

Family Travel, Positive Psychology, and Well-being

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Research has shown that travel as a form of family leisure results in various benefits for families. Families use travel to improve their relationships, escape from the routine, create memories and improve communication, and to continue family traditions (Durko & Petrick, 2016; Shaw & Dawson, 2001; Zabriskie & McCormick, 2003). Over the last couple of decades, positive psychology and well-being have received increasing attention in assessing the benefits of travel. Studies have documented hedonic and eudaimonic elements of tourism experiences that contribute to an overall sense of well-being (e.g., Moal-Ulvoas, 2017; Neal, Uysal, & Sirgy, 2007). Aiming at bringing these two bodies of literature (i.e., family leisure and tourism well-being), in this chapter we present findings of a qualitative study that explored travel and family well-being from a positive psychological perspective.

Family Travel

Travel experiences have shown to be beneficial to individuals and families in many different ways. Travel allows individuals to escape their everyday routines, lower work-related stress, experience new things, practice control and freedom, improve one's mental and physical health, and as a result, increase their well-being (Chen, Huang, & Petrick, 2013; Fritz & Sonnentag, 2006; Sonnentag & Fritz, 2007). Moreover, the benefits of travel are experienced not only at the individual level but by the entire family. Families reported increased bond, connectedness, and positive feelings, improved cohesion, relationships and loyalty between family members, and creation of shared life-long memories (Durko & Petrick, 2016; Gilbert & Abdullah, 2004; Kozak, 2010; Kozak & Duman, 2012; Shaw, Havitz, & Delemere, 2008; West & Merriam, 2009; Yun & Lehto, 2009). For instance, the participants in Lehto, Choi, Lin and MacDermid's (2009) study reported that holidays were viewed as quality time with the family that allowed for improvement of family communication and cohesion. Similarly, Lehto, Lin, Chen and Choi (2012) found that family trips provided quality family time and opportunity to re-establish emotional bonds. Moreover, couples reported increased intimacy frequency which was eight times higher when they were on vacation than when they were at home (Durko & Petrick, 2016). Experiencing such positive effects, families felt more satisfied with their relationships and families and were less likely to get a divorce or be separated (Durko & Petrick, 2016; Hill, 2000; Presser, 2000; Yun & Lehto, 2009). Their quality of life was also enhanced (Dolnicar, Yanamandram, & Cliff, 2012; de Bloom et al., 2010; Fritz & Sonnentag, 2006; Strauss-Blasche, Ekmekcioglu, & Marktl, 2000).

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Furthermore, it has been found that children experience positive effects of travel too, such as enhanced development and socialization, learning new skills (particularly sharing and getting along with others), lowering stress-related illness and behavioral issues, improved contentment with school, self and leisure life, as well as enhanced confidence levels and global life satisfaction (Gao, Havitz, & Potwarka, 2020; Shaw & Dawson, 2001; West & Merriam, 2009). Children also reported feeling calm and relaxed, happier and recharged, as well as experiencing more opportunities to interact with peers and practice autonomy and independence (Mikkelsen & Stilling Blichfeldt, 2015), all of which resulted in enhanced overall well-being of the family.

Research on travel and extended family is more limited but also suggests positive outcomes of travel. Travel is often used to bring the members of extended families together to reconnect and strengthen bonds. For example, Kennedy-Eden and Gretzel (2016) studied the meanings of holidays for families living far away from each other. The study revealed that annual holidays with extended family has become a tradition that helped families to strengthen their bond and enhance family capital away from everyday routine, which the authors called a “system maintenance” (Kennedy-Eden & Gretzel, 2016, p. 14). Similarly, a study by Kluin and Lehto (2012) revealed family reunion tourists manage complicated group dynamics and prioritize emotional factors over rational factors when they make decisions about travel because they put the group interests before their personal preferences.

