

## Positive Psychology in Tourism

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**Abstract:** Positive psychology is a new trend recently. The main focus of this trend is human positive qualities, and then explores human virtue. It uses open appreciation view on problems, and understands human motivation, ability and potential. Positive psychology not only conforms to the current development background of social development and has a very deep relationship with people's happiness now. These reasons make positive psychology research more deeply researched. While tourism is the important manifestation of mind and body joy, people's inner demand to tourism is more and higher with the improvement of living standards. In fact there is a close relationship between tourism and psychology, and they can bring good development space to human spiritual world. Based on this, this article mainly takes positive psychology as research object and discusses positive psychology in tourism.

### I. THE RELATIONSHIP BETWEEN POSITIVE PSYCHOLOGY AND TOURISM

Although tourism industry development has a very long history in every country, tourism is an emerging discipline in growth and maturation. In fact, tourism is a cross discipline which contains a comprehensive variety of psychology, sociology, management science, anthropology, etc. This study mainly discusses psychology in detail, and studies the function and significance of positive psychology on tourism. Scholars believe that there is a certain convergence between tourism psychology and positive psychology, and their main purpose is to convey positive social positive energy, and at the same time of ascending individual value, promote the harmonious development of society to enhance their psychological well-being. With some scholars study, positive psychology begins to get a large number of applications on tourism, making common enriching and deepening of the mutual fusion between each other. Positive psychology's reasonable application in tourism is a major research topic, and the application of positive psychology in tourism can improve the tourists exciting experience, allowing visitors to have feelings for the travel place in a short period of time, accept such a tourist destination in deep heart, and get psychological satisfaction to increase happiness.

### II. ECONOMIC PSYCHOLOGY'S ORIGIN BACKGROUND

Economic psychology first appeared in the late 20th century as an important branch of psychology. Back in 1999 America's congress, someone pointed out that at the arrival of the new century, psychological research content will be more widely deepen and will become more diverse, which is the inner demands of social development and is also the inevitable trend of human development. After World War II, the research direction has been on the development of human society psychology. Its basic task is to treat the huge crowd with heart trauma, help them to eliminate inner obstacles, and help people to resist the inner negative emotions. But in a certain period, people not only pay attention to the crowds with problems in traditional psychology research but pay more emphasis on the psychological study of the general public. So people put forward open eyes to look at problems in psychology, find out the potential of people and find all kinds of potential psychological motivation. And since then, the study of psychology not only problems such as negative psychology or mental disorder, but becomes more open to research the psychological problems of human society as a whole, and put the line of sight in the increased value on human life. Through research, enrich people's life, make people's life become more meaningful and valuable, and develop some special talents. For researchers, the development of positive psychology is an

important psychology milestone, which emphasizes the people-oriented value psychology concept, and makes psychological study more close to the general public. Research ordinary people life ability and virtue construction, and constantly promote human positive attitude to life. Through this attitude, dig their own potential to make themselves have the power to construct themselves to reach the harmonious development between him and society, and enhance people's inner satisfaction.

### III. THE APPLICATION OF POSITIVE PSYCHOLOGY IN TRAVELING

Since 2000, more in-depth research of positive psychology has been made, but applications in tourism are not very timely. But positive psychology application in tourism is an inevitable trend, so a lot of people begin to realize the importance of the research. And people study in this direction, and in the study, they found positive experience and all kinds of good personality which largely influence tourists' psychology and behavior. In the study, the researchers asked volunteers as tourists for related research, make these volunteers experience "exciting feeling". And then ask visitors to analyze their "perfect day" inner needs. Preliminary findings about the motivation for tourists, such as intimate, comfortable, curious, a sense of belonging, stimulating, and self-development are found. Appropriate tourism can bring people happiness, and have positive emotion in tourism. In this study, tourism volunteers accepting positive psychology application had been carried on all-directional tracking survey and found that positive psychology benefits to the tourism individual. See in the table below:

