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**DETERMINANTS OF PERCEIVED
QUALITY OF LIFE (QOL) AMONG
OLDER CHINESE TOURISTS**

D CHENG

PhD

2022

**DETERMINANTS OF PERCEIVED
QUALITY OF LIFE (QOL) AMONG
OLDER CHINESE TOURISTS**

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fulfilment of the requirements of University
of Northumbria at
Newcastle for the degree of
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Abstract

China has the highest number of older people globally, with older tourists already accounting for 20% of all tourists, and older people have become an important part of the Chinese tourism market. Despite the growing body of research on tourism and tourists' quality of life (QoL), few studies have investigated the relationship between tourism and older tourists' QoL and clearly demonstrated the mechanisms by which each factor influences perceived QoL. This study aims to explore the determinants of perceived QoL among older Chinese tourists, adding new knowledge to the research on QoL and the relationship between tourism and QoL. Specifically, this study proposes areas of perceived QoL among older Chinese tourists through their understanding and assessment of QoL. Based on qualitative evidence from 18 interviewees, it discloses that older Chinese tourists' access QoL through three domains: physical well-being, psychological well-being and social relationships, and also identifies travel factors that influence older Chinese tourists' QoL, including travel motivation, travel constraints, travel activities, tourism destination and travel satisfaction. This study also combines tourism research and QoL research, extending the tourism field to the wider social and health sciences research. The research identifies the determinants of perceived QoL among older Chinese tourists by integrating impact factors of tourism and domains of QoL achievements into a new research model. The proposed conceptual model was empirically evaluated using data collected from 445 participants through the survey. The results indicate that travel motivation, travel constraints, travel activities and travel satisfaction are the determinants of perceived QoL among older Chinese tourists. Physical well-being, psychological well-being and social relationships mediated the influence of the relationship between tourism and perceived QoL. This study adopts a unique-to-the-field mixed-methods strategy to create measurement scales for new exploratory constructs, pointing to a new methodological direction for future tourism research studies in the field of ageing. In addition, the findings of this study provide a reference for planning, policy development and decision-making by government, policymakers and tourism market stakeholders.

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Declaration

I declare that the work contained in this thesis has not been submitted for any other award and that it is all my own work. I also confirm that this work fully acknowledges opinions, ideas and contributions from the work of the other.

Any ethical clearance for the research presented in this thesis has been approved. Approval has been sought and granted by the Newcastle Business School's Ethics Committee at Northumbria University in December 2019.

I declare that the Word Count of this Thesis is 81,036 words.

Name: Dan Cheng

Signature: Dan Cheng

Date: 09/01/2022

List of Abbreviations

AGFI	Adjusted goodness-of-fit index
AVE	Average variance extracted
CFA	Confirmatory factor analysis
CFI	Comparative fit index
CMB	Common method bias
CR	Construct reliability
EFA	Exploratory factor analysis
GDP	Gross domestic product
GFI	Goodness-of-fit index
GOF	Goodness-of-fit
IFI	Incremental fit index
KMO	Kaiser-Meyer-Olkin
LSR	Life satisfaction rating
MLE	Maximum likelihood estimate
MUNSH	Memorial University of Newfoundland's happiness scale
NFI	Normal fit index
PCA	Principal component analysis
PH	Physical well-being
PQLI	Physical quality of life index
PRC	People's Republic of China
PS	Psychological well-being
OECD	Organisation for economic co-operation and development
QoL	Quality of life
RMR	Root mean square residual
RMSE	Root mean square error of approximation
SEM	Structural equation model

SR	Social relationships
SWB	Subjective well-being
SWLS	Satisfaction with Life Scale
TA	Travel activity
TC	Travel constraint
TD	Tourism destination
TLI	Tacker-Lewis index
TM	Travel motivation
TS	Travel satisfaction
UN	United Nations
WHO	World health organisation
X²	Chi-square value
X²/df	Normal Chi-square
α	Cronbach's Alpha

Chapter One: Introduction

1.1 Chapter introduction

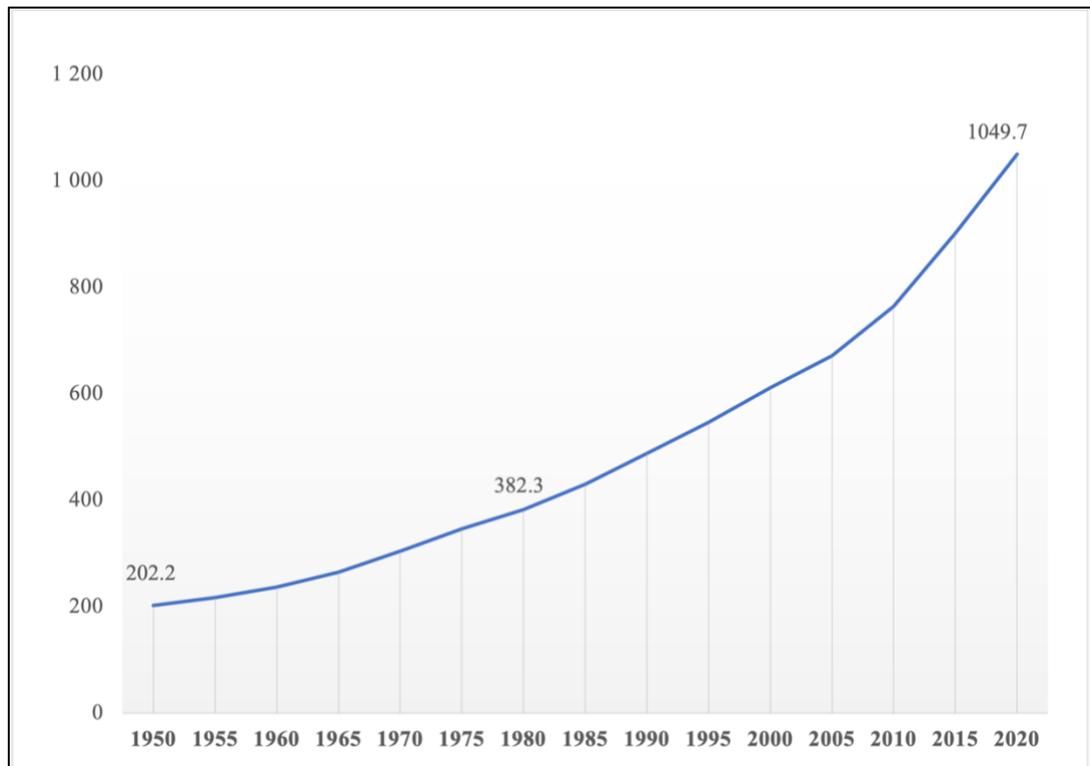
The concept of quality of life (QoL) has been widely discussed and adopted in the academic field since it was introduced by the renowned economist John Kenneth Galbraith (1958) in his book *The Affluent Society*. Subsequently, research related to QoL has expanded in a number of professional fields, such as economics, psychology, medicine and nursing, history, philosophy and geography (Bayulken and Huisingh, 2015; Fernández-Ballesteros, 2011; Gilbert and Abdullah, 2004). Although the literature to date has emphasised the importance of studying QoL, research on QoL in the field of tourism has been very limited. In addition, most research on the concept of QoL in the field of tourism focuses on the impact of tourism on the residents living in tourist destinations, and there are few studies on the impact of tourism on the QoL of non-resident tourists, especially the QoL of older tourists. Moreover, without a theoretical framework, it is challenging to study the impact of tourism on the QoL of tourists. Nowadays, the growth of the ageing population has raised social and governmental concerns about successful ageing and improving the QoL of older people. Tourism is arguably an essential way for older people to achieve a positive experience of ageing, and how it helps older people to improve their QoL deserves further exploration. This study explores the understating of QoL by older Chinese tourist; addresses the measurement of QoL according to older Chinese tourist's enablers and barriers to achieve QoL; proposes the impact factors of tourism that influence QoL for older Chinese tourists; discusses tourism preferences of older Chinese tourists; analyses several dimensions of the impact of tourism on the QoL among older Chinese tourists; and establishes a framework for the relationship between tourism and the QoL of older Chinese tourists.

In Chapter 1, the motivation for conducting this research, an overview of the research background, and issues encountered in studying the impact of tourism on QoL are introduced. The purpose and contribution of the study and an overview of the methodology is then determined. Finally, the structure of the thesis is summarised.

1.2 Research motivation

The world's population is ageing (United Nations, 2021; Nikitina and Vorontsova, 2015). Life expectancy is longer than before, and most people can expect to live into their 60s and beyond (United Nations, 2017). In 1950, there were 202 million people aged 60 and over in the world; 30 years later, in 1980, it was 382.3 million, an increase of around 180 million. However, in the 40 years from 1980 to 2020, the number of people aged 60 and over increased dramatically, nearly tripling to 1049.7 million (United Nations, 2021) (Figure 1.1). Some researchers predict that the number of people aged 60 and over will double again in the following 30 years, reaching 2.1 billion in 2050. Of these, the number of people aged 80 and over will increase more than other age groups, from 146 million to 426 million (Ageing and Health, 2021).

Figure 1.1 World ageing population (60 years or over) (million)

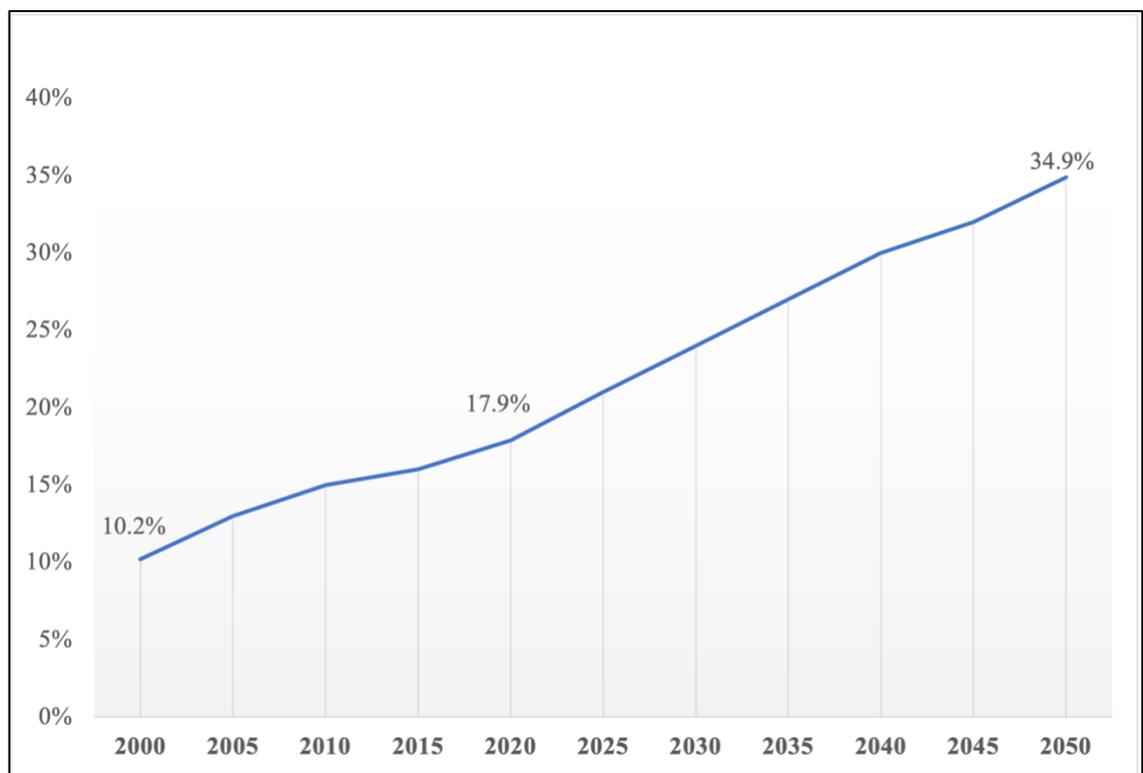


Source: United Nations, 2021

China is the country with the largest number of older people (aged 60 or over) in the world (Wang et al., 2018). In 2020, China had 260 million people aged 60 and over, accounting for a quarter of the world's total older population (National Bureau of Statistics, 2020). China entered into an ageing society at the end of the 20th century, however, China is ageing rapidly, and the number of older people is increasing dramatically. The number of people aged 60 and over in China is

growing twice as fast as the world average, with the proportion of people aged 60 and over rising from 126 million (10.2%) to 260 million (17.9%) in just 20 years from 2000 to 2020 (National Bureau of Statistics, 2020). Projections estimate that by 2050, the number of people aged 60 years and over in China will more than double from today, accounting for 34.9% of the total population (Gov.cn, 2019) (Figure 1.2). Although China is a developing country, it is entering an ageing society relatively early in terms of developmental stages. Furthermore, the characteristics of the ageing problem in China are different from those of developed Western countries (Wang and Yue, 2019).

Figure 1.2 Proportion of the population that is older in China, and its expected growth



Source: National Bureau of Statistics, 2020; Gov.cn, 2019

Compared to developed Western countries, China's ageing is large and progressing rapidly, and is characterised by the country 'ageing before getting rich' and unbalanced development (Wang and Yue, 2019; Hu, 2017; Zeng, 2001). As early as 2014, China's ageing population (aged 60 and above) reached 212 million, accounting for 15.5% of the total population. This figure is the same as that of the three major European countries (Germany, France and the UK) combined (Wang and Yue, 2019). Secondly, China's population is ageing rapidly, with the proportion of people aged 60 and over rising from 10% to 20% in just 20 years, a much higher increase than in developed countries. For example, the ageing process (the proportion of people aged 60 and over rising from 10% to

20%) in the UK has taken 80 years and in France 150 years (Ageing and health, 2021; Xie, 2012). The rate of social ageing in developed countries is relatively slow, with the ageing process taking place over decades or even centuries, so developed countries can cope with ageing well. Thirdly, developed countries have a relatively high level of economic development when they are ageing and have better social security systems in all aspects. However, China is ageing at a lower level of economic development, showing the characteristics of the abovementioned 'ageing before getting rich' (Wang and Yue, 2019; Hu, 2017). Fourthly, the ageing process in China is unbalanced. The imbalance includes three aspects: the imbalance between urban and rural areas, the imbalance between regions, and the imbalance in the age structure of the population. The proportion of China's older population is higher in rural areas than in urban areas, and the proportion of the older population in some of the less developed provinces and regions is higher than the national average; in addition, the population aged 80 years and above is growing faster than the older population in other age groups (Sic.gov.cn, 2019; Zeng, 2001).

Population ageing represents a global issue as the number of older people increases sharply. Ageing around the world will place great strain on the financial systems, social security systems and health systems of many countries. The QoL of older people has become relevant to this demographic shift that has already resulted in the greying of the population (Netuveli and Blane, 2008). The quality of older adults' lives is receiving increased attention because of the increase in the proportion of the population over 60 and the reported decrease in QoL of societies as a whole (Baernholdt et al., 2011). Due to the increasing proportion of ageing people, both in the world and in China, it is a group that cannot be ignored. At the same time, the needs and requirements of this group also need to be taken seriously. Along with the increase of older people, improving the QoL of older adults has become an essential issue and challenge to the Chinese government because of its massive influence on economy and society (Liu et al., 2018). Nevertheless, there is no precedent to follow in the world in terms of China's ageing characteristics (Liu et al., 2018). Therefore, exploring the Chinese ageing problem and improvement of QoL for Chinese older people has social and academic significance.

Tourism is significantly related to QoL of ageing people (Wei and Milman, 2002). More and more ageing people are choosing tourism as a leisure-time activity. Numbers of older tourists, who

already make up an essential part of the leisure, tourism and hospitality market, will increase sharply (Conrady and Buck, 2007). In China, tourism has become a significant retirement pastime. At present, the number of older Chinese tourists in China accounts for more than 20% of the total number of tourists in the country. Older people have become an essential part of the Chinese tourism market (Hsu, Cai and Wong, 2007). Because of the large proportion of the ageing population in China, as well as the high number of older tourists in absolute terms, exploring the contribution of tourism to older Chinese tourists' QoL is important for both the development of tourism and satisfactory ageing.

1.3 Research context

This section introduces the context of this research through three aspects, beginning with the definition of older people in China. I then discuss the idea of QoL in tourism research, before finally analysing the relationship between tourism and QoL.

1.3.1 Older people

The definition of older people is based on characteristics such as age, social role and functional ability (Kowal and Dowd, 2001). The earliest definition of old age can be traced back to 1875. The UK's "Friendly Societies Act" defines old age as "any age after 50", but pensions are still paid according to the standard of 60 or 65 years (Roebuck, 1979). The United Nations (UN) generally use 60+ years to refer to the older population, without a standard criterion (Kowal and Dowd, 2001). In developed countries, the definition of an older adult relates to the age at which a person can start receiving pension benefits, with most developed countries using the age of 65 and above as the definition of an older adult; however, many developed countries' definitions and concepts are not appropriate for the Chinese context (Kowal and Dowd, 2001). The characteristics and development process of ageing in China dictate a different definition of older people from those given in developed Western countries (Wang and Yue, 2019; Hu, 2017). In China, the "Law of the People's Republic of China on Protection of the Rights and Interests of the Elderly" provides that the starting point for old age is 60, that is, all citizens in China who are age 60 years and over are defined as being older people (Zhai and Li, 2014).

1.3.2 QoL of older Chinese tourists

Although QoL has been given the status of a research concept, without a precise definition and rigorous ideas to encapsulate it, it becomes a tool of uncertainty. A precise definition of QoL is more useful as it can be applied as a guiding formulation for humans to improve their everyday states and experiences (Kaplan and Ries, 2007; Farquhar, 1995a). However, in previous studies, there is no consensus on the understanding of QoL across different disciplines and the definition of QoL is not consistent (Jepson, Stadler and Spencer, 2019; Andereck and Nyaupane, 2011a; Sirgy et al., 2006). Because of its diverse universality, the concept of QoL has been used to assess both the well-being of an individual and the well-being of a group, or even the state of a community and society as a whole (Bayulken and Huisingh, 2015; Wu, 2014).

Over the past few decades, as the proportion of older people in the global population has increased rapidly and the global ageing process has deepened, the number of studies on this older population has also increased (Pan, Fu and Wang, 2020; Uysal et al, 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Zaff and Devlin, 1998). Geriatric research and leisure research have acknowledged that QoL research in older people is an important topic in QoL research (Woo, Kim and Uysal, 2016). However, although QoL has attracted widespread attention from many disciplines, most existing QoL models are not based on the perspectives and priorities of older people. Furthermore, the concept of QoL has slowly permeated the tourism industry as it has grown; used to reveal the inextricable relationship between tourism and QoL (Hartwell et al., 2018; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015). In the early years of tourism-related QoL interest, research focused mainly on balancing the QoL of tourists with that of local residents and addressing issues related to tourism either enhancing or undermining the QoL of local residents in host communities; only a few studies explored the understanding and definition of QoL from the perspective of tourists (Hartwell et al, 2018; Uysal et al, 2016; Kim, Uysal and Sirgy, 2013; Sirgy et al., 2000; Neal, Sirgy and Uysal, 1999; Jurowski, Uysal and Williams, 1997).

Therefore, this study will explore the understanding and definition of QoL from the perspective of older Chinese tourists and will also further explore the enablers and barriers to QoL acquisition by older Chinese tourists in order to select an appropriate QoL scale, with the aim of contributing to the expansion of knowledge related to the definition, understanding and measurement of QoL in the

field of tourism.

1.3.3 Tourism and QoL

Although tourism can be seen as a form of leisure and a context for leisure activities (Brey and Lehto, 2007; Shaw and Williams, 1994, Norris and Wall 1994), leisure and travel are very different in nature. Leisure refers to regular home-environment activities, whereas travel refers to leisure activities that often take place outside the home region (Neal, Sirgy and Uysal, 1999). Tourism thus has a significant impact on life and should be studied as a separate area of life to leisure (Chen, Fu and Lehto, 2016; Eusébio and Carneiro, 2014; Liang, Yamashita and Brown, 2013; Nimrod and Rotem, 2012; Andereck and Nyaupane, 2011b, pp. 95-113). Furthermore, tourism is often now seen as an essential element in an individual's life and participation in tourism contributes to an individual's QoL (Uysal et al. 2016; Woo, Kim and Uysal, 2016; Eusébio and Carneiro, 2011, 2014; Eusébio, Carneiro and Caldeira, 2016; Richards, 1999). These studies also provide strong support for 'activity theory'. This theory suggests that interaction with society, participation in a variety of activities and staying active for as long as possible are key to enhancing QoL of older people (Havighurst, 1963, pp. 299-320).

With an ageing society and an increasing older population, older tourists are a group that cannot be ignored in the tourism market. The steady growth in demand for leisure among the older people has also made them an increasingly important tourism group in tourism research (Pan, Fu and Wang, 2020; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Schröder and Widmann, 2007, pp. 3-17; Lohmann and Danielsson, 2001). However, in previous tourism research in the field of ageing, studies have focused on the impact of ageing on tourism, i.e. markets developing competitive business and marketing strategies based on the tourism needs of older tourists. Little attention has been paid to the actual impact of tourism itself on older tourists (Sedgley, Pritchard and Morgan, 2011).

To gain a comprehensive understanding of the impact of tourism on older tourists, this study scrutinises the body of knowledge in tourism and ageing research. The study finds that tourism is critical to the well-being of older people. Indeed, tourism is seen as an important aspect of older people's lives that enhances psychological, mental and physical well-being and enables successful

post-retirement living (Uysal et al., 2016; Woo, Kim and Uysal, 2016; Janke, Davey, and Kleiber, 2006; Silverstein and Parker, 2002). It is discovered that tourism influences, including motivation to travel, choice of destination, travel constraints, choice of travel time, type of holiday, travel satisfaction and different types of tourism activities, among others, have different effects on tourists' QoL throughout the entire tourism process (before, during and after the trip) (Chen and Petrick, 2013; Neal, Uysal and Sirgy, 2007). However, past studies have only examined one or a few tourism influences when exploring the impact of tourism on tourists' QoL. Therefore, the joint effect of influences at different stages of tourism (including pre-travel, during travel, and post-travel) on tourists' QoL remains to be investigated.

Furthermore, the impact of tourism on tourists' QoL varies across contexts and across subgroups (McKenna, Broome and Liddle, 2007; Fernández-Ballesteros, Zamarron and Ruiz, 2001). China has the highest number of older people in the world, with older Chinese tourists already accounting for 20% of all tourists in China, and older people have become an important part of the Chinese tourism market (Wang, Han and Zheng, 2018; Hsu, Cai and Wong, 2007). Due to the large number of older people in China, the rapid ageing process, the accompanying characteristics of a society which is 'ageing before getting rich', and unbalanced development, there is no precedent for research on ageing in China in other nations (Liu et al., 2018). Therefore, there is still a need to further explore how tourism affects the QoL of older Chinese tourists and to ascertain the determinants of perceived QoL among older Chinese tourists (Pan, Fu and Wang, 2020; Liu, 2018; Hsu, Cai and Wong, 2007; Wei and Cong, 2001).

1.4 Research objectives

As discussed above, China's ageing problem is of serious policy concern in the country, it has triggered social and government concerns about successful ageing and improving the QoL of older people. Tourism is an essential way for older people in China to experience ageing in a positive manner; therefore, how it helps Chinese older people to improve their QoL deserves further exploration. This study selects Suzhou, China as a survey site and uses mix-methods as its methodology.

This study aims to understand the impact of tourism on the perceived QoL of older Chinese tourists in order to establish the relationship between participation in tourism, the influencing factors of tourism and the QoL of older Chinese tourists, so as to discover the determinants of the perceived QoL of older Chinese tourists.

The following key objectives have been developed to address the research aim effectively:

1. To establish how older Chinese tourists understand QoL, and enablers and barriers to the achievement of QoL.
2. To explore the contribution of tourism to the QoL of older Chinese tourists.
3. To ascertain whether, and the ways in which, the impact factors of tourism contribute to QoL of older Chinese tourists.
4. To develop a framework of the relationship between determinants of tourism impact, domains of QoL among older Chinese tourists and QoL to support the knowledge development and the practice of the tourism industry and government in China.

1.5 Research contribution

The results of this thesis will make an original contribution to knowledge about ageing research and tourism research, as well as pointing to a new direction for future tourism research studies in the field of ageing. In addition, the results of the study provide methodological contributions and practical implications.

Importantly, this study provides a number of theoretical contributions that can lead to some advances in research on QoL of older tourists. There are three main aspects to these theoretical outcomes. Firstly, this study expands the knowledge of older Chinese tourists regarding their understanding of QoL and their enablers and barriers of QoL achievement. In addition, by critically considering and discussing Chinese older tourists' understanding of QoL and their enablers and barriers of QoL achievement, this study summarises the three main domains of QoL as defined by

older Chinese tourists, which mainly include physical well-being, psychological well-being and social relationships. Then, based on this, this study modifies and adapts the WHOQOL-BREF scale to design a scale suitable for measuring the QoL of older Chinese tourists, leading to the development of the WHOQOL-BREF scale in tourism research.

The study also provides empirical support for concepts in tourism research, including travel motivation, travel constraints, travel activity, tourism destination choice and travel satisfaction. In addition, this study constitutes a substantial theoretical contribution to the relationship between tourism and QoL. The study develops a conceptual model of tourism and QoL based on the proposed measurement scale. The conceptual model in this thesis also complements and extends previous research on tourism and QoL. Whereas previous studies have focused on one or several aspects of tourism's influence on QoL, this study explores tourism as a whole, exploring the joint roles of pre-tourism, during-tourism and after-tourism influences on older Chinese tourists' perceived QoL and dissecting the determinants from the perspective of older Chinese tourists.

Further, this study also contributes empirical evidence to activity theory (Havighurst, 1963, pp. 299-320) in the context of the perceived QoL of older Chinese tourists. Activity theory, as we saw above, suggests that successful ageing depends on older people staying active and maintaining social interactions. While activity theory has been widely supported in tourism research, it has been theorised primarily in terms of tourism promoting Subjective Well-Being (SWB) and life satisfaction for tourists; the unique nature of perceived QoL and the unique perspective of older Chinese tourists provided by this study gives further insight into activity theory. The specific proposition of this study is that older Chinese tourists' participation in tourism is an important way of staying active and socially engaged, and that perceived QoL is an alternative expression of successful ageing.

In addition, this thesis further extends the bottom-up spill-over theory of QoL by presenting a conceptual model that reveals the determinants of perceived QoL from the perspective of older Chinese tourists (Andrews and Withey, 1976). The bottom-up spill-over theory model is mainly designed to explore the domain of individual life and overall QoL and the relationship between them. Although a large number of studies have explored the relationship between tourism and

tourists' life satisfaction, SWB and QoL through bottom-up spill-over theory, the spill-over path of past studies has been through satisfaction with one aspect of tourism that contributes to leisure satisfaction and finally affects life satisfaction, whereas SWB or QoL is expressed through life satisfaction. This study proposes a new spill-over path based on a conceptual model in which tourism directly influences QoL through three domains of QoL: physical well-being, psychological well-being and social relationships, which are functionally related to QoL, and QoL can be achieved through the perception of specific dimensions of these three domains.

The contribution of this study to knowledge is also reflected in the research methodology. There is a lack of empirical research that uses the mixed methods approach to explore the perceived QoL of older tourists. Previous studies conducted only through quantitative or qualitative methods have also struggled to present the determinants of perceived QoL among older tourists. This study, however, first explores the intersubjective understanding of QoL among older Chinese tourists through a qualitative study, and then uses structural equation modelling (SEM) in a quantitative study to analyse the impact of tourism participation on older tourists' QoL and the pathways of influence. The extensive resources obtained from the qualitative study help to explain the findings obtained from the quantitative study, thus improving the accuracy of the findings.

The findings of this study also have important practical implications for planners and managers in the tourism industry, helping them to develop marketing strategies to attract older tourists and to develop tourism products and programmes suitable for older tourists. The findings of the study indicate the travel motivations and travel preferences (tourist activities and tourism destinations) of older Chinese tourists, reflecting their tourism needs, and the practical implications of these needs should be considered by marketers, planners and managers. Another practical implication is to help the Chinese government develop strategies related to improving QoL for older people. The findings indicate the main areas of perceived QoL, and the determinants of perceived QoL, from tourism among older Chinese tourists, and policy makers can consider the practical implications of these areas and factors for improving QoL among older people.

1.6 Thesis structure

The overall thesis is based on six chapters. This section briefly explains the details of the upcoming chapters, summarised.

Chapter 2 Literature review

Chapter 2 is a review of the literature surrounding the theme of this thesis and focuses on the significant literatures in the field of ageing research and tourism research. The critical review of the literature underpins the empirical work that follows and guides the research direction of this study. This chapter is divided into three themes, including the understanding and assessment of QoL, the relationship between tourism and QoL and the tourism experiences.

The chapter begins with a review of past concepts and definitions of QoL, progressing from the general definition of QoL to the understanding of QoL by older and tourist groups. Different scholars from different time periods have defined QoL in different ways, and this chapter organises, discusses and summarises these perspectives. Past research on the assessment and measurement criteria of QoL and the selection of QoL scales are then summarised and analysed to provide a theoretical basis for exploring the understanding and assessment of QoL among older Chinese tourists. Although each scientific discipline emphasises all aspects related to their respective disciplines in relation to QoL, and both subjective and objective indicators provide ways to measure QoL, there is still no QoL measurement tool that is flexible enough to be used across disciplines, cultures and time, so this study will explore QoL measurement tools that are applicable to contemporary older Chinese tourists.

The second section reviews past research on the relationship between tourism and QoL. It begins with a review of global tourism in later life and the present of senior tourism in China, including the importance of tourism in later life, the relationship between daily life and tourism and the impact of tourism on older people's QoL. Particular attention is paid to the ways in which and to what extent tourism affects QoL. The third section then reviews the tourism experience, focusing on and discussing the travel experiences of older people in China. Finally, the theory underlying this study is presented and the theoretical framework is stated.

Chapter 3 Methodology

Chapter 3 clarifies the research philosophy, research methodology and methodological choices for this study. Pragmatism is the philosophical foundation of this study and is explored in this chapter in terms of ontology, epistemology and axiology respectively (Saunders and Townsend, 2016). Furthermore, neither deduction nor induction can be applied to the theoretical reasoning of this study alone, because this study not only relies upon the generation of theory on QoL from a qualitative phase of the inquiry but also proposes hypotheses, tests them and forms new theories through observation. Therefore, the research approach used in this study is the third logic of reasoning: abduction (Saunders and Townsend, 2016).

Based on the ontological and epistemological assumptions of the research philosophy, the methodology of this study is a mixed one, encompassing semi-structured interviews and surveys.

This chapter explains the research methodology and process of the qualitative study, including the semi-structured interview template design, participant recruitment, sample selection, interview process, data collection, data interpretation and data analysis. This is followed by a description of the research methods and processes used in quantitative research, including questionnaire design, selection of measurement instruments, questionnaire distribution and collection, sampling methods and sample size, translation of questionnaires, pre-testing and pilot studies, and data analysis. The final part of this chapter highlights the ethical considerations that followed throughout the thesis, clarifying the entire process of the study from an ethical perspective.