While family travels offer a volume of great outcomes, it is important to highlight that these experiences can also cause stress (Kennedy-Eden & Gretzel, 2016). For example, Rosenblatt and Russel (1975) discussed disruption of specific routines, such as division of labor and territoriality at home that get disrupted on holidays and lead to stress and conflict between family members. In addition, factors associated with travel, including traffic, illness, car issues, may serve as additional reasons for frustration and interpersonal conflict (Rosenblatt & Russell, 1975). Interestingly, some of these stressors may be mitigated by other factors. For example, a study by Smith, Pitts, Litvin and Agrawal (2017) suggested that couples with less travel experience were more likely to face conflicts in decision-making while those with more experience appeared to be able to avoid conflict. Although existing studies provide insight into the benefits and drawbacks of travel for families, the knowledge seems to be scattered; a holistic view of the positive and negative outcomes of family travel and an assessment of which outweighs the other, that is the focal point of positive psychology, is missing. Hence, to address this gap in the literature, in this study, we employ positive psychology to explore family travel and its relationships with well-being.

Theoretical Framework

Positive psychology

Positive psychology conceptualizes well-being as a combination of hedonic and eudaimonic components (Seligman, 2004, 2011). Accordingly, well-being is not solely the absence of mental illness. Rather it is the presence of some positivity, which consists of both subjective (i.e., mental health) and objective (i.e., quality of life) components that together help individuals flourish and achieve an enjoyable and worthwhile life (Seligman & Csikszentmihalyi, 2000). Seligman (2011) proposed that well-being, as the centerpiece of positive psychology, consists of five facets, “positive emotions, engagement, positive relationships, meaning, and accomplishment... A handy mnemonic is PERMA” (p. 16). Wherein, engagement refers to a positive state of mind that is experienced through full immersion in an activity (Diener & Seligman, 2002). Meaning and accomplishment refer to perceptions of leading a purposeful life, and progressing towards personal goals respectively (Seligman, 2011). Positive emotions (e.g., satisfaction, fulfillment) and positive relationships are also deemed to impact human well-being (Seligman, 2002).

Seligman (2004) clarified that positive emotions consist of both pleasure (conscious feelings), and gratification (elusive feelings). Aligned with in-depth assessments of affect and cognition in different fields (e.g., philosophy, psychology), Fennell (2009) highlighted the prominence of the concept of pleasure to tourism. Similar to Seligman, Fennell identified different types of pleasure such as emotional (e.g., satisfaction) and sensory (e.g., unique scent of a destination), and discussed that different types of tourist (e.g., sex tourist vs. voluntourist) experience different types of pleasure derived from distinct values. Furthermore, Fennell explained how experiences of pleasure are associated with three temporal phases of a travel experience, anticipation, on-site, and recollection. Later, Fennell (2018) argued that indeed pleasure is the main motive for travel and an ultimate goal in many people’s leisure or even life experiences.

A majority of the studies within the realm of tourism and well-being have been founded on the bottom-up spillover theory of well-being (Figure 1) that postulates overall well-being is the accumulation of satisfaction with major domains of life such as leisure, work, and family life (Diener, Emmons, Larsen, & Griffin, 1985; Neal et al., 2007). Accordingly, the sense of well-being experienced from different elements (in this case family trips) of a specific domain (herein family leisure) spills over vertically to determine the overall satisfaction with that domain which subsequently spills over to the most superior domain (overall life experience) and results in higher global life satisfaction (Neal et al., 2007).

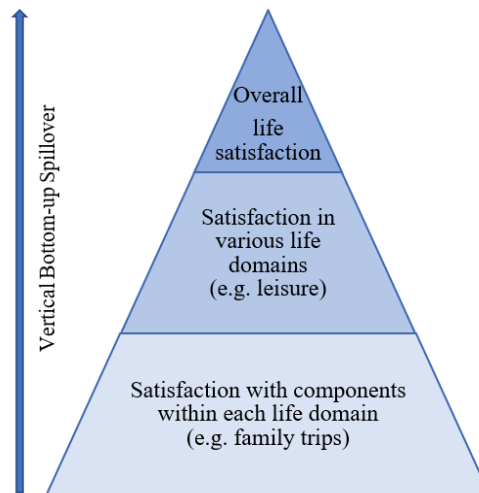


Figure 1. Hierarchical model of life satisfaction (Neal, Sirgy, & Uysal, 1999) adapted to family travel.

