 theory tend to conclude that travel or leisure life satisfaction has a positive impact on seniors'
294 overall life satisfaction. The activity theory is another commonly used theory (Kim et al., 2015;
295 Gu et al., 2016; Møller, 1992; Nimrod & Rotem, 2011; Mélon et al., 2018; Pan et al., 2020). It
296 postulates that well-being is a by-product of human activities (Møller, 1992). Based on this,
297 empirical studies found that as an important senior leisure activity (Pan et al., 2020), travel
298 contributes to the better well-being of older people (Mélon et al., 2018; Bai et al., 2017).
299 Overall, although the presented theories provide support for investigating influencing factors
300 of well-being, they are limited in helping theoretical understanding or advancing the
301 conceptualization of well-being itself.

302 ***3.3. Antecedents and Consequences of Senior Tourists' Well-being***

303 Of particular interest in this review were the related factors of seniors' well-being in
304 tourism, specifically the antecedents and consequences and the antecedents could be viewed
305 from the perspectives of triggers and barriers. All the relevant factors were classified as external
306 and internal (Table 7). The findings of this review have shown that seniors' well-being in

307 tourism has been predominantly examined as a dependent variable or result, that is, antecedents
308 of well-being have attracted more academic attention. 84.2% of studies investigated triggers
309 and barriers to seniors' well-being in tourism, where the discussion of the triggers accounted
310 for the majority. In line with the knowledge of the previous study that older people who travel
311 are happier (Vega-Vázquez et al., 2020) and have a greater level of well-being (Wei & Milman,
312 2002), travel experiences such as romance tourism (Stončikaitė, 2020), social tourism (Morgan
313 et al., 2015) and local tourism (den Hoed, 2020) were considered to have a positive impact on
314 seniors' well-being in 27 reviewed papers.

315 More studies have suggested the importance of higher travel frequency (Diekmann et
316 al., 2020; Mélon et al., 2018; Totsune et al., 2021; Bai et al., 2017) on seniors' well-being than
317 average travel duration (Staats & Pierfelice, 2003). For example, it was argued that it could be
318 more beneficial to go on holiday several times over a year rather than to go once for a longer
319 duration (Mélon et al., 2018). Satisfaction with travel was the most investigated internal
320 facilitator, with 6 reviewed studies concluding a positive impact on seniors' overall life
321 satisfaction. The level of activities (Wei & Milman, 2002; Milman, 1998; Simpson & Siguaaw,
322 2013) during travel was another accepted external trigger of seniors' well-being. As suggested
323 by Wei & Milman (2002), senior tourists' various activities during vacation were significantly
324 associated with their satisfaction with the travel experience and their psychological well-being.
325 Other multiple triggers identified included perceived value, travel motivation, socialization,
326 brand prestige and gender.

327 There were also several barriers investigated as antecedents of seniors' well-being. A
328 major barrier is travel constraints, such as external resources (including lack of information,
329 financial difficulty, lack of appropriate travel items...), time factor (insufficient time, tourism
330 interrupting normal routine...), social conditions (spouse dislikes travel, no companion...),

331 physical condition (no energy, poor health...), approval (family and friends do not approve,
332 feeling guilty about going on trips...) (Woo et al., 2016), and health care (Kekäläinen et al.,
333 2017). Except for this, living with children (Mahadevan & Fan, 2020) and hard decision-
334 making (Pan et al., 2020) were specifically identified as seniors' travel constraints in Chinese
335 culture. Other barriers were discussed in specific tourism contexts such as romantic tourism
336 and seasonal migration. For example, the study by Stončikaitė (2020) argued that romance
337 tourism has negative implications for senior women, as casual sex may generate conflicting
338 feelings once the travel romance is over. In a study by Kou et al. (2018), it is shown that older
339 senior migrants encounter difficulties in constructing long-term well-being due to long periods
340 of separation from their lifelong partners in their places of origin.

341

Table 7. Antecedents and consequences of seniors' well-being in tourism

		External (65.8%)	No. of studies	Internal (34.2%)	No. of studies
Antecedents of well-being (84.2%)	<i>Triggers (88.9%)</i>	travel experience (Including various travel types)	27	travel satisfaction	6
		travel frequency	4	perceived value	5
		level of activities during travel	3	travel motivation	4
		brand prestige	2	socialization	3
		gender	2	curiosity	1
		travel duration	1	travel preference	1
		travel expenditure	1	experience economy	1
		aesthetics of locations	1		
		medical assistance	1		
		therapeutic landscape	1		
	<i>Barriers (11.1%)</i>	travel constraints	3	travel constraints	2
		romance tourism	1		
		seasonal migration	1		
		health care	1		
Consequences of well-being (15.8%)	brand attachment	2	travel motivation	2	
	brand loyalty	2	consumer attitude	2	
	involvement degree	1	revisit intention	1	
	word-of-mouth	1			
	gap between actual and self-perceived age	1			

343

344 In addition to antecedents, 15.8% of studies investigated the consequences of well-
345 being, which revealed the bonus of experiencing well-being in tourism. Studies demonstrated
346 there are not only benefits for ageing tourists, but also for the tourism market and managers
347 due to higher levels of attachment, loyalty and word-of-mouth to the brand, involvement
348 degree, attitude, motivation, and revisit intention to the destination (Hwang et al., 2020; Hwang
349 & Lee, 2019b, Kim et al., 2015; Sangpikul, 2008). Another important consequence for seniors
350 was the feeling of being younger, as those who have high perceived health levels are more
351 likely to feel younger than their actual age (Cleaver & Muller, 2002).

352 3.4. *Methods in Previous Studies*

353 There were 51 empirical studies and 5 non-empirical studies from the 56 reviewed
354 articles. Across the 51 empirical articles, the methodology approaches utilized were classified
355 as quantitative, qualitative or mixed methods. A majority of the studies reviewed (69%)
356 preferred a quantitative research method, and approximately 29% utilized qualitative measures
357 with only one paper adopting a mixed method (Boyes, 2013). Questionnaire was the dominant
358 tool in quantitative research, with other five studies adopting data from other surveys
359 (Mahadevan & Fan, 2020; Gu et al., 2016; Lee & Heo, 2021; Domínguez-Parraga, 2020;
360 Kekäläinen et al., 2017), of which three conducting longitudinal research (Mahadevan & Fan,
361 2020; Gu et al., 2016; Lee & Heo, 2021). Interviews comprised the most common qualitative
362 method, with research often engaging multiple data sources to improve the reliability of the
363 findings, often by integrating participant observation methods, geographical data obtained with
364 GPS devices, or digital text and photos in travel blogs.

365 In combination with the aim of understanding well-being in the given context, as
366 identified above, the antecedents of seniors' well-being in tourism were investigated more often
367 than the consequences (Table 8). Various methods were used to investigate the antecedents of
368 seniors' well-being, while only quantitative ways were employed in exploring consequences
369 or both in one research. Overall, questionnaire was the most commonly used research method
370 utilized by 57.1% of the reviewed papers. Other data sources included other survey results,
371 experiment design, interview, observation, geographical information, mobile ethnography and
372 focus group.

373

Table 8. Methodological approaches and sources of data

Methods	Antecedents (82%)	No.	Consequences (5%)	No.	Both (13%)	No.
Quantitative (69%)	Questionnaire	22	Questionnaire	2	Questionnaire	7
	Data from other survey	4	Interview	1	Data from other survey	1
	Experiment	1				
Qualitative (29%)	Interview	14				
	Observation	3				
	Geographical data	3				
	Mobile ethnography	1				
	Focus group	1				
	Digital text and photos	1				
Mixed method (2%)	Questionnaire and interview	1				

374

375 The measurement approaches to well-being were heterogeneous across the reviewed
376 empirical articles. In excess of half (51.6%) derived measurement items from previous studies.
377 The most commonly applied scale (19.4%) was the ‘Satisfaction with Life Scale’ produced by
378 Diener et al. (1985), a measure widely used in studies on the relationships between tourism
379 experiences and well-being (Mélou et al., 2018), containing five items. Other measurements
380 (6.5%) included the Memorial University of Newfoundland Scale of Happiness (MUNSH),
381 which conceptualizes happiness as the interaction between positive and negative effects and
382 positive and negative experiences. The 12-Item Short Form Survey (SF-12) (6.5%) was also
383 utilized to measure self-perceived health status (Ferrer et al., 2016). Other scales utilized are
384 presented in Table 9.

385

Table 9. Measurement approaches

No.	Measurement	No. of studies	%
1	Measurement derived from previous articles	16	51.6%
2	Satisfaction with Life Scale (SWLS)	6	19.4%
3	Memorial University of Newfoundland Scale of Happiness (MUNSH)	2	6.5%
3	12-Item Short Form Survey (SF-12)	2	6.5%
5	The EuroQol five-dimensional (EQ5D-5L)	1	3.2%
5	World Health Organization-Five Well-Being Index	1	3.2%
5	Subjective Happiness Scale	1	3.2%
5	Quality of Life Scale-Adult 5th edition (ComQOL-A5)	1	3.2%
5	the Life Satisfaction Index-Z(LSIZ)	1	3.2%

387

388 In terms of the sample characteristics of the empirical studies, the mean age of
 389 participants was all above 60 years old, while the sample size ranged from 15 seniors (de
 390 Guzman et al., 2019) to 41644 seniors for a quantitative study adopting raw data from the
 391 Korean Longitudinal Study of Ageing (Lee & Heo, 2021). Regarding sample gender
 392 distribution, 7.5% of the empirical studies that reported gender features kept gender balance,
 393 and 65% of them collected more females than males. There were two studies specifically
 394 focused on females because they believed that activities of older women have received limited
 395 attention compared to men (Staats & Pierfelice, 2003), and the older women could be
 396 empowered by the emergent mass tourism phenomenon at that time (Møller, 1992).