Chapter 4 Qualitative findings and discussion (Study 1)

Chapter 4 explains the qualitative data collection and analysis. In order to collect qualitative data, semi-structured interviews were conducted. The questions for the interviews revolved around older Chinese tourists' understanding of QoL and the contribution of tourism to their QoL. After the interviews were completed, the researcher processed the recordings. First, the verbal data was transcribed. After that, the researcher translated these transcripts into English. In a second step, the initial data was coded using NVivo. Thirdly, the researcher made a list of the relevant codes. The next step was the refinement of the themes. After that, the working titles of the themes and sub-themes were replaced by formal names to produce the final thematic map. Finally, the results of the analysis were transcribed into a report. The results of the analysis of the qualitative study are also

discussed initially in this chapter to inform and support the questionnaire design in chapter 5.

Chapter 5 Quantitative data analysis and findings (Study 2)

Chapter 5 explains the process of quantitative data collection and analysis. The quantitative data was collected through telephone interviews and all questions revolved around how tourism affects the QoL of older Chinese tourists. SPSS and Amos were used to analyse the data and data analysis techniques included principal component analysis (PCA), exploratory factor analysis (EFA), confirmatory factor analysis (CFA) and structural equation model (SEM) analysis. Finally, the results of the analysis are presented as a report in this chapter.

Chapter 6 Discussion and conclusion

Chapter 6 discusses the results of the qualitative and quantitative analyses and concludes the thesis. Firstly, the literature review and the theoretical framework will be discussed in relation to the findings of the study. The relationship of the arguments and conclusions of this study to the theories and methods in the literatures will be illustrated. Whether the findings of the study fill the research gap previously presented and answer the research questions will be explored. Following this, the chapter will present the importance and implications of the research and point out its contribution to theory and practice. My personal reflection then will be stated. Limitations of the study and directions for future research will also be addressed in this chapter.

1.7 Chapter summary

This chapter has introduced the motivation and research context of the study and presented the aims and objectives of the study in light of the research context and gaps. This has been followed by a brief description of the study's contribution. Finally, the research design and structure of the thesis was also presented in this chapter.

Chapter Two: Literature Review

2.1 Chapter introduction

This chapter will provide an extensive review of the literature related to tourism and ageing. The aim is to summarise and assess the body of knowledge related to how tourism affects the quality of life (QoL) of older tourists and thus uncover the determinants of perceived QoL among older tourists in China. In other words, the literature review attempts to extract the understanding and assessment of QoL pertaining to the older tourist population, as well as the important factors of tourism influence. In order to discuss these issues in detail, this chapter is divided into two main parts.

In the first part, the chapter first discusses the definition of QoL, progressing from the general definition to the understanding of QoL by older and tourist groups. As different scholars at different periods have defined QoL in different ways, this section organises, discusses and summarises these perspectives. This section then explores definitions of QoL in relation to older people and tourists' understanding of QoL, and also summarises and analyses their assessment and measurement criteria of QoL, with the aim of understanding older tourists' enablers and barriers to accessing QoL. The second section focuses on the relationship between tourism and QoL in later life. Before focusing on ageing tourism in China, this section initially provides a brief overview of global tourism in later life. The study then explores and summarises the impact of tourism on the QoL of older people and highlights the importance of tourism in later life. In doing so, particular attention is given to the ways in which, and to what extent, QoL is influenced. After this, the travel experiences are highlighted through the review and discussion of wide literatures of contemporary tourist studies. Finally, the based theory is presented, and the theoretical framework of this research is stated.

Tourism has become an important form of leisure and pastime for older people, and there will be a sharp increase over the next 10 years in older tourists who make up a significant part of the hospitality and tourism market (Xia, 2021; Huber, Milne and Hyde, 2019). Currently, the number of older Chinese tourists already accounts for more than 20% of all Chinese tourists, and the senior

tourism market is expected to account for around 50% of the Chinese tourism market by 2040 (He, 2021). Older people have become an important part of the Chinese tourism market (He, 2021; Hsu, Cai and Wong, 2007). With a large ageing population and a large proportion of older tourists in China, it is important to explore the contribution of tourism to the QoL of older Chinese tourists for both the Chinese tourism industry and older Chinese. This study will therefore delve into the knowledge related to senior tourism and QoL in the literature review section. Rather than a simple descriptive iteration of existing knowledge, the author understands that conflicting perspectives may exist on any topic. With this in mind, the author will critically evaluate past arguments and perspectives on senior tourism and QoL, provide a balanced discussion of the merits and limitations of each perspective, and develop a framework for the relationship between tourism and the QoL of older Chinese tourists.

2.2 Quality of Life (QoL)

This section takes a step-by-step, in-depth look at the definition and measurement of QoL aiming to explore how older tourists understand QoL and the factors of their perceived QoL. First, it introduces the general definition of QoL; then, it introduces the definition of QoL among older adults; and finally, it introduces the definition of QoL in the context of tourism. After that, it investigates the measurement of QoL in the same way, from the general measure of QoL to the measure in the tourism context, to further provide theoretical support for this research to explore the QoL of older Chinese tourists.

2.2.1 Definitions of QoL

The concept of QoL was widely discussed and adopted in the academic field as soon as it was introduced by Galbraith in 1958. However, despite the expansion of research related to QoL in several professional fields, such as social sciences, economics, psychology, medicine and nursing, history, philosophy and geography, QoL remains a vague concept and the term has been at the centre of intense discussions across disciplines (Pan, Fu and Wang, 2020; Bayulken and Huisingh, 2015; Fernández- Ballesteros, 2011; Gilbert and Abdullah, 2004). In previous studies, the definition of QoL has been inconsistent across disciplines. Different scholars have defined QoL differently, and there is no consensus on the concept of QoL in the literature of different disciplines (Pan, Fu

and Wang, 2020; Jepson, Stadler and Spencer, 2019; Andereck and Nyaupane, 2011a; Kaplan and Ries, 2007; Sirgy et al. 2006; Farquhar, 1995b). Although QoL has been given the status of a research concept, without a precise definition and rigorous ideas to bind it, it becomes an uncertain tool. The concept of QoL has different generalities and have been used to assess the well-being of individuals as well as the well-being of a group, or even the condition of a community and society as a whole (Bayulken and Huisingh, 2015; Wu, 2014). Similarly, a precise definition of QoL can be used as a guiding rule to improve the state and experience of everyday life for humans.

Felce and Perry (1995) suggested that QoL can be used as a comprehensive set of indicators of people's living conditions and situations, as it describes people's internal perceptions of external living conditions. Following Felce and Perry's method, the current state or affairs of people's daily lives are first assessed before guidelines and policies are proposed to improve the conditions of such daily life (1995). An assessment is thus followed by a description of the characteristics of a "good life" and strategies for achieving the goals of a good life. When we assess the state of human affairs or propose policies to improve human living conditions, we usually start with hypotheses about the characteristics of the good life and strategies to achieve these goals (Andereck and Nyaupane, 2011a, 2011b; Sirgy et al., 2006). For example, access to specific resources or increased economic output per capita are assumed to be part of the good life or an appropriate goal in reaching it. However, it has been argued that economic output is not a comprehensive measure of the good life or long-term well-being because it does not include other aspects, such as environmental and socio-cultural well-being (Stiglitz, Sen and Fitoussi, 2009, p.8). These assumptions about the good life are also rarely tested and established empirically, and individual assumptions cannot be identified as applying to other individuals or groups, let alone comprehensively summarising all aspects of QoL. Therefore, we need a more fundamental way of defining QoL.

Indeed, QoL has been considered in slightly different ways in previous studies, but research has mainly focused on the disciplines of sociology, psychology and geriatrics (Bayulken and Huisingh, 2015; Fernández-Ballesteros, 2011; Gilbert and Abdullah, 2004). Within these fields, several terms are often used as synonyms for QoL, including happiness, subjective well-being (SWB) and life satisfaction (Pan, Fu and Wang, 2020; Jepson, Stadler and Spencer, 2019; Sirgy et al., 2006; Gilbert

and Abdullah, 2004). In some studies, QoL has been generalised as how people feel about their lives, including whether they are happy with their lives and satisfied with their lives (Pan, Fu and Wang, 2020). In other studies, happiness and life satisfaction have been studied as two more aspects of SWB (Wu, 2014; George, 2006, pp. 320–336). SWB refers to how individuals feel about their lives as a whole, and research on SWB has often focused on exploring and understanding people's perceptions and evaluations of their life circumstances and states of being (Costanza et al. 2008; Malkina -Pykh and Pykh, 2008; Diener and Suh, 1997). In addition, SWB is considered an essential element of QoL research as it reflects the state and degree to which individuals judge overall QoL (Yang, 2008; Cummins, 1997); Rejeski and Mihalko (2001), on the other hand, state that QoL is a conscious cognitive judgment of life satisfaction. QoL is considered to be SWB or is another name for life satisfaction (Shackman, Liu and Wand, 2005). These terms are often used interchangeably as happiness, SWB and life satisfaction are interrelated and have shown synergy in some studies. For example, Pan, Fu and Wang (2020) used life satisfaction as a proxy for QoL when exploring the relationship between travel and life satisfaction. However, there are also many scholars who argue that these concepts are not always related and can be arbitrarily interchanged, and that researchers should be cautious about the different terms in the context of the study (Gilbert and Abdullah, 2004; George, 2006; Bardo, 2010).

Cummins (1997) noted that due to the complex structure of QoL, it has neither a uniform definition nor a standard form of measurement. Exploring the definition and measurement of QoL is important to provide a historical review of the development of the concept of QoL in public life and as an object of study in the social sciences and humanities. Back in 1992, Walker and Rosser suggested that QoL implies a wide range of physical and mental characteristics and limits. They argued that QoL is best defined as a more focused subjective response to a range of physiological limitations and medically relevant situations, and that health related QoL may be a key term. They insist that QoL is often referred to as 'health-related QoL' and relates to five broad areas of opportunity, health perception, functional status, morbidity or impairment, and mortality. However, this definition is more biased towards people's perceptions of physical health. WHOQOL Group (1993) defined health as “a state of complete physical, mental and social well-being not merely the absence of disease”. It has led scholars to incorporate different aspects of wellbeing into the concept of QoL, without which health and the effects of health cannot be fully understood and

measured. Previous study also stated that QoL typically encompasses a range of domains related to health and well-being such as an individual's physical build, functional health, mental health and social health (Testa and Nackley, 1994). The WHOQOL Group (1995) defined QoL as: "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns". In 1998, the WHOQOL group further stated that QoL can be understood in terms of the person's evaluation of physical, psychological, social and environmental dimensions.

According to previous literature, QoL is a subjective concept that depends on an individual's perception of themselves and their environment, and an individual's QoL may be influenced by cognitive factors (Bowling, 2001; Skevington, 1999; WHOQOL group, 1993). Woodill et al. (1994) defined QoL as a response to the question "how well is your life working for you?", where they argue that QoL refers to a range of objective situations and an individual's subjective understanding of the objective situation. In the same year, Goode (1997) defined an individual's QoL as the experience of meeting one's basic needs and having the opportunity to pursue and achieve goals in significant life circumstances. He supports the idea that a person's QoL is intrinsically linked to the QoL of others around him/her. QoL is also defined as an assessment of the extent to which people's needs, goals and aspirations are met (Frisch, 2000, pp. 207-241). Furthermore, QoL includes the necessities of life such as adequate food, shelter, safety and enriching experiences such as leisure, community and social activities (Schalock and Parmenter, 2000). Some researchers have also argued that QoL expresses an individual's perception of their standard of living, which is a combination of many aspects, including health, leisure, work, social relationships and income (Theofilou, 2013).

Felce and Perry (1995), on the other hand, argued that QoL is a universal material and psychological phenomenon that is influenced by individual values. Furthermore, QoL can be defined as overall well-being, including subjective assessments of social, physical, material and emotional well-being, as well as objective descriptions and circumstances. Similarly, Cummins (1997) argued that QoL is both objective and subjective, encompassing the sum of seven domains, including material well-being, safety, productive well-being, intimate relationships, community, health, and emotional well-being. The objective domain includes culturally relevant and objective

measures of wellbeing. The subjective domains include domain satisfaction weightings due to their importance to the individual. QoL can be defined as "the concept of human welfare (well-being) measured by social indicators rather than by quantitative indicators of income and production" (OECD, 2008). The OECD's definition emphasises the importance of SWB, affirming the value of subjective indicators beyond objective ones such as income and economic growth.

According to the above definitions of QoL that defined by different scholars or organisations at different times, QoL not only takes an individual perspective but also considers macro and social influences, while it also theoretically includes both objective and competent indicators. Objective indicators emphasise the physical and external environment, while subjective indicators encompass the individual's physical health, social relationships, mental health and control over life, among others. Subjective QoL is a broad and general term that includes well-being, SWB and life satisfaction (Sirgy, 2002), and research on subjective QoL has focused on personal experiences and perceptions of QoL. Following this QoL is a collection of micro-perspectives (personal capabilities and control over life), macro-perspectives (overall life circumstances), objective indicators and subjective indicators that constrain and influence each other (Biagi et al., 2020; Veenhoven, 2000). A small number of studies have defined the concept of QoL from a unidimensional perspective. However, the one-dimensional theory has received much criticism due to the limited utility of using a single dimension to measure QoL for smaller groups and the inability to obtain internally consistent estimates (Cummins, 1997). Most studies have highlighted the multidimensional nature of the QoL concept, which can vary with objective and subjective, macro and micro dimensions (Theofilou, 2013; OECD, 2008; Woodill et al., 1994; WHOQOL Group, 1995 and 1998; Cummins, 1997).

In summary, there are many different definitions of QoL, and different definitions have led to different models (Sirgy, 2002). It has been noted that there are over a hundred definitions and models of QoL in past studies as terms such as well-being, SWB, and life satisfaction are often used interchangeably (Andereck and Nyaupane, 2011a, b; Smith and Puczko, 2010). This study will examine QoL from a multidimensional perspective, aiming to explore the impact of tourism on QoL in a comprehensive and in-depth manner. Although it is generally accepted that overall perceived QoL is a construct obtained through the spill-over of multiple domains, there is little

consensus from past research on the key areas that cover the entire QoL structure and identifying reliable QoL domains and indicators remains problematic (Pan, Fu and Wang, 2020; Dolnicar, Yanamandram and Cliff, 2012; Eusébio and Carnerio, 2011; Sirgy, 2002).

2.2.2 Definition of QoL for older people

Although QoL has attracted widespread attention from many disciplines, most existing QoL models are not based on the perspectives and priorities of older people. However, geriatric research and leisure studies have acknowledged that QoL research in older people is an important topic in QoL research (Woo, Kim and Uysal, 2016). Over the past few decades, as the proportion of older people in the global population has increased rapidly and the global ageing process has deepened further, the number of studies addressing this older population has also increased (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Zaff and Devlin, 1998).

As early as 1983, Lawton developed the concept of the four elements of the 'good life' of older people, which comprise the external, objective (physical) environment, behavioural and social competence, mental health and perceived QoL. Lawton (1983) argued that these four elements could be used to express the well-being of older people, encapsulating all aspects of their lives. Of these, external, objective environment refers to indicators such as housing and economic indicators; behavioural and social competence includes social behaviour, health indicators, cognition and usage of time; mental health is assessed through mental health indicators, cognitive judgments of life satisfaction, and positive and negative emotions; and perceived QoL is measured through the people's subjective evaluation of different aspects of life. Later, in further research on the well-being of older people, Lawton (1991, pp. 3-27) switched to the use of 'QoL' as an umbrella term for the well-being of older people, covering all domains of life, and QoL was used for the first time in the field of research on older people. In 2009, Kelley-Gillespie summarised the six main domains of QoL in older people: environmental well-being, social/leisure well-being, psychological well-being, mental well-being, cognitive well-being and spiritual well-being. His summary also expresses the enablers and barriers of older people's QoL in terms of each domain of well-being from a subjective perspective.

Brown et al. (2004), on the other hand, based on a comprehensive review of the geriatric literature,

identified the concept of QoL in older people as being mainly reflected in satisfaction with various domains of life, including health, emotional well-being, independence, relationships with others, family relationships, leisure, mobility, and autonomy, which are mainly reflected through individual subjective factors. Bowling et al. (2003) also argued that the essential elements of the definition of QoL for older people include financial status, social roles and activities, health, mindfulness and well-being, social relationships (family and neighbourhood), and independence, while Gabriel and Bowling (2004) pointed out that good social relationships are the most frequently mentioned factor when older people generalise their understanding of QoL. More recently, Fernández-Ballesteros (2011), through a review of previous conceptualisations of QoL in relation to older people, argued that there is a diversity of definitions and components of QoL, including individual and group levels, and subjective and objective perspectives. This is similar to the general definition of QoL (Bayulken and Huisinigh, 2015; Wu, 2014). QoL for older people is defined at the group level and from an objective perspective, mainly in terms of ageing rates, residential facilities, health facilities, pension systems, etc. The QoL of older people is defined at the individual level and subjectively in terms of health status, social relationships, mobility and autonomy (Fernández-Ballesteros, 2011).

As a result of the different nature of the definition of older people's QoL, government agencies often collect objective data on older people's QoL as a group. In contrast, defining older people's QoL at an individual level and from a subjective perspective is more reflective of the perceptions and evaluations of life that individual older people are subject to make. In previous studies, objective indicators of older people's QoL have been extensively researched in many disciplines. However, the research objective of this study is to explore how QoL is understood by older Chinese tourists from both personal and subjective perspectives. Therefore, this study will consider older Chinese tourists' definitions of QoL from a multidimensional perspective at the individual level and use subjective measures to evaluate their assessments of life.

2.2.3 Definition of QoL in tourism

The term QoL has been at the centre of intense discussions across disciplines, and the concept of QoL has been widely studied and discussed in research fields such as economics, psychology, medicine and nursing, history, philosophy and geography (Pan, Fu and Wang, 2020; Bayulken and

Huisingh, 2015; Fernández-Ballesteros, 2011; Gilbert and Abdullah, 2004). With the development of tourism, the concept of QoL is slowly penetrating into the tourism industry, which is used to reveal the myriad of relationships between tourism and QoL (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011). Tourism and QoL have different intersections, mainly including the study of QoL of communities and residents in tourism destinations and QoL of tourists (Hartwell et al, 2018; Woo, Kim and Uysal, 2016; Uysal et al. 2016; Kim, Woo and Uysal, 2015; Kim, Uysal and Sirgy, 2013; Khizindar, 2012). Tourism has both positive and negative relationships with QoL of destination communities and residents. A number of issues have been addressed in early tourism-related QoL research, including balancing the QoL of tourists with that of local residents (Neal , Sirgy and Uysal, 1999) and addressing issues related to tourism enhancing and undermining the QoL of local residents in host communities (Sirgy et al., 2000; Hartwell et al, 2018; Uysal et al, 2016; Kim, Uysal and Sirgy, 2013; Jurowski, Uysal, and Williams, 1997).

Regarding the relationship between tourism and tourists' QoL there is a greater emphasis on tourists' well-being and subjective experiences. QoL research in tourism has shown that travel has many direct and indirect benefits such as increased well-being, improved health, longer life expectancy, increased self-esteem, increased satisfaction with life and increased overall life satisfaction (Kilbourne, 2006; Sirgy, 2002, pp. 5-35, 2001). As early as 1999, Richards suggested that tourism could help visitors increase their opportunities to interact with others, engage in activities they enjoy, reinforce their preferences and identities, foster their personal growth and satisfy their social, cultural and personal interests. The concept of QoL has the potential to become central to tourism as visitors increase their life satisfaction and well-being through their travel experiences. From the summary of the general definition of QoL in the previous section, it is clear that the concept of QoL is a highly subjective construct, which is reflected in the intersection of tourism activities and the QoL of tourists. Not only does tourism promote the subjective well-being of tourists, but this positive impact continues for some time after the holiday is over (Neal and Gursoy, 2008; Gilbert and Abdullah, 2004). Neal, Uysal and Sirgy (2007) also argue that tourism improves tourists' QoL by giving them a sense of satisfaction and well-being. A growing body of research suggests that tourism contributes to tourists' life satisfaction, subjective well-being and QoL (Pan, Fu and Wang, 2020; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal,

2015; Jeffres and Dobos, 1993).

Based on the above analysis and summary, there are two components of tourism related QoL, including the impact of tourism on the QoL of destination communities and residents and the impact of participation in tourism on the QoL of tourists. In the following, the concept of QoL in tourism research will be elaborated from these two perspectives.

- QoL from the perspective of residents living in travel destinations

The QoL of residents of tourism destinations is influenced by the tourism economy, socio-cultural and environmental influences (Sharpley, 2014; Nunkoo, Smith and Ramkissoon, 2013; Uysal, Perdue and Sirgy, 2012). In recent years, the QoL of tourism destination residents has become an important topic of discussion (Meng, Li, and Uysal, 2010; Andereck and Nyaupane, 2011; Nawijn and Mitas, 2012). Based on a review of previous studies on tourism and QoL of residents in tourism destinations, the current study found that tourism development does affect QoL of residents in tourism destinations. Typically, studies point out that there are both positive and negative aspects of the impact of tourism. These positive aspects have a positive effect on improving residents' QoL, while the negative factors reduce QoL (Nawijn and Mitas, 2012; Andereck and Nyaupane, 2011; Meng, Li, and Uysal, 2010). A large number of studies have highlighted that tourism impacts are perceived differently by residents of tourism destinations. Residents who benefit directly from tourism through employment are more likely to support tourism and report higher levels of QoL than others who are not affected by tourism in such ways (Uysal, Perdue and Sirgy, 2012; Uysal, Woo and Singal, 2012, pp. 423-443). In addition, some researchers have found that residents' perceptions of tourism are influenced by various demographic variables that also directly affect residents' QoL (Uysal et al. 2016; Kim, Uysal and Sirgy, 2013; Neal, Sirgy and Uysal, 1999). In addition, the level of tourism development also plays a crucial role in the QoL of residents. QoL depends on the level of benefits from tourism development, which are greater in the early stages of development than in the later stages (Hartwell et al, 2018; Sirgy et al., 2000; Jurowski, Uysal, and Williams, 1997).

- QoL from Tourist perspectives

This study aims to explore the determinants of perceived QoL among older Chinese tourists, therefore, QoL from the tourists' perspectives will be explored and studied in a focused manner. With the development of tourism, the relationship between tourism and tourists' QoL has attracted the attention of many researchers (Pan, Fu and Wang, 2020; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Filep, 2014; Dolnicar, Yanamandram and Cliff, 2012; Pearce, 2012; Nawijn, 2011a; Sirgy et al. 2011; Filep and Deery, 2010; Jeffres and Dobos, 1993). However, these studies have mainly focused on the relationship between influence of tourism on QoL of tourists, while neglecting to explore tourist's understanding of QoL.

Already in 1999, Richards had noted that holidays provide physical and mental relaxation for tourists, increase opportunities for them to interact with others, consolidate their preferences and identities, and meet their social needs. In the same year, Oppermann and Cooper (1999) also supported the premise that participation in meaningful and memorable leisure, tourism activities contribute to an individual's subjective well-being. It has been argued that tourism activities and experiences in tourist destinations affect tourists' overall QoL. QoL is potentially influenced by tourism activities and experiences because tourism, although hedonic, is an enduring consumption experience, and enduring life-changing consumption experiences may have a long-term impact on QoL, whereas hedonic consumption alone may have a short-term impact on QoL (Filep and Deery, 2010). Secondly, the impact of the travel experience on QoL may vary at different ages, as the extent and manner of participation in tourism varies between age groups (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016). Thus, to some extent, although travel experiences have different effects on QoL at different stages of life, travel does have a positive effect on tourists' QoL. Tourism helps to increase satisfaction in various life domains by tourists being satisfied with the tourism experience, which ultimately contributes to overall life satisfaction (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011; Jeffres and Dobos, 1993). In addition, there are other contextual variables that affect QoL that are influenced by the travel experience. Well-being is reflected in all stages of travel, with a significant increase in well-being during travel planning and when traveling, which gradually fades until it disappears after travel (Kim, Woo and Uysal, 2015; Filep, 2014; Ünner and Armutlu, 2012, pp. 251-261; Jeffres and Dobos, 1993).

Above, this study reviewed and discussed the general definition of QoL, the definition of QoL for older people, and the definition of QoL in tourism. Based on the analysis and conclusion of this study, most of the previous studies on QoL in tourism have focused on the relationship between the impact of tourism on QoL of local residents and tourists, and only a few studies have investigated the definition and understanding of QoL from the perspective of tourists, so how tourists understand and define QoL, and their access to QoL enablers and barriers remain to be explored. This study will explore the understanding and definition of QoL from the perspective of older Chinese tourists, and further explore their enablers and barriers to QoL in the tourism context.

2.2.4 Measuring QoL

The above provides a step-by-step review of the definitions of QoL in previous studies. This section will further provide theoretical support for this study to explore the QoL of older Chinese tourists by reviewing the measurement of QoL in the same way, step by step and in depth, from the general measurement of QoL to its measurement in a tourism context.

QoL is a complex, multidimensional concept that has neither a single definition nor a standard form of measurement (Cummins, 1997). The nature of QoL is complex and presents different connotations; a trend that seems to be continuing to spread. Furthermore, as there are many different definitions of QoL, different measurement models are constructed on the basis of different definitions (Sirgy, 2002). It is also therefore possible to identify some key aspects of QoL measurement methods that could explain the theoretical overview and empirical studies of the QoL concept and thus inform an argument for a further definition of QoL. For example, Cummins (1997) argued that QoL is made up of seven subjective and objective domains of well-being, including material well-being, safety, productive well-being, intimacy, community, health, and emotional well-being, which can also be used to assess QoL. Ng et al. (2018) also supported the idea that QoL is made up of the discrete domains such as work, material well-being, health, community, social relationships and safety. Scholars confirm that QoL is measured based on different life conditions in different domains and extends from tangible products to intangible assessments (Sirgy, 1998). Sirgy (2001) however, moved away from subjective and objective perspectives and assessed QoL at the individual and group levels, individual level, family level, community level and national level, incrementally. He argues that the individual level of QoL focuses on the individual resident

and assesses whether the individual is satisfied with the community in the context of living in a particular community, while the family level of QoL measures the household as the unit of analysis and aims to measure the quality of health in the household. In contrast, community-level QoL assessments usually emphasise the community as a whole, using a range of indicators such as educational indicators, economic indicators and health indicators to assess the QoL of the community. In addition, national-level QoL measurement looks at a country as a whole. For example, GDP, which measures the overall economic status of a country, is one such national indicator of QoL.

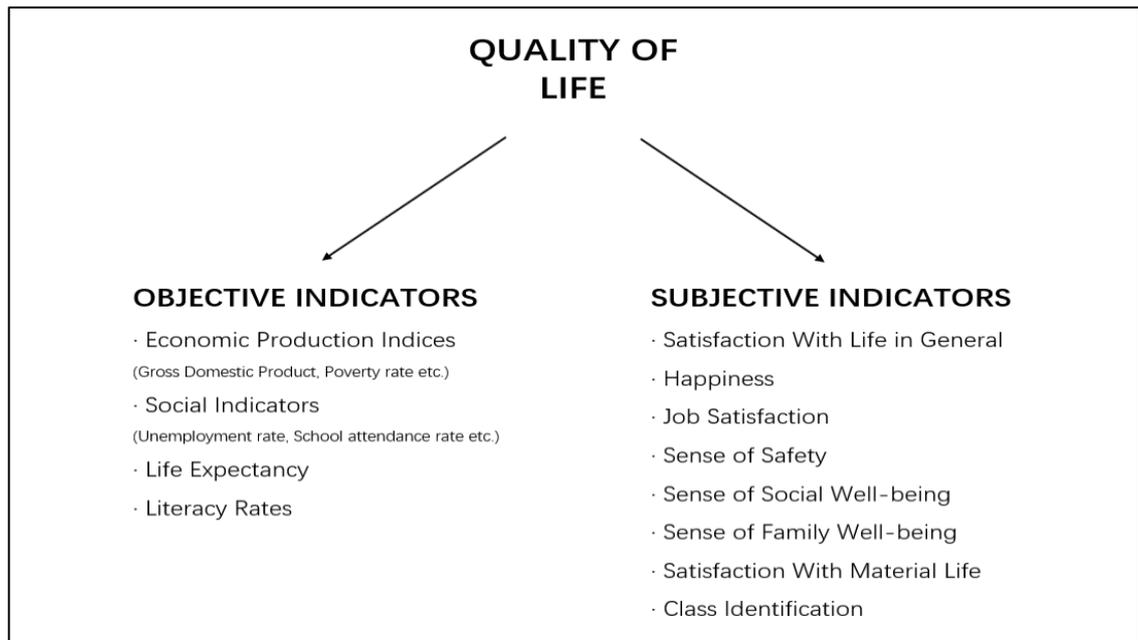
As QoL is a social construct and a multidimensional construct that contains both objective and subjective elements, studies on QoL measurement methods are often objective or subjective in nature (Filep, 2014; Jennings and Nickerson, 2006, pp. 153-171; Diener and Suh, 1997). Further, objective and subjective indicators are often used to measure overall QoL or QoL related to specific domains of life. (Sirgy, Meadow and Samli, 1995; Jeffres and Dobos, 1993; Hartwell et al, 2018). Objective measures of QoL focus primarily on a range of social indicators such as GDP, employment rates, national income, health, living standards and crime (Kim, Woo and Uysal, 2015; Jennings and Nickerson, 2006, pp. 153-171; Diener and Suh, 1997). In contrast, subjective measures of QoL attempt to measure individuals' satisfaction with various areas of life, including satisfaction with family life, job satisfaction, social satisfaction, community satisfaction, leisure satisfaction and overall life satisfaction, among others (Uysal, Berbekova and Kim, 2020; Woo, Kim and Uysal, 2016). In addition, Dolnicar, Yanamandram and Cliff (2012) identified 15 common domains of QoL acquisition by reviewing studies related to QoL, including leisure experiences, goals/hopes for the future, work and material well-being, standard of living, family and love, spiritual life, social life, health, education, community, holidays, self-esteem, safety, stress and transport.

In summary, there are two main approaches to measuring QoL: objective and subjective. These approaches imply different conceptualisations and understandings of the concept. Specific conceptualisations and an increasing number of indicators reflect this difference between subjective and objective representations. Objective measures use quantifiable social or economic indicators to reflect the extent to which human needs are being met. Subjective measures, on the other hand,

depend on an individual's self-reported levels of happiness, pleasure and fulfilment, also known as 'subjective well-being' (Diener and Lucas, 1999; Easterlin, 2001). In fact, objective and subjective indicators are defined according to the relationship between the indicator and the individual's subjective consciousness (Veenhoven, 2005, pp. 61-86). Objective indicators do not change because of an individual's subjective consciousness, such as economic growth, living standards and national income (Noll, 2004). Cummins (2005, pp. 559-584) proposed a comprehensive 'social indicator or summary welfare index' in 1996, which combines aspects of objective measures. In contrast, subjective measures of QoL are directly influenced by individual perceived differences and subjective assessments (Costanza et al., 2007). Objective measures of QoL can be collected in the absence of subjective assessments by the person being assessed. These indicators are economic production indicators, literacy rates, life expectancy and other data. Objective indicators can be used alone or in combination to form composite indices, such as the United Nations Human Development Index (HDI-UNDP, 1996).

Subjective measures of QoL use personal observations to assess the level of quality itself. As a result, many objective indicators assess only the opportunities for individuals to improve their level of quality, rather than the level of quality itself. It is therefore preferable to view economic production as a means of achieving potential improvements in QoL, rather than as the ultimate goal to be achieved. In addition, subjective measures differ somewhat from objective measures in that QoL's subjective measures collect participants' assessments of their life experiences through surveys or interviews using similar terms such as happiness, satisfaction, well-being and welfare. Diener et al. (1999) provided convincing evidence that subjective indicators are what people consider to be relevant to their own happiness and well-being, and as such are valid indicators relating to their own definitions of well-being and happiness. Below, objective and subjective measures of the QoL concept are summarised (Figure 2.1).