Although many of the aforementioned studies on family travel did not claim any positive psychological theory as the conceptual framework, the eudaimonic and hedonic aspects of well-being were evident in the findings. Hence, aiming at aggregating and synthesizing the existing knowledge and solidifying the foundation for future work in this space, here, we first outline the theories and measurement items used to investigate well-being in tourism contexts (Table 1); second, positioning ourselves within the positive psychological school of thought, we present the results of a qualitative study on travel and family well-being founded on the bottom-up spillover theory. To gain a well-rounded understanding of this phenomenon, eudaimonic and hedonic aspects of well-being found in previous tourism research (Table 1) were used to guide the analysis.

Table 1. Theories and scales of positive psychology and well-being used in tourism research.

Source	Instruments developed or adopted & adapted to tourism	Eudaimonic items	Hedonic items
Andrews & Withey (1976)	Global Life Satisfaction	Autonomy/Control	Positive emotions
Kozma & Stones (1980, 1983)	Memorial University of Newfoundland Scale of Happiness (Munsh)	<ul style="list-style-type: none"> - Over what to do, how to do it, when to do it. 	<ul style="list-style-type: none"> - Experiencing happiness, joy, emotional involvement with people, fun, arousal/excitement, pleasure, euphoria
Kammann & Flett (1983)	Affectometer 2	Meaningful/purposeful life	<ul style="list-style-type: none"> - Feeling positive about self
Diener (1984)	Subjective Well-being (SWB)	Personal growth	
Diener et al. (1985)	Satisfaction with Life (SWLS)	Detachment	Positive relationships
Watson et al. (1988)	Positive and Negative Affect Scale (PANAS)	<ul style="list-style-type: none"> - Having physical and mental detachments from work demands 	<ul style="list-style-type: none"> - Having more quality/enjoyable than stressful social time
WHOQOL Group (1995)	Quality of Life (QoL)	Mastery	<ul style="list-style-type: none"> - Feeling close to family, friends
Ryff and Keyes (1995)	Psychological Well-being (PWB)	<ul style="list-style-type: none"> - Having opportunities to broaden one's horizons. 	<ul style="list-style-type: none"> - Ability to re-establish dwindling relationships.
Neal et al. (1999)	Satisfaction with Leisure Trips & Satisfaction with Life	<ul style="list-style-type: none"> - Having opportunities to seek physical & intellectual challenge. 	<ul style="list-style-type: none"> - Ability to establish new relationships.
Lyubomirsky & Lepper (1999)	Subjective Happiness Scale	<ul style="list-style-type: none"> - Learning new things 	

Table 1. Theories and scales of positive psychology and well-being used in tourism research. *Continued.*

Source	Instruments developed or adopted & adapted to tourism	Eudaimonic items	Hedonic items
Fredrickson's (2001)	Broaden and Build	Positive functioning (Resilience and self-esteem) <ul style="list-style-type: none"> - Self-acceptance, optimism, ability to bounce back from adverse life events. Opportunities to be spontaneous. Engagement <ul style="list-style-type: none"> - Experiencing flow Achievement Negative emotions <ul style="list-style-type: none"> - Sadness, depression, stress Relaxation/Rejuvenation <ul style="list-style-type: none"> - Taking time for leisure - Using the time to relax - Doing relaxing things 	Overall life satisfaction <ul style="list-style-type: none"> - Feeling good about life despite ups and downs Satisfaction with different domains of life <ul style="list-style-type: none"> - Health - Income - Accommodation - Family - Employment status - Social life - Amount of leisure time Spend leisure time
Peterson et al. (2005)	Pleasure		
Madrigal (2006)	Flow		
Sonnentag & Fritz (2007)	Recovery-Experience Scale		
Institute for Social & Economic Research (2009)	British Household Panel Survey (BHPS)		
National accounts of well-being, New Economics Foundation (nef). (2009)	Emotional Well-being (Positive & Negative affect) Eudaemonic well-being (Psychological resources)		
Oliver's (2010)	Satisfaction		
Newman et al. (2014)	Leisure SWB – DRAMMA		
Seligman (2011)	PERMA		