397 **3.5. Well-being Dimensions**

398 Table 10 encapsulated different dimensions of well-being focused on by reviewed
 399 articles. Researchers believed that psychological well-being mainly contains two dimensions,
 400 Hedonia and Eudaimonia. Hedonia refers to the pleasure aspect of well-being, i.e., having more
 401 fun, enjoyment, happiness, life satisfaction and fewer negative emotions (Rahmani et al.,

402 2018). While eudaimonic well-being focuses on meaning-related outcomes, such as personal
403 growth, purpose in life and self-actualization (Ryff, 1989).

404 Table 10. Dimensions of seniors' well-being in tourism

Dimensions of Well-being		No. of studies
Physical		21
Social		24
Psychological	Hedonic	43
	Eudaimonic	19
Others		9

405
406 Compared to physical (18%) and social dimensions (21%), psychological dimension
407 (53%) of well-being received the most concern in reviewed studies. A greater proportion of
408 studies focusing on the hedonic aspect in the psychological dimension were identified, with 43
409 of the reviewed articles concerned the hedonic dimension of well-being, while only 19 of them
410 examined the eudaimonic aspect. In addition, nine articles investigated other dimensions of
411 well-being, such as environmental (Li & Chan, 2021), safe (Tomka et al., 2015) and financial
412 (Kim & Woo, 2014).

413 Prior studies have posited that the perception of well-being dimensions differs between
414 genders. However, in spite of the diversity in tourism well-being perception between older
415 women and men, gender factor was only discussed in six reviewed articles (Bai et al., 2017;
416 Cleaver & Muller, 2002; Mélon et al., 2018; Simpson & Siguaw, 2013; Vega-Vázquez et al.,
417 2020; Xu & Wang, 2021). For example, Simpson & Siguaw (2013) argued that older women
418 prefer social activities when traveling, which help them gain higher psychological and social
419 well-being levels than men. Xu & Wang (2021) discussed that older female seasonal migrants
420 always have more abundant and meaningful activities and hence receive more emotional

421 support compared to males. It is also found that older men usually have higher scores in
422 physical function and evaluation after travel (Vega-Vázquez et, al., 2020).

423 **4. Discussion**

424 ***4.1. Overview of Key Findings from Existing Studies***

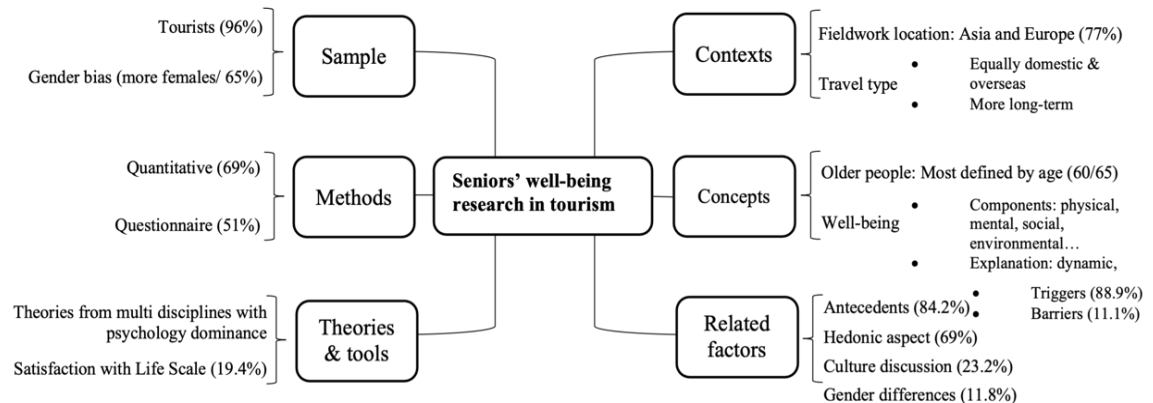
425 This systematic literature review assessed progress in research on seniors' well-being
426 in tourism and was designed to identify the directions for future research. Overall, research on
427 seniors' well-being in tourism has been dominated by studies in Europe and Asia during the
428 last decade (spanning the years 2011 to 2021). This could be explained by the fact that countries
429 in the Asian and European regions (especially Japan, Italy, Germany, Portugal and Greece)
430 regularly feature in the list of the countries with the largest amount of ageing population in the
431 world (United Nations Population Division, 2019). Similarly, China has recently attracted
432 substantial research focus on this topic as the most populated country with one of the fastest
433 ageing populations (Bai et al., 2017; Pan et al., 2020; Xu & Wang, 2021). To address **the**
434 growing challenges of an ageing population, China is taking steps such as formulating a
435 national five-year plan (2016-2020) based on the WHO recommendations to improve the health
436 and well-being of older populations (WHO, 2021), where tourism is seen as an important
437 facilitator of health and well-being in the general population (Pan et al., 2021).

438 The complexity of the senior tourism phenomenon and the interconnections with health
439 and well-being require researchers to learn and adopt concepts from various disciplines (Bauer,
440 2018). Up to now, many empirical studies have focused on examining physical and mental
441 health aspects such as cardiovascular health (Gump & Matthews, 2000), loneliness (Boyes,
442 2013) and personal development (Tomka et al., 2015). However, while existing studies were
443 helpful in identifying relevant factors of well-being (Hwang & Lee, 2019a; Hung & Wu, 2021;

444 Kim & Woo, 2014; Mahadevan & Fan, 2020), further research is required to theoretically
445 conceptualize the dimensions of seniors' well-being in tourism. The challenge for the future is
446 therefore to map out and widen our theoretical understandings of the multiple domains of
447 seniors' well-being as a result of seniors' engagement in various tourism activities. Further
448 cross-disciplinary collaboration connecting scholarship on tourism and public health is
449 required to allow researchers to approach well-being in new and creative ways (Sigala et al.,
450 2021).

451 A majority of reviewed manuscripts did not provide a fundamental and exact definition
452 of well-being. Nevertheless, primary dimensions of well-being such as physical, psychological
453 and social were discussed in the majority of articles. A substantial proportion of reviewed
454 articles were based on the hedonic aspects of well-being, especially within the context of leisure
455 travel (Iwasa & Yoshida, 2018), adventure experience (Hung & Wu, 2021), package tours
456 (Hwang & Lee, 2019b) and social tourism (Sedgley et al., 2018). Typical hedonic elements
457 include positive emotions (Moal-Ulvoas, 2017; Gu et al., 2016), relaxation (Morgan et al.,
458 2015), and a sense of fun (Kou et al., 2018; Boyes, 2013). However, the eudaimonic aspects
459 which emphasize longer-term underlying dimensions of well-being (sense of purpose and
460 meaning, quality relationships, sense of achievement) are underexplored and conceptually
461 underdeveloped. Although there has been an emphasis on eudaimonic effects of travel for
462 specific niche sectors, such as the pilgrimage experience and the Arctic travel (van Iwaarden
463 & Nawijn, 2021; Cai et al., 2020; Hao & Xiao, 2021), further research on the eudaimonic well-
464 being of senior tourists is required. Furthermore, the interplay amongst eudaimonic and
465 hedonic well-being dimensions in specific travel segments is still understudied (Cai et al., 2020;
466 Smith & Diekmann, 2017), and would need further investigation to provide a more
467 comprehensive understanding of their impact on seniors

468 Studies which assess the perspective of older residents, rather than tourists, are
 469 underrepresented (Tomljenovic & Faulkner, 2000; Oliveira et al., 2018). A slight gender bias
 470 was present, with females the most common population of assessment. No heterogeneity was
 471 identified within seniors' in-group structure, with reviewed articles treating older people as one
 472 whole unit of analysis. On the other hand, there was a dearth of in-depth qualitative research
 473 methods designed to provide rich, in-depth insights into the role of tourism in the well-being
 474 of seniors (Yoon et al., 2020). Most of the reviewed studies employed positivist perspectives
 475 and measured well-being by testing various hypotheses, with samples varying from 60 to 65
 476 years of age, depending on retirement ages in respective countries (Hwang & Lee, 2019a;
 477 Zhang & Zhang, 2018). Figure 9 presents an overview of the key findings derived from the
 478 systematic review.