Figure 2.1 Objective and subjective measures of QoL



Source: The author

As subjective measures of QoL can measure not only individual satisfaction with various domains of life, but also the importance of the domains/needs that individuals perceive as QoL, subjective measures have gradually expanded to include further subjective/positive concepts. SWB and life satisfaction research has stimulated scholarly interest (Fernández- Ballesteros, 2011; Costanza et al., 2008), while bottom-up spill-over models are commonly adopted to describe life satisfaction or SWB (Sirgy, 2002; Diener et al., 1999; Diener et al., 1985). Bottom-up spill-over theory is based on a bottom-up approach and has been developed to measure overall QoL by measuring individual satisfaction with various domains of life (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Sirgy and Lee, 2006; Sirgy, 2002; Diener et al, 1999; Diener et al., 1985). The basic concept of bottom-up spill-over theory is that satisfaction with all sub-domains of life (e.g., family, social relationship, work, material health, leisure, etc.) affects overall life satisfaction, ultimately affecting QoL (Sirgy et al., 2010; Sirgy and Lee, 2006). Bottom-up spill-over theory states that overall life satisfaction depends on satisfaction in the leisure life-domain, the health domain, the work domain and the family life-domain. Life events that occur in the leisure life-domain, health domain, work domain and family life-domain will, if positive, first trigger satisfaction with the event, which then 'spills over' to drive individuals' overall satisfaction with the domain, and individuals' satisfaction with the domain is further 'spilled over' to higher levels of the domain, thus influencing life satisfaction (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016).

Thus, subjective measures of QoL reflect two main aspects, namely, measures of satisfaction with life sub-domains and overall ratings of life satisfaction. Indeed, a growing number of studies use bottom-up spill-over theory to explain consumer-related experiences in many domains, including the travel experience (Kim, Woo and Uysal, 2015; Sirgy et al., 2010; Sirgy and Lee, 2006).

While each scientific discipline emphasises all aspects related to their respective disciplines in relation to QoL, and both subjective and objective indicators provide ways to measure QoL, there is still no QoL measurement tool that is flexible enough to be used across disciplines, cultures and age groups, and a more specific exploration of QoL measurement tools applicable to older Chinese tourists will continue below.

2.2.5 Measuring QoL in older people

As mentioned above, in contrast to objective measures, subjective measures of QoL can measure not only individual satisfaction with various domains of life, but also the importance of the domains in which individuals perceive QoL, and subjective measures have gradually been extended to a wider range of concepts, with SWB and life satisfaction studies stimulating scholarly interest (Fernández -Ballesteros, 2011; Costanza et al., 2008). Life satisfaction is a subjective manifestation of QoL and an important aspect of QoL measurement. The assessment of life satisfaction is influenced by the lower life-domains. The following questions are commonly used to assess an individual's QoL: 'How satisfied are you with your life?' or 'How do you feel about your life (happiness) in general?' (Pan, Fu and Wang, 2020; Uysal et al, 2016; Stenhagen et al, 2014; Brown, Bowling and Flynn, 2004; Fernández-Ballesteros et al, 2007; O'boyle; 1997; Osberg et al, 1987). According to these questions, the field of geriatrics was the first to develop measures of life satisfaction in older people. In the early 1960s, Neugarten et al. (1961) developed the Life Satisfaction Rating (LSR) for older adults. the LSR's assessment statements included 'This is the best time of my life' and 'Compared to others, my life is better than most.' The Satisfaction with Life Scale (SWLS) is another scale that has been widely used to assess the overall QoL of older people (Pons et al., 2000; Durak, Senol-Durak and Gencoz, 2010) and its reliability has been confirmed by previous studies. The SWLS measure typically uses the following statements to assess older people's QoL: 'My living conditions are good and I am happy with my life.', "For the most part, my life is close to ideal.", "If I could do my life over again, I would change almost

nothing." and "So far, I have gotten the important things I want in life." However, the two scales mentioned above explore older people's evaluation of QoL primarily through a few simple questions, without detailed and specific measurement domains and indicators.

Bottom-up spill-over theory is also included in a number of specific studies. As discussed, the spill-over effect of satisfaction on overall life achievement has been widely recognised in the literature in research areas such as older people; consequently bottom-up spill-over theory is the most popular theory in the evaluation of older people's life satisfaction (Sirgy and Lee, 2006; Sirgy, 2002; Diener et al. 1999; Diener et al., 1985). Overall life satisfaction is considered to be the highest level in the hierarchy of satisfaction. Overall life satisfaction of older people is influenced by family, social, work, leisure and recreation, financial, health, and travel satisfaction. These influences reflect the basic premise of bottom-up spill-over theory, which is that overall QoL is influenced by satisfaction in all life domains and sub-domains. In studies of older people's QoL, scholars have found that enjoyable travel experiences and leisure activities are important life domains that also influence older people's QoL (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Lee and Tideswell 2005; McGuire, Boyd and Tedrick 1996). Travel experiences can have a positive impact on older people's physical health as well as influencing their satisfaction with life and ultimately QoL (Pan, Fu and Wang, 2020; Uysal et al., 2016; Woo, Kim and Uysal, 2016).

A number of measurement frameworks have also been developed to assess QoL in older adults, and the underlying premise of these frameworks is that life satisfaction is functionally related to satisfaction in all domains and sub-domains of life (Sirgy, Phillips and Rahtz, 2011). Many scholars of QoL have attempted to identify and summarise the relationships between the dimensions of the different scales used to measure QoL in older people (Alvarez-Diaz, Gonzalez and Radcliff, 2010; Chen and Yao, 2010; Cummins, 1996 and 1997; Cummins et al., 1994). Cummins (1996) made a significant contribution to this by reviewing 27 definitions of QoL in an attempt to identify the domains of QoL. His research identified five main domains of QoL, namely emotional, health, work, material and social. Later, in 1997, Cummins developed the QoL measure into seven indicators, productivity, physical health, material health, emotional health, safety, community and intimacy. Sirgy (2002) delved into the measurement of QoL in older people by reviewing thirteen

different models and found that these models generally contained between five and sixteen dimensions or domains. In the same year, Alkire (2002) also reviewed the literature related to the measurement of QoL in older adults and found that previous models identified dimensions or domains ranging from five to eleven. Past research has proposed a large number of dimensions as part of the QoL measurement construct for older adults. However, different researchers have framed these dimensions in different ways.

Blunden's (1988) research has played a key role in this area by suggesting that the main measures of QoL for older people include social well-being, material well-being, and physical well-being. Of these, social well-being involves interpersonal relationships, extended relationships, activities, and community activities. Material well-being, on the other hand, includes finances, privacy, transportation, food, and safety. In addition, physical well-being mainly refers to health. Some researchers have concluded that although this concept of QoL incorporates many different domains, most can be grouped into one of four related but distinct domains: physical, functional, emotional, and social (Cella, 1994). Felce and Perry (1995) summarised five domains through a review of 15 major literature sources describing the conceptual model of QoL, physical health, social health, material fulfilment, development and activity, and emotional health. This study found that previous frameworks for measuring QoL in the literature share a common set of recurring themes that relate to earlier research by Cummins (1996), and that the five main domains associated with QoL in older adults include physical well-being, emotional well-being, health, productivity, and friendship. Although there is disagreement in the understanding and definition of QoL in older adults, there is significant overlap among researchers in the areas related to assessing QoL in older adults. In summary, based on an analysis of past literature, older adults' QoL can also be measured by the indicators of SWB, including physical well-being, social well-being, material well-being, emotional well-being, psychological well-being and more. Older adults obtain an overall SWB by their satisfaction with the various sub-domains of the SWB, and thus ultimately the QoL. However, there is still no consensus on the measurement of older adults' QoL in QoL research and further exploration is needed.

2.2.6 Measuring QoL in tourism

Studies on QoL, SWB and life satisfaction make up a large part of leisure and tourism research (Nawijn and Damen, 2014; Dolnicar, Yanamandram and Cliff, 2012; Pearce, 2012; Nawijn, 2011b; Sirgy et al., 2011; Filep, 2008). Back in 1976, two researchers suggested leisure satisfaction is a essential predictor of life satisfaction according to a large nationally representative survey in the United States (Andrew and Withey, 1976). In the same year, Campbell et al. (1976) found that satisfaction with leisure activities was an important component of life satisfaction. More recently, a study by Liang et al. (2013) modelled the impact of leisure satisfaction on overall QoL in China, Japan and Korea and found that leisure satisfaction played an important role in increasing overall life satisfaction. Overall life satisfaction measures people's satisfaction with basic life needs, leisure life and overall life (Genc, 2012, pp. 149-167; Lee and Sirgy, 2004;).

However, although many QoL studies consider leisure life as an important life domain that affects overall subjective QoL, tourism is considered to be only one element of leisure and is rarely studied as a life domain in isolation (Eusébio and Carneiro, 2014; Dolnicar, Lazarevski and Yanamandram, 2013; Richards, 1999). However, leisure and travel/tourism are very different in nature. Leisure refers to regular family activities, whereas travel and tourism refers to leisure activities that are frequently undertaken outside the home (Neal, Sirgy and Uysal, 1999). A growing body of research has found that travel satisfaction has a significant impact on subjective indicators of QoL such as overall life satisfaction and that travel should be studied as a separate area of life (Eusébio, Carneiro and Caldeira, 2016; Liang, Yamashita and Brown, 2013; Eusébio and Carneiro, 2011, 2014; Neal, Sirgy and Uysal, 1999; Haggard, Granzin, Granzin and Painter, 1995; Lu and Argyle, 1994; Balatsky and Diener, 1993; Jeffres and Dobos, 1993; Zautra and Reich, 1981; Andrew and Withey, 1976; Rodgers and Converse, 1975). In recent years, there has been a gradual increase in research interest in QoL in the field of tourism research, and claims that tourism improves QoL has led to factors associated with tourism-related QoL appearing in a growing number of tourism field studies, which are beginning to support the idea that tourism can be a way to pursue higher QoL (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011; Mactavish et al., 2007; Neal, Uysal and Sirgy, 2007; Uysal, Perdue and Sirgy, 2012).

With the growing demand for travel, tourism has become an important area of life for individuals to gain and improve their QoL. QoL studies in tourism measure the impact of tourism on life satisfaction by using the following kinds of items. Attitudinal statements include 'I feel that my life is meaningful and fulfilling', 'My overall satisfaction with life has increased after the trip', 'Overall, I came back from that trip happy', and 'I feel good about my life after the trip' (Sirgy et al. 2011; Neal, Uysal and Sirgy, 2007; Andrews and Withey, 1976; Campbell et al, 1976). For example, Fritz and Sonnentag (2006) used 12 health complaint programs and 16 burnout programs to measure tourists' well-being before and after travel to determine the impact of travel on QoL. Wei and Milman (2002), on the other hand, adopted 24 emotional and experience programs to assess the relationship between tourism activities, tourism experiences and mental health among older adults. All of these measures include the above research questions. Ideally, however, researchers should use proven QoL constructs and measures. For example, it has been argued that the measures of QoL used by Fritz and Sonnentag (2006) and Wei and Milman (2002) are not measures that are accepted by the larger QoL research community for assessing well-being.

It has been suggested that in the field of tourism related QoL research, QoL should be measured by a combination of objective and subjective indicators. On the one hand, objective indicators can be examined and evaluated by criteria such as frequency of tourist activities, number of tourist companions, and cost of travel. On the other hand, satisfaction and attitudes during tourism activities can be used as subjective indicators to measure QoL (Lloyd and Auld, 2002). However, as introduced in the previous section, subjective measures of QoL can measure not only individual satisfaction with various areas of life, but also the importance of the areas in which individuals perceive QoL, and therefore, subjective measures have gained support from researchers in the tourism domain. QoL in tourism can be assessed through subjective indicators (Pukeliene and Starkauskiene, 2009). With the development of QoL-oriented strategies, experts have started to create tourism-related subjective indices of QoL (Pan, Fu and Wang, 2020; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011). Subjective indicators to measure QoL in tourism usually focus on overall life satisfaction or domain satisfaction. As early as 1999, Neal, Sirgy, and Uysal noted that life satisfaction is the most commonly used measure of personal QoL.

Well-being is another important indicator of QoL from tourism. It has attracted the attention of most scholars in the field of tourism related QoL. Sirgy (2001) used the satisfaction measurement hypothesis of well-being to assess QoL through total or average satisfaction scores in the relevant life domains. It has been previously noted that well-being is commonly used to assess a person's happiness, and it is used as a synonym for hedonic, practical, welfare or SWB. Well-being helps us to understand how much a person enjoys his or her life and directly reveals his or her evaluation of their current living conditions (Veenhoven, 2013; Easterlin, 2001). Today, well-being is an important indicator of an individual's QoL, and perceived QoL can be measured by an overall or average score in the domains of material life, community life, environmental life, emotional life, family life and leisure life (Tay, Kuykendall and Diener, 2015, pp. 839-853). The importance of each life domain varies depending on the target population of the study. When using well-being or satisfaction as an indicator of QoL, it should be noted that the overall life satisfaction or domain satisfaction scales are usually selected according to the research question. In addition, the choice of scale should be based on the research perspective when using different life domains.

In past studies, various scales have been used to assess QoL. According to the timeline, Cummins developed a comprehensive QoL scale in 1997. Further in 2010, scholars developed a health related QoL visual analogue scale (Chen and Yao, 2010). And Alvarez-Diaz, Gonzalez and Radcliff (2010) developed a multicultural QoL index. However, studies in the field of tourism and QoL measures have more often used life satisfaction rather than a specific scale. Life satisfaction is based on bottom-up spill-over theory, which drives overall life satisfaction through the spill-over of satisfaction in the leisure domain and ultimately QoL (Pan, Fu and Wang, 2020; Hartwell et al, 2018; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Filep, 2014; Dolnicar, Yanamandram and Cliff, 2012; Pearce, 2012; Üner and Armutlu , 2012; Sirgy et al, 2011; Nawijn, 2011a; Filep and Deery, 2010; Jeffres and Dobos, 1993) . However, measuring QoL through life satisfaction does not allow for an intuitive assessment of how visitors subjectively perceive QoL, and from which domains of QoL satisfaction may emerge.

In fact, the WHOQOL scale and its shorter versions have been among the most commonly used QoL scales in other disciplines and research areas (Alvarez-Diaz, Gonzalez and Radcliff, 2010; Chen and Yao, 2010; Skevington, Sartorius and Amir, 2004; Fleck et al. 1999). In the tourism field,

the WHOQOL scale has been neglected and only a few studies have used this scale to measure tourists' QoL (Eusébio, Carneiro and Caldeira, 2016; Eusébio and Carnerio, 2011; McCabe, Joldersma and Li, 2010). The WHOQOL scale could therefore be more widely tested and used in the tourism field. The WHOQOL scale and its short version typically include multiple domains of perceived QoL including absence of physical problems (e.g. pain, energy, mobility, dependence on medication or therapy), absence of psychological problems (e.g. self-esteem, feelings, personal beliefs and religion), environmental (e.g. economic resources, family environment and transport) and social relationships (e.g. such as interpersonal relationships and social support) (Eusébio, Carneiro and Caldeira, 2016; Chen and Yao, 2010; Fleck et al. 1999; WHOQOL Group, 1995). Compared to assessing QoL through life satisfaction, the WHOQOL scale contains dimensions that better encapsulate how and from which dimensions tourists subjectively perceive QoL. Tourism ultimately acts on QoL through the various domains of QoL that contribute to QoL, which is another manifestation of bottom-up spill-over theory.

In summary, this study addresses QoL measurement in general, QoL measurement for older people and QoL measurement in relation to tourism. This study also explores research questions and some scales for studying and measuring QoL, identifying gaps in current QoL measurement methods for older tourists. The literature analysis above found that there is still no consensus on the measurement of QoL for older tourists, similar to the process of conceptualising QoL for older tourists. By reviewing QoL measurement methods in previous tourism studies, this study will use the WHOQOL-BREF scale as the base scale for measuring QoL among older tourists. However, how tourism affects older tourists' QoL requires still more in-depth research and the next section will look specifically at the influences of tourism on QoL.

2.3 Tourism and QoL

It is widely accepted that travel is an important element of an individual's life. Participation in tourism activities has become an important basis and criterion for assessing one's QoL (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Eusébio and Carneiro, 2011, 2014; Richards, 1999). In addition, scholars have found that travel plays a key role in the well-being of older people. The results of many studies show a strong

positive correlation between participation in tourism activities and older people's subjective well-being, although the strength of their correlation varies across contexts and between subgroups (Pan, Fu and Wang, 2020; Zhang and Zhang, 2018; McKenna, Broome and Liddle, 2007; Fernández-Ballesteros, Zamarron and Ruiz, 2001). This research evidence provides strong support for 'activity theory'. Activity theory suggests that interaction with society, involvement in a variety of activities and staying active for as long as possible are key to increasing well-being (Havighurst, 1963, pp. 299-320). In addition, travel appears to be an important factor in successfully coping with negative life events and subsequent life changes (Duggleby, Bateman and Singer, 2002). For older adults, staying physically and psychological active, maintaining relationships with family and friends, and being mentally happy are effective mechanisms for coping with the loss of a spouse, retirement and physical decline (Pan, Fu and Wang, 2020; Nimrod and Rotem, 2012; Janke, Nimrod and Kleiber, 2008; Nimrod, 2007; Silverstein and Parker; 2002). In summary, tourists benefit from the tourism experience, and it is seen as an important means of escaping from everyday worries and stress. It has been noted that tourists find relaxation and escape from everyday life throughout the course of tourism (Gilbert and Abdullah, 2004).

2.3.1 Ageing tourism

Age is considered an important variable in the literature on tourism research because it affects tourists' motivation to travel, types of tourism activities, tourism expectations and types of tourism spending, among other things. Research on the age of tourists has attracted the attention of researchers, with different researchers investigating the tourism activities of tourists of different ages. children under 12 years of age have received a great deal of attention from researchers as the youngest group (Genç, 2012; Pearce, 1993; Pearce, 2011). Pearce (2011) pointed out that children have the potential to change their parents' preferences for destination choice, their choice of tourism services and their patterns of consumption behaviour during tourism activities. He suggested that parents' choice of tourism services may be more biased towards providing tourism activities for all family members or special tourism and recreational activities for children (Pearce, 2011, 2012). University students are another particular group that has received attention in tourism research. They are particularly interested in tourism activities and their travel choices may be significantly different from other age groups of tourists, as students' travel arrangements are usually based on holiday time. Students who participate in tourism activities may use their holidays as a

break to escape from their busy study schedule. Interrupting an intensive study schedule increases the positive emotions of learning, which in turn promotes motivation and enjoyment of academic work. In addition to participating in general travel activities, students also participate in education-focused travel activities to enhance academic performance (Swarbrooke and Horner, 2007, PP. 70-83).

With the ageing of society and the increase in the older population, the older population is considered an important market segment. Likewise, due to their large numbers and purchasing power, older people are a group that cannot be ignored in the tourism market. Furthermore, the steady growth in demand for leisure among older people has made them an increasingly important tourism group in research (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Schröder and Widmann, 2007, pp. 3-17; Lohmann and Danielsson, 2001). Tourism is seen as an important aspect of older people's lives that enhances mental, spiritual and physical health and enables successful living in old age and retirement (Uysal et al., 2016; Woo, Kim and Uysal, 2016; Janke, Davey, and Kleiber, 2006; Silverstein and Parker, 2002). Evidence from studies on older people also supports the idea that older age groups are an important group in tourism. Research shows that older people today are healthier, better educated and more independent than those of the past, and that older people today are more financially independent (Hayward and Zhang, 2001).

This growing trend can be seen not only in developed countries but also in developing countries as the number of older people involved in travel is growing rapidly worldwide. It is estimated that the growth of older tourists will begin to dominate the tourism market and that ageing will no longer limit people's desire to travel within their own country or overseas (Pan, Fu and Wang, 2020; Zhang and Zhang, 2018). Shaw and Williams (1994) stated that as older people have more leisure time and fewer family obligations, they prefer long-term travel activities. In addition, older people are more concerned about personal safety when travelling and have a greater need for travel services, travel products and travel activities that meet the needs of older people than younger travel groups (Woo, Kim and Uysal, 2016; Janke, Davey, and Kleiber, 2006). On the one hand, further research into the specific tourism needs of older people can help tourism service providers to use these findings to offer new services and facilitate changes to existing services in order to

gain the upper hand in a competitive market (Uysal, Perdue and Sirgy, 2012, pp. 130-140). On the other hand, research on older people's travel activities, travel preferences and travel needs can help this study to explore the factors influencing QoL among older travellers.

2.3.2 Ageing tourism in China

In the 1980s, an increasing number of leisure researchers began to express interest in studying various tourism topics. This trend was because they realised that tourism was included in most current definitions of leisure and that tourism was seen as an inherently motivating, enjoyable and rewarding experience. Leisure and tourism should be studied together as they are complementary (Patterson, 2018; Prebensen, Chen and Uysal, 2018; Woo, Kim and Uysal, 2016; Weaver and Lawton, 2014; Nimrod and Rotem, 2012; Shaw and Williams, 1994). Tourism is a form of leisure and a context for leisure activities (Zhang and Zhang, 2018; Brey and Lehto, 2007). However, leisure and tourism are very different in nature. Leisure refers to regular daily activities, whereas travel refers to leisure activities that often occur outside the home (Neal, Sirgy and Uysal, 1999). In addition, tourism and travel take place during people's free leisure time. A growing body of research has found that travel significantly impacts everyday experiences, and that tourism should be researched as a separate area of life. Similarly, daily lived experiences are essential enablers of travel behaviour (Pan, Fu and Wang, 2020; Patterson, 2018, pp. 1-16; Fletcher et al. 2018, pp. 44-50; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Liang, Yamashita and Brown, 2013; Eusébio and Carneiro, 2011, 2014; Neal, Sirgy and Uysal, 1999).

It has been suggested that life events and everyday experiences strongly influence the generation of tourism behaviours, while they constantly influence modes of tourism and contribute to the emergence of new tourism types, building on existing ones (Patterson and Balderas, 2020; Huber, Milne and Hyde, 2019; Alén, Losada and De Carlos, 2017; Alén, Losada and Domínguez, 2016). Life course transitions and everyday lived experiences dynamically influence tourists' travel behaviour, and therefore tourism scholars need to pay more attention to the context, experiences and structure of tourists' lives (Nimrod, 2008). The travel behaviour of older Chinese people is also closely related to their everyday experiences and life events, with travel being an escape from everyday life, a contrast to everyday life and compensation for past lives (Pan, Fu and Wang, 2020; Wang, 2019; Huang and Hsu, 2009a; Jang et al., 2009). This section will first review past research

on older people's everyday experiences and older tourists' tourism experiences and explore their impact on tourism markets, tourism products and tourism services. This will be followed by an introduction to the contemporary Chinese tourism market, tourism products and tourism services. Some scholars have identified travel as an effective means of escaping from everyday life and stressful situations. People seek relaxation through travel, running from day-to-day affairs to unwind their bodies and minds (Patterson and Balderas, 2020; Huber, Milne and Hyde, 2019; Fletcher et al., 2018). Data from China's sixth census has confirmed that although the number of older people living with their married children is declining, living with them is still one of the primary living arrangements for older people in China (Wang, 2019). This means that Chinese older people are often tasked with caring for their grandchildren alongside their own daily routines, so Chinese older people seek to escape the daily grind and seek relaxation through travel. Past studies on the motivations of older Chinese tourists have shown that the need for relaxation is one of the critical travel motivations of older Chinese tourists (Pan, Fu and Wang, 2020; Jang and Wu, 2006).

In addition, the fact that older Chinese people live with their married children and help them with daily household chores and even care for their grandchildren reflects Chinese collectivist culture. Collectivism is an important marker that distinguishes Chinese culture from Western culture, and it has been argued that collectivism promotes SWB in China more than individualism (Steele and Lynch, 2013; Cheung and Leung, 2007). Although Hofstede (1980) believed economic development encourages individualism, China remains a relatively collectivist country (Lu and Gilmour 2004). The culture of collectivism is also reflected in the travel behaviour of older Chinese tourists. The Chinese tourism industry has reported that older Chinese tourists travel predominantly in groups, with only 6.2% travelling alone, which further influences the development of the Chinese tourism market, tourism services and products, demonstrating the cultural specificity of older Chinese tourists (Xie, 2020).

People also seek to escape the dullness and banality of everyday life through travel, seeking external stimulation and new things and knowledge (Iso-Ahola, 1983). The banality of daily life is reflected in the repetition of the same stuff and tasks every day (Hannam and Knox, 2010, pp. 89-103). Similarly, older Chinese tourists expect to escape the banality of everyday life through travel

(Pan, Fu and Wang, 2020). It has been suggested that one of the motivations for older Chinese tourists to travel is the need for social interaction, as they desire to meet new people during their travels. In addition, they expect to consume and be exposed to things that they cannot experience in their daily lives, that are unfamiliar, distinctive and significantly different (Pan, Fu and Wang, 2020; Huang and Hsu, 2009b; Jang et al., 2009). It is noteworthy that despite the desire of older Chinese to escape the dullness and banality of everyday life through travel, their travel experiences sometimes seem to be an extension of their everyday lived experiences. As the primary mode of travel for older Chinese is with friends or family (Pan, Fu and Wang, 2020; Xie, 2020), travel is essential for them to maintain and enhance their relationships with family and friends. Zhang and Zhang's (2018) study have also confirmed that older people are more interested in developing and maintaining relationships when pursuing leisure activities than younger people. The vast majority of Chinese older people prefer to travel in groups as opposed to independent travel, which also reflects the current state of the Chinese senior travel market (Xie, 2020; Liu, 2018).

In addition, early life experiences and socialisation also influence human behaviour (Chen, Fu and Lehto, 2016; Lohmann and Danielsson, 2001). Compared to other age groups, older Chinese tourists show a relative consistency in travel preferences, destination choice and travel activities, a consistency that is not only due to age but mainly due to their life experiences. This consistency is also evident in a study of age and cohort effects in the US senior travel market (Chen and Shoemaker, 2014). Past research on senior tourism in China has found that contemporary older Chinese tourists compensate for the deficits of their youth through travel, as determined by their early life experiences (Pan, Fu and Wang, 2020; Xie, 2020; Jang and Wu, 2006; Huang and Tsai, 2003). This generation of older Chinese people was in China's economic infancy when they were young, and the heavy work, life and financial pressures made travel a luxury. However, at a time when China is experiencing rapid economic development, with improved economic conditions and more time available after retirement, older Chinese people are choosing to travel to compensate for unfulfilled aspirations from their younger years (Li and Cai, 2012). As a result, it has been suggested that one of the major motivations for older Chinese tourists to travel is 'nostalgia'. They prefer trips with cultural specificity and traditions, as well as those associated with past experiences (Pan, Fu and Wang, 2020; Wang, 2019; Huang and Hsu, 2009b). It is also reflected in the choice of destinations and tourism activities of older Chinese tourists, who prefer culturally relevant tourism

activities and destinations with traditional cultural significance (Pan, Fu and Wang, 2020; Liu, 2018).

It is worth noting that the same experience of everyday life does not have the same impact on travel and can operate in different directions (Huber, Milne and Hyde, 2019). It has been pointed out that daily lived experiences create motivations and constraints on older people's travel (Chen, 2020). For example, poor health may motivate older people to engage in health, medical or wellness tourism, seeking the health benefits of travel. Conversely, poor health may also discourage older people from participating in tourism (Liu and Zhong, 2022; Liu, 2018; Patterson, 2018, pp. 45-69; Shi, 2008). This influence is also present throughout the travel experience of older Chinese tourists, with past research suggesting that one of the motivations for older Chinese tourists is the health benefits of travel, which also drives their choice of destinations and activities related to health and wellness (Chen, 2020; Pan, Fu and Wang, 2020). However, health issues also significantly deter travel and limit their participation in tourism activities (Pan, Fu and Wang, 2020; Chen, 2020).

The above analysis concludes that the daily lived experiences of older Chinese people are closely related to their travel experiences. Travel is an escape, a contrast and compensation from everyday life. Everyday life experiences influence the travel motivations, travel constraints, choices of travel activities and tourism destinations of older Chinese people. Further, the exploration of everyday life experiences and tourism experiences of Chinese older people also leads to the current situation of the Chinese senior tourism market, tourism products and tourism services, the specificity of which also reflects the cultural specificity of this study. The senior tourism market has become the second largest in China, and older tourists are a significant consumer force in the overall Chinese tourism market (Xie, 2020). The everyday experiences of older Chinese people influence their travel modes. As mentioned above, the Chinese senior travel market is dominated by group package tours, with a growing trend of personalised demand for cruise tours, customised tours, private tours and so on (Xie, 2020; Liu, 2018). Group package tours offer a greater sense of security to older tourists, as destinations, travel activities, accommodation and transportation are all pre-planned and arranged in this mode of travel. Travellers do not have to concern themselves with the trip's details and can focus entirely on the travel experience. Moreover, group tours are generally less expensive than independent tours, allowing seniors who are short on funds the opportunity to travel. In addition,

this type of travel gives older travellers the opportunity to make new friends, fulfilling a social need in the motivation to travel (Xie, 2020; Patterson, 2018, pp. 115-125). Influenced by the culture of collectivism, tourists from Asian countries prefer group package tours to those from Western countries (Patterson, 2018, pp.115-125).

In addition, the daily lived experiences of older people also influence their choices of tourism activities and destinations, and these choices determine the market segmentation of senior tourism in China. The Ministry of Culture and Tourism of the People's Republic of China (2018) breaks down China's tourism market into heritage tourism, folklore tourism, cultural and artistic tourism, gastronomic tourism, healthcare tourism, shopping tourism, natural tourism and festival tourism. Also, past studies on senior tourism in China have highlighted that the main tourism products and services in the Chinese senior tourism market include three types of slow-paced tourism to cater to the needs of older tourists. The Chinese senior tourism market is segmented into natural scenery and traditional cultural tourism, health and wellness tourism and nostalgia and religious tourism (Xie, 2020; Liu, 2018).

Despite the numerous previous studies on senior tourism, few studies have conceptualised the relationship between older tourists' tourism experiences and their daily lived experiences (Prebensen, Chen and Uysal, 2018). However, it is only by incorporating an understanding of older people's everyday experiences that the tourism experiences of older people can be better studied and thus the heterogeneity of older people's tourism can be understood (Patterson, 2018). Understanding the heterogeneity, cultural specificity and social attributes of the older population is the basis for tourism markets and providers to adapt their products and services to meet the current and future requirements of the older tourism market. It also better enables healthy ageing and improves the QoL of older people (Fletcher et al., 2018; Weaver and Lawton, 2014). Therefore, to delve deeper into the determinants of perceived QoL among older Chinese tourists, this study will explore the impact of older Chinese tourists' everyday lived experiences on their tourism experiences to elaborate on the reliability of the tourism-related factors in the research framework in order to further validate the theoretical framework.