*Note: There is a lot of overlap in items within different scales. To avoid redundancy, each item was only presented once in the table.

Methods

Data collection

In-depth semi-structured interviews were conducted with 18 adults who travel as a family on a regular basis. Convenience sampling was used to recruit the interviewees in the researchers' States of residence, Indiana and South Carolina, USA. An email was sent to potential participants to invite them to participate in the study. At the completion of each interview a gift card was granted to the interviewee. The interviews were conducted during spring 2020 (prior to COVID-related travel restrictions). Interviews were conducted in-person, via phone, or Zoom and at a time that was most convenient for participants. The participants consisted of 18 full nesters (i.e., parents and their growing children still living with them), 13 females and five males (ages 32 to 52 years old). The participants were highly educated, middle class individuals, primarily White, and had between one and four children Two were divorced, two singles, 13 married, one of whom was in a same-sex marriage and those remaining were heterosexual parents (Table 2).

Participants were asked to reflect on their family travel experiences and the impacts of those experiences on their individual and collective well-being. To adhere to the overall theme of the book, in this chapter we solely focused on the positive side of the family trips related to well-being. Hence, Seligman's (2011) conceptualization of well-being was used as a guiding theory for developing the interview questions. Examples of interview questions included, How does traveling with your family impact your life? What emotions do you have when you are travelling with your family? What does it mean for you to travel with your family? How does family trips impact your family relationships? Further probing was used when it was necessary to delve deeper into interviewees' narratives. The average interview length was one hour. Data collection ceased when concepts appeared to be saturated (i.e., no new relevant information was imminent) (Charmaz, 2006). Interviews were recorded and transcribed for analysis.

Data analysis

Thematic content analysis was used to analyze the data (Braun & Clarke, 2012). Eudemonic and hedonic elements of well-being that were identified in the literature review were used as a guide for coding. The coding process started by manual incident-by-incident open coding. Once the researchers had discussed the codes and agreed upon the accuracy of the codes as well as consistency of the coding across the interviews, the most frequently repeated codes were used to guide the advanced phase of the analysis and to frame the findings.

Once the coding was finalized, the most important codes were categorized into themes and subthemes that explained families' well-being in relation to their travel experiences.

Table 2. Participants' profile

Participant	Age	Marital Status	No. of Children	Race	Gender
1	47	Married	2	Caucasian	Female
2	44	Married	2	Caucasian	Male
3	41	Single	1	Caucasian	Female
4	43	Married	2	Caucasian	Male
5	37	Married	2	Caucasian	Female
6	38	Married	2	Caucasian	Female
7	43	Married	2	Caucasian	Male
8	32	Married	2	Caucasian	Female
9	42	Married	4	Caucasian	Female
10	52	Married	2	Caucasian	Male
11	43	Divorced	2	Caucasian	Female
12	49	Single	3	Caucasian	Female
13	48	Married	2	Caucasian	Female
14	48	Married	2	Caucasian	Male
15	46	Married	3	Caucasian	Female
16	47	Divorced	2	African American	Female
17	45	Married	1	Caucasian	Female
18	49	Married	1	Caucasian	Female

Results

When interviewees were asked why they took family trips, the most commonly mentioned reasons (N = 17) were visiting extended family to celebrate holidays and family events such as weddings, birthdays, anniversaries, and major milestones. Some (N = 3) noted that they traveled to attend sport events. The most frequently reported travel activities were nature-based activities (N = 25) such as going to beaches or mountains, going to national parks, hiking, camping, finishing, and skiing. When asked to talk about the impacts of family trips on the individuals and the family units, the overarching theme in participants' sentiments was hedonic well-being with some pointing out detachment and mastery which are eudaimonic elements.