479

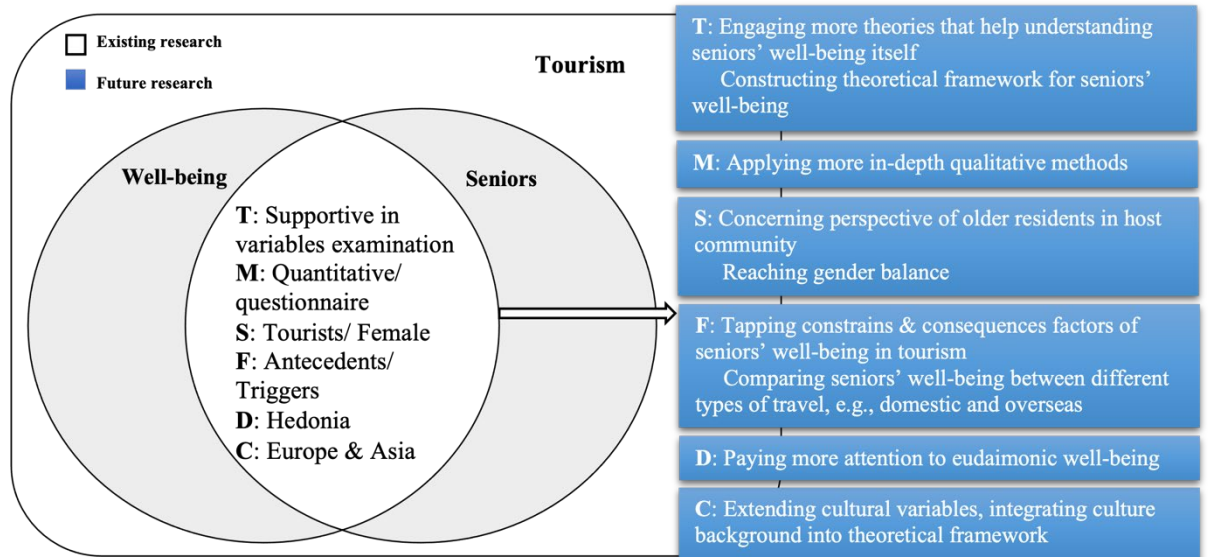
480 Figure 9. Key findings of the review

481

482 **4.2. Avenues for Future Research**

483 This study mapped the current state of seniors' well-being research in tourism. Figure
 484 10 visually represents a series of recommendations for future research on seniors' tourism
 485 well-being, across the dimensions of theories, methods, samples, dimensions, related factors,

486 and context. The study proposes that future research should clearly delineate criteria of what
 487 constitutes old age, which is a crucial and often overlooked aspect in the reviewed articles,
 488 which is essential for future empirical work.



489

490 T: Theories, M: Methods, S: Samples, F: Related Factors, D: Well-being Dimensions C: Context

491 Figure 10. Avenues for future research in seniors' well-being in tourism (adapted from Vada
 492 et al, 2020).

493

494 **(1) Theories.** A comprehensive theoretical framework based on a holistic view of
 495 seniors' well-being in tourism is needed (Zhang & Zhang, 2018). Future research should be
 496 focused on embedding theories from tourism' foundation disciplines (psychology, sociology,
 497 anthropology, economics and human geography) as well as medical fields (like travel
 498 medicine) to better develop conceptual foundations of senior tourist well-being. For example,
 499 the PERMA model of well-being embedded in psychology combines both hedonic and
 500 eudaimonic perspectives (Huang et al., 2019) illustrating five building blocks of well-being:
 501 positive emotions (P), engagement (E), relationships (R), meaning (M) and achievement (A)
 502 (Seligman, 2011). Building on such an established theoretical framework would allow for a

503 clearer definition of seniors' well-being in the tourism field. An established model or
504 framework has greater potential to unearth the dimensions of well-being relevant for senior
505 tourists. Considering the lack of eudaimonic perspectives in previous studies, theories that
506 more specifically adopt eudaimonic views of well-being could also be employed in the future.
507 As such, studies which focus on human flourishing (Ryff, 1989), DRAMMA (Detachment-
508 Recovery, Autonomy, Mastery, Meaning, and Affiliation) model (Newman et al., 2014) and
509 self-determination theory (Ryan & Deci, 2011).

510 **(2) Methods.** Articles on seniors' tourism well-being favour a positivist approach,
511 limiting the richness and depth of the current knowledge base. This paper highlights the
512 potential of interpretivist or constructivist paradigms, utilizing qualitative research methods to
513 explore the underlying dimensions of seniors' tourism well-being (Cavender et al., 2020).
514 Literature suggests that the remembrance of life experiences has a considerable impact not only
515 on how we direct our future experiences but also on how we view our own life (Kahneman,
516 2012). Moreover, individuals' life experiences can be understood through their subjective
517 narratives (Arsel, 2017; Filep et al., 2017), which is considered a relevant proxy for the
518 assessment of personal well-being (Mugel et al., 2019). A hermeneutic interpretive approach,
519 for example, could facilitate the interpretation of tourism experience and inner feelings about
520 the well-being of respondents during the interview process (Yoon et al., 2020; Farkić et al.,
521 2020).

522 **(3) Samples.** A clarification of the criteria adopted to define seniors is suggested. Future
523 research is encouraged to include a gender balance in sample selection in order to minimize
524 bias in the research design. Studies of in-group heterogeneity amongst older people would also
525 be beneficial as there is a significant life stage above the age of 60. Well-being perceptions and
526 associated travel behaviors between the "young-old", "old" and "old-old" could be quite

527 different (Jung & Siedlecki, 2018; Son et al., 2022). As empirical work demonstrates, when
528 communities start to develop tourism in their geographical regions, residents' lives often
529 change economically, socially, environmentally, and culturally (Deery et al., 2012; Pratt,
530 2015; Seetanah, 2011). Older residents are more susceptible to the impacts of tourism than
531 younger residents (Tomljenovic & Faulkner, 2000). For example, given the limited incomes of
532 the majority of older residents, they tend to be less mobile and less likely to move as a result
533 of tourism development in their region (Tomljenovic & Faulkner, 2000). Studies could also
534 consider the well-being of senior residents, noting some of this research may have taken place
535 in broader studies on residents' attitudes towards tourism and perceptions of future
536 development (Domínguez-Parraga, 2020; Tomljenovic & Faulkner, 2000). Further
537 comparative studies on older and younger residents' well-being at tourism destinations would
538 also be beneficial.

539 **(4) *Well-being Dimensions.*** Existing studies examining a eudaimonic aspect of
540 seniors' tourism well-being are limited. This review encourages future studies to adopt a
541 eudaimonic perspective. Tourist well-being was long considered to be associated with positive
542 emotions, pleasure, and stress relief (Lengieza et al., 2019), with academic studies focusing on
543 hedonic aspects of well-being (Smith & Diekmann, 2017). However, travel is increasingly seen
544 as an activity associated with personal meaning, self-growth (Su et al., 2020), sense of purpose,
545 and reflections on inner nature (Matteucci & Filep, 2015), representing core features of
546 eudaimonia (Filep & Laing, 2019). Travel has been suggested to make people mentally stronger
547 and more confident, more adaptable to negative events and challenges (Pung et al., 2020)
548 leading to major life transitions (Gibson et al., 2012). This transformative effect is a feature of
549 eudaimonia (Filep & Laing, 2019). The transformation derived from travel leads to greater
550 problem-solving skills, more effective navigation of life's challenges, better quality

551 relationships as well as higher purpose in life (Saunders et al., 2014). Some retirees celebrate
552 their entrance to a retirement phase by undertaking long-term travel - tourism then becomes a
553 transitional zone between the past and new beginnings (White & White, 2004). However,
554 despite preliminary evidence about the specific transformative effects of tourism for seniors
555 (White & White, 2004), current studies have mainly focused on young people (Colley et al.,
556 2019). Hence eudaimonic well-being amongst seniors requires close attention and scrutiny by
557 researchers in the future.

558 **(5) *Related factors.*** Constraints and consequences of seniors' tourism well-being
559 require further investigation. Elicitation of such factors will not only enrich our knowledge of
560 well-being, but also help generate strategies for tourism marketing and management (Vada, et
561 al., 2020). Although several types of travel have been investigated, the differences between
562 them have not been tested. Comparative studies on seniors' well-being in domestic or overseas
563 travel, long-stay or short-stay travel, and package or independent travel are suggested in the
564 future. Gender requires more attention in research as differences exist in well-being perceptions
565 between older women and older men (Bai et al., 2017; Cleaver & Muller, 2002; Mélon et al.,
566 2018; Simpson & Siguaw, 2013; Vega-Vázquez et al., 2020; Xu & Wang, 2021). As women
567 tend to outlive their spouses, they spend more years living alone (Chen et al., 2021). Moreover,
568 older males and females are likely to differ in socioeconomic status, resources, obligations and
569 preferences, thus may exhibit different well-being associations (Zhang et al., 2017).