2.3.3 The relationship between tourism and QoL

In past studies, researchers have given more attention to understanding the relationship between planned leisure activities and QoL (Dolnicar, Yanamandram and Cliff, 2012). As discussed, the relationship between leisure and QoL has been extensively and thoroughly explored in the literature (Bergin-Seers and Mair, 2009; Liburd and Derkzen, 2009; Haworth and Lewis, 2005; Kleiber, Hutchinson and Williams, 2002). However, this literature tends to focus on the contribution of leisure to the QoL of leisure participants and only a few studies have investigated the contribution of the tourism experience to the QoL of tourists. It has long been claimed that leisure-related variables have a positive impact on individual QoL, particularly on subjective perceptions of QoL (Rodríguez, Latková and Sun, 2008). As early as 1992, Mishra found a positive association between high QoL and personal involvement in occupations, hobbies and interactions with friends. In addition, scholars have noted that everyday leisure activities are often conducted in the context of social relationships and can promote health. Also, scholars have found that increased leisure time can improve emotional well-being and leisure satisfaction (Buchanan 1983; Driver 1976). In other words, scholars have found that leisure activities can increase people's life satisfaction and SWB (Brajša-Žganec, Merkaš and Šverko, 2011).

It is worth noting that despite tourism being an important leisure activity in society, limited attention has been paid to the relationship between tourism and QoL (Dolnicar, Yanamandram and Cliff, 2012). Previous research has argued that it is more relevant to study the role of leisure activities on QoL than to study the impact of tourism on QoL, which is a more discrete activity. It has also been argued that although tourism is part of leisure activities, leisure and travel are very different in nature, with leisure referring to regular everyday, and home-life-based activities and travel referring to temporally bounded leisure activities that often take place outside the home (Neal, Sirgy and Uysal, 1999). However, considering that tourism is a part of overall leisure activity, research on leisure provides many similarities to tourism research. Research on the relationship between tourism and QoL should thus be added to QoL research in the broad area of leisure life (Hall and Page, 2014, pp. 56-85). As Carr (2002) stated, factors such as motivation, personal characteristics and the natural environment determine the correlation between tourism and leisure behaviour, so that there is a 'tourism and leisure continuum'. Furthermore, social developments have brought tourism within reach and the impact of tourism on an individual's QoL

should be considered separately from leisure theory (Sirgy et al., 2016; Sirgy et al., 2011).

2.3.3.1 The contribution of tourism to the QoL of tourists

Over the past two decades, scholars have studied the significance and role of tourism on QoL, but not enough studies have examined and analysed the relationship between tourism and the QoL of tourists (McCabe, Joldersma and Li, 2010; Moscardo, 2009; Benckendorff et al, 2009; Neal, Uysal and Sirgy, 2007). Most studies in this area have focused on the impact of tourism on the QoL of host communities (Cahhabra and Gursoy, 2009; Andereck and Nyaupane 2011a, 2011b; Perdue, Long and Kang, 1999). Therefore, the impact of tourism on tourists' QoL needs to be further researched and explored. In 1999, Oppermann and Cooper's study showed that meaningful and memorable experiences make a significant contribution to a person's SWB compared to the consumption of material goods, and that tourism as an experience has a positive impact on SWB. In the same year, Richards (1999, pp. 189-197) suggested that the contribution of tourism to tourists' well-being includes mental and physical rest and relaxation, as well as opportunities for personal development and providing space for personal and social interests, among other benefits. In subsequent studies, researchers have described tourism as an "experience industry" that can significantly enhance and improve the QoL of tourists, and research in the field of tourism has begun to focus on the role of tourism on tourists' QoL (Dolnicar, Yanamandram and Cliff, 2012; Pearce, 2012; Uysal, Perdue and Sirgy, 2012; Sirgy et al, 2011; Filep and Ross, 2010, pp. 81-102; Sirgy et al., 2010; Neal, Uysal and Sirgy, 2007; Neal, Sirgy and Uysal, 2004; Perdue et al., 1999; Richards, 1999; Lindberg and Johnson, 1997). In recent years, the relationship between tourism and QoL has become a popular research topic, with most studies concluding that tourism has a positive impact on tourists' QoL (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Uysal et al, 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Woo and Uysal, 2015; Dolnicar, Yanamandram and Cliff, 2012; Eusébio and Carnerio, 2011; Cecil et al., 2010). The link between tourism experiences and personal QoL has been gradually consolidated and portrayed, and tourism experiences have been included in the conceptualisation of the term QoL.

The impact of tourism on QoL has also been favourably demonstrated by the WHOQOL Group (1995) in its assessment of QoL by including 'opportunities to engage in holiday and tourism activities' as a dimension of QoL assessment. In addition, some scholars further noted that although

travel is not a dominant factor in QoL, it is an enhancer of QoL and that it plays an important role in achieving personal QoL, which deserves further exploration (Sirgy et al., 2010). According to a survey conducted by the Hilton Hotels Corporation, 81% of travellers had a better perspective and sense of life overall after their trip (Richards, 1999). Tourism has been shown to give tourists the opportunity to engage in social interactions, follow their interests and strengthen their identity through the consumption of tourism services (Richards, 1999). In the same year, Neal, Sirgy, and Uysal (1999) conducted a study on the significance of the tourism experience on overall QoL, exploring the significance of the tourism experience on leisure life-satisfaction and overall QoL. The findings suggest that satisfaction with tourism services contributes to satisfaction with one's leisure life, which in turn affects overall QoL. A follow-up study was conducted by Neal, Uysal, and Sirgy (2007) to examine the moderating role of length of stay. The results showed that the overall QoL benefit was more significant for visitors with longer stays than for those with shorter stays. Furthermore, Gilbert and Abdullah (2004) compared the well-being experienced by holiday and non-vacation groups and found that tourists experienced higher overall QoL both before and after their holiday. Kim, Woo and Uysal (2015) also concluded that the tourism experience positively influenced tourists' QoL by affecting life satisfaction. In 2016, Uysal et al. further summarised and argued for the contribution of tourism to tourists' well-being and QoL.

Furthermore, past studies on the impact of tourism on QoL have found that the positive effects of tourism affect all different categories of tourists, including employed people seeking stress relief, retired people, disadvantaged groups (e.g., people with intellectual disabilities), families with insufficient holiday resources or people with chronic illnesses (McCabe, Joldersma and Li, 2010, 2010; Mactavish et al, 2007; Cleaver and Muller, 2002; Gump and Matthews, 2000). Social tourism is a good example of this, and researchers in the field of travel and tourism have extensively studied the impact of social tourism on QoL (Diekmann and McCabe, 2016). Many scholars have studied the impact of holidays on the well-being of specific target groups. Social tourism contributes to the well-being of children from low-income families (McCabe, Joldersma and Li, 2010; Quinn, Griffin and Stacey, 2008, pp. 9-12; Hazel, 2005). Furthermore, McCabe and Johnson (2013) also found that the subjective well-being of low-income families was improved following social tourism. Other social tourism studies have found that social tourism initiatives can improve the self-reported health of people with disabilities or improve the subjective well-being of

older people (Kim, Woo and Uysal, 2015). Scholars have also linked older people's QoL to tourism, and their research has found that engaging in enjoyable activities during holidays can improve older people's psychological well-being and improve their physical health (Bloom et al., 2011; Wei and Milman, 2002; Milman, 1998).

Over the last two decades, an increasing number of studies have been conducted on the role of tourism on tourists' QoL (Dolnicar, Lazarevski and Yanamandram, 2013; Carneiro, Eusébio and Pelicano, 2011; Eusébio and Carneiro, 2011, 2014, 2016; Sirgy et al. 2011; Nawijn et al. 2010; Moscardo, 2009; Dann, 2002). Neal (2004) developed a model to analyse the impact of leisure travel on travellers' QoL. This model aims to explain the impact of satisfaction with tourism services and travel experiences on leisure satisfaction and overall life satisfaction. Dann's (2001) study analysed whether factors such as freedom, relative deprivation, reduced status, discrimination and social exclusion in older people's home environments could be mitigated by travel opportunities. In 2006, Galloway noted that many countries (including the UK, New Zealand, Canada and the USA) have taken steps to use tourism to enhance people's QoL. In addition, it has been indicated that the more frequently people engage in leisure and tourism activities, the greater the chance of satisfaction and well-being (Robinson and Martin, 2008). Sirgy et al. (2011), on the other hand, examined how particular tourism experiences have positive and negative effects, thus affecting overall life satisfaction. This study showed that travel experiences not only affect satisfaction in the leisure life=domain, but also in other domains of life such as culture, family, social participation, and physical health, which exemplifies the bottom-up spill-over theory.

Sirgy et al.'s (2011) study also found that both positive and negative effects on tourists' QoL were related to specific travel experiences and influenced overall satisfaction in 13 different areas of life. For example, positive event experiences in tourism contribute to tourists' overall satisfaction with leisure and tourism life, which in turn positively affects QoL. This study demonstrates that tourism may have both positive and negative effects on each tourist's QoL (McCabe, Joldersma and Li, 2010; Moscardo, 2009). It is thus clear that tourism is already an important area of QoL research, and on the other hand, tourism has great potential to improve other areas of life, such as social relationships and health. Numerous studies have shown that holidays have a positive effect on higher SWB or satisfaction with life (Bloom et al., 2011; Nawijn et al., 2010) and Sirgy (2012)

further argues that SWB implies satisfaction with all areas of life and overall life satisfaction. Pan, Fu and Wang (2020) also noted in a study of older tourists in Shanghai that tourism satisfaction contributes to tourists' QoL by influencing life satisfaction.

2.3.3.2 The ways in which tourism contributes to QoL of tourists

The contribution of tourism to QoL, as seen, has attracted a large number of scholarly articles (Dolnicar, Yanamandram and Cliff, 2012; Filep, 2012, pp. 31-49, 2014; Sirgy, 2012; Pearce, 2012; Üner and Armutlu, 2012; Sirgy et al., 2011; Nawijn, 2011a, 2011b; Filep and Deery, 2010). However, from the above review of the literature on the contribution of tourism to tourists' QoL, it was found that most studies assessing the contribution of tourism to tourists' QoL have mainly assessed QoL indirectly through life satisfaction or SWB. These scholars consider tourism as a domain of life where tourism satisfaction triggers leisure life-satisfaction, which in turn contributes to overall life satisfaction and SWB and ultimately QoL (Pan, Fu and Wang, 2020; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Woo and Uysal, 2015; McCabe, Joldersma and Li, 2010; Moscardo, 2009; MichalkO et al. 2009; Dann, 2001; Richards, 1999; Neal, Sirgy and Uysal, 1999, 2007, 2008). However, in past studies, research on how tourism directly affects tourists' QoL is limited.

In tourism studies that focus on QoL, they usually focus on multiple domains of QoL, but most scholars only study some of them. For example, Dolnicar, Yanamandram and Cliff (2012) captured tourists' QoL through the domains of life such as physical health, mental health and social well-being. Subsequently, Puczkó and Smith (2012) applied QoL research to tourism and found that tourism related QoL domains included health, physical well-being, work and productivity, mental health, personal safety, environmental quality emotional well-being, social well-being, sense of belonging to the community, and relationships with family and friends, among others. They argue that tourism can make a direct contribution to most areas of QoL, particularly in the areas of health, psychological well-being, work and productivity, and relationships with family and friends (Puczkó and Smith, 2012). The term "health" is also increasingly used in the context of tourism (Smith and Puczkó, 2013; Voigt and Pforr, 2013, pp. 146-172; Bushell and Sheldon, 2009). Smith and Diekmann (2017) argued that health is the pathway to QoL. Eusébio and Carneiro (2011) also outlined tourism as a potential transformative force in the physical, emotional, mental, spiritual,

cultural, social and environmental aspects of tourists. In the same year, Smith and Puczko (2013) proposed that tourism is one of the ways to achieve wellness and that tourism promotes physical health, mental health, spiritual health, emotional well-being, self-responsibility, social harmony and so on. The direct impact of tourism on the sub-domains of QoL outlined above coincides with the measurement of QoL in tourism research mentioned in section 2.2.6.

Researchers in the field of tourism have used different scales in analysing the relationship between tourism and QoL (McCabe, Joldersma and Li, 2010; Michalko et al., 2009; Neal, 2000), of which the WHOQOL-BREF scale triggered the interest of this study. This scale has been widely adopted by other fields and it is considered a consistent and useful measure of individual QoL (Alvarez-Diaz, Gonzalez and Radcliff, 2010; Chen and Yao 2010; Skevington, Sartorius and Amir, 2004; Fleck et al. 1999). The scale is a reliable and valid measure for social scientists in the tourism industry to assess the direct impact of tourism on QoL, including the most important domains in which tourists' QoL is affected by tourism, psychological well-being, physical well-being, social relationships and environmental factors (Eusébio, Carneiro and Caldeira, 2016; Dolnicar, Lazarevski and Yanamandram, 2013; Eusébio and Carnerio, 2011, 2014; McCabe, Joldersma and Li, 2010). This is also confirmed by Michalko et al.'s (2009) study on the Hungarian population over the age of 18. They studied the effect of tourism on the QoL of individual tourists through qualitative analysis and found that tourism contributed to the individual well-being of QoL. McCabe, Joldersma and Li (2010), on the other hand, adopted the WHOQOL-BREF scale to measure the effect of tourism on the QoL of low-income households in the UK. They assessed the relationship between tourism and QoL by examining the effects of tourism on various sub-domains of QoL (physical well-being, psychological well-being, social relationships and environmental factors). Eusébio and Carneiro (2011) also verified that tourism affects perceived QoL by directly influencing the sub-domains of QoL when they examined the effects of tourism on QoL of young tourists.

2.3.3.3 Impact factors of tourism on QoL

Based on previous literature on travel and QoL, this study has found that travel motivation promotes tourists' QoL, while travel constraints have a negative effect on tourists' QoL (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al,

2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011). This study also found that leisure experiences and quality tourism services can improve tourists' QoL (Dolnicar, Yanamandram and Cliff, 2012; Bloom et al., 2011; Pearce, Filep and Ross, 2010). However, in addition to the two elements of leisure experience and quality tourism services, the improvement of tourists' QoL is also enhanced by the experience of being at the destination, which includes the beauty of the destination and the correspondence between the destination image and self-concept, among other dimensions (Uysal et al., 2016; Moscardo, 2009; Wei and Cong, 2001). In addition, the choice of tourist activities during tourist trips has a significant impact on tourists' health. In 2016, Mitas, Nawijn and Jongsma suggested that the type of tourism and the duration of tourism also have an impact on tourists' QoL. Longer holidays have benefits for tourists' social relationships, as tourists can make friends, spend time with their travel companions, and participate in more interactive activities or other exciting activities during the trip (Eusébio and Carnerio, 2014). As mentioned earlier, people who travel for longer periods of time are likely to experience higher levels of satisfaction from travel services and travel reflections. As a result, those with travel experience will have a higher QoL than those without travel experience. In addition, travellers with longer stays have the opportunity to spend more time relaxing, rejuvenating, resting and engaging in the travel activities they enjoy, so they are more likely to derive satisfaction from their travel experience than those with shorter stays. In other words, those who spend more time on tourism have higher levels of satisfaction and QoL benefits than those who spend less time on tourism (Woo, Kim and Uysal, 2016; Littrell, Paige and Song; 2004).

A growing body of research suggests that tourism is beneficial for improving physical and mental well-being, and nature tourism is another example of a side effect of the choice of tourist destination on QoL. One of the motivations for people to travel is to enjoy specific natural resources and climate, which can greatly influence people's QoL. The positive impact of natural resources on human well-being is mainly reflected in the climate and natural resources (lakes, waterfalls, oceans, etc.) of tourist destinations (Steckenbauer et al., 2016). As early as 2010, Konu, Tuohino and Komppula studied the concept of 'lake health', which they considered to be a contributor to human health. Forest tourism also has a positive impact on tourists' QoL, with forests contributing to tourists' physical well-being and psychological well-being (Konu, 2015). Scholars explored the correlation between tourism and QoL and found that tourism can provide visitors with

physical, mental and cognitive emotional and spiritual experiences. At the same time, tourism activities during the journey not only enhance physical well-being, but are also beneficial for tourists' social relationships, thus positively influencing their QoL (Smith and Puczko, 2013; Voigt and Pforr, 2013; Bushell and Sheldon, 2009; Erfurt-Cooper and Cooper, 2009).

Although existing studies and discussions suggest that tourism affects tourists' QoL, both positive and negative effects of tourism on tourists' QoL are related to specific travel experiences, with positive event experiences in tourism promoting tourists' QoL, while negative events have a negative effect on QoL (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Eusébio and Carnerio, 2011, 2014; Sirgy et al., 2011). To date, researchers have addressed several important research questions in the study of tourism and QoL. First, researchers have investigated the contribution of tourism to tourists' QoL. It was found that tourists typically felt happier and had higher QoL after their holiday than before. In addition, most scholars have explored how tourism indirectly affects tourists' QoL through life satisfaction, but it is worth exploring further about how tourism directly affects tourists' QoL through the sub-domains of QoL (Eusébio, Carneiro and Caldeira, 2016; Dolnicar, Lazarevski and Yanamandram, 2013; Dolnicar et al., 2012; Gilbert and Abdullah, 2004; Eusébio and Carnerio, 2011). The influencing factors of travel, including motivation to travel, choice of destination, travel constraints, choice of travel time, type of holiday, travel satisfaction and different types of tourism activities, among others, have different effects on tourists' QoL. It has been noted that the impact of travel experiences on stress relief, increased well-being and increased life satisfaction is not long term, it may last up to two months or disappear within a few days or weeks (Chen and Petrick, 2013). Neal, Uysal and Sirgy (2007) demonstrated that pre-travel, travel and post-travel perceptions of the travel experience collectively influenced tourists' QoL. However, the past research has only examined one or a few tourism influences when exploring the impact of tourism on tourists' QoL. However, in past studies, tourism as a holistic process has not been examined, and therefore the role of influences at different stages of tourism (including before, during and after the trip) on tourists' QoL remains to be explored.

2.3.4 Tourism impact on QoL of older people

In studies of the leisure industry, many scholars have supported activity theory, demonstrating that high levels of participation in activities by older people can improve QoL (Silverstein and Parker, 2002; Fernández-Ballesteros, Zamarron and Ruiz, 2001; Menec and Chipperfield, 1997; Riddick and Stewart, 1994). Leisure is both objective and subjective, as participation in one or more leisure activities is objective, while the internal satisfaction and pleasure that individuals derive from leisure activities is subjective (Mannell and Kleiber, 1997). It has been suggested that in leisure activities, older people can feel pleasure, satisfaction and self-fulfilment in a state of leisure and that leisure activities are one of the most important needs of older people (Chang, Wray and Lin, 2014). Previous study also explored the potential mediation of older people's engagement in leisure activities between perceived control and well-being (Menec and Chipperfield, 1997). They found that participation in leisure activities increased older people's perceived control and well-being and thus positively influencing their life satisfaction. Silverstein and Parker (2002), who investigated the relationship between changes in leisure activities and QoL among older adults in Sweden, also found that those who increased their participation in a variety of activities tended to feel an increase in life satisfaction. However, the effects of leisure activities on older people's QoL may not apply to all subgroups and all leisure activities due to the limitations of the study (Iwasaki and Smale, 1998; Nimrod, 2007).

In exploring the relationship between the structure of leisure activities, the benefits of leisure activities and older people's well-being, Nimrod (2007) suggested that it was found that not all types of activities have a positive impact on the well-being of retirees. For example, he found that watching television and listening to the radio for long periods of time had a negative impact on the health of older people. He also proposed that participation in meaningful activities positively affects older people's life satisfaction and QoL, such as cultural activities and community enrichment. Older people's participation in meaningful leisure activities also has health benefits, such as leisure activities helping to promote brain function and prevent memory loss in older people (Zhang, 2011). In addition, it has been noted that regular participation in leisure activities by older people leads to higher self-esteem, better physical strength, calmer moods and slower ageing processes, thereby improving QoL (Alexandris and Carroll, 1997). However, when engaging in activities, older people must consider their health and avoid over-excitement. At the same time,

they should maintain an optimistic attitude and activities should be carried out within the limits of time and finances (Xu et al., 2017). Combined with the actual situation of leisure activities of Chinese older people, the choices of Chinese older people are similar to those of older people in other countries. The aims of Chinese older people in engaging in leisure activities include physical fitness, disease prevention and relaxation (Yu, Zhang and Ren, 2003a, 2003b).

It has been suggested that older people's QoL are contributed to by satisfaction in several life domains, with leisure, travel, and neighbourhood and family relationships taking up the majority of older people's post-retirement life (Zhang, 2017). With free time and disposable income, older people are more willing to engage in leisure and tourism activities, and older people's leisure time has become a major channel of social activity (Shoemaker, 2000). Leisure and tourism are highly social activities that contribute to positive emotions and social bonding, and based on activity theory, tourism itself can contribute to the overall QoL of older people (Brajša-Žganec, Merkaš and Šverko, 2011). As we have seen, it has been argued that tourism is part of leisure activity, but leisure and travel are very different in nature, with leisure referring to regular home environment activities and travel referring to leisure activities that often take place outside the home region (Neal, Sirgy and Uysal, 1999); therefore the impact of tourism on an individual's QoL should be considered separately from leisure theory (Sirgy et al., 2016; Hall and Page, 2014; Sirgy, 2012). However, while tourism is an important leisure activity in society, limited attention has been paid to the relationship between tourism and older tourists' QoL (Pan, Fu and Wang, 2020; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Schröder and Widmann, 2007; Lohmann and Danielsson, 2001).

For older people, travel is an important part of their senior life and has a positive impact on their mental health. Existing research has begun to separate the role of leisure and travel in explaining personal QoL. In 1998, Milman examined the impact of travel as a modifying factor for mental health or well-being on older tourists, which was followed by further research examining the relationship between older travellers' participation in tourism activities during their holiday and older travellers' overall satisfaction with their travel experience and their mental health. Lee and Tideswell (2005) found that holidays could improve older people's QoL and create a new interest in their lives. Wei and Milman (2002) concluded that the psychological well-being of tourists

associated with holiday travel is directly influenced by the various activities they engage in and their satisfaction with holiday travel. Also, Wei and Milman (2002) provided a conceptual framework to investigate the interrelationship between older tourists' involvement in activities during their holiday, their psychological well-being and their overall satisfaction with their tourism experience. The application of the pathway model suggests that the various activities in which older travellers participate during their holiday are related to their satisfaction with the tourism experience and their psychological well-being. The direct impact of activities explained almost all of the correlations between the level of activity participation of older travellers and their post-trip psychological well-being.

The above overview found that scholars have focused more on the impact of travel on older people's psychological well-being when conducting research on the relationship between travel and older tourists' QoL. For older people, although retirement is often materially secure, life is more monotonous and therefore mental fulfilment is more important (Wu, 2014). However, the measurement of happiness or psychological well-being is a difficult task but has been introduced in some empirical studies. Scholars argued that happiness is a combination of positive and negative emotions in QoL (Bradburn and Caplovitz, 1969). Later, Kozma and Stones (1980, 1983) introduced the Memorial University of Newfoundland's Happiness Scale (MUNSH). This scale conceptualises well-being as the interaction between positive and negative affects and positive and negative experiences. To measure tourists' QoL, some researchers have directly asked visitors how happy or satisfied they are with their lives (Katzner, 1979; Robinson and Shaver, 1991). Woo, Kim and Uysal (2016) analysed the relationship between QoL and travel behaviour. It was found that engaging in tourism not only improves the health of older visitors and reduces the risk of death in later life, but also maintains a pleasant living environment for older people. Being active in tourism during leisure time may be a survival advantage for older people in their physical, emotional and spiritual lives (Woo, Kim and Uysal, 2016). Travelling can have a positive impact on the lives of older people, particularly their satisfaction with life. The right kind of relaxation can help older people maintain their physical and mental health and increase their life satisfaction (Uysal et al., 2016). Travelling can bring enriching experiences to the lives of older people, allowing their interests and desires to be fulfilled through travel. The benefits of travel in old age include changes in daily activities and opportunities to gain new experiences (Pan, Fu and Wang, 2020). Amongst

tourism activities, participation in tours may be another important factor influencing older people's QoL (Zhang and Zhang, 2018).

Roberson (2001) found that travel experiences provided older tourists with a new perspective on their living conditions, making them more appreciative of life. In addition, travel leads to differences in self-concept and attitudes, and increases feelings of independence and freedom. The benefits that older people derive from their travel experiences have been relatively little studied in terms of their behaviour and preferences. However, existing qualitative research provides some insight into the benefits of travel. It has been argued that older people who are retired celebrate their retirement by travelling and that they travel as a transition zone between the end of their working life and the beginning of their retirement (White and White, 2014). During the trip they not only looked back but also initiated plans for the future. Gudmundsson et al. (2016) discovered that travelling also posed many challenges for older travellers, including making travel plans, facing new situations, new people, new food, and resolving unexpected problems; challenges that had the potential to reduce their trip satisfaction.

The studies above demonstrate how older people can improve their life satisfaction, happiness, well-being and therefore QoL through travel. However, life satisfaction, happiness and well-being do not provide a comprehensive and direct overview of older people's perceived QoL from tourism, and the direct impact of tourism on QoL needs to be explored in greater depth and comprehensiveness. In summary, despite the potential positive or negative effects of tourism on older people's QoL, little knowledge has been generated on the direct effects of tourism on older tourists' QoL. Furthermore, there is very limited research exploring the impact of tourism on older tourists' QoL. Moreover, while the relationship between QoL and tourism among older people has been investigated in most developed countries, many developing countries have not yet seen research devoted to the issue. Although QoL is a concept that has been widely used in gerontology and in the marketing of senior tourism in large regions (Chen and Shoemaker, 2014), only a few studies have discussed the QoL of older tourists in China (Pan, Fu and Wang, 2020). This study will thus add to the research literature through further exploring the role of tourism in the QoL of older Chinese tourists.

2.3.4.1 Impact factors of tourism on QoL of older tourists

Over the past decade, worldwide population ageing has caused changes in the socio-demographic characteristics and travel patterns of older people, which has made older tourists an attractive target group for the global tourism industry, and as a result older tourism has received increasing attention from the field of tourism research and the tourism market (Patterson, 2006, pp. 66-87). In exploring the relationship between tourism and the QoL of older tourists, scholars have analysed the following influences on the perceived QoL of older tourists. Some studies first analysed the socio-demographic characteristics of older tourists, descriptive characteristics of their behaviour and the association between various socio-demographics and older people's tourism before exploring the influence relationship (Zhang, 2011; Hossain, Bailey and Lubulwa, 1996) and also compared the differences between older and younger tourists (You and O' Leary, 2000). There are also studies that explore the innovation theory of successful ageing (Nimrod and Rotem, 2012) and market segmentation among the older population (Shoemaker, 2000), and travel behaviour (Eusébio, Carneiro and Caldeira, 2016; Eusébio and Carneiro, 2011;), among other themes. In addition, several scholars have analysed the influences associated with QoL before older people travel, including motivation to travel (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Sellick, 2004; Shoemaker, 2000), factors influencing decision-making (Bai et al, 2001) and older people's tourism constraints (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Fleischer and Pizam, 2002; Burnett and Bender Baker, 2001). The type of tourism destination (Neal, Uysal and Sirgy, 2007. Eusébio, Carneiro and Caldeira, 2016), and tourism activities (Gibson and Yiannakis, 2002) are also non-negligible influences on the QoL of older tourists. More scholars have analysed the impact of tourism satisfaction on older tourists' QoL, as they use life satisfaction as a proxy for QoL (Pan, Fu and Wang, 2020; Uysal et al., 2016).

There are many factors that motivate tourists and influence their travel decisions, which can be categorised into two aspects, namely internal and external factors. Internal factors include economic constraints, physical ability, time, needs, motivation and personality, while external factors include family, social class, external environment and related variables (Eusébio, Carneiro, and Caldeira, 2016; Eusébio and Carneiro, 2011). According to previous studies, older people's motivation to travel includes older people's own conditions (physical conditions, income conditions, level of travel preferences), older people's social environment (attitudes of spouses, children,

influence of related groups) and the travel environment of the destination (travel prices, distance, safety, climatic conditions, accommodation, transport, attractions, etc.) (Pan, Fu and Wang, 2020; Uysal et al. 2016; Woo, Kim and Uysal, 2016). Tourism motivation, destination attributes, and tourism constraints are potential determinants of the impact of tourism on QoL (Eusébio, Carneiro and Caldeira, 2016). Tourism activity, tourism satisfaction, socio-demographic characteristics of tourists, number of trips and travel group are also important factors influencing QoL of older people (Pan, Fu and Wang, 2020; Zhang, 2011; Gibson and Yiannakis, 2002).

Some studies have concluded that participation in activities during holidays has a positive impact on the physical and mental health of travellers (Pearce, Filep and Ross, 2010; Crompton, 1979). Tourism activities are made up of a variety of physical, social and cognitive activities that affect the overall experience of tourists, which in turn affects their well-being, satisfaction and QoL (Uysal et al., 2016; Woo, Kim and Uysal, 2016). Many scholars have confirmed the positive effect of tourism activities on improving QoL (Andereck et al., 2007; Dann, 2002). Zhang and Zhang (2018) also demonstrated this effect using Japan as an example. Thus, the literature has examined how tourism behaviours and experiences play an important role in influencing overall QoL in tourism (Kim, Woo and Uysal, 2015; Wei and Milman, 2002). Tourism has a significant contribution to older people's QoL, while tourism frequency and tourism satisfaction have a greater impact on tourism. Tourism activities can transfer people from physical excitement and pleasure to psychological comfort and pleasure, allowing people to release and compensate for their emotions. In terms of frequency of travel, this study found that the higher the frequency of travel, the better the QoL of older tourists (Wu, 2014).

2.4 Tourism experience

As mentioned earlier, in addition to tourism and QoL, we must also talk about influencing relationships and influencing factors. Older people travel to enjoy their leisure time, leave their usual environment and gain experiences that can be a source of well-being and life satisfaction for them, ultimately contributing to QoL. Tourism is an experiential process in which tourists' QoL is influenced, and this experience can be enhanced by repeated trips (Gondos, 2014). Past literature suggests that the nature and extent of tourism's impact on older tourists' QoL is influenced by a

variety of factors (Liu and Zhong, 2022; Patterson and Balderas, 2020; Pan, Fu and Wang, 2020; Uysal et al., 2016; Dolnicar, Lazarevski and Yanamandram, 2013; Eusébio and Carneiro, 2011; Alexander, Bakir and Wickens, 2010). However, past studies have only examined one or a few impact factors of tourism when exploring the relationship between tourism and QoL of older tourists. Neal, Uysal and Sirgy (2007) demonstrated that pre-travel, during-travel and post-travel perceptions of the travel experience together influenced tourists' QoL. However, no study has examined the joint effect of influences at different stages of whole tourism experience (including pre-trip, during-trip and post-trip) on older tourists' QoL by considering tourism as a holistic process. To explore the determinants of older Chinese tourists' perceived QoL, this study will address this gap by considering the impact factors that influence older tourists' perceived QoL at all stages of travel, including pre-trip (travel motivation and travel constraints), during-trip (travel activities and travel destination) and post-trip (travel satisfaction).

2.4.1 Travel motivation

In the literature related to psychological research, motivation is usually defined as the intrinsic state that guides and stimulates human behaviour (Murray, 1964). This implies that motivation is internal to the individual and that it helps to guide or facilitate behaviour in order to achieve personal goals, thus bringing satisfaction and enjoyment to the individual. According to Pizam, Neumann and Reichel (1979), motivation is "an internal state that stimulates, directs and sustains human behaviour to achieve goals". Bandura's (1991) research on three categories of motivation has received much attention. The first category is similar to the biological aspect of traditional theory (Subbotsky, 1995). The second category includes motivation to learn that arises through social incentives. In order to seek the approval of others, people try to avoid activities that lead to disapproval from others. This type of motivation is largely dependent on the reactions of others. The third type of motivation includes cognitive-based expectations. Self-defined expectations and opinions guide people's behaviour through a set goal. The study of motivation provides a theoretical basis for exploring the concept of travel motivation.