Hedonic well-being

Positive emotions and relationships were the most prevalent aspects of well-being in interviewees' narratives. Participants reported that they experienced a range of emotions, both positive and negative, on their family trips, however, the frequency and extensiveness (how many times something was mentioned and by how many participants) of positive emotion codes considerably outweighed the negative emotions; also, while interpersonal conflict and frustration were noted as stressors during the family trips, interviewees' narratives showed that improved relationships with nuclear and extended family was a benefit of family trips. All in all, it was construed that despite having ups and downs, family trips had made positive contributions to individual and collective family well-being.

Positive emotions

Joy, fun, excitement, and relaxation were examples of positive emotions mentioned. For example, Participant 14 described his successful trips with his family as, "it's something a little different, a little new, a little happiness, everybody gets along, assuming all the logistics are going well". Participant 12 described her joyful experiences of the road trips with her children,

I love road trips. I love driving, I love traveling. So do the older two. [...] So I would say that it used to be adventures and fun and I would have big maps and we would put stickers on the maps and then when we'd get to where the stickers were, the girls would get a book or something fun so they could read the map and have something to look forward to [...] We just enjoy it.

Participant 18 described beach vacations in very similar terms, “The beach is about relaxing [...]. This is my chance to get to be with [my husband and my son] and have no stress, well, less stress because I'm not trying to please anyone else. I think that's what vacation should be.”

As apparent in participants' narratives, positive emotions were closely linked to connection and spending quality time with the family that leads us to another facet of well-being, relationships.

Relationships

Not surprisingly, positive relationships were highlighted numerous times as another hedonic well-being value accrued from family trips. Participants repeatedly stated that family trips provided them with opportunities to bond and spend quality time together, improve communication, strengthen family ties, create memories, repair damaged relationships, to connect with extended family and family friends, and to develop patience and tolerance for others, all of which are indicators of what positive psychologists refer to as positive relationships which is a pivotal aspect of well-being. For instance, Participant 17 shared that both she and her husband take their son on trips to reconnect with him and to do things he enjoys. She described those trips as “very [son] focused, fun [we] trips.” Participant 6 said, “when we are on a trip we have better communication. We have a book that's like 365 questions to ask your kids and they like it so much. [...] More time to communicate with your kids.” Similarly, Participant 11 explained that traveling offered her opportunity to bond with her children, she stated:

Oh, I love it cause that's the only time that I can actually get to spend time with them and get to see what kind of people my children actually are. Because daily interactions consist of just chores, getting to school on time, and things like that, and homework. But when you travel, you actually relax, and you get to hear about their hobbies. They start making comments about their friends, they start bickering with each other. You can see how stupid they can be. So, you get to know their personalities that I normally don't have access to because they express their personality with friends, not at home.

Participant 9 expressed the same sentiments about the need to remove yourself from everyday routine to be able to reconnect as a family, “I think it gives us that quality time that we seek as a collective unit. [...] I think the whole family desires that.” Participant 1 used national holidays intentionally to see the extended family. She explained, “to spend quality time with our family again because we don't see them daily, weekly.

At times I don't see my parents and my sister monthly so we take those opportunities.” Participant 9 had a similar opinion, she said:

I think building relationships with people that we don't live close to. So, some of those cousins are [several states away] and I think it's important for the younger generations of our family to get to know each other so that when we're not around they still have each other.

Participant 12 highlighted the importance of reconnecting with friends and maintaining those relationships, “And then when we visit our friends, either they come up here or we go down there, it's just cause we are intentional about keeping that relationship going.”