570 **(6) *Context.*** Prior work on tourism and well-being research has called for more non-
571 Western perspectives (Smith & Diekmann, 2017, Filep & Laing, 2019). Research on seniors'
572 tourism and well-being in Asia has risen recently, with Western models increasingly applied
573 in the non-Western context (Pourfakhimi et al., 2021; Huang et al., 2019; Gu et al., 2016).
574 These models and theories often assume a Western articulation of well-being (Buzinde et al.,

575 2014), with cultural dimensions required for further development (Dyall et al., 1999).
576 Specifically, for Chinese older people, studies demonstrate that co-residence, proximity to their
577 children and intergenerational contact remains the primary source of well-being, as the family
578 provides daily care, monetary and emotional support (Kou et al., 2017). Hence, a feeling of
579 guilt to travel could be generated from those living with children (Mahadevan & Fan, 2020).
580 Consequently, future efforts to study seniors' tourism well-being undoubtedly require a
581 multidimensional approach but also a grounded understanding of the concept as defined and
582 experienced by the groups in the specific context.

583 Finally, the COVID-19 pandemic continues to pose major challenges to the global
584 tourism sector (Filep et al., 2022). The global pandemic impacts have led to severe travel
585 restrictions, lockdowns, social distancing measures, and restrictions on gatherings.
586 Additionally, the pandemic presented a severe health hazard, especially for vulnerable cohorts
587 of senior tourists. The consequences of the pandemic have transformed the tourism industry
588 and are expected to continue to change travel behaviors in the post-COVID-19 period (Totsune
589 et al., 2021). As a result, further research should take into account major shifts or external
590 shocks which could ultimately affect seniors' travel behaviors and well-being perceptions.

591 **5. Conclusion**

592 This manuscript critically assessed progress in research on senior tourists' well-being.
593 The study synthesized 56 eligible articles to examine the theories and methods applied,
594 disciplines concerning this topic, geographic distribution, conceptualizations of seniors' well-
595 being, and the related factors examined in seniors' tourism well-being research. The
596 contribution of this research is in charting the current state of knowledge on senior well-being
597 in tourism, identifying six key areas for future scholarly attention, as outlined in section 4.2.
598 By mapping the current state of knowledge on seniors' tourism well-being, the paper highlights

599 the need for a more holistic conceptualization of seniors' well-being in tourism, with the
600 underlying dimensions of eudaimonic well-being further elucidated. Further investigations of
601 constraints to well-being and cultural differences in experiencing well-being are also needed.
602 In addition, future research should consider the application of relational bibliometric analysis
603 to corroborate the results and reduce the subjectivity of the interpretation.

604 The findings of this review have highlighted the exigency of deepening tourism well-
605 being research to a niche group – Seniors. Specifically, existing studies showed that the barriers
606 and triggers of senior tourists' well-being are notably distinct from younger groups, such as the
607 barriers of insufficient health care services (Pan et al., 2020), feeling guilty about going on trips
608 (Woo et al., 2016), and the triggers of expected healthier and longer life, resulting in different
609 travel motivations and behaviors of seniors (Kim & Woo, 2014). This review also emphasized
610 the significant contribution of senior tourists' well-being beyond the individual and towards
611 families and society, against the backdrop of mounting pressure on health systems across the
612 globe due to population ageing. A further perspective that puts emphasis on positive ageing
613 may enhance the analysis of seniors' well-being in tourism. Additionally, this review identified
614 the exclusively triggers of tourist well-being such as aesthetics of locations and therapeutic
615 landscape, supporting the recent argument that relationships with other people are equally as
616 important to tourist well-being as the affiliation with the natural environment (Filep et al.,
617 2022). Finally, this review addresses a growing call in the literature to explore the connections
618 between tourism and the public health agenda through tourist well-being (Pyke et al, 2016).
619 For example, a recent study by Wen et al (2022) presents tourism as a pathway to improve
620 dementia in seniors' well-being as an adjunct to non-pharmacological interventions. As such,
621 more research is needed to address vulnerabilities especially for the senior market and
622 determine how tourism can contribute to the medical science literature.

623 Managers of tourism enterprises have an opportunity to develop activities according to
624 preferences across diverse senior tourism cohorts (including senior females, senior males, and
625 senior transgender tourists). There is a need to eliminate barriers for seniors in their ability to
626 engage in travel and experience a sense of well-being. For example, access to health care is
627 considered one of the major barriers in existing studies, hence medical assistance should be
628 well-equipped in destinations. This research has also identified the potential importance of
629 social relationships during senior travel experiences, thus destinations could consider unique
630 tourism experiences, such as homestay options, which provide an opportunity to connect with
631 local residents.

632 Above all, this research revealed that travel has a complex and dynamic relationship
633 with seniors' well-being. This dynamic relationship can be concluded from the reviewed
634 articles and is suggested to be explored utilizing established frameworks in positive
635 psychology. Considering this intricate relationship, it will assist researchers to address current
636 challenges, such as how long will seniors' well-being last after travel? Is there an ideal travel
637 duration for seniors? Does well-being always accumulate with the increase in travel frequency?
638 Such research endeavors would be significant for tourists, educators and practitioners engaged
639 in the tourism, leisure, entertainment and cultural industries.

640

641

642 **References**

- 643 Antolini, F., & Grassini, L. (2020). Economic growth and mental well-being in Italian
644 regions. *Electronic Journal of Applied Statistical Analysis*, 13(2), 498-518.
645 <http://doi.org/10.1285/i20705948v13n2p498>
- 646 Arsel, Z. (2017). Asking Questions with Reflexive Focus: A Tutorial on Designing and
647 Conducting Interviews. *Journal of Consumer Research*, 44 (4), 939-948.
648 <https://doi.org/10.1093/jcr/ucx096>
- 649 Bai, X., Hung, K., & Lai, D. W. L. (2017). The role of travel in enhancing life satisfaction
650 among Chinese older adults in Hong Kong. *Ageing and Society*, 37(9), 1824-1848.
651 <https://doi.org/10.1017/S0144686X16000611>
- 652 Balderas-Cejudo, M. A. (2019). Towards a deeper understanding of senior tourists: Challenges
653 and opportunities of an emerging market segment. *Journal of Tourism and Heritage*
654 *Research*, 2(2), 262-277.
- 655 Bauer, I. (2018). When travel is a challenge: Travel medicine and the 'dis-abled' traveller.
656 *Travel Medicine and Infectious Disease*, 22, 66-72.
657 <https://doi.org/10.1016/j.tmaid.2018.02.001>
- 658 Bayulken, B., & Huisingh, D. (2015). Perceived 'Quality of Life' in eco-developments and in
659 conventional residential settings: an explorative study. *Journal of Cleaner Production*,
660 98, 253-262. <https://doi.org/10.1016/j.jclepro.2014.10.096>
- 661 Bjelde, K. E., & Sanders, G. F. (2012). Change and Continuity: Experiences of Midwestern
662 Snowbirds. *Journal of Applied Gerontology*, 31(3), 314-335.
663 <https://doi.org/10.1177/0733464810386223>
- 664 Boyes, M. (2013). Outdoor adventure and successful ageing. *Ageing and Society*, 33(4), 644-
665 665. <https://doi.org/10.1017/S0144686X12000165>
- 666 Buzinde, C. N., Kalavar, J. M., & Melubo, K. (2014). Tourism and community well-being: The
667 case of the Maasai in Tanzania. *Annals of Tourism Research*, 44, 20-35.
668 <https://doi.org/10.1016/j.annals.2013.08.010>
- 669 Cai, Y., Ma, j., & Lee, Y. (2020). How do Chinese travelers experience the Arctic? Insights
670 from a hedonic and eudaimonic perspective. *Scandinavian Journal of Hospitality and*
671 *Tourism*, 20 (2), 144-165. <https://doi.org/10.1080/15022250.2020.1744185>
- 672 Chen, C., Kenwin, M., & Rowe, W. J. (2021). Gender differences in countries' adaptation to
673 societal ageing: an international cross-sectional comparison. *The Lancet Healthy*
674 *Longevity*, 2(8), e460-e469. [https://doi.org/10.1016/S2666-7568\(21\)00121-5](https://doi.org/10.1016/S2666-7568(21)00121-5)
- 675 Chen, J., & Bao, J. (2020). Chinese 'snowbirds' in tropical Sanya: retirement migration and
676 the production of translocal families. *Journal of Ethnic and Migration Studies*, 1-18.
677 <http://doi.org/10.1080/1369183x.2020.1739377>
- 678 Cho, V. (2010). A study of the non-economic determinants in tourism demand. *International*
679 *Journal of Tourism Research*, 12(4), 307-320. <https://doi.org/10.1002/jtr.749>
- 680 Cleaver, M., & Muller, T. E. (2002). I want to pretend I'm eleven years younger: Subjective
681 age and seniors' motives for vacation travel. *Social Indicators Research*, 60(1-3), 227-
682 241. <http://dx.doi.org/10.1023/A:1021217232446>