Motivation to travel embodies a set of needs and attitudes of tourists that tend to motivate potential tourists to act in a specific goal-oriented manner (Pizam, Neumann and Reichel, 1979). The study of travel motivation is fundamentally an attempt to answer a question about why people travel. In

other words: why do people travel to particular destinations? (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Jang et al. 2009; Huang and Hus, 2009b; Hsu and Huang, 2008). The reason for discussing this issue is that it is believed that travel motivation is one of the drivers of travel behaviour (Huang and Hsu, 2009a). Since the early 1980s, tourism motivation has attracted a great deal of interest in the literature. Scholars have conducted a large number of conceptual and empirical studies in an attempt to find the most important tourism motivations. They have developed a range of conceptual models of travel motivation and applied some existing theories to the study of travel motivation (Huang and Hsu, 2009b; Kim, Weaver and McCleary, 1996). Iso-Ahola (1983) supported the idea that travel motivation is considered as a process of escaping from personal and/or interpersonal circumstances and as a search for intrinsic personal and/or interpersonal process of satisfaction and happiness. He noted that understanding the motivations of tourists is important to help understand different types of tourism behaviour. Iso-Ahola's (1983) theory was based on the work of Deci (1975, pp. 23-63) who promoted the theory that tourism motivation is an important factor in explaining tourism behaviour. According to Iso-Ahola (1989), tourist behaviour is considered to be the result of the interaction of multiple motivations, including escaping the drudgery of everyday life or stressful environments, and seeking entertainment venues so as to gain some sort of psychological reward. More importantly, he was the first theorist, in tourism studies, to recognise the distinction between extrinsic motivation (external or environmental drives) and intrinsic motivation (internal drives). Later, Ryan and Deci (2000) argued that intrinsic motivation is a set of intrinsic tendencies that include people's desire to discover novel things, face new challenges, explore and learn, and exercise their abilities.

Although Iso-Ahola (1989) was the first tourism theorist to recognise the distinction between extrinsic and intrinsic motivation, it is, however, acknowledged that the 'push' and 'pull' motivation proposed by Dann (1977, 1981) is one of the most widely accepted theories in the field of tourism research and has made a significant contribution to the tourism motivation literature (Jang and Cai, 2002; Goossens, 2000). Dann's (1977, 1981) 'push' and 'pull' theory of motivation actually describes two stages in the tourism decision-making process. He proposed that the push factors are the internal psychosocial motivation of the tourist and the tourist's drive to make a decision. In other words, the drivers are what motivate tourists to build up their desire to travel. The pull factor, on the other hand, is an external factor that usually follows the push factor. Once a tourist has made

a decision to travel, the pull factor attracts the tourist to a specific destination or desirable tourist attraction (Vigolo, 2017, pp. 63-80; Pearce, 2011). Over the past two decades, tourism researchers have been studying the reasons why tourists travel. They have suggested that reasons include intrinsic motivations, such as escaping the mundane lifestyle to seek novel experiences and challenges in exotic locations (Patterson, 2018, pp. 45-69; Huang and Hsu, 2009a, 2009b; Jang et al., 2009; Hus and Huang, 2008). Intrinsic motivation is also a push factor, and push and pull factors can help researchers to describe the factors that influence tourists to choose a particular tourism destination or visitor attraction. Analysing the different push and pull factors helps researchers to segment the tourism market. As a specific group of tourists, the motivations of older tourists deserve further research (Pan, Fu and Wang, 2020; Uysal et al, 2016; Woo, Kim and Uysal, 2016).

Indeed, older people experience a number of push factors that drive them before travelling, such as the desire to escape from family demands and everyday life and to engage more actively in travel to increase life satisfaction. In addition, the need for good transportation, high standards of hygiene and cleanliness and personal safety are also important drivers for older people to travel (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016). Older tourists also differ from other tourist groups in terms of driving motivations. Older travellers are more likely to visit friends and relatives, visit cultural and historical sites, socialise with others and learn more about different cultures (Jang and Wu, 2006). This is supported by Jang et al.'s (2009) study of older people's motivation to travel. They suggest that older people are particularly motivated to travel and that their motivations for travel are driven by visiting friends and relatives, promoting physical well-being, rest and relaxation, and education and learning (Jang et al., 2009). In general, older people can experience self-fulfilling travel activities as long as they have good health and physical ability (Vigolo, 2017, pp.63-80; Li and Cai, 2012). Some scholars describe tourism motivation as the desire of tourists for novel and challenging experiences (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015). Travel motivation is also a specific motivation to escape from stressful or traditional environments (Jang et al., 2009; Hus and Huang, 2008). As older people enter a mature stage of life, they tend to seek self-fulfilment and escape from the mundane through travel (Jang and Wu, 2006).

Furthermore, several studies have highlighted the importance of need of relaxation in older people's travel motivations (Kim and Kim, 2020; Ward, 2014; Boksberger and Laesser, 2009; Sangpikul, 2008; Guinn, 1980). Social purposes also tend to represent older travellers' motivations for travelling, including spending time with family, meeting with friends, and socialising (Pan, Fu and Wang, 2020; Musa and Sim, 2010; Huang and Tsai, 2003; Horneman et al., 2002; You and O'Leary, 2000). Similarly, Kim, Uysal and Sirgy's (2003) study supported the idea that meeting new people, staying with family, health and well-being, and engaging in tourism activities are the four most important motivations for older tourists. However, more scholars argued that the most important motivations for older people to travel are health and well-being because when they are healthy and fit, they are motivated to explore the world around them (Patterson, 2018, pp. 45-69; Lee and Tideswell, 2005; Kim, Uysal and Sirgy, 2003; Horneman et al., 2002). In contrast, Romsa and Blenman (1989) found that older travellers were preoccupied with meeting friends and relatives rather than their own health. However, it is an accepted fact of ageing that health and physical abilities continue to deteriorate and therefore health and sensory abilities play an important role in travel behaviour and its underlying motivations (Vigolo, 2017, pp.63-80; Huang and Hsu, 2009a ,2009b; Jang et al., 2009; Hus and Huang, 2008).

Several scholars have categorised and summarised the travel motivations of older tourists. Guinn (1980) summarised the five main travel motivations of older people and related the motivations to the selected travel activities to determine whether there was a significant relationship. He concluded that the main travel motivations of older people were rest and relaxation, socialising with friends and family, physical activity, learning experiences and self-actualisation. His further research also found that older people's motivation to travel was also significantly related to occupation, income and perceived health. By comparing the similarities and differences in travel preferences between older travellers and other travellers, Anderson and Langmeyer (1982) found that older travellers were more inclined to visit historical sites, enjoyed long journeys and spent more money on travel. Further research found that Kozak (2002a) developed a model of travel motivation consisting of fourteen items. These fourteen items can be categorised into four constructs, namely culture, health, relaxation and fun seeking. Sellick (2004) also categorised older tourists into four groups based on their motivations for travel. The first category of older tourists is excited by learning and social contact with others and travel is motivated by discovery and self-

improvement. The second category are enthusiastic connectors who are most enthusiastic about travelling and most concerned about perceived travel risks. There is also a category of older visitors who are reluctant travellers, as they are less motivated to travel. The fourth category of older tourists are nostalgic travellers who are primarily interested in nostalgic memories. Boksberger and Laessar (2009), on the other hand, divide tourists into three groups based on their travel motivations, namely 'long-timers' (who need to relax and travel to familiar destinations), 'grizzled explorers' (who prefer to travel by bus to new destinations) and 'retro travellers' (more independent and better educated). More recently, Vigolo (2017, pp. 63-80) further outlined four travel motivations for older travellers, including culture, pleasure seeking, relaxation and physical well-being.

Although past studies have generalised and summarised the travel motivations of older tourists from different perspectives, in order to study the travel motivations of older tourists, it is necessary to examine the socio-cultural context behind travel motivations and the interrelationships between them. Older people experience and witness many significant social changes throughout their lives, and these changes often lead to a change in their cultural values. These social and cultural changes can also have a significant impact on travel motivation (Patterson, 2018, pp. 45-69; Vigolo, 2017, pp. 63-80) Huang and Hsu, 2009a ,2009b; Jang et al. 2009; Hsu and Huang, 2008). Indeed, the ranking of the importance of travel motivation for older tourists is influenced by cultural context. In order to understand the travel motivations of older Chinese tourists, this study must consider the cultural backgrounds, lifestyles and family relationships of older Chinese tourists. Taiwanese tourists share a similar cultural background to Chinese tourists, and Huang and Tsai (2003) described travel motivations for older Taiwanese to participate in tourism that include social interaction, rest and relaxation, physical exercise, excitement, learning and nostalgia. Of these, the three most important motivational characteristics of older Taiwanese tourists were spending time with family, rest and relaxation, and social interaction. The least important characteristics were participating in sports and recounting one's trip to friends. Jang and Wu (2006) also examined the travel motivations of older Taiwanese tourists in another study on their travel behaviour. They developed a survey instrument using the well-known push-pull motivational factor model. A factor analysis of their survey data yielded five push factors and three pull factors. The push factors included relaxation, socialisation, self-esteem and self-improvement. The pull factors included

natural and historical attractions, cleanliness and safety, tourism facilities, tourism activities and cost.

China is a developing country, and the influence of culture or modernisation has caused changes in the social environment which also affects older people's motivation to travel (Pan, Fu and Wang, 2020). In recent years, the rising standard of living of older people in China has directly contributed to their demand for tourism (Pan, Fu and Wang, 2020). The increase in living standards has been caused by changes in government policies. At the same time, these policies have led to rapid changes in the social and cultural environment. China is the birthplace of Confucianism. Chinese culture is strongly influenced by Confucian values and norms (Sun and Zheng, 2007). Unlike Western culture, which emphasises individualism, Chinese culture tends to be collectivist, with the family being the central system in people's lives. Confucianism not only influences the way Chinese people think and behave, but also their attitudes and behaviour towards travel (Tang, 2001; Xu and Chen, 2001). An important socio-cultural aspect of older Chinese tourists' motivation to travel is about the concept of 'self' (Zhang, Cheng and Fu, 2009). According to Hofstede's (1980) cultural model, China is also, as above, categorised as having a collectivist culture. Members of collective societies are more likely to participate in group activities and are more willing to put their 'self' into a group (Zhang, Cheng and Fu, 2009). This also supports Huang and Tsai's (2003) study that the most important travel motivation for older Taiwanese tourists is to spend time with their families and socialise.

Xu and Chen (2001) on the other hand concluded that older people in China are busy with work and family life before retirement and have more free time after retirement. They are emotionally isolated and crave communication and comfort. They have less contact with society and fear being forgotten by society (Lin et al., 2019; Zhang, Cheng and Fu, 2009). Therefore, the majority of older Chinese tourists are motivated to travel by social ties during the journey, which is the push motivation, but the pull motivation has relatively little impact on older Chinese tourists (Pan, Fu and Wang, 2020; Sun and Zheng, 2007). Li and Ma (2006) summarised the travel motivations of the older population based on a three-dimensional perspective (base level perspective, reinforcement level perspective and professional level perspective), including perceptions, emotions, volition and interests. A study by Hsu, Cai and Wong (2007) also raised questions about

the travel motivations of older Chinese people, and they proposed that the motivations of older Chinese people for travel depend on personal needs, their financial situation, length of time available, and perceptions of their health and physical condition. Time and financial factors are influenced by their family support and sense of responsibility. In particular, one of the motivations for older Chinese tourists to travel is as pay back for the hardships, and to experience the nostalgia, of their youth (Liu and Zhong, 2022; Li and Cai, 2012; Hsu, Cai and Won, 2007). This study will explore the unique patterns of travel motivations of older Chinese tourists and will further examine the impact of older Chinese tourists' travel motivations on QoL.

2.4.2 Travel constraints

Constraints refer to limitations, barriers, obstacles, restrictions, hindrances and other factors, and constraints may be caused by tourists' own personal reasons or by society or the environment (Edginton et al., 2002). The original and most widely used model of leisure constraints was developed by Crawford and Godbey (1987) and subsequently, in 1999, Crawford et al. further revised and improved the model. The leisure-constraints model explores three levels of constraints, including intra-personal, interpersonal and structural. Intrapersonal constraints reflect the psychological state of an individual's travel preferences, such as lack of interest, depression or stress, for example. Secondly, travellers feel interpersonal constraints when their family, friends or others do not take part in the activities they are interested in (Nyaupane and Andereck, 2008). Financial considerations, family approval, health conditions and access to information are structural constraints that act as intermediate factors between preferences and participation (Walker and Virden, 2005; Crawford and Godbey, 1987).

In past studies on the relationship between tourism and QoL, scholars have argued that travel constraints also affect tourists' QoL as part of tourism, with the impact usually being negative (Pan, Fu and Wang, 2020; Vigolo, 2017, pp.63-80; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Eusébio and Carnerio, 2011, 2014). It has also been noted that research on travel constraint can help identify and understand the reasons why tourists do not engage in particular tourism activities (Huang, Chen and Wu, 2010). A number of early studies summarised many of the factors that discourage older people in particular from participating in tourism (McGuire, Dottavio and O'Leary, 1986; Blazey, 1986). For example, McGuire, Dottavio

and O'Leary (1986) identified five major constraints to older people's tourism, when exploring the low number of older tourists compared to younger tourists. He identified physical health as a major constraint on older people's travel, including lack of energy and poor health. The health problems of older travellers result in them being limited to certain modes of transport or being unable to travel, which imposes limitations on travel. He believed that limitations in access to external resources also hindered older people's travel, including lack of travel information, failed travel plans and insufficient funds. In addition, disapproval from family and friends can cause older people to feel fear and guilt about travelling, limiting their ability to travel. Fourthly, social reasons also restrict older people from travelling. Older travellers usually travel with their spouse and if the spouse does not enjoy travelling, or if the older person does not have a partner, older people can lose interest in travelling. A final factor is time. Although there is plenty of time after retirement, travelling may interrupt daily life, or other things that are being done that are judged more important.

Then, Blazey (1986) investigated the travel restrictions of older tourists. He concluded that in addition to lack of money, poor health and lack of travel companions, reluctance to drive at night were also travel constraints for older people. In this study, he found that lack of money was the number one travel constraint for older people, as many trips were too expensive. Health-related issues were also identified as a major constraint. In addition, lack of travel companions was also identified as a problem for many older people. However, Blazey (1986) concluded that the cost of travel and the reluctance to drive at night were the two factors that most restricted older travellers from travelling. Similarly, Romsa and Blenman (1989) found that the choice of holiday for older people often depended on a lack of transport opportunities. Old age tends to affect an individual's ability to operate a motor vehicle for long distance travel and to navigate in unfamiliar places. As a result, researchers have found that train and bus transport has become more important for older people aged 70 and over. These studies further indicated that older people are not all the same and that they travel for a variety of reasons and have different needs and preferences compared to younger people (Pan, Fu and Wang, 2020; Patterson, 2018, pp. 45-69; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011; Patterson, 2006, pp. 23-48). The main constraints to older people's travel are lack of funds, poor health, not having a companion to travel with, not wanting to drive home in the

dark, lack of energy, disability and the perception that they are too old to travel (McGuire, Boyd and Tedrick, 1996; Patterson, 2006, pp. 23-48).

As senior tourism continues to grow and the number of older tourists increases, scholars have conducted more research on the travel constraints of older tourists. Hong et al. (1999) found that factors such as race, education, marital status and economic factors determined the willingness of older people to travel. Income, in particular, was the only variable that was significant for both the likelihood of travelling and the travel expenditure incurred during the trip (Patterson and Balderas, 2020; Patterson, 2006, pp. 23-48). Fleischer and Pizam (2002) concluded that older people's decision to go on holiday depends primarily on self-assessed health status and current income levels. They also found that once older people had decided to go on holiday, the constraints varied according to the specific age group. For example, as people get older, their health generally deteriorates, so health constraints are more serious for old-older people. In addition, as people enter old age, income constraints on travel become more severe, while reducing the number of days older people travel. In the very old age (80+) category, health constraints are preventing an increasing number of older people from travelling (Patterson, 2018, pp. 45-69; Patterson, 2006, pp. 23-48). The results of this study also support the findings of McGuire, Dottavio and O'Leary (1986) who suggested that the main travel constraints that older people are subject to are lack of funds, lack of time and poor health.

Many of the studies mentioned above suggest that there are numerous barriers and constraints that hinder and prevent older people from participating in tourism (Patterson, 2018, pp. 45-69; Vigolo, 2017, pp.63-80; Huang, Chen and Wu, 2010; Edginton et al, 2002; McGuire, Dottavio and O'Leary, 1986). These travel constraints may include inadequate financial resources, poor health, being too old, lack of travel partners and transport problems. After retirement, older people have enough leisure time so that lack of time is not a major problem. However, income constraints due to reduced income have become an important issue for older people. Woo, Kim and Uysal (2016) also studied the relationship between travel constraints and QoL, and the study showed that travel constraints had no effect on travel satisfaction and life satisfaction. However, their study was conducted on Korean older people, so the findings may not be applicable to older people in other countries. Conversely though, Pan, Fu and Wang (2020) pointed out that travel constraints

negatively affected older tourists' life satisfaction by examining the relationship between travel constraints and life satisfaction among older tourists in Shanghai.

Some scholars have summarised the travel constraints in previous studies and classified and generalised them. Kazemina, Del Chiappa and Jafari (2015) further explored the travel constraints of older travellers and strategies to cope with the constraints, based on the hierarchical model of leisure constraints developed by Jackson, Crawford and Godbey (1993). They argued that for older people, the intra-personal constraints are those related to health issues. Older people can address these constraints by finding appropriate health insurance and by taking shorter, less active trips. The interpersonal constraints of older people travelling are mainly reflected in the absence of a partner to travel with. Older travellers can address this by joining a tour group with similar interests or travelling with family members. They also suggested that the main structural constraint to older people's travel is the financial cost, which can be dealt with by modifying the length of stay or choosing other, cheaper destinations. Huang and Tsai (2003) summarised the travel constraints of older travellers from three perspectives: the individual traveller, the tourism product supplier and the government. He considered travel constraints resulting from the traveller's personal issues, including lack of time, cost, health, age and family responsibility considerations. The responsibilities of tourism product suppliers, such as cost considerations and the availability or lack of information, also contribute to travel constraints for older people. Tourism constraints such as external resources, safety issues and environmental barriers are then the responsibility of government tourism policy. However, past studies have not reached a consensus on the travel constraints of older Chinese tourists. This study will build on past research to explore the travel restrictions of older Chinese tourists and will further investigate the impact of travel restrictions on the perceived QoL of older Chinese tourists.

2.4.3 Tourism destinations

In past studies on the relationship between tourism and QoL, the impact of tourism destinations on tourists' QoL has rarely been explored. Most scholarly explorations of tourism destinations have focused on the impact of tourism on the QoL of residents in the destination (Hartwell et al., 2018; Uysal et al., 2016; Kim, Woo and Uysal, 2015; Uysal, Perdue and Sirgy, 2012), and only a few studies have mentioned the role of tourism destinations on tourists' perceived QoL (Eusébio,

Carneiro, and Caldeira, 2016; Eusébio and Carnerio, 2011). However, for older tourists, attraction to a tourism destination is an important travel motivation and, in addition, tourism destinations are an important relevant factor for travel experience (Li and Cai, 2012; Jang and Wu, 2006; Pearce, 2011). In order to examine the determinants of perceived QoL among older Chinese tourists, it is necessary to explore the preferred tourism destinations of older Chinese tourists. Analysing and studying the preferred destinations of older Chinese tourists also contributes to a deeper understanding of older Chinese tourists and provides a theoretical basis for the conceptual framework of the study.

Ministry of Culture and Tourism of the PRC (2018) divided China's tourism destination resources into eight categories of landscape: heritage, folklore, culture and arts, food and cooking, healthcare, shopping, beaches and festivals. The research results of Li and Ma (2006) show that the most popular tourist destinations for the age group of 60 years and above are the visitor attractions with three types of tourism resources, including cultural relics and folk customs, culture and arts, and healthcare. Liu (2018) further divided the preferred tourist destinations of older Chinese tourists into three categories according to their tourism preference: “natural scenery and traditional culture”, “health, recuperation and leisure” and “nostalgia and religion”. In the next section, this research will specifically look at three destinations that are categorised according to the current travel patterns of older Chinese people to enable a more in-depth understanding of the travel experiences of older Chinese tourists.

2.4.3.1 Natural and cultural tourism

Previous analyses have introduced that tourist attractions are also essential pull factors in tourism motivation and that these tourist attractions also promote specific places as tourism destinations (Patterson, 2018, pp. 191-199; Weaver and Lawton, 2014). Although the tourism industry and researchers do not yet have a universally adopted system for classifying attractions, it is often possible to classify different tourist destinations by distinguishing between 'natural' and 'cultural' phenomena (Patterson, 2018; Prebensen, Chen and Uysal, 2018).

Nature tourism focuses on nature-based experiences, with related tourism destinations closely linked to natural environmental resources. Past research will have used five natural resources such

as topographic resources, wildlife resources, vegetation resources, climatic resources and hydrological resources, as the basis for classifying tourism destinations (Boniface, Cooper and Cooper, 2020; Prebensen, Chen and Uysal, 2018; Weaver and Lawton, 2014, pp. 118-156). Geological features in natural landscapes form the topographic resources of tourist attractions, such as beaches, islands, deserts, mountains, cliffs, valleys, caves, and volcanoes (Amerta, Sara and Bagiada, 2018). These topographical features are often associated with natural events that attract visitors to the area, such as rising and falling tides and volcanic eruptions. Wildlife resources and vegetation resources are often associated with tourist destinations such as botanical gardens, zoos and national parks (Holden, 2016, pp. 104-108; Weaver and Lawton, 2014, pp. 118-156). Studies have shown that botanical and national parks are popular destinations for older Chinese, with good air in botanical parks and national forest parks compared to cities, where they walk on forest trails to observe and experience nature. In addition, walking is also a popular tourist activity for older Chinese people, who find walking in natural environments beneficial for their health (Li, Zhang and Xu, 2019; Liu, 2018; Wei and Cong, 2001).

Climate change is also an essential motivation for tourists to choose a destination (Weaver and Lawton, 2014, pp. 118-156). Past tourism research has shown that most climate-related travel is in search of cooler rather than warmer temperatures, with tourists seeking destinations with dry and cooler climates to escape the uncomfortable summer heat (Boniface, Cooper and Cooper, 2020; Weaver and Lawton, 2014, pp. 118-156). For example, European tourists head to the UK's seaside cities in the summer to escape the heat. However, while older Chinese tourists visit cooler destinations in the summer, they also travel to warmer places in the winter to escape the cold. Past research on senior Chinese tourism has proposed the concept of 'Winter Resort Tourism'. Older travellers living in the mid and high-latitude belts are attracted by the warm, comfortable climate to choose southern low-latitude destinations such as Sanya, Haikou and Yunnan each winter (Lin et al., 2019; Xia et al., 2018).

However, hydrological resources require specific conditions to become a tourist destination (Weaver and Lawton, 2014, pp. 124). For example, a safe environment with good water quality and comfortable water temperatures is suitable for tourists who enjoy swimming, while surfers do not choose destinations with calm seas (Barbieri and Sotomayor, 2013). For older Chinese tourists,

water resources such as rivers, lakes and hot springs in tourist destinations are often attractive. Such destinations are not only scenic but for older tourists, water-rich destinations are often combined with the idea of wellness (Lin et al., 2019; Xia et al., 2018; Zhou, 2016). Section 2.4.3.2 will specifically explore health and wellness tourism.

The World Tourism Organization defines cultural tourism as tourism with the primary or accompanying objective of visiting a site of cultural significance and historical value (World Tourism Organization, 2017). Cultural tourism destinations are also part of the local cultural heritage because of events of cultural and historical value. It has been argued that the nature of tourists' choice of cultural tourism destinations is related to their motivation to travel (Chen, 2020; Patterson, 2018; Richards, 2003). Tourists are interested in cultural tourism destinations because they want to learn about the history and cultural heritage by visiting cultural attractions, or they want to reflect on the present by thinking about the way of life in the past (Amerta, Sara and Bagiada, 2018; Weaver and Lawton, 2014, pp. 118-156). Destinations actively develop tangible and intangible cultural resources to attract tourists and enhance their competitiveness in the tourism market (Patterson and Balderas, 2020; OECD, 2009). In Western countries, cultural tourism is one of the most popular forms of tourism. Studies have concluded that cultural tourism accounts for more than a third of tourism in the European Union. Also, more than half of visitors to Australia visit at least one cultural attraction while in Australia. In addition, visiting historical heritage sites is one of the most popular tourism activities for travellers to the United States (Patterson, 2018; Nikodijevic, 2011).

Research on the preferences of older Chinese tourists has shown a strong interest in traditional culture and a preference for destinations with cultural significance (He, 2021; Li, Zhang and Xu, 2019; Liu, 2018; Li and Ma, 2006). Their preferred cultural activities include visiting historical or heritage buildings, visiting ethnic aboriginal communities, attending cultural performances and visiting museums (He, 2021; Sun and Zheng, 2007; Yu, Zhang and Ren, 2003a). Older Chinese expect to learn from history and past life experiences (Shi, 2018; Zhang, 2018; Li and Cai, 2012). Older Chinese tourists are more influenced by Chinese culture than younger tourists (Zhang, Chen and Fu, 2009). There is a famous Chinese proverb that learning from history can identify the ups and downs, meaning that learning and reflecting on the ups and downs of history and understanding

their successes and failures can be used as a lesson. Older Chinese tourists seek to travel to experience places and events that authentically represent the lives of people from the past (Rao, 2017; Zhang, Chen and Fu, 2009). When visiting cultural tourism destinations, they enjoy listening to the guides' explanations of the history and past of the attractions, as well as discussing and researching folklore and customs. In addition, older Chinese tourists have a strong interest in activities related to traditional culture, and when visiting cultural attractions, they experience activities related to calligraphy, painting, carving and couplets. Thus, popular destinations for older Chinese tourists include Beijing, Xi'an, Suzhou, Nanjing and other cities with cultural heritage or solid historical references (He, 2021; Sun and Zheng, 2007; Yu, Zhang and Ren, 2003a).

2.4.3.2 Health and wellness tourism

Health tourism is organised travel outside of one's life circumstances to maintain, enhance or restore one's physical and mental health (Patterson, 2018, pp. 208-212; Carrera and Bridges, 2006). It has been noted that health tourism represents different approaches in different countries and in different cultural contexts (Hannam and Knox, 2010; Smith and Puczko, 2009). Hannam and Knox (2010) have noted that health tourism differs geographically, particularly in contrast between Asian and Western countries. In Western countries, health tourism is geared towards physical and medical treatments, whereas in Eastern countries, health tourism is geared towards wellness and is more concerned with spiritual healing. However, this contrasting concept of health tourism is becoming hybridised as health tourism develops, and health tourism is a term used interchangeably with medical tourism (Patterson, 2018, pp. 208-212). Under health tourism, medical treatment is combined with a holiday and often includes leisure, entertainment and relaxation activities, as well as health and wellness services (Irsay et al., 2014).

Wellness is a term combining the words 'well-being' and 'fitness' and was first coined by Dunn in 1959. Wellness is not only physical health but also an overall sense of well-being, representing the balance between the body, mind and spirit and a relationship with the social environment and culture (Patterson, 2018, pp. 208-212; Mueller and Kaufmann, 2001; Dunn, 1959). Wellness tourism is a subcategory of health and medical tourism. It has been noted that older tourists are more likely to choose wellness tourism than other tourists because 'getting older' makes them choose conventional treatment modalities thought to maintain physical, mental and spiritual health

(Patterson, 2018, pp. 208-212; Morgan et al., 2015; Gustavo, 2010; Supapol and Barrows, 2007).

There are various forms of wellness tourism, of which spa tourism is the most well-known and recognised form of wellness tourism, and even wellness tourism was originally referred to as spa tourism (Patterson, 2018, pp. 208-212). Spa tourism utilises natural hydrological resources, mineral spa water, to enable visitors to achieve relaxation and wellness (Ellis, 2011; Smith and Puczkó, 2009). In addition to spa tourism, popular forms of wellness tourism in China include acupuncture, yoga, organic farms, natural oxygen bars, etc. (Heung and Kucukusta, 2013). At a macro level, the regional development of wellness tourism is often dependent on local natural resources (hot springs, forests, seawater, climate, etc.) and cultural traditions (acupuncture, herbal medicine, yoga, massage, etc.) (Liu, 2018; Chen et al., 2015; Smith and Puczkó, 2009).

As older Chinese people have more free time and increased disposable income, their consumption attitudes are gradually changing. In choosing their travel destinations, they no longer only choose tourist-based destinations; wellness tourism has become an essential part of their lifestyle (Liu, 2018). Some scholars have suggested that today's older Chinese people are more interested in tourism for health and wellness purposes, focusing on tourism's physical, mental and spiritual enhancement (Chen et al., 2015; Huang, Chen and Wu, 2010). Although their travel purpose is still primarily sightseeing, the demand for tourism products that enhance wellness while on holiday is more prominent than that of younger tourists. Attractions with integrated leisure and wellness services such as spa hotels, forest parks and organic farms are remarkably in line with the wellness needs of older Chinese tourists and are quite popular among them (Liu, 2018; We and Cong, 2001).

2.4.3.3 Nostalgia and religion tourism

Destinations associated with nostalgia and religion are also popular with older Chinese tourists (Zhang, 2018; Sun and Zheng, 2010). Nostalgia is an intrinsic emotion that causes individuals to recall people, events, and objects and to cherish the memory of the places they lived and the life moments that occurred in the past. Nostalgia makes people long to return to a time that has passed (Xue and Huang, 2011; Fairly, 2003; Holak and Havlena, 1998). Past research has categorised nostalgia from different focuses, including the social, cultural, and sources of nostalgia. On a social level, nostalgia can be divided into personal nostalgia, where individuals are nostalgic for the way

they used to live, and collective nostalgia, where a symbol of the past simultaneously triggers nostalgia in most people (Davis, 1979). On a cultural level, nostalgia can be divided into two categories: personal and historical nostalgia (Stern, 1992). Personal nostalgia is similar to the above, while historical nostalgia is mainly attributed to critical historical events and people. Baker and Kennedy (1994) classified personal, historical and collective nostalgia into actual, simulated and collective nostalgia in terms of the source of nostalgia.

Cao (2018) categorised nostalgia into state and trait nostalgia according to the source of nostalgia in China. He believed that state nostalgia is the feeling the public can experience after engaging in nostalgia. Trait nostalgia, on the other hand, is the belief that the past is better or worse than the present or the future. Past research has argued that nostalgia is an important trigger and motivator for people to travel and drives people to choose nostalgic destinations (Kruger and Saayman, 2010; Vander and Melville, 2008; Sellick, 2004). Researchers in senior Chinese tourism have suggested that older tourists prefer nostalgic destinations more than other groups. Their nostalgic travel activities mainly include revisiting old places, visiting friends and relatives, rural tourism, returning to places where their parents and elders lived, visiting cultural heritage sites and so on (Yuan et al., 2011; Liu and Li, 2009; Chen et al., 2008). It is worth noting that a particular form of nostalgia tourism pattern exists for older Chinese tourists, namely roots tourism, where they wish to find their family roots by returning to the places where their parents or ancestors lived (Cao, 2018; Cai, 2008).