In brief, families were “able to focus on each other and spend time together and make memories” (Participant 15) while at the same time they learned “to be patient and to have to be sitting in the car for nine or 10 hours... It creates that overall bonding experience of dealing with each other in the car” (Participant 2). As obvious in participants’ statements, emotions and relationships as hedonic elements of well-being were mentioned in combination with learning and escape from routine that presented eudaimonic well-being.

Eudaimonic well-being

Escape from routine and learning new things (i.e., detachment and mastery in well-being literature) showed up as eudaimonic aspects of well-being experienced in family trips, both of which were associated with positive emotions and relationships explained above.

Detachment

Having physical and mental detachment from work and everyday demands of life has been recognized as one of the key benefits of travel in tourism scholarship. Specifically, in tourism and well-being studies, it has been considered to be related to eudaimonia and referred to as detachment. Participant 9 emphasized the need to escape from everyday routine to be able to reconnect as a family, “Sometimes we need to just get away to make sure that [quality time with family] happens and get away from all the other stuff that's in our rigmarole.” Participant 6 brought up the importance of disconnecting from the screens, she said, “It's a way to encourage our kids to like being outside in nature because everything is so screen focused.” When asked to elaborate on that, she continued, “it's the opportunity to get away from your day at home and you're able to connect without the added influences that you may not think about like dishes everyday, laundry every day...” Similarly,

Participant 17 explained that these trips are enjoyable because they bring a release from everyday responsibilities for the entire family:

We don't have to worry about whether or not we're calling our parents enough or whether or not we're seeing certain friends enough or are we doing homework or our work. It's just an opportunity for us to spend some time just with each other and not have to focus on anything else. I think that's important.

Mastery

Most of the interviewees talked about family travel as an adequate context for learning. This involved learning about outdoors, new destinations, other cultures, learning interpersonal skills, learning about each other, and about family's religion or traditions. Participant 8 traveled to new places to have diverse experiences, "We pick somewhere different so we can have as many experiences as possible. They can experience new places, new cultures, new food, new activities. If they look back they will say we have all these memories." Participant 5 briefly said, "We like to take our kids to new places. We like to learn about other places, cultures." Participant 13 explained that she likes taking her children to "do some hiking and some camping, and go see beautiful places" because "mostly with the kids we want them to have good experiences and see new places... I want to have kids that enjoy the outdoors." Similarly, Participant 14 wanted to expose his children to new parts of the country and "to try to take the girls out West this summer, as a way to expose them to that part of the U.S." Participant 15 took many trips with her family because she wanted her children to practice their foreign language skills and because it was important for her and her husband "to have them see the world." She explained:

We all need to learn and see different things and learn a different rhythm of life. So, it's good to go anywhere where you're going to learn a different rhythm and be exposed to people who think differently than you do, and how you do things. So that's kind of always part of our thing. We like to try new foods. We like to try activities. We like to see things.

Participants 4 wanted "to have the kids experience good times, places, destinations." Participant 17 also wanted to expose her son to "different cultures, different people" and even believed that these experiences "really helped make him a more outgoing person and someone who's more open to new experiences than he'd otherwise be."

Passing on the family traditions to the children and introducing them to the places and experiences associated with the family's religion/culture by means of travel were also discussed by the participants. For example, Participant 14 mentioned that his wife and children went to Israel several times and that many of their travel experiences were related to their heritage. He described, "I think an example would be going to [a destination 5 hours away], to celebrate a bar mitzvah. [...] because the Jewish community in [our town] is zero, or maybe it's tiny."

Similarly, Participant 16 discussed her tradition of family reunion she was trying to pass on to her children, she stated:

We have a summer beach trip that we usually can make happen every summer. It's usually me, my mom, her siblings, their kids and grandkids, whoever's available. There's usually not like 20 of us, although we have gotten that big. [...] That's something that I even have been doing since I was a kid. My mom and her siblings would get together, we would all go to the beach or to an amusement park every summer. So, we're trying to keep that tradition going.