- 683 Cobbold, A., Standen, C., Shepherd, L., Greaves, S., & Crane, M. (2022). Multimodal trips,
684 quality of life and wellbeing: An exploratory analysis. *Journal of Transport &*
685 *Health*, 24, 101330. <https://doi.org/10.1016/j.jth.2022.101330>
- 686 Colley, K., Currie, M. J. B., & Irvine, K. N. (2019). Then and now: Examining older people's
687 engagement in outdoor recreation across the life course. *Leisure Sciences*, 41(3), 186-
688 202. <https://doi.org/10.1080/01490400.2017.1349696>
- 689 Daykin, N., Mansfield, L., Meads, C., Julier, G., Tomlinson, A., Payne, A., . . . Victor, C.
690 (2018). What works for wellbeing? A systematic review of wellbeing outcomes for
691 music and singing in adults. *Perspectives in Public Health*, 138(1), 39-46.
692 <https://doi.org/10.1177/1757913917740391>
- 693 de Guzman, A. B., Cruz, T. M. C., Garchitorena, J. N. A., Gatus, J. K., & Hernandez, R. P. R.
694 (2019). Who says aging is lonely? A phenomenology of Filipino older adults'
695 experiences of happiness when joining international group tours. *Educational*
696 *Gerontology*, 45(6), 365-376. <http://dx.doi.org/10.1080/03601277.2019.1640836>
- 697 den Hoed, W. (2020). Where everyday mobility meets tourism: an age-friendly perspective on
698 cycling in the Netherlands and the UK. *Journal of Sustainable Tourism*, 28(2), 185-
699 203. <http://dx.doi.org/10.1080/09669582.2019.1656727>
- 700 Deery, M., Jago, L., & Fredline, L. (2012) Rethinking social impacts of tourism research: A
701 new research agenda. *Tourism Management*, 33 (1), 64-73.
702 <https://doi.org/10.1016/j.tourman.2011.01.026>
- 703 Diekmann, A., Vincent, M., & Bauthier, I. (2020). The holiday practices of seniors and their
704 implications for social tourism: A Wallonian perspective. *Annals of Tourism Research*,
705 85, 103096. <https://doi.org/10.1016/j.annals.2020.103096>
- 706 Diener, E. (1984). Subjective well-being. *Psychological bulletin*, 95, 524-558.
- 707 Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale.
708 *Journal of Personality Assessment*, 49(1), 71-75.
709 https://doi.org/10.1207/s15327752jpa4901_13
- 710 Diener, E., & Ryan, K. (2009). Subjective wellbeing: A general overview. *South African*
711 *journal of psychology*, 39(4), 391-406.
- 712 Dodge, R., Daly, A., Huyton, J., & Sanders, L. (2012). The challenge of defining wellbeing.
713 *International Journal of Wellbeing*, 2(3), 222-235. <https://doi.org/10.5502/ijw.v2i3.4>
- 714 Dolnicar, S., Yanamandram, V., & Cliff, K. (2012). The contribution of vacations to quality of
715 life. *Annals of Tourism Research*, 39(1), 59-83.
716 <https://doi.org/10.1016/j.annals.2011.04.015>
- 717 Domínguez-Parraga, L. (2020). The effects of gentrification on the elderly: A case study in the
718 city of Cáceres. *Social Sciences (Basel)*, 9(9), 154.
719 <https://doi.org/10.3390/SOCSCI9090154>
- 720 Dyall, L., Bridgman, G., Bidois, A., Gurney, H., Hawira, J., Tangitu, P., & Huata, W. (1999).
721 Maori outcomes: Expectations of mental health services. *Social Policy Journal of New*
722 *Zealand*, (12), 71-90.

- 723 Esichaikul, R. (2012). Travel motivations, behaviour and requirements of European senior
724 tourists to Thailand. *Revista de Turismo y Patrimonio Cultural*, 10(2), 47-58.
725 <https://doi.org/10.25145/j.pasos.2012.10.026>
- 726 Eslami, S., Khalifah, Z., Mardani, A., & Streimikiene, D. (2018). Impact of non-economic
727 factors on residents' support for sustainable tourism development in Langkawi Island,
728 Malaysia. *Economics & Sociology*, 11(4), 181-197. <https://doi.org/10.14254/2071-789x.2018/11-4/12>
- 730 Farkić, J., Filep, S., & Taylor, S. (2020). Shaping tourists' wellbeing through guided slow
731 adventures. *Journal of Sustainable Tourism*, 28(12), 2064-2080.
732 <https://doi.org/10.1080/09669582.2020.1789156>
- 733 Ferrer, J. G., Sanz, M. F., Ferrandis, E. D., McCabe, S., & García, J. S. (2016). Social Tourism
734 and Healthy Ageing. *International Journal of Tourism Research*, 18(4), 297-307.
735 <https://doi.org/doi:10.1002/jtr.2048>
- 736 Filep, S. (2014). Consider prescribing tourism (editorial). *Journal of Travel Medicine*, 21(3),
737 150–152.
- 738 Filep, S., Moyle, B. D., & Skavronskaya, L. (2022). Tourist Wellbeing: Re-Thinking Hedonic
739 and Eudaimonic Dimensions. *Journal of Hospitality & Tourism Research*.
740 10963480221087964. <https://doi.org/10.1177/10963480221087964>
- 741 Filep, S., & Deery, M. (2010). Towards a Picture of Tourists' Happiness. *Tourism Analysis*,
742 15(4), 399-410. <https://doi.org/10.3727/108354210x12864727453061>
- 743 Filep, S., King, B., & McKercher, B. (2022). Reflecting on tourism and COVID-19
744 research. *Tourism Recreation Research*, 1-5.
745 <https://doi.org/10.1080/02508281.2021.2023839>
- 746 Filep, S., & Laing, J. H. (2019). Trends and Directions in Tourism and Positive Psychology.
747 *Journal of Travel Resesarch*, 58(3), 343-354.
748 <https://doi.org/10.1177/0047287518759227>
- 749 Filep, S., Macnaughton, J., & Glover, T. (2017). Tourism and gratitude: Valuing acts of
750 kindness. *Annals of Tourism Research*, 66, 26-36.
751 <https://doi.org/10.1016/j.annals.2017.05.015>
- 752 Fogel, R. W. (1993). New sources and new techniques for the study of secular trends in
753 nutritional status, health, mortality, and the process of aging. *Historical Methods: A*
754 *Journal of Quantitative and Interdisciplinary History*, 26(1), 5-43.
755 <https://doi.org/10.1080/01615440.1993.10594215>
- 756 Gao, S. Y., Dupre, K., & Bosman, C. (2021). Understanding the neighbourhood environment
757 and the health and wellbeing of older Chinese immigrants: a systematic literature
758 review. *Ageing & Society*, 41(4), 815-835.
759 <https://doi.org/10.1017/s0144686x1900134x>
- 760 Gibson, H. J., Berdychevsky, L., & Bell, H. L. (2012). Girlfriend getaways over the life course:
761 Change and continuity. *Annals of Leisure Research*, 15(1), 38–54.
762 <https://doi.org/10.1080/11745398.2012.670963>

- 763 Grant, M. J., & Booth, A. (2009). A typology of reviews: an analysis of 14 review types and
764 associated methodologies. *Health Information and Libraries Journal*, 26(2), 91-108.
765 <https://doi.org/10.1111/j.1471-1842.2009.00848.x>
- 766 Gu, D., Zhu, H., Brown, T., Hoenig, H., & Zeng, Y. (2016). Tourism Experiences and Self-
767 Rated Health Among Older Adults in China. *Journal of Aging and Health*, 28(4), 675-
768 703. <https://doi.org/10.1177/0898264315609906>
- 769 Gump, B. B., & Matthews, K. A. (2000). Are vacations good for your health? The 9-year
770 mortality experience after the multiple risk factor intervention trial. *Psychosomatic*
771 *Medicine*, 62(5), 608-612.
- 772 Hao, F., & Xiao, H. (2021). Residential tourism and eudaimonic well-being: A 'value-adding'
773 analysis. *Annals of Tourism Research*, 87, 103150.
774 <https://doi.org/10.1016/j.annals.2021.103150>
- 775 Huang, K., Pearce, P. L., Wu, M., & Wang, X. (2019). Tourists and Buddhist heritage sites:
776 An integrative analysis of visitors' experience and happiness through positive
777 psychology constructs. *Tourism studies*, 19(4), 549-568.
778 <https://doi.org/10.1177/1468797619850107>
- 779 Hung, K., & Lu, J. (2016). Active living in later life: An overview of aging studies in hospitality
780 and tourism journals. *International Journal of Hospitality Management*, 53, 133-144.
781 <https://doi.org/10.1016/j.ijhm.2015.10.008>
- 782 Hung, K., & Wu, C. C. (2021). Effect of adventure tourism activities on subjective well-
783 being. *Annals of Tourism Research*, 91 (3), 103147.
784 <https://doi.org/10.1016/j.annals.2021.103147>
- 785 Huta, V. (2013). Pursuing eudaimonia versus hedonia: Distinctions, similarities, and
786 relationships. In A.S. Waterman (Ed.), *The best within us: Positive psychology*
787 *perspectives on eudaimonia* (pp. 139-158). Washington, DC, US: American
788 Psychological Association.
- 789 Hwang, J., Kim, J. J., Lee, J. S. H., & Sahito, N. (2020). How to form wellbeing perception
790 and its outcomes in the context of elderly tourism: Moderating role of tour guide
791 services. *International Journal of Environmental Research and Public Health*, 17(3),
792 10-29. <https://doi.org/10.3390/ijerph17031029>
- 793 Hwang, J., & Lee, J. (2019a). Antecedents and consequences of brand prestige of package tour
794 in the senior tourism industry. *Asia Pacific Journal of Tourism Research*, 24(7), 679-
795 695. <http://dx.doi.org/10.1080/10941665.2019.1623274>
- 796 Hwang, J., & Lee, J. (2019b). A strategy for enhancing senior tourists' well-being perception:
797 focusing on the experience economy. *Journal of Travel and Tourism Marketing*, 36(3),
798 314-329. <https://doi.org/10.1080/10548408.2018.1541776>
- 799 Iwasa, H., & Yoshida, Y. (2018). Actual Conditions of Leisure Activity Among Older
800 Community-Dwelling Japanese Adults. *Gerontology and Geriatric Medicine*, 4,
801 2333721418781677. <http://dx.doi.org/10.1177/2333721418781677>
- 802 Jung, S., & Siedlecki, K. L. (2018). Attitude toward own aging: Age invariance and construct
803 validity across middle-aged, young-old, and old-old adults. *Journal of Adult*
804 *Development*, 25(2), 141-149.