Some scholars have argued that due to traditional Chinese culture and history, older people have a strong desire for nostalgia, not only in nostalgia travel but also in reminiscing about a generation's past with their peers during the trip (Sun and Zheng, 2010). Analysis of China's senior tourism market also indicates that older Chinese tourists like to trace their roots to places where they lived or worked in the past and visit cultural relics. So nostalgia tourism, visiting family and friends tourism, history tourism and folk culture tourism are often valued by older tourism consumers (Zhang, Chen and Fu, 2009; Hou, Yin and Chen, 2005; Yu, Zhang and Ren, 2003a, 2003b; Tang, 2001).

In addition, religiously meaningful tourism destination experiences can improve the well-being of

older Chinese and promote healthy ageing. In 1992, Rinschede defined religious tourism as a multifunctional, multi-perspective form of tourism that is compatible with and complementary to cultural, artistic and historical tourism. In contrast to ancient religious tourism, where the primary motivation was to participate in pilgrimage because of beliefs, modern religious tourism is less religiously motivated. Researchers studying religious tourism among older Chinese tourists have proposed that tourists can be considered religious tourists as long as they are visiting religious-related destinations, whether or not religious purposes are the primary motivation (Zhang, 2018; Lai, 2014; Dai and Liu, 2007). For example, some tourists visit religious travel destinations to admire the temple architecture or visit the natural and human landscapes surrounding the temple. This study argues that some older Chinese seek inner peace through religious beliefs. Zhang (2018) found through a questionnaire survey that older Chinese tourists are keen on religious tourism because it largely satisfies their psychological needs, such as exploring their faith and seeking peace.

Among the various religious beliefs, Buddhists have become the central religious beliefs of older Chinese people, accounting for 60.8%. In addition, 30.7% of older people regularly participate in religious ceremonies or activities (Du and Wang, 2014). Visiting Buddhist tourism destinations not only satisfies their psychological need to explore their faith and seek peace but the benefits of the Buddhist concept of 'mindfulness' cannot be ignored. Buddhist mindfulness (such as meditation, yoga, breathing exercises and mindful walking) is also a way to help older people achieve well-being (Lynn et al., 2017; Levine, 2011). Mindfulness helps older Chinese people focus on the present moment's experience, reduce stress and achieve self-awareness, resulting in positive psychological outcomes (Du and Wang, 2014). It allows them to focus on experiencing bodily sensations, become aware of their mental state in the present moment, emits non-judgemental expressions of awareness, that is, accepting emotions and thoughts in the present moment, and reduce emotional distress and maladaptive behaviour. This positive effect continues into everyday life, and it helps older Chinese people find happiness and satisfaction in their daily activities and achieve spiritual freedom and well-being in their lives (Lynn et al., 2017; Kang and Whittingham, 2010). Other non-religious believers travel to religious tourism destinations as a combination of cultural, artistic and historical tourism needs (Zhang, 2018; Yu, Zhang and Ren, 2003a). It has been suggested that non-religious believers can also experience the benefits of mindfulness when

visiting religious tourism destinations, as visiting natural environments brings about a state of mindfulness and healing similar to that of mindfulness (Chen, Scott and Benckendorff, 2015).

2.4.4 Travel activities

In 1996, Harlow and Cantor suggested that activities could be classified as general activities, family and hobbies, creative activities, mass communication use and building knowledge. In 2000, Litwin divided activities into three main types based on their nature, including formal activities, informal activities and personal activities. In the same year, Everard et al. (2000) categorised activities into four types based on their function: social, instrumental, high-demand leisure and low-demand leisure activities. The classification of activities was further developed by Paillard-Borg et al. (2009) who grouped activities into physical, mental, social, productive and recreational activities. However, previous studies have also found that researchers sometimes categorise the same activity into different categories. For example, Glass (2003) placed gardening in the category of productive activities, but Walter-Ginzburg (2005) placed gardening in the category of physical activities. However, not all researchers classify activities into different domains, with many categorising them as 'leisure' or 'social' (Hong, Hasche and Bowland 2009; Agahi and Parker 2008; Litwin and Shiovitz-Ezra, 2006). For example, Litwin and Shiovitz-Ezra (2006) detail that all activities can be classified as leisure activities.

Past research has defined leisure activities as activities that individuals are willing to engage in during their leisure time that can benefit their physical, mental, psychological and social health (Uysal, Perdue and Sirgy, 2012). The different activities in the lives of older people include social, leisure and productive activities (Adams, Leibbrandt and Moon 2010). The latter study also found that older people were involved in almost the same types of leisure activities as other groups. The only difference is the level of participation, with older people tending to engage in purely recreational activities or activities that require less energy, such as watching television and making tea. According to Li and Ma (2006), moderate recreational exercise can help older people improve blood circulation, enhance physical function and prevent disease. Research further suggests that tourism is considered a categorical term used by older people and that participation in tourism activities is an important part of many people's later life and contributes to active ageing (Huber, Milne and Hyde, 2019; Vigolo, 2017, pp. 34-35; Woo, Kim and Uysal, 2016). In section

2.4.3, this study explored the destination choices of older tourists. This section will further delve into the tourism experiences of older Chinese tourists and the impact of tourism on their QoL by addressing the tourism activities that older tourists undertake at the tourism destination and during their travels.

Major psychosocial theories, such as activity theory, have been developed and applied to gain a more comprehensive and in-depth understanding of older tourists' behaviour. Activity theory plays a central role in gerontology and was developed as a critique of disengagement theory¹ (Nimrod, 2007). Activity theory states that older people have more discretionary time or free time after retirement. The increased activity time provides opportunities to maintain high levels of activity that are essential to life satisfaction and fulfilment (Lefrancois, Leclerc and Polin, 1997). Older visitors use tourism activities to describe the construct of their most recent holiday experience, which may include one or more types of activities. That is, tourism activities may be a combination of many activities, types of activities, and the intensity of these activities. In their studies, Eusébio and Carneiro (2011) classified tourism activities into five categories according to their form and the purpose of the trip. These include cultural activities, nature activities, training activities, leisure activities and nightlife activities. In their study, cultural tourism activities are a general term for cultural visits during tourism and include visiting historical sites, visiting monuments, visiting villages, visiting museums, participating in cultural activities, visiting theatres and visiting gardens. There are four classifications of nature activities, namely walking on trails, observing nature, visiting protected areas and cycling. In addition, training activities include attending training courses and participating in seminars/conferences and meetings. Recreational activities include visits to shopping malls and amusement parks and trips to the beach. In the last category, nightlife activities include going to nightlife venues. However, their study focuses on younger tourists and the travel activity preferences of such tourists differ slightly from those of older tourists (Pan, Fu and Wang, 2020; Uysal et al., 2016; Kim, Woo and Uysal, 2015).

The involvement of older tourists in tourism activities is an important part of their tourism experience (Kim, 2010). In addition, the type and variety of tourism activities for older tourists is

¹ Disengagement theory was created by social scientists Elaine Cumming and William Earle Henry (1961) and outlines the process by which people disengage from social life as they grow older. And the theory argues that the process of disengagement is necessary and beneficial for social systems to remain stable and orderly.

important for several reasons. Firstly, research has shown that individual and group activities are an important way for older tourists to engage in conversation and other communication. This approach also promotes social interaction among older tourists, which is also an important motivation for older tourists to travel (Pan, Fu and Wang, 2020; Musa and Sim, 2010; Huang and Tsai, 2003; Horneman et al., 2002; You and O'Leary, 2000). Furthermore, some research evidence suggests that although social interaction is not necessarily a strong motivator for older tourists to engage in leisure, it is one of the most important factors in leisure satisfaction (Thomas and Butts, 1997). For example, Ross et al. (1995) concluded that high-quality dining activities provided many older visitors with some of their most positive holiday memories. Secondly, visitors cited leisure activities at the destination as an important driver, which facilitated purchase decisions as well as key experiences that visitors shared with others (Jang and Wu, 2006; Huang and Tsai, 2003). For example, a study of New Zealand tourists found that while experiences related to accommodation, transport services and tourist attractions influence tourist satisfaction with tourism, outdoor activities can help destinations gain a satisfactory reputation and attract more visitors to the destination (Danaher and Arweiler, 1996).

Littrell, Paige and Song (2004) classified tourism activities for older visitors into three categories, including recreational tourism, cultural tourism, outdoor tourism and sports tourism. First, cultural tourism includes attending theatre or concerts, visiting art galleries or museums, visiting archaeological sites, attending cultural or ethnic festivals, and enjoying local cuisine. In addition, outdoor tourism activities include camping, taking part in outdoor activities (such as hiking, backpacking or cycling), visiting natural sites, taking part in ecotours and visiting national parks. In addition, tourism activities for older visitors include sports and recreational tourism activities. Scholars have noted that analysis of tourism activities is an important part of exploring the impact of tourism on older tourists' perceived QoL (Pan, Fu and Wang, 2020; Patterson, 2018, pp. 91-111; Vigolo, 2017; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011). The analysis above shows past research has classified tourism activities in different forms according to the tourism mode and the tourism purpose. In general, older tourists tend to engage in less energy-demanding and more relaxed tourism activities compared to younger groups of tourists (Pan, Fu and Wang, 2020; Patterson, 2018, pp. 91-111; Vigolo, 2017). However, there have been few systematic studies on the tourism

activities of older Chinese tourists in the past, and most of the studies on their tourism activities have been scattered, being studied as a factor of tourism when examining travel motivations and destinations (Li, Zhang and Xu, 2019; Rao, 2017; Zhou, 2016; Lai, 2014). This study will build on past research by examining and categorising the tourism activities of older Chinese tourists, studying them in depth as part of the overall tourism experience, and further exploring the impact of tourism on QoL and active ageing.

2.4.5 Travel satisfaction

Travel satisfaction is the most mentioned concept in the research on tourism and QoL, as most scholars assess the role of tourism on life satisfaction and overall QoL by exploring tourists' satisfaction with their travel experience (Dolnicar, Yanamandram and Cliff, 2012; Sirgy et al. 2011; Neal, Uysal and Sirgy, 2007; Gilbert and Abdullah, 2004; Ruys and Wei, 2001; Neal, 2000; Neal, Sirgy and Uysal, 1999; Danaher and Arweiler, 1996). Travel satisfaction also acts as a mediator of other tourism influences (e.g., travel motivation, travel constraints, etc.) and QoL as one of the ways in which tourism influences QoL (Pan, Fu and Wang, 2020; Hartwell et al. 2018; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Uysal, Perdue and Sirgy, 2012). Tourism researchers have highlighted the role of satisfaction with tourism services and holiday experiences in improving overall life satisfaction and QoL (Neal, Uysal and Sirgy, 2007; Neal, Sirgy and Uysal, 1999). Neal (2000) adopted a model to analyse the impact of travel on travellers' QoL which was designed to explain the impact of satisfaction with tourism services and travel experiences on overall life satisfaction and QoL. Neal, Sirgy, and Uysal (1999) explored the significance of tourism experiences on leisure life-satisfaction and overall QoL in their study of the impact of tourism experiences on overall QoL. The findings indicated that satisfaction with tourism services contributes to satisfaction with leisure experience, which in turn affects overall QoL. Several other studies have also examined the impact of the tourism experience on overall QoL, and the results showed that satisfaction with tourism services affects satisfaction with leisure thus affecting tourists' QoL (Dolnicar, Yanamandram and Cliff, 2012; Sirgy et al., 2011; Gilbert and Abdullah, 2004). The above studies are all based on bottom-up spill-over theory. It is worth reiterating that the spill-over effect of satisfaction on overall life achievement has been widely recognised in the literature in research areas such as older people, so bottom-up spill-over theory is the most popular theory in the evaluation of older people's travel satisfaction (Sirgy and Lee, 2006;

Sirgy, 2002; Diener et al. 1999; Neil et al. 1999; Diener et al., 1985; Andrews and Withey, 1976).

However, research on tourism shows that tourists assess their satisfaction with their holiday not only in terms of leisure experience and tourism services. Affordability, health, safety, etc. also influence tourists' assessment of whether they are satisfied with their trip and holiday. In 2021, Yu, Sirgy and Bosnjak integrated the above factors and developed an integrated congruence model that considered the congruence of health, safety, self, function, economy, enjoyment, morality and leisure. In addition, the correlation between self-image and destination image has a significant impact on satisfaction with staying in a destination (Yu, Sirgy and Bosnjak, 2021). It has also been argued that satisfaction with tourism services and length of stay at a destination are two important factors in increasing tourists' QoL. Moreover, the length of time tourists spend on tourism affects people's satisfaction with their leisure experiences (Bergin-Seers and Mair, 2009; Liburd and Derkzen, 2009; Haworth and Lewis, 2005; Kleiber, Hutchinson and Williams, 2002). In other words, the longer a tourist's holiday lasts and the longer they stay at the destination, the more satisfied they are with their tourism experience. The longer the duration of the holiday, the longer visitors stay, the more opportunities they have to interact with the organisers and providers of destination services, and the more experiential activities they will participate in at the destination. As a result, they can have a more comprehensive and in-depth tourism experience, meaning that services such as tourism experiences and tourism activities generate higher levels of satisfaction for those who travel longer (Eusébio, Carneiro, and Caldeira, 2016; Woo, Kim and Uysal, 2016; Woo and Uysal, 2015; Dolnicar, Yanamandram and Cliff 2012; Eusébio and Carneiro 2011, 2014; Cecil et al. 2010).

It is particularly important to observe older tourists' satisfaction with their travel experience, as travel satisfaction is closely related to tourists' perceived QoL (Ruys and Wei, 2001). Some researchers have noted that tourists' participation in various activities and experiences during their holidays can be an important source of satisfaction (Danaher and Arweiler, 1996). In fact, identifying the sources of tourist satisfaction and the benefits of tourist satisfaction is a topic of vital importance to the tourism industry (Eusébio, Carneiro, and Caldeira, 2016; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Woo and Uysal, 2015; Eusébio and Carnerio, 2011). Pan, Fu and Wang (2020), in exploring the tourism satisfaction of older tourists in Shanghai, China, suggested that

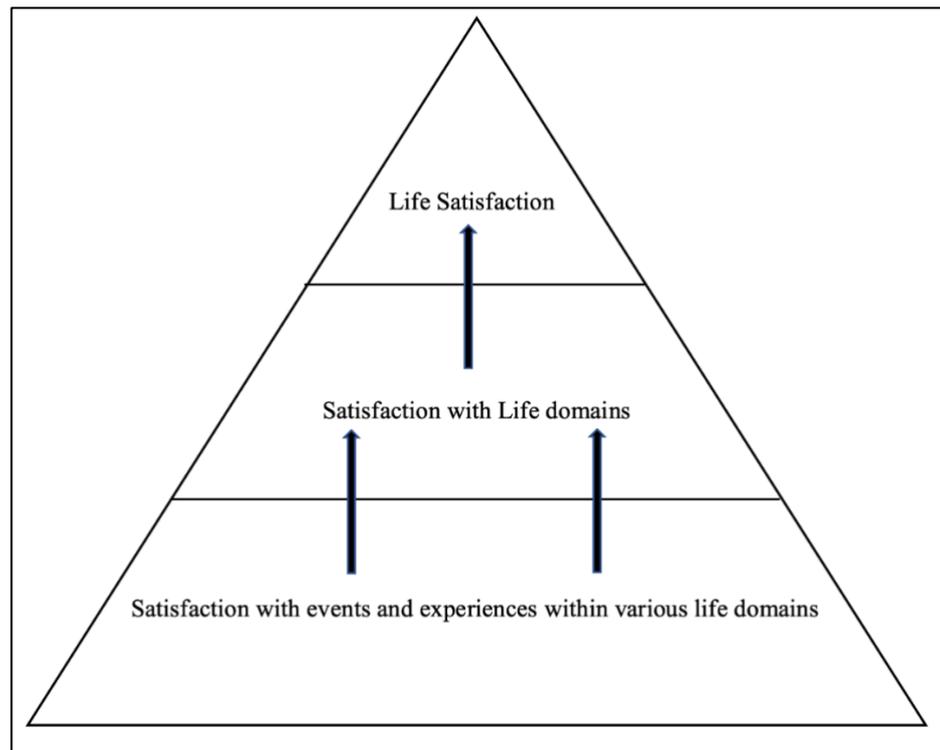
Shanghai tourists' tourism satisfaction is not only reflected in their satisfaction with tourism products and services, but also in their satisfaction with the tourism destination. In addition, tourism enriches the lives of tourists and the purpose of their holidays achieved through travel is also a source of satisfaction in their tourism. However, due to the relatively recent onset of senior tourism in China, research on the tourism satisfaction of older Chinese tourists is extremely limited. Therefore, this study further explores the sources of satisfaction with tourism among older Chinese tourists and thus investigates the role of tourism satisfaction on the perceived QoL of older Chinese tourists.

2.5 Theoretical basis

2.5.1 Bottom-Up Spill-over theory

Bottom-Up Spill-over Theory (Figure 2.2) was proposed by Andrews and Withey in 1976 and has been widely accepted in the field of QoL research. The bottom-up spill-over theory model is mainly designed to explore the domain of individual life and overall QoL and the relationship between them. This theory, as previously stated, suggests that a single domain in QoL has spill-over effects on the entire QoL. Furthermore, bottom-up spill-over theory has been embodied in a satisfaction-hierarchy model. This means that the satisfaction and happiness in the individual's lower-order life-domain can overflow to generate overall satisfaction and happiness of the higher levels of the construct. In 2002, Sirgy studied the bottom-up overflow theory and model and found that the basic premise of this theory is that the satisfaction of the personal life-domain affects the overall level of life satisfaction. He also pointed out that the premise of using the model is that overall life satisfaction is functionally related to satisfaction within each individual's life domain. Overall satisfaction can be achieved by satisfaction with specific events in each life domain (Sirgy, 2002).

Figure 2.2 The Bottom-Up Spill-over Model



Source: Andrews and Withey, 1976

Tourism, as a sub-area of older people's lives, plays a role in promoting physical well-being, psychological well-being, environmental well-being and increased social interaction among older travellers (McCabe, Joldersma and Li, 2010; Michalko et al., 2009; Neal, 2000). In turn, physical well-being, psychological well-being, social relationships and environmental factors are sub-domains of QoL that influence older tourists' perceived QoL. This study seeks to apply a bottom-up spill-over theoretical model to investigate whether tourism directly influences QoL by affecting sub-domains of QoL.

2.5.2 Activity theory

Activity theory is a social-psychological theory and was developed by Havighurst in 1963. Activity theory suggests that older people should remain engaged in activity as they grow older. Its development and application can be advanced for understanding the tourism behaviour of older tourists. Many studies in the tourism industry support the activity theory and suggest that the high level of participation of older people in tourism activities helps to improve their well-being (Fernández-Ballesteros, Zamarron and Ruiz, 2001; Iso-Ahola, Jackson and Dunn, 1994). In other words, tourism plays a key role in the life satisfaction, SWB and QoL of older people. This

evidence provides strong support for 'activity theory', which suggests that long-term participation and maintenance of activities and social interactions are beneficial for physical well-being, psychological well-being and social relationships. Although the impact of tourism on older tourists appears to vary across contexts and subgroups, most evidence suggests a strong positive relationship between tourism participation and older people's QoL (Zhang and Zhang, 2018; McKenna, Broome and Liddle, 2007; Fernández-Ballesteros, Zamarron and Ruiz, 2001). A study by Lefrancois, Leclerc, and Polin (1997) further explained activity theory. They argued that the increased free time and liberty time of retirees enabled them to maintain high levels of activity participation and thus life satisfaction and welfare. This study seeks to apply activity theory to explore whether older tourists can improve their QoL through tourism participation.

2.6 Chapter summary

With the development of tourism, the concept of QoL is slowly penetrating into the tourism industry and is used to reveal the inextricable relationship between tourism and QoL (Pan, Fu and Wang, 2020; Hartwell et al. 2018; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Uysal, Perdue and Sirgy, 2012; Eusébio and Carnerio, 2011). Most previous studies on QoL in tourism have focused on QoL of local residents and stakeholders, and how to understand QoL of tourists still needs further exploration (Hartwell et al. 2018; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015). Previous studies have shown that the exploration of QoL definitions can be conducted from both objective and subjective perspectives (Bowling, 2001; Skevington, 1999; WHOQOL Group, 1993). This study discusses the general definition of QoL, older people's understanding of QoL and QoL in tourism, respectively, and will further explore older Chinese tourists' understanding of QoL and their access to QoL enablers and barriers by combining the definitions and generalisations of QoL from these three perspectives.

Furthermore, in order to measure the impact of tourism on older tourists' QoL, the most appropriate indicator must be selected to measure this construct. Although each scientific discipline emphasises all aspects related to their respective disciplines in relation to QoL, and both subjective and objective indicators provide ways to measure QoL, there is still no QoL measurement tool that is

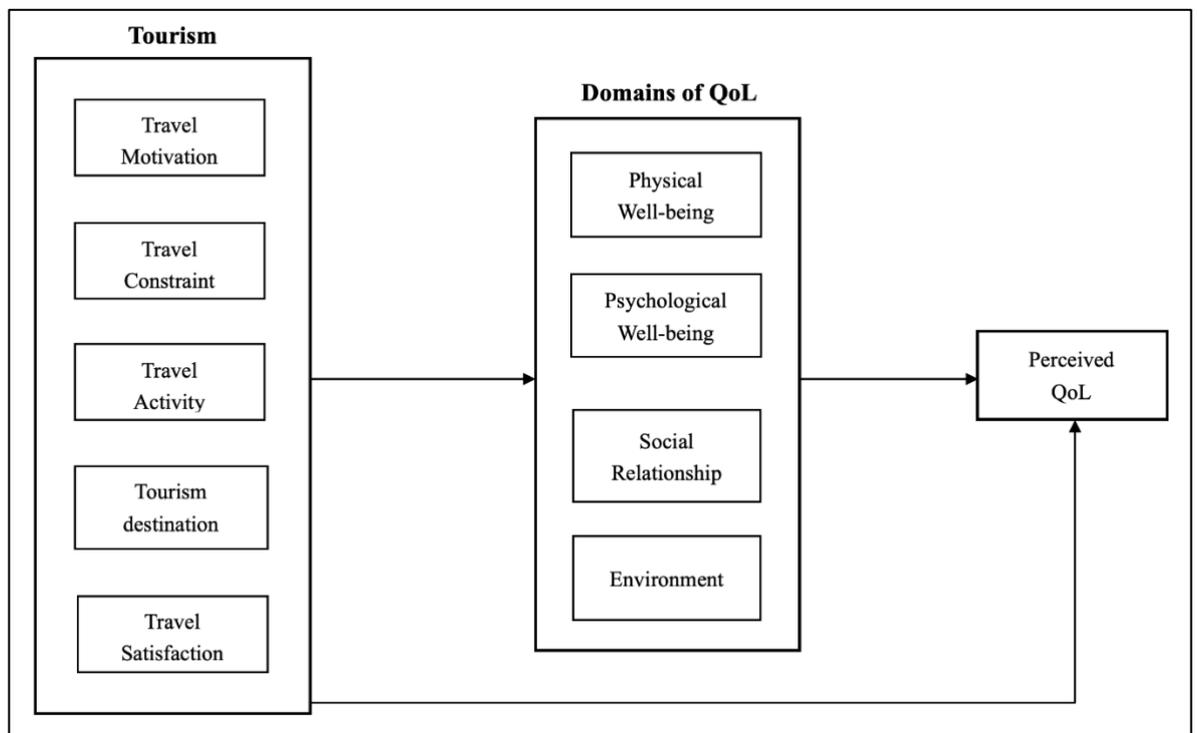
flexible enough to be used across disciplines, cultures and time (Eusébio and Carneiro, 2011; Sirgy et al. 2011; McCabe, Joldersma and Li, 2010. Michalkó et al. 2009; Neal, Neal and Sirgy, 2004; Dann, 2002). In the field of tourism, scholars have typically assessed QoL using the contribution of tourism to life satisfaction based on bottom-up spill-over theory. However, this approach does not directly measure the impact of tourism on QoL (Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015). Furthermore, the potential of the WHOQOL-BREF scale, which understands QoL as an individual's subjective assessment of multiple domains of life, including physical well-being, social relationships, psychological well-being and environmental factors, has not been exploited in research on older adult tourism (Dolnicar, Lazarevski and Yanamandram, 2013; Eusébio and Carneiro, 2011, 2014, 2016; McCabe, Joldersma and Li, 2010), which can be used to directly assess the role of tourism on tourists' perceived QoL. This study will use the WHOQOL-BREF scale as a basis to measure QoL among older Chinese tourists.

Although little research has been conducted on the influences of tourism impact and the perceived QoL of older tourists, the above review clearly shows that important impact factors of tourism on QoL include travel motivation, travel constraints, travel activities and destinations, travel satisfaction, sociodemographic characteristics of tourists and number of trips, among others (Pan, Fu and Wang, 2020; Hartwell et al. 2018; Eusébio, Carneiro and Caldeira, 2016; Woo, Kim and Uysal, 2016; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Uysal, Perdue and Sirgy, 2012; Eusébio and Carnerio, 2011). Neal, Uysal and Sirgy, (2007) also demonstrated that pre-, in- and post-travel perceptions of the travel experience jointly influence tourists' QoL. However, no studies have examined the joint effect of influences at different stages of tourism (including pre-travel, in-travel, and post-travel) on older tourists' QoL by considering tourism as a holistic process. The above literature review also confirms that while there has been some previous research work on the impact of tourism on individual tourists' perceived QoL, there has been relatively little subsequent progress in this area.

In summary, the impact of tourism on tourists' QoL has attracted a great deal of attention in recent years. A large number of scholars have conducted research on this related topic, but the following problems still exist. Firstly, there are relatively few empirical studies. Although tourism is related to QoL and tourism affects QoL, there are still relatively few empirical studies on the relationship

between the two. Secondly, not many existing studies have examined the relationship between tourism and QoL. The impact of tourism is multidimensional, while QoL is also multidimensional. The relationship between the sub-dimensions of tourism and QoL needs further exploration; Thirdly, there is less research in the Chinese context. Existing research has focused on Western countries. However, due to the cultural differences between East and West, the results of Western studies may not be suitable for China. Not only may Chinese older people's understanding of QoL differ from that of Western older people, but the relationship between tourism and QoL may also be different. Research in a Chinese context can help to improve the external validity of existing results. Therefore, further empirical testing in the Chinese context is needed. In order to explore the determinants of perceived QoL among older tourists in China, this study will consider the factors that influence older tourists' perceived QoL in all stages of travel, including travel motivation, travel constraints, travel activities, travel destinations and travel satisfaction. In this context, this study proposes a theoretical research model (Figure 2.3) to examine the determinants of perceived QoL among older Chinese tourists.

Figure 2.3 Conceptual framework



Source: The author

The next chapter will specify the research philosophy, research approach and methodological choices adopted for this study to achieve the research aim and objectives. The process of data collection, data analysis methods and ethical considerations will also be presented.

Chapter Three: Methodology

3.1 Chapter introduction

This chapter discusses the research philosophy, research approach, methods and research strategies used to study the determinants of perceived quality of life (QoL) among older Chinese tourists. This chapter first describes the thesis' research philosophy which is a system of beliefs and assumptions that create the basis and guidance of selection of research approach and methodological choice. Then, the research approach is presented to describe how this research develops theory in the tourism and ageing area. The research methods adopted by this study are also introduced in this chapter. Since I chose pragmatism as the research philosophy, mixed methods were used in this research including qualitative and quantitative methods. The research was divided into two stages: a semi-structured interview phase and a survey phase, to achieve the research aim and research objectives. The semi-structured interview addressed Objective 1 (To establish how older Chinese tourists understand QoL, and enablers and barriers to the achievement of QoL) and Objective 2 (To explore the contribution of tourism to the QoL of older Chinese tourists) and helped to design and develop survey questions, in the following quantitative phase. The survey accomplished Objective 3 (To ascertain whether, and the ways in which, the impact factors of tourism contribute to QoL of older Chinese tourists) and Objective 4 (To develop a framework of the relationship between determinants of tourism impact, domains of QoL among older Chinese tourists and QoL to support knowledge development and the practice of the tourism industry and government in China) of the research. In addition, this chapter details the implementation process of the two research stages. The ethical considerations of this research are also described. The brief summary concludes this chapter.

3.2 Research philosophy: Pragmatism

Research philosophy refers to “a system of beliefs and assumptions about the development of knowledge” (Saunders, Lewis and Thornhill, 2019; Crotty, 1998). The research philosophy adopted by researchers expresses their views of the world. Researchers conduct research to develop knowledge in a specific field, including developing new theories and solving specific problems in

specific organisations (Saunders, Lewis and Thornhill, 2019, PP.143-145). Research philosophy influences our research process and research understanding and helps us to combine all research elements in designing a coherent research project (Johnson and Clark, 2006). However, scholars engaged in different studies have different philosophical assumptions because of different research backgrounds and research conceptions.

Philosophical assumptions include ontological assumptions, epistemological assumptions and axiological assumptions. Firstly, ontological assumptions are assumptions of the reality encountered in the study and express the researchers' views on the nature of reality or the nature of existence. Ontological assumptions determine the way researchers observe and study research objects, and therefore determine the content to be considered (Saunders and Townsend, 2016). Epistemological assumptions are assumptions that are made about human knowledge: what constitutes acceptable, valid and legitimate knowledge, and how we can communicate knowledge to others (Saunders and Townsend, 2016). Axiological assumptions are assumptions that exist about the extent and manner in which the researcher's own values affect the research process (Burrell and Morgan, 2017).

These assumptions have influenced researchers to understand research questions, choose research methods and explain research findings in different ways, which means that these assumptions guide the entire research method and strategy (Saunders and Townsend, 2016; Crotty, 1998). In a word, research philosophy guides the researcher's methods selection, research strategy, data collection technology and analysis procedures, which are the basis for conducting research. Regardless of the subject of research, research philosophy is needed as a guide to its process and to argue for its validity. Three epistemological positions, positivism, interpretivism and pragmatism, are commonly used in business and management research (Saunders and Townsend, 2016). Pragmatism is the philosophical underpinning of this study, and I will analyse the reasons for this in terms of ontology, epistemology and axiology, and conclude this section by giving a justification for this in relation to the process of exploration in this research.

3.2.1 Ontology

Ontological assumptions are assumptions of the reality encountered in any study and express the researchers' views on the nature of reality or the nature of existence. Ontological assumptions determine the way researchers observe and study research objects, and therefore determine the research content to be considered (Saunders and Townsend, 2016). As stated above, three research philosophies are commonly used in business and management research, namely positivism, interpretivism and pragmatism (Saunders and Townsend, 2016).