Seligman's happiness model	Tourism benefits	Cases
Positive emotions	Promote pleasure index	Make tourism personnel to relax, and make people feel happy and peace; Good experience with tourists, make them feel more beautiful life
Input	Improve ability	Travel, to a great extent, improves people's ability to adapt to society and nature, increases the opportunity of learning communication between people; Make people become more optimistic, confident and happy, reduce the inner despair and all kinds of concerns, begin to tolerate all kinds of culture, take the initiative to accept the cultural differences, and improve professional tourism personnel's professional ability and professional degrees
Feeling	Excited	Make a commitment to tourism, tourists began to inspire themselves, challenge new things, concentrate, to a certain extent inspire their own inner potential, while the guide received positive psychology suggests explains more humorous, more relaxed with soft and attractive voice
Relation	Cultivate positive relationships	Under the application of positive psychology, tourist interpersonal relationship is harmonious, such interpersonal relationship is more conducive to personal growth; In participating in various communications, brain is very relaxed, physical recovery time is much faster than in the past, and children greatly cultivate people's communication skills
Meaning	Promote personal transformation	Change tourism personal outlook on life, values and world view to some extent; better use of all kinds of challenges in life stages, which is helpful to the future personal development, and can help these people with all kinds of difficulties in later life to take positive

Achievements	Improve personal health	psychology and ways of thinking to solve the problems, rather than passive wait or delay In tourism, there may be physical fatigue for a short period of time, also appear all sorts of muscle damage, but individual's mental health is a big help and also improve body quality and resistance; after above volunteers received test, it was found that they were more vigorous and energetic, and in the subsequent investigation it was found that their physical quality was significantly increased.
Significance	Improve the overall quality of life	For the elderly, attend various tourist activities can improve their level of satisfaction with their lives; Other personal investigation is also suitable for the conclusion, so good experiences and personal life satisfaction show positive correlation, and increased participants' sleep quality and psychological demands of yearning for the future

Table 1 The benefits of travel behavior to tourism individuals: from the perspective of positive psychology

The application of positive psychology research in tourism can promote tourists positive experience to the scene, and after travel allows visitors be filled with the experience of happiness and good memories. Emotion, personality and quality of life and well-being have been obviously improved. Through the study, it is found that the application of positive psychology in tourism, tourists can improve well-being, which means active psychology is an important psychological intervention, and very effective. Concrete reflections are in the table below:

Positive emotions	Tourists mood change will largely affect the effect of tourism and the quality of their own experience in the process of participation in various tourism; emotional experience is an important experience of tourists
Positive personality	Focus on personality characteristics of tourists in tourism has more research value and research significance than pure demography In actual operation, tourism can adopt different methods to improve the efficiency of some tourist service personnel work such as humorous language or adopt positive emotions to guide; One of the important link is that intimate partner can promote positive tourism experience; And good relationship interaction can enhance the relationship between individual tourists, and form a positive experience signal in every visitor
Positive organizational system	In life, individual leisure tourism is a very effective psychological intervention; Such leisure can bring tourism personnel mental serenity at the same time also bring all-round positive benefits to social various aspects development, in the process, make people become more healthy, psychological age decreasing, with inner satisfaction and sense of fulfillment, and increase the communication among people, and in the process overcome difficulties to promote friendship between tourists and improve each one's sense of achievement

Table 2 Psychology application in tourism and combining site

#### IV. THE APPLICATION PROSPECTS OF POSITIVE PSYCHOLOGY IN TRAVELING

Positive psychology is of great benefit to everyone, so positive psychology research is necessary,

which can promote the mental health development of the entire human race. From the current situation, the whole society in our country is in a big transformation, and people need more time to rest. Mental health problems are also very important. China's rapid economic development makes some people accumulate a lot of money. In the case of enough material, pay more attention to health problems, and get more satisfaction in spirit. Tourism cannot only experience different customs and cultures of various areas, in the process, get some exercise and make the tourists enjoy psychological and spiritual satisfaction. So tourism industry is closely related to people's happiness index, in fact this is in line with the aims and advocate of positive psychology. Although the combination of the two aspects in our country is not very mature, in the near future, there will be a lot of room to grow. Due to China's development's certain particularity, Chinese people had unique idea in the understanding of aesthetic idea and understanding of the relationship between people and nature. So the combination of positive psychology and tourism takes time, and we have to develop a way of development for our country according to the actual situation.

## **V. CONCLUSION**

Tourism can make people fully relax their body and mind, and is a healthy way of life. Positive psychology emphasizes individual's own adjustment, and change the view of the problems in life through self-regulation. So both tourism and positive psychology ask people to get peace of mind and find a true self. The contact between the two is very close, and the application of positive psychology in traveling can make visitors have good mentality, change their state of mind in the feeling of external environment change at the same time. In turn, enhance happiness index, fully enjoy life in tourism, and have a positive attitude to face current problems and achieve the goal of keeping in good health.

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