- 805 Kahneman, D. (2012). *Thinking Fast and Slow*. London: Penguin Books.
- 806 Kekäläinen, T., Wilska, T. A., & Kokko, K. (2017). Leisure Consumption and well-Being
807 among Older Adults: Does Age or Life Situation Matter? *Applied Research in Quality*
808 *of Life*, 12(3), 671-691. <https://doi.org/10.1007/s11482-016-9483-6>
- 809 Kim, H., & Woo, E. (2014). An examination of missing links between quality of life and tourist
810 motivation. *Tourism Analysis*, 19(5), 629-636.
811 <https://doi.org/10.3727/108354214X14116690098016>
- 812 Kim, H., Woo, E., & Uysal, M. (2015). Tourism experience and quality of life among elderly
813 tourists. *Tourism Management*, 46, 465-476.
814 <https://doi.org/10.1016/j.tourman.2014.08.002>
- 815 Kou, L., Xu, H., & Kwan, M. P. (2018). Seasonal mobility and well-being of older people: The
816 case of 'Snowbirds' to Sanya, China. *Health Place*, 54, 155-163.
817 <https://doi.org/10.1016/j.healthplace.2018.08.008>
- 818 Kou, L., Xu, H., & Hannam, K. (2017). Understanding seasonal mobilities, health and
819 wellbeing to Sanya, China. *Social Science & Medicine*, 177, 87-99.
820 <https://doi.org/10.1016/j.socscimed.2017.01.051>
- 821 Lee, H., & Heo, S. (2021). Benefits of leisure activities for the quality of life of older South
822 Korean adults. *Leisure Studies*, 40(2), 199-211.
823 <https://doi.org/10.1080/02614367.2020.1820556>
- 824 Lengieza, M. L., Hunt, C. A., & Swim, J. K. (2019). Measuring eudaimonic travel experiences.
825 *Annals of Tourism Research*, 74, 195-197.
826 <https://doi.org/10.1016/j.annals.2018.05.002>
- 827 Li, T. E., & Chan, E. T. H. (2021). "With a young spirit, we will be young forever": Exploring
828 the links between tourism and ageing well in contemporary China. *Tourism*
829 *Management*, 86, 104345. <https://doi.org/10.1016/j.tourman.2021.104345>
- 830 Liu, Y., Dupre, K., & Jin, X. (2020). A systematic review of literature on contested heritage.
831 *Current Issues in Tourism*, 24(4), 442-465.
832 <https://doi.org/10.1080/13683500.2020.1774516>
- 833 Lyu, J., Huang, H., & Mao, Z. (2021). Middle-aged and older adults' preferences for long-stay
834 tourism in rural China. *Journal of Destination Marketing & Management*, 19.
835 <https://doi.org/10.1016/j.jdmm.2020.100552>
- 836 Mahadevan, R., & Fan, V. S. (2020). The nexus between seniors' tourism expenditure and well-
837 being in China. *Tourism Analysis*, 25(1), 169-174.
838 <https://doi.org/10.3727/108354220X15758301241620>
- 839 Matteucci, X., & Filep, S. (2015). Eudaimonic tourist experiences: the case of flamenco.
840 *Leisure Studies*, 36(1), 39-52. <https://doi.org/10.1080/02614367.2015.1085590>
- 841 Mendes, J., Medeiros, T., Silva, O., Tomás, L., Silva, L., & Ferreira, J. A. (2022). PERMA
842 Model of Well-Being Applied to Portuguese Senior Tourists: A Confirmatory Factor
843 Analysis. *Sustainability*, 14(13), 7538. <https://doi.org/10.3390/su14137538>

- 844 Mélon, M., Agrigoroaei, S., Diekmann, A., & Luminet, O. (2018). The holiday-related
845 predictors of wellbeing in seniors. *Journal of Policy Research in Tourism, Leisure &*
846 *Events*, 10(3), 221-240. <https://doi.org/10.1080/19407963.2018.1470184>
- 847 Milman, A. (1998). The impact of tourism and travel experience on senior travelers'
848 psychological well-being. *Journal of Travel Research*, 37(2), 166-170.
849 <https://doi.org/10.1177/004728759803700208>
- 850 Moal-Ulvoas, G. (2017). Positive emotions and spirituality in older travelers. *Annals of*
851 *Tourism Research*, 66, 151-158. <http://dx.doi.org/10.1016/j.annals.2017.07.020>
- 852 Moher, D., Liberati, A., Tetzlaff, J., Altman, D. G., & Group, P. (2010). Preferred reporting
853 items for systematic reviews and meta-analyses: the PRISMA statement. *International*
854 *Journal of Surgery*, 8(5), 336-341. <https://doi.org/10.1016/j.ijisu.2010.02.007>
- 855 Møller, V. (1992). Black South African women on excursions: A reflection on the quality of
856 township life for seniors. *Journal of Cross-Cultural Gerontology*, 7(4), 399-428.
857 <https://doi.org/10.1007/BF00116259>
- 858 Morgan, N., & Pritchard, A. (2005). On souvenirs and metonymy: Narratives of memory,
859 metaphor and materiality. *Tourist Studies*, 5(1), 29-53.
860 <http://dx.doi.org/10.1177/1468797605062714>.
- 861 Morgan, N., Pritchard, A., & Sedgley, D. (2015). Social tourism and well-being in later life.
862 *Annals of Tourism Research*, 52, 1-15. <https://doi.org/10.1016/j.annals.2015.02.015>
- 863 Moyle, B. D., Weaver, D. B., Gössling, S., McLennan, C. L., & Hadinejad, A. (2021). Are
864 water-centric themes in sustainable tourism research congruent with the UN
865 Sustainable Development Goals? *Journal of Sustainable Tourism*, 1-16.
866 <https://doi.org/10.1080/09669582.2021.1993233>
- 867 Mugel, O., Gurviez, P., & Decrop A. (2019). Eudaimonia around the kitchen: A hermeneutic
868 approach to understanding food well-being in consumers' lived experiences. *Journal of*
869 *Public Policy and Marketing*, 38(2), 280-295.
870 <https://doi.org/10.1177/0743915618825267>
- 871 Nawijn, J. (2011). Determinants of Daily Happiness on Vacation. *Journal of Travel Research*,
872 50(5), 559-566. <https://doi.org/10.1177/0047287510379164>
- 873 Nawijn, J., & Filep, S. (2016). Two directions for future tourist well-being research. *Annals of*
874 *Tourism Research*, 61, 221-223. <https://doi.org/10.1016/j.annals.2016.07.007>
- 875 Newman, D. B., Tay, L., & Diener, E. (2014). Leisure and subjective well-being: A model of
876 psychological mechanisms as mediating factors. *Journal of Happiness Studies*, 15(3),
877 555-578.
- 878 Nimrod, G., & Rotem, A. (2011). An exploration of the Innovation Theory of Successful
879 Ageing among older tourists. *Ageing and Society*, 32(3), 379-404.
880 <https://doi.org/10.1017/s0144686x1100033x>
- 881 Oliveira, C., Brochado, A., & Correia, A. (2018). Seniors in international residential tourism:
882 looking for quality of life. *Anatolia: An International Journal of Tourism & Hospitality*
883 *Research*, 29(1), 11-23. <https://doi.org/10.1080/13032917.2017.1358189>