In this research, the philosophy of pragmatism is the point of view that guides the research. Since, in the course of my research, I rejected concepts such as 'singular truth and reality' and instead focused on explaining and answering the research questions through different approaches. Pragmatism is different from positivism and interpretivism. The ontology of pragmatism suggests that there is no strictly defined gap separating humans from reality (Collis and Hussey, 2013, pp. 42-57). Teddlie and Tashakkori (2003) argued that pragmatism is a 'destructive paradigm' that differs from positivism and interpretivism in that it rejects concepts such as 'truth' and 'reality' and concentrates on the 'what works' about the problem being studied. The ontology of pragmatism asserts that explaining the nature of reality or the nature of being and conducting research can be done in many different ways, as there may be multiple realities and no single viewpoint can explain the world in its entirety (Saunders and Townsend, 2016). In studying the determinants of the perceived QoL of older Chinese tourists, I applied different research methods. I firstly explored older Chinese tourists' understandings of QoL, summarised and categorised their understandings, and selected QoL scales accordingly. In addition, through interviews, I also delved into their travel motivations, travel constraints, travel activities on the trip, preference of tourism destinations and travel satisfaction, and categorised them subjectively. Afterwards, I objectively measured the impact of tourism on the QoL of older Chinese tourists through a scale and further dug into the determinants of their perceived QoL. In the course of this research, I thus rejected singular concepts such as 'truth' and 'reality' and instead concentrated on explaining and answering the research questions through different methods. Pragmatism is therefore the research philosophy of this study.

The ontology of interpretivism sees reality as the product of the researcher's interpretation of different situations and actions. Interpretivists believe that the nature of reality or existence is subjectively constructed by the researcher's mind rather than objectively found in the exterior world (Saunders and Townsend, 2016). An example is the economist's classification of types of socio-economic systems. Interpretivism claims that there are multiple realities (Babbie, 2020, pp. 29-59). Interpretivists believe that the nature of reality or the nature of existence is diverse, changeable, socially constructed and subjective, and that knowledge comes from the details and autonomous meanings behind phenomena (Goldkuhl, 2012). Interpretivism argues that humans create meaning and hermeneutics studies this meaning, it emphasises that humans are different from physical phenomena and that the social sciences are different from the natural sciences. Interpretivists believe that the meaning of things is shaped by the construction of the researcher's ideologies and thus allow for the simultaneous and equal existence of multiple different perceptions of the nature of reality (Saunders, Lewis and Thornhill, 2019; Schwandt, 1994).

In contrast, positivist ontology holds that the nature of reality or the nature of being is part of the natural world and that all reality is an independent and objective natural phenomenon whose production and expression obeys the laws of nature (Saunders and Townsend, 2016). positivist research philosophy requires researchers to mimic natural science research in social research by adhering to value neutrality and observing and understanding social phenomena from an external, objective perspective (Babbie, 2020). Positivists use research methods already available in the natural sciences in social science research to explain social phenomena with the help of experimentation, deduction and induction to express a view on the nature of reality or the nature of existence (Saunders and Townsend, 2016).

3.2.2 Epistemology

Epistemological assumptions are assumptions that about human knowledge, what constitutes acceptable, valid and legitimate knowledge, and how we can communicate knowledge to others (Saunders and Townsend, 2016). As stated above, three research philosophies are typically utilised in business and management research, positivism, interpretivism and pragmatism, all with different epistemologies (Saunders and Townsend, 2016).

In alignment with this study, the epistemology of pragmatism assumes that knowledge has practical significance in solving research problems and pragmatism focuses on the relevance of knowledge to the problem (Kelemen and Rumens, 2008). The pragmatist philosophy of research considers true 'theories and knowledge' to be those that can be successfully acted upon, such as knowledge and theories that can answer and solve actual problems (Elkjaer and Simpson, 2011). This is related to the ontology of pragmatism, where the research question itself is of paramount importance to the pragmatist, as the value of theory and knowledge is reflected in the practical effects of answering the research question. The epistemological aim of pragmatism is to solve the research problem and provide relevant knowledge and theory for future research and practice; in solving the problem, the values of the researcher drive the process of reflective enquiry, which drives further development of knowledge and theory (Saunders, Lewis and Thornhill, 2019). Interpretivists believe that knowledge or theory is achieved through the study of the experiences and perspectives of people living in the world (Goldkuhl, 2012). Positivism aims to provide clear and accurate knowledge and focuses on a rigorous scientific empirical approach that aims to produce pure data and facts that are free from human interpretation or bias (Crotty 1998). However, the epistemology of pragmatism is distinct from interpretivism and positivism, as it recognises the practical implications of knowledge in light of the research question. In exploring the determinants of perceived QoL among older Chinese tourists, I offer a subjective interpretation of QoL based on the understandings and perspectives of older Chinese tourists interviewed, reconstructing the concept and meaning of QoL from the perspective of these older Chinese people. In addition, I also contribute to existing theory by formulating a research hypothesis based on existing theory, which is partially confirmed through data analysis. Thus, I utilise aspects of both interpretivism and positivist epistemologies in differing stages of the research process.

Different from pragmatism, the epistemology of interpretivism asserts that knowledge of the nature of reality or existence is achieved by studying the experiences and perspectives of the people who live in the world (Saunders and Townsend, 2016). The interpretivist philosophy of research directs the researcher to delve into real life to understand, explain and reconstruct concepts and meanings of participants through scientific research methods (e.g., interactive interviews, participant observation, etc.) and scientific language (Goldkuhl, 2012). Interpretivists emphasise that social science research differs from natural science research because different people experience different

social realities. Thoughts and actions cannot be reduced to causal reasoning, because consciousness is also key. Interpretivism advocates a subjective interpretation of social phenomena by researchers and participants, focusing on the details of social phenomena and the reality behind the details. Interpretivists argue that the implications for the exploration of reality are subjective and complex, and that to reduce this complex subjective meaning entirely to objective generalisations like laws or rules would ignore the importance of the researcher's and participant's experience and perspective.

Contrary to interpretivism, which focuses on the researcher's subjective interpretation of social phenomena, positivism pledges to provide clear, accurate and objective knowledge. Positivist researchers focus on discovering observable and measurable facts and regularities in their epistemology because they argue can only know observable phenomena, and only measurement can produce credible and meaningful data (Crotty, 1998). Positivist epistemology seeks to establish objective generalisations similar to laws or rules and to apply these rules and laws to analyse, explain and predict situations and events in society (Gill and Johnson, 2010). Positivists develop hypotheses based on existing theories, use objective data to find causal relationships, and further advance theories by confirming hypotheses in whole or in part. Hypotheses are supported or refuted based on the results of data analysis, and through the pursuit of reliability developed theories can be tested by new research (Ryan, 2018).

3.2.3 Axiology

Axiology reflects the values and the researcher's own views in the research. Axiological assumptions are assumptions that about the extent and manner in which the researcher's own values affect the research process (Burrell and Morgan, 2017). Pragmatists strive to reconcile objectivism and subjectivism in the way they observe and study their subjects, focusing on both their participants' realities and the researcher's own values. As stated previously, pragmatists see research as providing practical solutions to real-world problems and informing future practice and research (Tashakkori and Teddlie, 2003). In studying the nature of reality, the pragmatist paradigm draws on accurate and rigorous knowledge while taking into account the impact of the researcher's background and experience on the study. The values of the researcher influence the research process while triggering reflection on the findings, which also facilitates the building of beliefs after addressing the existence of reality (Elkjaer and Simpson, 2011).

In conclusion, the pragmatist research philosophy guides the pragmatist to focus on the research question in the study and choose the methods that are able to answer the question best. This coincides with the research aims of my study. In examining the determinants of perceived QoL among older Chinese tourists, I first subjectively explored older Chinese tourists' understanding of QoL. I immersed myself in the research to analyse and summarise their diverse understandings, and my values influenced the research process. I then measured the impact of tourism on the QoL of older Chinese tourists through objective measurement tools to produce reliable and meaningful quantitative data. In this process, I detached myself from my personal values and was simply being the objective analyst that I am, aiming to produce pure data and facts that are not influenced by human interpretation or bias. Pragmatism is the research philosophy of this study, as in observing and studying older Chinese tourists I have endeavoured to reconcile objectivism and subjectivism, focusing both on participants' realities and on my own values.

However, interpretivism is subjective and in the assumptions of interpretivism, the values of the researcher influence the process of the research as the researcher is immersed in the research (Babbie, 2020). In interpretivist studies, the personal value of the researcher is emphasised, rather than making (falsely in the eyes of interpretivists) claims to being an objective analyst (Crotty, 1998). In contrast, the axiology of positivist assumes that the nature of reality is objective and that stripping away the researcher's values in the study is both possible and leads to 'truth' (Saunders, Lewis and Thornhill, 2019, Bryman and Bell 2011). The positivist philosophy of research holds that the social world can be understood objectively, uninfluenced by the subjective emotions of the researcher (Crotty, 1998). In this positivist paradigm, the researcher is detached from personal values and works independently only as an objective analyst (Saunders, Lewis and Thornhill, 2019).

3.2.4 Justification

Based on the above analysis regarding the ontology, epistemology and axiology of pragmatism, positivism and interpretivism, this study finds there is an opposing nature of positivism and interpretivism in terms of epistemological and ontological assumptions and axiological considerations. Positivist research philosophies are applicable to purely quantitative research, while interpretivist social science research can be used as a foundational philosophy for purely qualitative research (Babbie, 2020; Saunders, Lewis and Thornhill, 2019; Bryman and Bell, 2011). However,

within a pragmatic paradigm, the researcher holds philosophical assumptions which mean that the methods used to gain knowledge of the social world can be accomplished through a mixed-method approach and reflect real-world practice orientations (Teddlie and Tashakkori, 2009; Lancaster, 2005). This study uses a sequential mixed methods approach to examine the impact of tourism on the QoL of older Chinese tourists. The mixed research approach combines the strengths of both qualitative and quantitative research methods, neutralising their weaknesses and facilitating a comprehensive answer to the research question, which is consistent with the pragmatic emphasis on the research question itself (Saunders, Lewis and Thornhill, 2019; Collis and Hussey, 2013, pp.42-47). A mixed-method is beneficial in answering the research questions comprehensively and providing the most comprehensive answers as the data obtained through mixed-methods includes both narrative and numerical information (Grbich, 2013; Tashakkori and Teddlie, 2010). In this study, therefore, I combined qualitative and quantitative methods to provide a richer understanding of the impact of tourism on older Chinese tourists' QoL.

In exploring and addressing the research questions, my investigation first conducted a qualitative study that aimed to establish the understanding of QoL among older Chinese tourists and the contributing factors and barriers to achieving QoL as well as exploring their travel experience and the contribution of tourism to the QoL of older Chinese tourists. As mentioned earlier, a number of unexplored factors influence older people's understanding of QoL. At the same time, the contributing factors and barriers affecting older Chinese people's perceptions of QoL still need to be explored in the future due to the specificity of ageing in China. Therefore, this study proposed Objective 1: to establish how older Chinese tourists understand QoL, the enabling factors and barriers to achieving QoL. The use of qualitative research methods helped me as a researcher to establish a subjective understanding of older people's QoL, and to analyse and summarise the enablers and barriers to achieving QoL. In addition, this initial study explored the contribution of tourism to QoL among older Chinese tourists (Objective 2). Through the analysis of the interview results, I comprehensively analysed and summarised the research-relevant factors of travel among older Chinese tourists, including travel motivation, travel constraints, travel activity, tourism destination and travel satisfaction. Subsequently, this study conducted a quantitative study to explore and assess the impact of travel on QoL for the participants and how and to what extent the determinants of travel impact influence them (Objective 3) and to develop a relational framework

(Objective 4). I developed a research hypothesis based on existing theory and initial qualitative interviews, and then justified it through data analysis. In the argumentation process, I used a rigorous scientific empirical approach aimed at generating data that is reliable, valid and meaningful.

In addition, it is important to note that pragmatic and mixed methods are usually based on abductive research. The philosophical premises of abductive reasoning are presented in the next section.

3.3 Research approach: Abduction

The choice of research approach stems from the philosophical position of the research. The research approach helps to determine the researcher's data collection methods and procedures (Burns and Bush, 2014, pp.168-189). The researcher selects a research approach based on their philosophical position, then makes a methodological choice based on the research approach, and selects the required analysis based on the methodological choice; a gradual process that helps the researcher answer the research question (Saunders, Lewis and Thornhill, 2019). A research project will always involve thinking about theory because the theoretical testing or theory construction of the research is related to the design of the research project (Saunders and Townsend, 2016). Although the role of theory is not necessarily clear in the research design, the researcher will usually clarify the theory when introducing their findings and conclusions (Saunders, Lewis and Thornhill, 2019). A theory is an acceptable explanation of a social phenomenon and there are two most common methods of theoretical reasoning in the social sciences: the deductive method and the inductive method, which are two opposing methods (Saunders and Townsend, 2016).

Deductive logic involves testing theory and deduction emphasises the characteristics of structure, quantification, generalisation, and testable hypothesis (Saunders, Lewis and Thornhill, 2019). Positivists formulate hypotheses based on existing theories, use objective data to seek to justify the hypothesis, and then advance existent theory; thus, deduction is supported by the positivist philosophy of research (Crotty 1998). The deductive method is the main research method of natural science. It rigorously tests theory through a series of propositions to promote the development of a

given theory (Saunders, Lewis and Thornhill, 2019; Burns and Bush, 2014). Deduction has several important characteristics. Firstly, the deductive approach explains causal relationships between concepts and variables. Another important manifestation of the deductive approach is the measurement of truth through quantitative analysis of concepts. Finally, the generality of the deductive approach is reflected in the fact that an appropriate sample size is required to test theories through the deductive approach (Hintikka, 1999, pp. 91-113). Researchers use deductive methods to develop theories and hypotheses, and design research strategies to test hypotheses empirically. The deductive approach considers research to be divorced from the values of the researcher and it focuses on establishing a rigorous methodology to objectively explain social phenomena (Saunders and Townsend, 2016).

In contrast to the deductive approach, which takes more of a 'testing the theory' approach, the inductive approach takes a 'constructing theory' view. Widely used in the humanities, the inductive approach emphasises the importance of the researcher's values and subjective interpretations in the same way as interpretivist axiology, hence induction is supported by interpretivist research philosophies (Saunders, Lewis and Thornhill, 2019; Crotty 1998). Inductive research emphasises the role of the researcher's values in the research, it collects qualitative data through various methods (e.g., interviews and observations), builds different perspectives on social phenomena by analysing the qualitative data, and then constructs theories based on these perspectives.

However, neither deduction nor induction can be applied to the theoretical reasoning of this study alone, because this study is based not only about generalising theory based on human understanding of society, but also on proposing hypotheses, testing hypotheses, and forming new theories through observation. According to the research aim and objectives, in order to explore the determinants of QoL perception by older Chinese tourists, this research first explores the understanding and definition of QoL by older Chinese people (Objective 1) and then chooses a scale to measure QoL based on their understanding. This research also explores the impact of tourism on the QoL of older Chinese people (Objective 2) to discover the relevant factors of tourism impact. Therefore, this study first conducted interviews. By interviewing older Chinese tourists to summarise their views on QoL and the contribution of tourism to QoL, and by analysing their views, I was able to develop relevant theories about QoL of older Chinese people and

determinants of tourism impact. On the basis of this new theory, constructed through induction, I was able to construct the QoL scale to best test the causal relationship between tourism and QoL (Objective 3) and use reasoning to propose other theories and models (Objective 4).

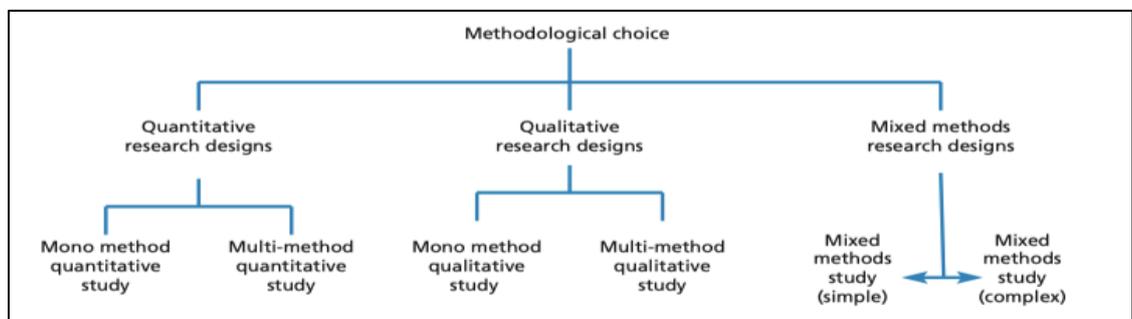
Therefore, this study adopts a third form of reasoning that is different from induction and deduction: abductive reasoning. Abductive logic makes up for the shortcomings of the inductive method and the hypothetical-deductive method. Based on this, the founder, Charles Sanders Peirce, proposed the "three-stage cycle of scientific research" (Saunders and Townsend, 2016). The abductive method combines deduction and induction, so it does not move from data to theory like induction, nor does it move back and forth from theory to data like deduction (Suddaby, 2006). In fact, abduction is consistent with the actual research work of researchers because abduction starts from "facts" and puts forward a reasonable theory about the occurrence of such facts. In the abductive research process, theories generate hypotheses, hypotheses trigger phenomena, observations of phenomena form generalisations, and generalisations then modify theories.

Starting from the 'reality' of tourism and QoL, which is the travel experience of older Chinese tourists in the two years prior to Covid-19 and older Chinese people's understanding of QoL, this study, in the first phase, interviewed older Chinese tourists and collected data related to their perceptions of QoL, travel experience and the impact of tourism. The interview data was then analysed to propose theories related to older Chinese tourists, including older Chinese people's understanding of QoL, the contribution of tourism to QoL and the impact factors of travel experience. Based on the summarised theories, this study constructed a scale applicable to measuring QoL among older Chinese tourists and explored the influencing factors of tourism and a conceptual model for quantitative research. Also, based on the results of the interviews and literature analysis, this study proposed several hypotheses about tourism determining the QoL perceptions of older Chinese travellers. Subsequently, I tested the hypotheses and revised the theories through the data collected from the survey. This process thus equates with the choice of pragmatism as the research philosophy for this study.

3.4 Research method: Mixed methods

Research design is defined as the process of planning and conducting research, the process starts with broad assumptions, after which detailed data based on the assumptions will be collected and finally the collected data is analysed and summarised (Saunders, Lewis and Thornhill, 2019; Creswell, 2014a). Research design is the overall plan for answering research questions. Researchers need to consider the elements of a specific research design. They include clear objectives, sources of data collected, data collection and analysis methods, discussion of ethical issues and inevitable limitations (Saunders, Lewis and Thornhill, 2019). The theoretical bridge between the research question and the data used to address the question is found within the methodology, which includes quantitative, qualitative or mixed methods (as Figure 3.1) (Saunders, Lewis and Thornhill, 2019; Creswell, 2014a, 2014b; Hesse-Biber, 2010; Johnson and Clark, 2006). The choice of methodology is based on the ontological and epistemological assumptions of the research philosophy, including research questions and assumptions of the nature of knowledge, research approach, data collection and analysis methods (Grix, 2018; Saunders and Townsend, 2016).

Figure 3.1 Methodological choice



Source: Saunders, Lewis and Thornhill, 2019

Methodology is an important element of research design, as the choice of methodology determines the tools used to collect the data, and the techniques used to analyse the data (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016; Hesse-Biber, 2010; Crotty, 2009). However, the choice of research methodology is determined by the requirements of the research question (Saunders, Lewis and Thornhill, 2019; Grix, 2018). However, the ontology of pragmatism asserts that the researcher's view of the nature of reality depends on whether the research question is accurately answered. Following this, pragmatists believe that the social world can be viewed and

interpreted through different lenses and therefore it is often appropriate to use different methods to collect reliable and relevant data to address the questions in the research (Saunders, Lewis and Thornhill, 2019; Nastasi et al., 2010).

In summary then, the philosophical position of this study is pragmatism, and the research approach is abduction. The mixed method utilised both qualitative and quantitative methods, incorporating the data collection approaches and elements of both methods. In order to interview participants to understand their understanding of QoL, their enablers and barriers to QoL acquisition, and the contribution of tourism to QoL from their past travel experiences, this research employed a qualitative method in the first phase as exploratory study. Then, this research used quantitative methods to collect a large sample through survey to test the proposed propositions and conceptual models. In the second phase, this research adopted a quantitative approach by collecting a large sample through a survey to test the propositions, hypotheses and conceptual models presented. The quantitative, qualitative and mixed methods research designs and their differences are described in detail below.

3.4.1 Qualitative and quantitative methods

Qualitative research:

Qualitative research, as an umbrella term, signifies different research methods that share certain characteristics; things such as concepts, meanings, characteristics, symbols or metaphors (Goodson and Phillimore, 2004; Guba and Lincoln, 1994). Qualitative research has been described in the past literature as exploratory research that focuses on exploring and explaining the participants' perceptions of social phenomena, the researcher's own behaviour and that of others (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016; Goodson and Phillimore, 2004; Bryman, 2003, pp. 11-70). Researchers who use qualitative research often formulate exploratory research questions to seek understanding of social phenomena and research processes in a social context, and they use qualitative methods to collect data from naturalistic social contexts (Saunders, Lewis and Thornhill, 2019). Qualitative research has the following advantages: it is interactive and exploratory, so the research environment is open; it allows for more interaction between the participants and the researcher; and the interaction stimulates more responses from the participants, thus helping the researcher to explore further questions. In addition, qualitative research is emic,

including and acknowledging the presence of the values of the researcher but also providing an in-depth understanding of the details behind participants' behaviours, attitudes, reactions and feelings. Qualitative research is beneficial for researchers to gain a broad understanding of participants' feelings in relation to the topic under investigation and to explore the specific ways in which participants behave in particular settings and conditions (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016; Goodson and Phillimore, 2004).

Qualitative research methods help researchers to uncover participants' perceptions of particular themes or specific phenomena and how participants behave in particular situations (Saunders and Townsend, 2016). According to past research, there are many ways to conduct qualitative research, including case studies, interviews, ethnography, focus groups and narrative analysis (Saunders, Lewis and Thornhill, 2019; Goodson and Phillimore, 2004; Bryman, 2003, pp. 45-70). Qualitative methods pay more considerable attention to research cases on individual bases. For an in-depth study of older Chinese tourists' understanding of QoL, and the impact of their past travel experiences on QoL, I used interviews as the research method for the first phase of this study. Qualitative methods helped me to gain insight into older Chinese tourists' feelings about their QoL under tourism and explored the details behind their behaviours, attitudes, reactions and feelings with travel experiences.

Qualitative interviews often adopt a conversational approach, typically with one participant at a time, and can be described as personal interviews that aim to engage with the participant in depth and gain insight into the reasons and details behind the participant's behaviours and attitudes. The advantage of such an interview is that it allows for the extraction of precise data relating to each participant, including their performance, their views and their motivations for their behaviour (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016). Typically, interviews last between half an hour and two hours, and in exceptional cases can last longer than two hours. Interviews can take the form of face-to-face interactions with participants, or remote interactions via telephone or the internet. Face-to-face interviews help researchers to explore the psychological state of participants by gathering information about their responses while also observing their body language and expressions. However, face-to-face interviews are costly, both in terms of time and material costs (Saunders, Lewis and Thornhill, 2019; Goodson and Phillimore, 2004). In the

current pandemic context, face-to-face interviews also pose health concerns. In contrast, remote interaction, although it does not allow for the observation of participants' non-verbal behaviour, is low cost, efficient and offers high flexibility in terms of time and location of the interview (Saunders, Lewis and Thornhill, 2019). Remote interaction is a more appropriate route to interviewing in a pandemic context.

There are three main types of interviews: structured, semi-structured and unstructured, which are categorised according to the degree of control the researcher has over the interview (Saunders and Townsend, 2016). Structured interviews are conducted strictly according to a designed plan, steps and questions. When conducting the interview, the researcher asks the participant questions that are strictly based on the survey outline and the participant is asked to respond according to the prescribed criteria. The opposite of a structured interview is an unstructured interview. Unstructured interviews are not designed with a plan, steps and questions, and the researcher speaks freely with the participant on a specific topic and with a broad outline. Semi-structured interviews fall between structured and unstructured interviews. The researcher designs the questions and outline of the interview in advance but can adjust it accordingly during the course of the interview. Semi-structured interviews combine the benefits of structured and unstructured interviews in that they are flexible and allow for in-depth exploration of the research questions but are nonetheless focused on salient themes (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016; Goodson and Phillimore, 2004).

Quantitative research:

The process of quantitative research involves the collection of quantifiable data followed by statistical tests and analysis of the data collected; in other words, quantitative research is achieved through the systematic investigation of phenomena using mathematical or computational techniques (Brannen, 2017). Quantitative research measures, calculates and counts things or phenomena through verifiable observations, and the results of its analysis are expressed in numerical form; therefore, quantitative research is the explanatory type of research (Saunders, Lewis and Thornhill, 2019; Guba and Lincoln, 1994). Questions in quantitative research usually use “how many or how much” forms to gain numerical responses, and the focus of the questions is on observations that can be measured and verified (Saunders, Lewis and Thornhill, 2019; Saunders

and Townsend, 2016).

Quantitative research is widely used in management, sociology, economics, health and human development studies (Saunders, Lewis and Thornhill, 2019; Hunter and Leahey, 2008). Researchers conducting quantitative research typically use surveys or experiments to collect quantitative data and design mathematical frameworks and theories related to the quantities under study (Saunders, Lewis and Thornhill, 2019; Brannen, 2017; Leman, 2010). Quantitative research is more suitable for collecting large samples than qualitative research. And as quantitative research focuses on observations that can be measured and verified, the results of quantitative research are less susceptible to interviewer influence, so the findings are more accurate, objective, generalisable and reliable. In addition, the results of quantitative studies are more generalisable due to the large, randomised samples of quantitative studies involving a wide range of people and researchers aggregating a large number of sources of information (Saunders, Lewis and Thornhill, 2019; Brannen, 2017). However, quantitative methods are inflexible and artificial. This method is not conducive to the process of meaning or production of theory. Furthermore, data collected through quantitative research methods are likely not all related to the practical issues or decision-making. Qualitative research can fill this gap and researchers combining qualitative and quantitative methods can avoid pre-judgement and accurately answer the research question (Lewis and Thornhill, 2019; Easterby-Smith, Thorpe and Jackson, 2015). Objective 3 of this research is to ascertain whether and how the determinants of the impact of tourism contribute to the QoL of older Chinese tourists. Collecting more extensive information of older Chinese tourists through quantitative methods can help this research objectively explore how tourism affects QoL among older Chinese adults. Quantitative methods are also helpful for this study to compare the degrees of influence of different tourism factors on QoL.

Surveys for quantitative research typically use questionnaires as a research tool to collect information from participants. The researcher designs a series of questions based on the aims and objectives of the study, and the questionnaire also includes instructions and directions for respondents. Questionnaires are administered in paper, online and mobile formats (Saunders, Lewis and Thornhill, 2019; Quick and Hall, 2015; Harland and Holey, 2011). Questionnaires can break through the constraints of time and space to reach a wider range of people and are suitable for

studies that require large samples such as found in typical quantitative research. However, the response rate and validity of questionnaires are difficult to guarantee (Saunders, Lewis and Thornhill, 2019).

3.4.2 Mixed methods

Based on the above exploration of research philosophy, research methods and research methodology, in conjunction with the research objectives and research questions of this study, qualitative methods are applicable to the first phase of this study and quantitative methods to the second phase. Therefore, both qualitative and quantitative research methods were used in this study. The research method that combines quantitative and qualitative methods in the study is the mixed method, which is considered to be the third research method in addition to quantitative and qualitative research (Saunders, Lewis and Thornhill, 2019; Teddlie and Tashakkor, 2011). Mixed methods research is research in which researchers collect and analyse data, integrate findings, and make inferences about findings based on qualitative and quantitative methods in a single study (Saunders, Lewis and Thornhill, 2019; Creswell and Clark, 2017). It provides a better understanding of the research question than any other method by itself (Creswell and Clark, 2017; Collis and Hussey, 2013, pp.42-47; Denscombe, 2008). The mixed method combines inductive and deductive thinking; researchers using mixed methods to formulate hypotheses based on theories, make observations based on hypotheses which in turn facilitate generalisations, and the results of generalisations are used to revise theories (Creswell, 2014a, 2014b; Denzin and Lincoln, 2011, pp. 569-581). In this sense then it can be an iterative approach.

Mixed methods combine qualitative and quantitative data to explore a research question or set of related questions, enhancing the credibility of findings by bridging and working together with qualitative and quantitative data (Hesse-Biber, 2010). It combines data sources and analytical methods from both qualitative and quantitative methods. Researchers use mixed methods to analyse, compare, express and synthesise qualitative and quantitative data into the findings of the study. In social research, the mixed method is known for the concept of triangulation (Haq, 2014; Atif, Richards and Bilgin, 2013). Triangulation refers to “a research strategy that combines the use of different research sources, research theories and research methods to analyse the same research question” (Denzin, 2012). Although mixed methods have been used in different disciplines for a

considerable period of time, they have not been recognised or seen as part of a new research paradigm by academics (Guest, 2013, pp. 1-35; Denscombe, 2008). However, as mixed methods continue to evolve, it has helped researchers achieve more research results, with an increasing number of scholars recognising mixed methods as a new paradigm that combines positivism and interpretivism (Creswell and Clark, 2017; Lincoln, Lynham and Guba, 2011). The use of a mixed method is based on maximising the answer to the research question by integrating qualitative and quantitative methods according to the research needs (Johnson and Onwuegbuzie, 2004). This method can overcome the limitations of using a single research method and avoid the weaknesses of a single method. In addition, mixed methods help researchers to answer and test research questions at different levels and from different perspectives (Creswell and Clark, 2017).

In the process of this research, the qualitative design preceded the quantitative design. The qualitative research for this study was an exploratory investigation to test the appropriateness of the research framework for the quantitative study. The preliminary qualitative study generated a large amount of narrative data on older Chinese people's understanding of QoL, travel experiences and the contributing factors and barriers to accessing QoL. The narrative data generated by the qualitative study was then summarised and analysed, and the narrative data was transformed into numerical dimensions that were applied to the subsequent quantitative analysis. The results of the analysis of the narrative data supported and refined the design of the questionnaire and also helped me to interpret the findings of the second phase of the quantitative study in depth. This is because quantitative studies usually focus on detecting causal relationships between variables, whereas qualitative studies in mixed methods can help researchers to interpret statistics and causal relationships as informed by detailed information about personal experiences and behavioural intentions (Saunders, Lewis and Thornhill, 2019; Grbich, 2013). As in my study, the personal experiences and behavioural intentions of older Chinese tourists influenced their understanding of QoL. On the other hand, narrative data collected from participants helped validate and interpret the numerical data from the quantitative analysis by providing supplementary information (Hesse-Biber, 2010; Tashakkori and Teddlie, 2010). In this case then, qualitative data helped and supported me to clarify the determinants of tourism affecting the QoL of older Chinese tourists.

In summary, the research philosophical context of this study is pragmatism. Throughout the research process, as a pragmatist, I have adopted abduction as the method of theory development and chosen mixed methods as the methodological choice. The data collection methods, analytical methods and interpretative methods of the study were all based on methodological choices that integrated qualitative and quantitative research techniques. This is because combining the technical strengths of both methods can reduce the limitations of individual methods and obtain more necessary elements for the study. (Brewer and Hunter, 2006, pp. 17-32). Qualitative techniques are superior in terms of uncovering details and depth of information and interpretation of results, while quantitative techniques are strong in generalisation. Therefore, researchers can understand the phenomenon in detail and obtain sufficient, comprehensive knowledge. For my research, semi-structured interviews were chosen as the data collection technique for Stage 1. Such interviews facilitate researchers to ask participants clear questions and ensure that accurate information is collected, and they crucially also help researchers to dig deeper into participants' perceptions, opinions and behaviours about the event or phenomenon (Saunders, Lewis and Thornhill, 2019). I used a survey as the data collection technique for Stage 2. Surveys allow researchers to collect relatively large amounts of data quickly (Dawson, 2016, pp. 21-37). The details of the Stage 1 and Stage 2 process will be described in sections 3.5 and 3.6.

