Accessible tourism and its benefits for coping with stress

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Summary

1. Literature review
2. Methodology
3. Results
4. Conclusions
1. understanding the importance of accessible tourism as a coping response to a population with special characteristics;

2. clarifying the benefits of accessible tourism in the biopsychosocial dimensions of stress-coping;

3. proposing accessible tourism as a stress-coping resource at the level of rehabilitation therapies for individuals with disabilities.
COPING BELIEFS
- AUTONOMY
- FRIENDSHIP

COPING STRATEGIES
- FELLOWSHIP
- PALLIATIVE STRATEGY
- POSITIVE MOOD

ACCESSIBLE LEISURE TOURISM

LCS

POPULATION WITH DISABILITIES

STRESS-COPING + WELL-BEING

LCS - ALT
2. Methodology

Research design and Sample
Research Design

- **quantitative** primary data through the application of **questionnaire surveys**

- Leisure Coping Beliefs Scale (LCBS) and Leisure Coping Strategies Scale (LCSS) - Iwasaki & Mannell (2000)

- Introducing two innovations: people with **physical and sensory disability** in the context of **leisure tourism**.

Sample

- N = 306

| Motor | 66.2% |
| Visual | 14.4% |
| Hearing | 15.7% |
| Other | 3.6% |

Sample demographics:

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mode</th>
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</thead>
<tbody>
<tr>
<td>Age Group</td>
<td>[25 - 44] (N=186)</td>
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<tr>
<td>Gender</td>
<td>Male (N=172)</td>
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<tr>
<td>Severity of Disability</td>
<td>Serious Problem (N=256)</td>
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<tr>
<td>Family Situation/ Marital Status</td>
<td>Single (N=179)</td>
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<tr>
<td>Parenting</td>
<td>No Children (N=217)</td>
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<tr>
<td>Professional Situation</td>
<td>Employed (N=137)</td>
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<tr>
<td>Qualifications</td>
<td>Higher Education (N=120)</td>
</tr>
<tr>
<td>Income</td>
<td>[240€ - 480€] (N=60)</td>
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3. Results

Univariate Analysis & Correlation Analysis
<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Mean</th>
<th>Median</th>
<th>Standard Deviation (SD)</th>
<th>Min.</th>
<th>Max.</th>
<th>Skewness</th>
<th>Kurtosis</th>
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<tbody>
<tr>
<td>LCBS-ALT</td>
<td></td>
<td>3.85</td>
<td>3.86</td>
<td>0.53</td>
<td>2.17</td>
<td>5.00</td>
<td>-0.37</td>
<td>-0.02</td>
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<td></td>
<td>Autonomy</td>
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<td></td>
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<td></td>
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<td></td>
<td>Self-Determination</td>
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<td>4.00</td>
<td>0.78</td>
<td>1.00</td>
<td>5.00</td>
<td>-0.99</td>
<td>0.98</td>
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<td>Empowerment</td>
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<td>4.00</td>
<td>0.70</td>
<td>1.33</td>
<td>5.00</td>
<td>-0.70</td>
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<td>Emotional Support</td>
<td>3.28</td>
<td>3.33</td>
<td>0.54</td>
<td>1.67</td>
<td>5.00</td>
<td>0.09</td>
<td>0.99</td>
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<td>Self-Esteem</td>
<td>4.23</td>
<td>4.25</td>
<td>0.68</td>
<td>1.50</td>
<td>5.00</td>
<td>-0.91</td>
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<td>Tangible Aid</td>
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<td>3.69</td>
<td>0.82</td>
<td>1.25</td>
<td>5.00</td>
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<td>Information Support</td>
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<td>LCSS-ALT</td>
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<td>3.57</td>
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<td>Companionship</td>
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<td>5.00</td>
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<td>Palliative Strategy</td>
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<td>5.00</td>
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<td>Positive Mood</td>
<td>4.09</td>
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<td>1.00</td>
<td>5.00</td>
<td>-0.73</td>
<td>1.17</td>
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Univariate Analysis

5-point Likert scale: 1 corresponds to "Disagree" and 5 to "Strongly Agree"

✘ It was found that the descriptive results indicate mean, median and mode values mostly above 3

✘ item 11 stands out: "what I do within tourism allows me to feel good about myself “ with the **highest figures** for mean (4.40, SD = 0.72), mode (5) and median (5) values

✘ item 29 is the exception, "I lack the emotional support of my tourism partners“ averaging 1.91 (SD = 1.16), since it is an **inverted item**
Univariate Analysis

**5-point Likert scale:** 1 corresponds to "Disagree" and 5 to "Strongly Agree"

- All items reach a median of 3 and 4 points = the majority of the respondents with physical and sensory disabilities "agree moderately" (3) or "strongly agree" (4) with the statements related to coping strategies through leisure tourism context.

- **Companionship:** item 5 “socializing through tourism was a way to manage stress”
- **Palliative strategy:** item 4 “escaping through tourism was a way of dealing with stress”
- **Positive Mood:** item 6 “tourism made me have positive feelings” or item 10 “I kept a good mode within tourism”
Correlation Analysis

✘ very strong association values

✘ results highlight Empowerment within Autonomy and Self-Esteem, Tangible Help and Information Support in the context of Friendship

✘ making it clear that these are the biopsychosocial dimensions more associated with beliefs or psychological certainties of individuals with disabilities to deal with stress, when participating in accessible tourism.
Correlation Analysis

✘ all dimensions are perfectly integrated

✘ results suggest that when people with disabilities participate in tourism activities, they certainly develop coping strategies that are perfectly connected to each other, including Companionship, Palliative and Positive Mood strategies.
4. Conclusions
1) According to this study, it appears that **tourism is a stress-coping resource** that fosters the development of two distinct dimensions of coping: **beliefs** and **strategies**.

2) Results of LCS-ALT application allow us to draw conclusions about the **impacts or benefits of accessible leisure tourism** in the management and control of stressful situations.

3) In an integrative perspective, as **stress-coping rebalances and harmonizes** resources of **people with physical and sensory disability**, it can **positively influencing** their **overall well-being**.
practical implications

- inclusion/society awareness
- innovative tourism products
- new therapeutic interventions
creation and validation of suited tools to different types of disability
more robust, consistent and proper assessment

examine cultural and contextual differences of individuals in the study
specific inherent differences of each type of disability

greater reflection and concerted action of all involved in decision making processes
either in tourism and health sectors
thank you!

Any questions?

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