- 884 Pahlevan-Sharif, S., Mura, P., & Wijesinghe, S. N. R. (2019). A systematic review of
885 systematic reviews in tourism. *Journal of Hospitality and Tourism Management*, 39,
886 158-165. <https://doi.org/10.1016/j.jhtm.2019.04.001>
- 887 Pan, Y., Fu, X., & Wang, Y. (2020). How does travel link to life satisfaction for senior tourists?
888 *Journal of Hospitality and Tourism Management*, 45, 234-244.
889 <https://doi.org/10.1016/j.jhtm.2020.07.013>
- 890 Pan, Y., Wang, X., & Ryan, C. (2021). Chinese seniors holidaying, elderly care, rural tourism
891 and rural poverty alleviation programmes. *Journal of Hospitality and Tourism*
892 *Management*, 46, 134-143.
- 893 Patterson, I., & Balderas, A. (2020). Continuing and Emerging Trends of Senior Tourism: A
894 Review of the Literature. *Journal of Population Ageing*, 13(3), 385-399.
895 <https://doi.org/10.1007/s12062-018-9228-4>
- 896 Pearce, P. L. (2009). The relationship between positive psychology and tourist behavior
897 studies. *Tourism Analysis*, 14(1), 37-48. <https://doi.org/10.3727/108354209788970153>
- 898 Pickering, C., & Byrne, J. (2014). The benefits of publishing systematic quantitative literature
899 reviews for PhD candidates and other early-career researchers. *Higher Education*
900 *Research & Development*, 33(3), 534-548.
901 <https://doi.org/10.1080/07294360.2013.841651>
- 902 Pickering, C., Grignon, J., Steven, R., Guitart, D., & Byrne, J. (2015). Publishing not perishing:
903 how research students transition from novice to knowledgeable using systematic
904 quantitative literature reviews. *Studies in Higher Education*, 40(10), 1756-1769.
905 <https://doi.org/10.1080/03075079.2014.914907>
- 906 Pikhart, M., & Klimova, B. (2020). Maintaining and Supporting Seniors' Wellbeing through
907 Foreign Language Learning: Psycholinguistics of Second Language Acquisition in
908 Older Age. *International Journal of Environmental Research and Public Health*,
909 17(21), 8038. <https://doi.org/10.3390/ijerph17218038>
- 910 Pinto, S., Fumincelli, L., Mazzo, A., Caldeira, S., & Martins, J. C. (2017). Comfort, well-being
911 and quality of life: Discussion of the differences and similarities among the concepts.
912 *Porto Biomedical Journal*, 2(1), 6-12. <https://doi.org/10.1016/j.pbj.2016.11.003>
- 913 Pourfakhimi, S., Nadim, Z., Prayag, G., & Mulcahy, R. (2021). The influence of neophobia
914 and enduring food involvement on travelers' perceptions of wellbeing—Evidence from
915 international visitors to iran. *International Journal of Tourism Research*, 23(2), 178-
916 191. <https://doi.org/10.1002/jtr.2391>
- 917 Pratt, S. (2015). The economic impact of tourism in SIDS. *Annals of Tourism Research*, 52(3),
918 148-160. <https://doi.org/10.1016/j.annals.2015.03.005>
- 919 Pung, J. M., Yung, R., Khoo-Lattimore, C., & Del Chiappa, G. (2020). Transformative travel
920 experiences and gender: A double duoethnography approach. *Current Issues in*
921 *Tourism*, 23(5), 538-558. <https://doi.org/10.1080/13683500.2019.1635091>
- 922 Pyke, S., Hartwell, H., Blake, A., & Hemingway, A. (2016). Exploring well-being as a tourism
923 product resource. *Tourism Management*, 55, 94-105. [https://doi:](https://doi.org/10.1016/j.tourman.2016.02.004)
924 [10.1016/j.tourman.2016.02.004](https://doi.org/10.1016/j.tourman.2016.02.004)

- 925 Rafalski, J. C., Noone, J. H., O'Loughlin, K., & de Andrade, A. L. (2017). Assessing the
 926 process of retirement: a cross-cultural review of available measures. *Journal of Cross-*
 927 *Cultural Gerontology*, 32(2), 255-279.
- 928 Rahmani, K., Gnoth, J., & Mather, D. (2018). Hedonic and eudaimonic well-being: A
 929 psycholinguistic view. *Tourism Management*, 69, 155-166.
 930 <https://doi.org/10.1016/j.tourman.2018.06.008>
- 931 Roberts, A., Hinds, J., & Camic, P. M. (2020). Nature activities and wellbeing in children and
 932 young people: a systematic literature review. *Journal of Adventure Education and*
 933 *Outdoor Learning*, 20(4), 298-318. <https://doi.org/10.1080/14729679.2019.1660195>
- 934 Ross, G. F. (2005). Senior tourists sociability and travel preparation. *Tourism Review*, 60(2),
 935 6-15. <https://doi.org/10.1108/eb058451>
- 936 Ryan, R. M., & Deci, E. L. (2011). A self-determination theory perspective on social,
 937 institutional, cultural, and economic supports for autonomy and their importance for
 938 well-being. In V. I. Chirkov, R. M. Ryan & K. M. Sheldon (Eds.), *Human autonomy in*
 939 *cross-cultural context: Perspectives on the psychology of agency, freedom and well-*
 940 *being* (pp. 45-64). Dordrecht: Springer.
- 941 Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of
 942 psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069-
 943 1081.
- 944 Sangpikul, A. (2008). Travel motivations of Japanese senior travellers to Thailand.
 945 *International Journal of Tourism Research*, 10(1), 81-94.
 946 <https://doi.org/10.1002/jtr.643>
- 947 Saunders, R., J. Laing, and B. Weiler. (2014). Personal Transformation through Long-Distance
 948 Walking. In *Tourist Experience and Fulfilment: Insights from Positive Psychology*,
 949 edited by S. Filep and P. Pearce, 127-46. London: Routledge.
- 950 Seetanah, B. (2011). Assessing the dynamic economic impact of tourism for island economies.
 951 *Annals of Tourism Research*, 38(1), 291-308.
 952 <https://doi.org/10.1016/j.annals.2010.08.009>
- 953 Sedgley, D., Haven-Tang, C., & Espeso-Molinero, P. (2018). Social tourism & older people:
 954 the IMSERSO initiative. *Journal of Policy Research in Tourism, Leisure and Events*,
 955 10(3), 286-304. <https://doi.org/10.1080/19407963.2018.1465064>
- 956 Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-*
 957 *being*. New York: Free Press.
- 958 Sie, L., Pegg, S., & Phelan, K. V. (2021). Senior tourists' self-determined motivations, tour
 959 preferences, memorable experiences and subjective well-being: An integrative
 960 hierarchical model. *Journal of hospitality and tourism management*, 47, 237-251.
 961 <https://doi.org/10.1016/j.jhtm.2021.03.006>
- 962 Sigala, M., Kumar, S., Donthu, N., Sureka, R., & Joshi, Y. (2021). A bibliometric overview of
 963 the journal of hospitality and tourism management: Research contributions and
 964 influence. *Journal of Hospitality and Tourism Management*, 47, 273-288.
 965 <https://doi.org/10.1016/j.jhtm.2021.04.005>

- 966 Simpson, P. M., & Siguaw, J. A. (2013). Lifestyle and satisfaction of winter migrants. *Tourism*
967 *Management Perspectives*, 5, 18-23. <https://doi.org/10.1016/j.tmp.2012.09.005>
- 968 Sirgy, M. J., Kruger, P. S., Lee, D.-J., & Yu, G. B. (2010). How Does a Travel Trip Affect
969 Tourists' Life Satisfaction? *Journal of Travel Research*, 50(3), 261-275.
970 <https://doi.org/10.1177/0047287510362784>
- 971 Smith, M. K., & Diekmann, A. (2017). Tourism and wellbeing. *Annals of tourism research*, 66,
972 1-13. <https://doi.org/10.1016/j.annals.2017.05.006>
- 973 Snyder, H. (2019). Literature review as a research methodology: An overview and guidelines.
974 *Journal of Business Research*, 104, 333-339.
975 <https://doi.org/10.1016/j.jbusres.2019.07.039>
- 976 Son, H., Cho, H. J., Cho, S., Ryu, J., & Kim, S. (2022). The Moderating Effect of Social
977 Support between Loneliness and Depression: Differences between the Young-Old and
978 the Old-Old. *International Journal of Environmental Research and Public*
979 *Health*, 19(4), 2322. <https://doi.org/10.3390/ijerph19042322>
- 980 Søraker, J. H., Van der Rijt, J.-W., de Boer, J., Wong, P.-H., & Brey, P. (2015). *Well-Being in*
981 *Contemporary Society*. Switzerland: Springer.
- 982 Staats, S., & Pierfelice, L. (2003). Travel: A long-range goal of retired women. *The Journal*
983 *of Psychology*, 5(137), 483-494. <https://doi.org/10.1080/00223980309600630>
- 984 Stončikaitė, I. (2020). On the Hunt for Noble Savages: Romance Tourism and Ageing
985 Femininities. *Societies*, 10(3), 47. <http://dx.doi.org/10.3390/soc10030047>
- 986 Streimikiene, D., Svagzdiene, B., Jasinskas, E., & Simanavicius, A. (2020). Sustainable
987 tourism development and competitiveness: The systematic literature review.
988 *Sustainable Development*, 29(1), 259-271. <https://doi.org/10.1002/sd.2133>
- 989 Su, L., Tang, B., & Nawijn, J. (2020). Eudaimonic and hedonic well-being pattern changes:
990 Intensity and activity. *Annals of Tourism Research*, 84, 103008.
991 <https://doi.org/10.1016/j.annals.2020.103008>
- 992 Tkaczynski, A., Rundle-Thiele, S., & Beaumont, N. (2009). Destination Segmentation: A
993 Recommended Two-Step Approach. *Journal of Travel Research*, 49(2), 139-152.
994 <https://doi.org/10.1177/0047287509336470>
- 995 Tomka, D., Holodkov, V., & Andjelković, I. (2015). Quality of life as a travel motivational
996 factors of senior tourists - Results of research in Novi Sad. *Informatologia*, 48(1-2), 62-
997 70.
- 998 Tomljenovic, R., & Faulkner, B. (2000). Tourism and older residents in a sunbelt resort. *Annals*
999 *of Tourism Research*, 27(1), 93-114. [https://doi.org/10.1016/S0160-7383\(99\)00062-6](https://doi.org/10.1016/S0160-7383(99)00062-6)
- 1000 Totsune, T., Matsudaira, I., & Taki, Y. (2021). Curiosity-tourism interaction promotes
1001 subjective wellbeing among older adults in Japan. *Humanities & Social Sciences*
1002 *Communications*, 8(1), 1-11. <http://dx.doi.org/10.1057/s41599-021-00748-3>
- 1003 Tsartsara, S. I. (2018). Definition of a new type of tourism niche—The geriatric tourism.
1004 *International Journal of Tourism Research*, 20(6), 796-799.
1005 <https://doi.org/10.1002/jtr.2232>