Discussions

The purpose of this study was to explore family travel and well-being from a positive psychology point of view. First, an extensive review of the literature on tourism and well-being was conducted to identify the eudaimonic and hedonic aspects of well-being in the extant tourism studies. Second, the identified elements were utilized as a guide to analyze a qualitative dataset aimed at assessing family travel and well-being. The analysis revealed two hedonic elements (positive emotions and relationships) and two eudaimonic elements, (detachment and mastery). All four domains were found to be interconnected and interdependent in the participants' accounts.

Not surprisingly, hedonic elements of travel, such as relationships (bonding, connection, memory creation) and positive emotions (fun, enjoyment, happiness) appeared to be the strongest themes in this study. The main purpose of family trips for the majority was to strengthen relationships within the nuclear family unit or with the extended family. Most of the selected travel activities were aimed at improving relationships. Also, most of the positive emotions were accrued from spending time with the family without disruption of the everyday life routines, and as a result - enhanced relationships. This mirrored previous research that emphasized the importance of memory creation and bonding experiences with immediate and extended families (e.g., Shaw et al., 2008; Yun & Lehto, 2009). Previous research highlighted the importance of both - every day and unique shared experiences when it comes to family satisfaction (Zabriskie & McCormick,

2003), and this study supported the idea that travel may serve as such a unique family experience. Moreover, applying the hierarchical model of life satisfaction (Neal et al., 1999) to the findings of this study, we can suggest that family travel has a potential to enhance satisfaction with both - family life and family leisure experiences (two domains of life), and as a result, enhance overall life satisfaction.

The eudaimonic aspects were also related to relationships whereby a great deal of learning appeared to be about “each other” which subsequently led to better relationships. Other areas of learning mentioned by the participants were learning about different places, cultures, food, people. Educational potential of family travels was formerly discussed in studies on travel benefits for families (e.g., Stone & Petrick, 2017; Wu, Kirillova, & Lehto, 2021). Also, detachment from routine during the trips was found to provide opportunities to “focus on each other” and improve relationships.

The overlap in different domains of well-being supported previous work in tourism and well-being space (e.g., Filo & Coghlan, 2016; Mirehie & Gibson, 2020a & b). Indeed, Mirehie and Gibson (2020b) discussed that such overlap does not deny the fact that overall well-being consists of a range of eudaimonic or hedonic elements, rather it may suggest that certain elements are more prevalent in specific contexts, noting the sensitivity of the well-being constructs to the context and the need for comparative studies to develop reliable measurement tools specific to tourism and well-being. Here, in the context of family travel, while four domains appeared in the participants' accounts, relationships appeared to be the focal point.

Although families still represent the majority of leisure travelers within the U.S., travel experiences are still often inaccessible luxury for many (Ambrosio, 2019). According to the US Family Travel Survey, the major limitations that stopped families from traveling were inability to afford family trips/vacations, too many other demands on family budget, and difficulty to take time off from work even in cases when paid vacation days were available (Minnaert, 2017). Travel restrictions due to the Covid-19 pandemic exacerbated such long-standing concerns over the accessibility of travel for many families. Also, given the Pandemic induced decline in mental health and well-being (Center for Disease Control and Prevention, 2021), we suggest that travel experiences can be important experiences for the families. Thus, it is of great importance to ensure that all families can experience the benefits of such experiences.

To conclude, while assessing the downside of family travel was outside of the scope of this chapter, it is important to recognize that despite all of the benefits, family travel may bring stress, disruption of routines, and conflict between family members (Kennedy-Eden & Gretzel, 2016; Rosenblatt & Russel, 1975). Thus, it is crucial to not create an unrealistically positive image of family travel experience. We encourage the reader to avoid overestimating the potential benefits of family travel since multiple factors can affect such experience (Rosenblatt & Russell, 1975) with many of those factors being outside of family control.

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