- 1006 United Nations Population Division. (2019). *World Population Prospects*.
1007 <https://population.un.org/wpp/Download/Standard/Population/>.
- 1008 United Nations Development Programme. (2015). *Sustainable Development Goals*.
1009 [https://www.undp.org/sustainable-](https://www.undp.org/sustainable-developmentgoals?utm_source=EN&utm_medium=GSR&utm_content=US_UNDP_PaidSearch_Brand_English&utm_campaign=CENTRAL&c_src=CENTRAL&c_src2=GSR&gclid=EA1aIQobChMI2szlxo2y9wIVx5FmAh2fiwWCEAAAYBCAAEgIVoD_BwE)
1010 [developmentgoals?utm_source=EN&utm_medium=GSR&utm_content=US UNDP](https://www.undp.org/sustainable-developmentgoals?utm_source=EN&utm_medium=GSR&utm_content=US_UNDP_PaidSearch_Brand_English&utm_campaign=CENTRAL&c_src=CENTRAL&c_src2=GSR&gclid=EA1aIQobChMI2szlxo2y9wIVx5FmAh2fiwWCEAAAYBCAAEgIVoD_BwE)
1011 [PaidSearch Brand English&utm_campaign=CENTRAL&c_src=CENTRAL&c_src2](https://www.undp.org/sustainable-developmentgoals?utm_source=EN&utm_medium=GSR&utm_content=US_UNDP_PaidSearch_Brand_English&utm_campaign=CENTRAL&c_src=CENTRAL&c_src2=GSR&gclid=EA1aIQobChMI2szlxo2y9wIVx5FmAh2fiwWCEAAAYBCAAEgIVoD_BwE)
1012 [=GSR&gclid=EA1aIQobChMI2szlxo2y9wIVx5FmAh2fiwWCEAAAYBCAAEgIVo](https://www.undp.org/sustainable-developmentgoals?utm_source=EN&utm_medium=GSR&utm_content=US_UNDP_PaidSearch_Brand_English&utm_campaign=CENTRAL&c_src=CENTRAL&c_src2=GSR&gclid=EA1aIQobChMI2szlxo2y9wIVx5FmAh2fiwWCEAAAYBCAAEgIVoD_BwE)
1013 [D_BwE](https://www.undp.org/sustainable-developmentgoals?utm_source=EN&utm_medium=GSR&utm_content=US_UNDP_PaidSearch_Brand_English&utm_campaign=CENTRAL&c_src=CENTRAL&c_src2=GSR&gclid=EA1aIQobChMI2szlxo2y9wIVx5FmAh2fiwWCEAAAYBCAAEgIVoD_BwE)
- 1014 Uysal, M., Kruger, S., & Sirgy, M. J. (2018). *Managing quality of life in tourism and*
1015 *hospitality: Best practices*. Oxfordshire, UK: CABI Publishers.
- 1016 Uysal, M., Sirgy, M. J., Woo, E., & Kim, H. (2016). Quality of life (QOL) and well-being
1017 research in tourism. *Tourism Management*, 53, 244-261.
1018 <https://doi.org/10.1016/j.tourman.2015.07.013>
- 1019 Vada, S., Prentice, C., Scott, N., & Hsiao, A. (2020). Positive psychology and tourist well-
1020 being: A systematic literature review. *Tourism Management Perspectives*, 33. 100631.
1021 <https://doi.org/10.1016/j.tmp.2019.100631>
- 1022 van Iwaarden, M., & Nawijn, J. (2021). Eudaimonic benefits of tourism: the pilgrimage
1023 experience. *Tourism Recreation Research*, 1-11.
1024 <https://doi.org/10.1080/02508281.2021.1986777>
- 1025 Vega-Vázquez, M., Rodríguez-Serrano, M. Á., Castellanos-Verdugo, M., & Oviedo-García,
1026 M. Á. (2020). The impact of tourism on active and healthy ageing: health-related
1027 quality of life. *Journal of Policy Research in Tourism, Leisure and Events*. 13(3), 349-
1028 373. <https://doi.org/10.1080/19407963.2020.1837844>
- 1029 Veenhoven, R. (2008). Sociological theories of subjective well-being. *The science of subjective*
1030 *well-being*, 9, 44-61. Guilford, London
- 1031 Watson, R., Wilson, H. N., Smart, P., & Macdonald, E. K. (2018). Harnessing Difference: A
1032 Capability-Based Framework for Stakeholder Engagement in Environmental
1033 Innovation. *Journal of Product Innovation Management*, 35(2), 254-279.
1034 <https://doi.org/10.1111/jpim.12394>
- 1035 Wei, S., & Milman, A. (2002). The Impact of Participation in Activities while on Vacation on
1036 Seniors' Psychological Well-Being: A Path Model Application. *Journal of Hospitality*
1037 *and Tourism Research*, 26(2), 175-185.
1038 <http://dx.doi.org/10.1177/1096348002026002006>
- 1039 Wen, J., Zheng, D., Hou, H., Phau, I., & Wang, W. (2022). Tourism as a dementia treatment
1040 based on positive psychology, *Tourism Management*, 92, 104556.
1041 <https://doi.org/10.1016/j.tourman.2022.104556>
- 1042 White, N. R., & White, P. B. (2004). Travel as transition: Identity and place. *Annals of Tourism*
1043 *Research*, 31(1), 200-218. <https://doi.org/10.1016/j.annals.2003.10.005>
- 1044 World Health Organization. (2021). *Ageing and health*. [https://www.who.int/china/health-](https://www.who.int/china/health-topics/ageing)
1045 [topics/ageing](https://www.who.int/china/health-topics/ageing)
- 1046 Wolf, I. D., Stricker, H. K., & Hagenloh, G. (2015). Outcome-focused national park experience
1047 management: transforming participants, promoting social well-being, and fostering

- 1048 place attachment. *Journal of Sustainable Tourism*, 23(3), 358.
1049 <https://doi.org/10.1080/09669582.2014.959968>
- 1050 Woo, E., Kim, H., & Uysal, M. (2016). A Measure of Quality of Life in Elderly Tourists.
1051 *Applied Research in Quality of Life*, 11(1), 65-82. [https://doi.org/10.1007/s11482-014-](https://doi.org/10.1007/s11482-014-9355-x)
1052 [9355-x](https://doi.org/10.1007/s11482-014-9355-x)
- 1053 Xu, H. G., & Wang, Y. T. (2021). The impacts of gender on seasonal retirement mobility and
1054 wellbeing. *Ageing and Society*, 41(1), 187-207.
1055 <https://doi.org/10.1017/s0144686x19001004>
- 1056 Yang, E. C. L., Khoo-Lattimore, C., & Arcodia, C. (2017). A systematic literature review of
1057 risk and gender research in tourism. *Tourism Management*, 58, 89-100.
1058 <https://doi.org/10.1016/j.tourman.2016.10.011>
- 1059 Yoon, H., Lee, W. S., Kyoung-Bae, K., & Moon, J. (2020). Effects of Leisure Participation on
1060 Life Satisfaction in Older Korean Adults: A Panel Analysis. *International journal of*
1061 *environmental research and public health*, 17(12), 4402.
1062 <http://dx.doi.org/10.3390/ijerph17124402>
- 1063 Zhang, W., Feng, Q., Lacanienta, J., Zhen, Z. (2017) Leisure participation and subjective well-
1064 being: Exploring gender differences among elderly in Shanghai, China. *Archives of*
1065 *Gerontology and Geriatrics*, 69, 45-54. <https://doi.org/10.1016/j.archger.2016.11.010>
- 1066 Zhang, L., & Zhang, J. (2018). Impacts of leisure and tourism on the elderly's quality of life in
1067 intimacy: A comparative study in Japan. *Sustainability (Switzerland)*, 10(12).
1068 <https://doi.org/10.3390/su10124861>
- 1069 Zhou, L., Yu, J., Wu, M. Y., Wall, G., & Pearce, P. L. (2018). Seniors' seasonal movements
1070 for health enhancement. *Service Industries Journal*, 38(1-2), 27-47.
1071 <https://doi.org/10.1080/02642069.2017.13651>
- 1072