3.5 Stage one: Interviews

I used semi-structured interviews to collect qualitative data, and the interview technique was telephone interviews. Eighteen older Chinese aged 60 years and above with travel experience were recruited for this research in the Dongxincun community in Suzhou, China. I recorded the interviews using audio recordings and then analysed the collected data with a template analysis technique.

The following sections detail the overall process of Stage 1: Interview, including the interview method, the interview technique, the recruitment of participants, the recording of the interview and the qualitative data analysis technique, and the reasons behind the adoption of these methods and techniques.

3.5.1 Semi-structured interviews

In Stage 1, semi-structured interviews were used to collect qualitative data. Semi-structured interviewing is one of the most common methods of data collection for qualitative research and is a method of data collection that takes into account both the length of the interview and the reasonableness of the amount of information collected compared to other interview methods (Saunders, Lewis and Thornhill, 2019; Creswell and Clark, 2017). Questions in semi-structured interviews include both closed-ended and open-ended questions. Questions are used to understand 'what' and 'how' and specifically focus on 'why'. Semi-structured interviews only have a dialogue with one participant at a time. Conversations can be conducted around topics on the agenda. At the same time, they can explore completely unforeseen issues, rather than stubbornly insisting on asking for verbatim closed responses as in standardised surveys. Thus, during the interview, the researcher can use questions outside of the outline to clarify incomplete or ambiguous answers from the participants, as well as exploratory questions to dig further into the participants' previous answers (Saunders, Lewis and Thornhill, 2019; Minichiello, Aroni and Hays, 2008, pp. 123-156; Saunders and Townsend, 2016; Goodson and Phillimore, 2004). Moreover, semi-structured interviews are more flexible than standard structured interviews, with smoother and more naturalistic communication between researcher and participant, providing a more relaxed atmosphere for participants. Using semi-structured interviews, researchers can guide participants and explore more details of relevant themes (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016). Generally, in terms of time, semi-structured interviews are relatively flexible, which minimises the fatigue of interviewers and participants (Saunders, Lewis and Thornhill, 2019; Creswell and Clark, 2017; Newcomer, Hatry and Wholey, 2015). It is beneficial for researchers and participants to have more exchanges, which helps in-depth discussion of issues (Crowther and Lancaster, 2012, pp. 72-85).

Semi-structured interviews are suitable for asking exploratory, open questions and helping to understand participants' independent thoughts during the research (Newcomer, Hatry and Wholey, 2015). Semi-structured interviews are also suitable for studying unknown but potentially major issues in unexplored areas and these may include perspectives that the researcher has not yet considered. This is because they provide the interviewer with the most considerable freedom to find useful clues and follow them. Open questions and extensions in semi-structured interviews

help to explore deeper issues. (Newcomer, Hatry and Wholey, 2015). Objective 1 of this research is to explore the understanding of QoL among Chinese older adults and the assistance and obstacles encountered in achieving QoL. The Objective 2 is to explore the contribution of tourism to the QoL of older Chinese tourists. I designed the interview schedule to address Objective 1 and Objective 2 based on the research questions (see Appendix 1). As the participants in this study were older Chinese tourists, the first part of the interview began by asking questions related to their travel experiences, such as their motivations for travel, unrealised travel plans, past travel experiences, travel activities and destination preferences, and travel satisfaction. For example, "What tourism activities do you like to participate in?" was a typical question-type. Participants detailed their past travel experiences and personal travel preference and described the contribution of tourism to their QoL. This information helped contribute to further exploring the impact of tourism on the QoL of older Chinese tourists. In the second part of the interview, I asked the participants a series of questions about their understanding and measurement of QoL, and the role of tourism in their QoL. For instance: "How do you understand the QoL and what it means to you?" and "Why did you choose tourism as a way to improve the QoL?". Participants freely expressed their views and understanding of QoL and the enablers and barriers they encounter in perceiving QoL, and even answered questions that were not mentioned in the question schedule. This information is particularly essential for digging into older Chinese tourists' understanding of QoL in-depth and detailed information behind their further behaviour.

Furthermore, as mentioned in a previous section (3.4.2), qualitative research provides detail and in-depth understanding, which can help researchers to measure newly explored variables well (Easterby-Smith et al., 2015; Crowther and Lancaster, 2012, pp. 72-85). The results of the qualitative phase can also guide the design of subsequent quantitative instruments and also help researchers to develop a deeper understanding of each indicator, which is important for subsequent quantitative studies (Crowther and Lancaster, 2012, pp. 72-85; Tashakkori and Teddlie, 2010; Bahl and Milne, 2007). As stated in the literature review, there is no uniformity in the measurement of QoL among older Chinese tourists. I explored this through semi-structured interviews and found helpful information to support the choice of the QoL scale for older Chinese tourists. In addition, this study used mixed research methods, so semi-structured interviews were used as an auxiliary means to supplement and increase the depth of the standard questionnaire. In this study, the

purpose of conducting interviews is to gain personal views and understanding of older Chinese tourists on QoL, especially whether travel experiences affect QoL, so semi-structured interviews dig out more personal experience and information. In addition, in order to ensure that participants focused on the research topic, as the interviewer, I needed to control the interaction. Semi-structured interviews ensured that participants expressed their opinions naturally and in their own language and helped me explore the understanding of QoL by older Chinese tourists; nevertheless, I took care to keep the focus upon the main research themes. Semi-structured interviews were beneficial for exploring the different understanding of QoL of every participant and the contribution of tourism to their QoL; also, it was helpful for developing the related theory of tourism and QoL in the findings. Based on the above discussion, therefore I justifiably used a semi-structured interview method for qualitative-research phase of data collection.

3.5.2 Interview mode

The interview technique used for this research was telephone interviews. The most commonly used interview techniques include face-to-face interviews and telephone interviews. In addition, messenger interviews and e-mail interviews also increase the options for interview methods (Opdenakker, 2006). Face-to-face interviews are one of the most popular interview methods (Adhabi and Anozie, 2017). The feature of face-to-face interviews is the simultaneous communication of interlocutors in time and place (Irvine, 2011). Face-to-face communication helps researchers obtain a lot of additional information from the participants' tone of voice, body language and other clues and add this information to the participants' answers. Face-to-face interviews create a good atmosphere, which is conducive to the communication between researchers and participants. In addition, there is no significant time delay for face-to-face interviews, and participants can directly answer questions (Saunders, Lewis and Thornhill, 2019; Vogl, 2013; King, 2004). However, in face-to-face interviews, researchers must focus more on the questions to be asked, keeping in mind the needs of the research when listening to the participants' answers (Opdenakker, 2006). And, in some cases, the long distances, high costs and time required made face-to-face interviews impractical (Saunders, Lewis and Thornhill, 2019). The participants in this research were older Chinese tourists and travelling to China to conduct face-to-face interviews would have resulted in high costs in terms of money and time. In addition, the Covid-19 pandemic has caused travel restrictions. Remote interactions are safer and more practicable than

face-to-face interactions in such circumstances.

Therefore, my interviews were eventually conducted by telephone. I interviewed 18 participants in China via WeChat calls. The WeChat service is a similar service to Skype and Facetime, however, due to the low uptake of Skype and Facetime in China, WeChat is the most common tool used by Chinese people to make phone calls. Telephone interviews are a more convenient and simpler interviewing technique because data can be collected faster, with more flexibility in scheduling and at lower cost (Broome, 2015, Holt, 2010). In some situations, such as the current pandemic one, it may also be safer for researchers to conduct interviews over the telephone (Saunders, Lewis and Thornhill, 2019). With the development of technology, mobile phones have also expanded the scope for conducting research interviews over the phone, for example through Skype and Facetime services (Saunders, Lewis and Thornhill, 2019; Hanna; 2012). Compared with face-to-face interviews, one of the advantages of telephone interviews is to break the limitations of time and space (Broome, 2015). Telephone interviews can interview people who are difficult to reach and are wholly suitable for the current Covid-19 pandemic environment. In addition, telephone interviews are a cost-effective method of data collection compared to face-to-face interviews (Holt, 2010). However, one of the disadvantages of telephone interviews is the reduction of social cues. Researchers cannot see the body language of participants and cannot obtain additional information; clues such as voice and intonation are still available though (Saunders, Lewis and Thornhill, 2019; Adhabi and Anozie, 2017). Irvine (2011) argued that telephone interviews are a "quicker way to get to the point" than face-to-face interviews because interviews conducted over the telephone are usually task oriented. This method of interviewing is likely to have less small talk and is therefore less conducive to building more rapport with the participants, which may also result in a faster pace and less depth. However, establishing a rapport and friendly relationship with participants is beneficial in guiding participants to answer questions in more depth and therefore researchers can attain greater exploration of the research questions (Saunders, Lewis and Thornhill, 2019). following this, I conducted 'small talk' with the participants before the interview begins to create a rapport and friendly interview atmosphere in order to gain in-depth answers from the participants.

3.5.3 Recruitment of participants

Successful recruitment of research participants is a key part of the smooth conduct of the study and the success of the study. The process of recruitment begins with identifying potential research participants, followed by providing them with information about the research and finally determining their intention to participate in the research (Kumar, 2019, pp. 287-291; Martínez-Mesa et al., 2016). Recruiting participants for research can be done through organisations associated with the target group or individuals who are close to the target group's network of relationships, also known as 'gatekeepers' (Kumar, 2019, pp. 287-291; Manohar et al., 2018). The potential research participants for this study were older Chinese tourists.

The recruitment of participants began with the identification of the sampling frame that is a list of all elements of the overall sample; the sampling frame is important for the selection of the sample and for clearly defining the population of interest (Saunders, Lewis and Thornhill, 2019). The research target of this research was older Chinese tourists, so participants had to be Chinese people aged 60 years old and over with travel experience. The literature has identified beautiful natural scenery and unique traditional culture as the main factors for older Chinese tourists to choose a destination. Older Chinese tourists have a strong interest in traditional culture, with opera, ancient gardens, calligraphy, painting and landscapes being important factors in attracting them (Liu, 2018; Hsu, Cai and Wong, 2007; Wei and Cong, 2001). Suzhou is a popular tourist destination for older Chinese tourists and therefore Suzhou, China was chosen as the survey site for this study (Liu, 2018). In addition, Suzhou is located in Jiangsu, the third ageing province in China (Jiangsu Commission of Health, 2021). Therefore, it is representative to collect the sample in Suzhou.

However, recruiting older people for research is challenging as there are fewer channels of access to older people than younger people (Manohar et al., 2018). Some researchers have found that community-based recruitment strategies are effective in promoting older people's participation (Ford, Havstad and Davis, 2004). In addition, there are greater opportunities to reach potential older participants in organisations or institutions with a high proportion of older people, such as community centres, libraries, leisure activity centres, and senior care facilities. It is more likely for researchers to be able to recruit older participants if these communities, organisations and institutions have a person in charge of older people's affairs (Manohar et al., 2018). In addition,

referrals from friends and relatives can be a supportive means of recruiting older participants (Manohar et al., 2018; Adams et al., 1997).

As the potential participants in my research were older Chinese tourists, I initially contacted travel agencies that organise senior tourism to obtain permission for interviews and planned to conduct face-to-face interviews with older tourists during their trips. However, due to the lockdown and travel restrictions caused by the Covid-19 pandemic, the travel agency had stopped all business related to senior travel. Subsequently, I contacted the gatekeeper of a senior university in Suzhou with plans to conduct face-to-face interviews in the autumn of 2020. However, again due to the ongoing impact of the Covid-19 pandemic, the university had closed its offline classes, and the interviews did not take place as scheduled. Finally, in September 2020, I contacted the gatekeeper of the Suzhou Dongxincun community centre, who is the head of the community's leisure activity centre for older people. I presented her with information about my research and the requirements for potential participants. She helped me to publicise my research project at community events for older people and recruited 20 interviewees aged 60 and over who had travel experience in the two years prior to Covid-19 (2 interviewees withdrew from the study for personal reasons, so there were 18 interviewees in total).

3.5.4 Sample size and richness of data

The sample for a study is a representative portion of the population that the researcher intends to study, and the size of the sample is the number of participants selected by the researcher (Saunders, Lewis and Thornhill, 2019; Kumar, 2019, pp. 351-442). The researcher's selection of a certain number of representatives from the population as a sample to obtain information about a particular event or phenomenon is the process of sampling, and this selection process is a proactive one (Kumar and Phrommathed, 2005). Qualitative research like quantitative research requires the selection of a sample from the target population, the method, purpose and size of sampling for qualitative and quantitative research however are different, as well as are the factors to be considered when selecting the sample (Kumar, 2019, pp. 351-442; Martínez-Mesa et al., 2016).

In general, sampling strategies are divided into two main types: probability sampling and non-probability sampling. There are four main types of non-probability sampling: purposive sampling,

convenience sampling, quota sampling and snowball sampling. Probability sampling usually includes systematic random sampling, simple random sampling, stratified sampling, cluster sampling, complex or multi-stage sampling (Kumar, 2019, pp. 351-442; Martínez-Mesa et al., 2016). Although non-probability sampling does not present a representative sample, it helps to answer specific research questions and generate new hypotheses (Martínez-Mesa et al., 2016). In qualitative research, the purpose of sampling is to “see the big picture in a small way”. In qualitative research, in order to gain substantial insight into an individual, event or phenomenon, the researcher gains insight into that group by exploring, in depth, individuals who belong to that target research group (Saunders, Lewis and Thornhill, 2019; Saunders and Thornhill, 2016). In other words, the aim of sampling in qualitative research is not to gain representative insights through generalisations about the sample, but to gain insights into the group through the individual understandings of the sample. In contrast, the purpose of sampling in quantitative research is to derive causal relationships through the data collected, implying that representative results are obtained through generalisations about the sample (Kumar, 2019, pp. 351-442). Also, the method of determining sample size in qualitative research is to some extent subjective compared to quantitative research; it does not have a predetermined sample size and one stops collecting new information once the data collected reaches a “saturation point” (Kumar, 2019, pp. 351-442; Martínez-Mesa et al., 2016).

The purpose of this qualitative study is to collect information on the QoL understanding of older Chinese people and the impact of tourism on their QoL through semi-structured interviews. I purposefully chose the sample to gain insight into older Chinese tourists group by gaining substantial insight into participants' perceptions of their QoL and travel impacts. I used convenience sampling and snowball sampling under non-probability sampling because my aim was to select a sample of older Chinese with travel experience, rather than a random sample. The location of the study was Suzhou, as it is one of the key sources of older Chinese tourists and one of the most preferred destinations for older Chinese tourists (Liu, 2018). As mentioned above, I eventually recruited 18 interviewees aged 60 and over who had travel experience in the two years prior to Covid-19. They had different genders, ages, travel experience and educational backgrounds (see Table 3.1), which helped me understand more comprehensively the understanding of QoL among older Chinese people. The results of these interviews revealed a lot of information,

including older Chinese people’s knowledge of QoL, their access to QoL enablers and barriers, and the contribution of travel experience to their QoL. This information helped me abstract vital themes and structures to prepare for follow-up research.

Table 3.1 The qualitative-phase sample

Participant	Gender	Age	Number of trips per year (In the two years prior to Covid-19)	Educational background
1	Male	84	More than 6	Primary school
2	Male	70	More than 10	High school
3	Female	66	More than 5	High school
4	Female	75	3-4	Middle school
5	Female	61	4-5	College degree
6	Female	65	3-4	Bachelor’s degree
7	Male	72	2-3	College degree
8	Female	68	4-5	High school
9	Female	72	3-4	College degree
10	Female	65	2	Bachelor’s degree.
11	Female	64	6-7	High school
12	Male	68	3-5	College degree
13	Male	73	7-8	High school
14	Male	64	3-4	Middle school
15	Male	78	2-3	High school
16	Female	79	3-4	High school
17	Female	81	2-3	High school
18	Male	66	More than 5	Middle school

Source: The Author

3.5.5 Recording the interview data

Note-taking and audio-recording are standard methods for recording interviews. Note-taking allows researchers to analyse data in the moment because researchers can use their shorthand versions of notes for annotation (Minichiello, Aroni and Hays, 2008, pp. 123-156). However, audio-recording can allow the interviewer to focus on asking questions and listening. Since the audio-recording accurately records the questions during the interview, these questions can be adapted as appropriate in subsequent interviews. And audio-recording is very beneficial for data analysis; it provides

accurate and unbiased recording and can be listened to repeatedly. When analysing recorded data, the interviewee's original words can be directly quoted (Saunders, Lewis and Thornhill, 2019; Newcomer, Hatry and Wholey, 2015). Recording was necessary for this research because some participants used dialects, and I could not fully understand them at first, so I needed to record the conversations for repeated listening. Therefore, this study used audio recordings to record interview data. I sought permission to record the interview before recording.

The interview questions were based on the literature review. Before the interview, I conducted multiple pilots. I first invited my colleagues with a relevant academic background to pilot the questions, mainly to test how the content of the questions related to the purpose of the study and whether the interview questions could fully answer the research questions. After that, I invited relatives over 60 years old with travel experience to conduct the pilot, mainly to test whether the questions were appropriately worded, and whether the description of the questions allowed comprehension on behalf of older people. Then, I adjusted the questions based on the results of the pilots, and finally determined the interview questions (see Appendix 1). The entire interview process lasted five months, from October 2020 to February 2021.

3.5.6 Qualitative data analysis

Qualitative data collected in natural settings are likely to be rich in contextual detail. Many of these data will come directly from participants by recording what they say in interviews (Saunders, Lewis and Thornhill, 2019). During my research, qualitative data was recorded to reveal participants' verbalisations in the interview process in detail. The researcher may keep a research diary, record the audio, watch videos and write down notes about the recordings they have made, or view the visual images they have collected (Kumar, 2019, pp. 351-442; Saunders and Townsend, 2016). Also, the qualitative data collected from the participants will also have analytical significance because of the data having specific meanings. Researchers need to analyse and understand these specific meanings to explain them (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016).

The analysis techniques for qualitative data are varied, and the choice of qualitative analysis techniques needs careful thought. The choice of qualitative analysis techniques is different from

quantitative analysis; quantitative data analysis techniques require statistical techniques that are specified according to the type of data and what the researcher is trying to explain, inspect, or predict (Miles, Huberman and Saldaña, 2014, pp. 50-88). However, the analysis of qualitative data is not exclusive (Saunders, Lewis and Thornhill, 2019; Saunders and Townsend, 2016). Qualitative data is usually not standardised data, but rather non-standardised data containing large amounts of text. Researchers therefore need to segment this non-standardised data through coding and categorise it into different analysis groups (Saunders, Lewis and Thornhill, 2019). The process of coding and categorising qualitative data usually involves summarising the meaning of the data in order to simplify understanding or reduce the qualitative data so that it can be understood and further analysed, so qualitative data analysis techniques can disperse or even reduce the data analysed (Kumar, 2019, pp. 351-442; Saunders and Townsend, 2016). The main analytical techniques for qualitative data analysis are template analysis, thematic analysis, grounded theory, narrative analysis and discourse analysis (Saunders, Lewis and Thornhill, 2019; King and Brooks, 2016, pp. 25-46; Crowther and Lancaster, 2012, pp. 140-151). The qualitative data analysis technique used in this research was template analysis. Because template analysis is an independent analytical technique, it can be used regardless of the research's philosophical stance and theoretical development approach taken by the researcher (Saunders, Lewis and Thornhill, 2019).

3.5.6.1 Template analysis

The choice of data analysis technique is influenced by the philosophy of the research, the method of theory development and the choice of methodology. For example, thematic analysis is a fundamental approach to qualitative analysis, as the process of thematic analysis is also present in other techniques for analysing qualitative data (King and Brooks, 2016, pp. 25-46; Braun and Clarke, 2006). However, some qualitative data analysis techniques are particularly relevant to deductive or inductive approaches and do not allow for the analysis of data based on other research philosophies (Saunders, Lewis and Thornhill, 2019). Therefore, I have considered the research philosophy, research approach, and methodology of this study when selecting qualitative data analysis techniques. I also considered the integrity of the data during the analysis and whether the data needed to be split and rearranged. The focus of the data analysis was also a scope of my consideration: whether to focus on themes or topics or on the use of analytical language (Saunders, Lewis and Thornhill, 2019). The research philosophy of this study is pragmatic, employing

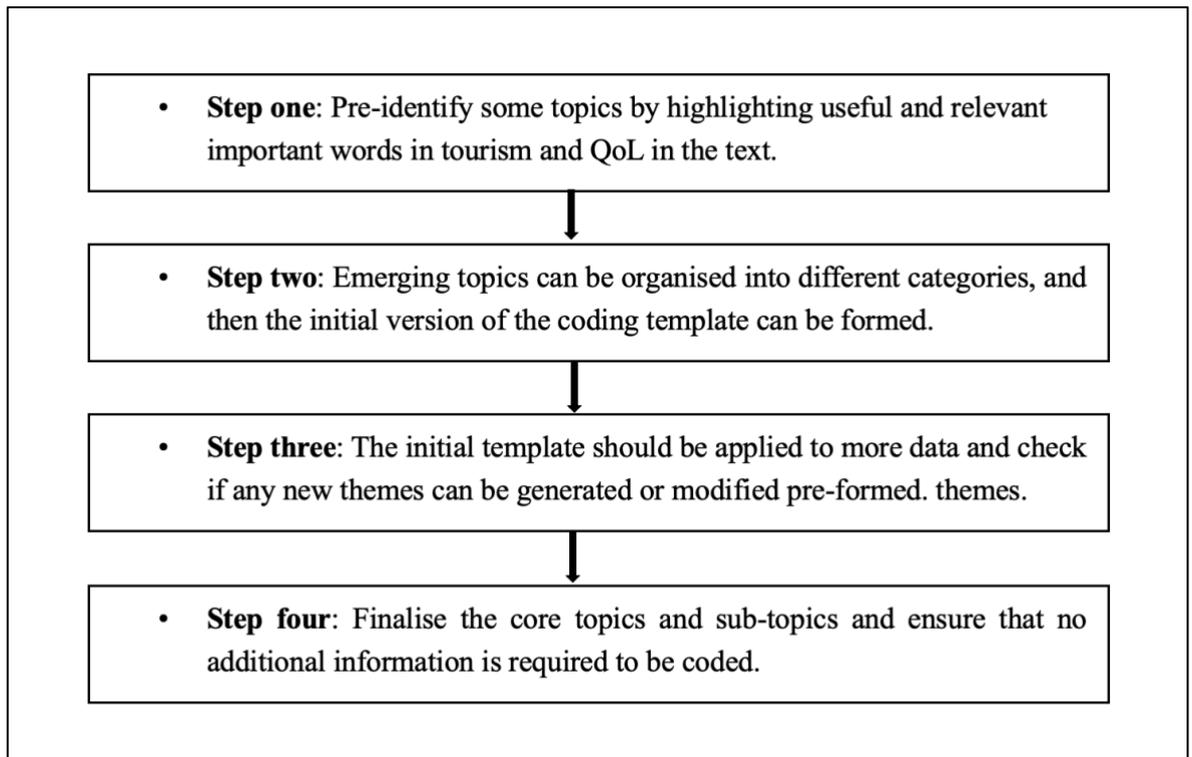
abduction as a method of theory development and using mixed methods as a methodology. Following the ecumenical stance of pragmatism then, the research therefore considers both subjective and objective positions and requires a systematic, flexible and easy to use technique for data analysis. For this reason, template analysis was chosen as the analysis technique for the qualitative data in this research.

Template analysis is an offshoot of thematic analysis, but it adopts a higher level of structure by developing a preliminary coding template earlier than thematic analysis methods (Saunders, Lewis and Thornhill, 2019; King and Brooks, 2016, pp. 25-46; Silver and Lewins, 2014, pp. 9-33). It is applicable to various types of qualitative data, including interview transcripts, textual data and responses to open-ended questions, among others (King and Brooks, 2016, pp. 25-46; Silver and Lewins, 2014, pp. 9-33; Crowther and Lancaster, 2012, pp.168-180). Researchers using thematic analysis code all their data before analysing the structure, whereas researchers using template analysis develop a very structured approach to analysing their data before coding (King and Brooks, 2016, pp. 73-95). The procedure for template analysis is that the researcher develops a coding template early on and then modifies it for each subsequent data item or number of items. The flexibility of template analysis allows each step of data analysis to be explored more fully, including coding, designing and linking themes, exploring relationships, and forming meaning for the study (Saunders, Lewis and Thornhill, 2019; King and Brooks, 2016, pp. 73-95). This research used template analysis because I developed structures on travel and QoL first, before coding the data from the text interviews. Therefore, as well as being a flexible data analysis technique, template analysis is more appropriate for my research. In addition, another advantage of template analysis is that it helps researchers to identify emergent issues that they did not focus on at the start of the research project (Saunders, Lewis and Thornhill, 2019; King and Brooks, 2016, pp. 73-95).

Therefore, from a bottom-up perspective, older Chinese people's perception of QoL includes satisfaction with physical well-being, psychological well-being, social relationships and environment. The exploratory factor that affects QoL of older Chinese tourists is the decision of tourism influence factors includes travel motivation, travel constraint, travel activities, tourism destination and travel satisfaction (Zhang, 2017; Brajša Žganec, Merkaš and Šverko, 2011; Silverstein and Parker, 2002; Zamarron and Ruiz, 2001; Fernández-Ballesteros, Menec and

Chipperfield, 1997; Iso-Ahola, Jackson and Dunn, 1994; Riddick and Stewart, 1994). Therefore, as a researcher I had some clues, from the literature, to help me outline the initial structure of the core theme to study the impact of tourism on the QoL of older Chinese tourists. In this research, I used the four steps of template analysis to examine older Chinese tourists' understanding of QoL, enablers and barriers of QoL, and the contribution of tourism to older Chinese tourists' QoL (Brooks et al., 2015). The procedure is depicted in Figure 3.2.

Figure 3.2 Four steps of template analysis for this research



Source: The author (developed from Brooks et al., 2015)

3.6 Stage two: Survey

This research used a survey to collect quantitative data and the survey technique was a telephone survey. This study collected 496 questionnaires in Suzhou, China, of which 445 were valid. I adopted SPSS 27.0 and Amos 26.0 to analyse the data collected from the survey. The overall process of Stage 2 is described below, specifying the procedures used to collect quantitative data through the survey.

In conclusion to this subsection then, the methods and strategies of data collection are based on this

thesis' adopted research question, the research purpose and its research philosophy (Saunders, Lewis and Thornhill, 2019; Collis and Hussey, 2013, pp.129-224). Therefore, this research answers the research questions through two phases of research: qualitative research preceding quantitative research. In the first phase of the research, semi-structured interviews are used to collect qualitative data, and the process of qualitative research is described in detail in section 3.5. In the second phase of the study, quantitative data is collected for the quantitative study. Quantitative research is positivistic research that measures, calculates and counts things or phenomena through verifiable observations, and the results of its analysis are expressed in numerical form and subsequently explored and verified for potential relationships between variables (Saunders, Lewis and Thornhill, 2019; Guba and Lincoln, 1994;).

I used a survey in the second stage when collecting quantitative data. Surveys are one of the most widely used quantitative data collection methods in business and management research, allowing researchers to quickly collect relatively large amounts of data prior to quantitative analysis; as each participant answers the same set of questions they can be viewed as reliable (Saunders, Lewis and Thornhill, 2019; Crowther and Lancaster, 2012, pp. 72-85). Surveys are often adopted in explanatory studies, and explanatory studies help researchers to examine and explain relationships between variables, particularly causal relationships. In addition to this, exploring the relationships between variables also helps to test the generalisability of research hypotheses and conclusions, as the findings can be extended from a sample to a population. (Saunders, Lewis and Thornhill, 2019; Bell, Bryman and Harley, 2018, pp. 163-310; Dawson, 2016, pp. 21-37; Swift and Piff, 2014, pp. 198-246). Thus, quantitative data collected by survey methods, for the study at hand, is able to explain if and how the effects of tourism act on older Chinese tourists' QoL, and the survey approach helps us to explore pathways of influence and relational frameworks to achieve Objectives 3 and 4.

3.6.1 Design of the survey's questionnaire

The design of a survey's questionnaire affects the response rate of participants as well as the reliability and validity of the data, and researchers can ensure the quality of the instrument by paying attention to question design, visual presentation, distribution, and communication of information (Saunders, Lewis, and Thornhill, 2019; De Vaus, 2014; Swift and Piff, 2014, pp. 198-

246). The questionnaire design for this research followed careful design in these areas. An information sheet and consent form (see Appendices 4 and 7) were first placed prior to the questionnaire to introduce participants to the study, including what the study was about, the use of the results, whether it was anonymous, and to obtain consent for participants to participate in the study. The first part was comprised of questions related to past travel participation, including the number of trips per year, choice of travel group and where participants had travelled in the two years prior to the Covid-19 pandemic. The second part mainly included questions about travel experience in the two years prior to the Covid-19 pandemic. The questions in third part were designed to measure constructs of QoL. The fourth part comprised of questions about the social-demographic characteristics of the participants. The survey's questionnaire was developed based on the literature review (Chapter 2) and results of Study 1 (Chapter 4). The application of the survey was a collaborative finding of the qualitative study. Therefore, designing the questionnaire in the manner described above was logical for this research and appropriate for exploring whether and how tourism affects QoL among older Chinese tourists.

3.6.2 Survey instrument design

The Five-Point Likert Scale was used for this research. The Likert Scale is widely used in surveys and research and consists of a set of questions or statements related to a topic, where participants express their overall attitude towards the topic by whether they agree with a statement or not (Bell, Bryman and Harley, 2018, pp. 163-310). The Likert scale itself does not measure participants' attitudes, but researchers can observe participants' attitudes or opinions through the extent to which they agree with a statement (Collis and Hussey, 2013, pp.42-47). There are various forms of Likert scales, the common ones being the Five-Point and Seven-Point scales, which possess, respectively five and seven indicators; the number of indicators depending on the level of expression of the participant's attitude that the researcher wants to measure. The scale ranges from one extreme to the other, such as "Strongly disagree" to "Strongly agree" or "Not at all" to "An extreme amount". Participants expressed their opinions about the statements through their choice of indicators (Kumar and Phrommathed, 2005).

The scale selection for this research was based on a summary of the literature, analysis (Chapter 2) and the results of Study 1 (Chapter 4). Through critical discussion of the literature, the WHOQOL

scale was found to be an appropriate scale for measuring QoL in older people, and the results of the interview in Study 1 validated the applicability of the WHOQOL scale. In this process I summarised the exploratory variables generated by Study 1 and made appropriate modifications to the WHOQOL scale to apply to the older Chinese tourist group. The WHOQOL scale uses a Five-Point Likert Scale, so the survey for this study also used the Five-Point Likert Scale. Participants used a scale of '1' to '5' to express their attitude towards the corresponding statement.

The Likert scale is easier for the researcher to design than other scales and facilitates further statistical analysis of the data. Moreover, the answer format of the Likert scale makes it easy for participants to mark their positions and answer easily (Collis and Hussey, 2013, pp.129-153). In addition, the Likert scale has a wide range of uses and can be used to measure complex multidimensional attitudes or concepts that cannot be measured by some other scales (Allen and Seama, 2007). Questionnaires using Likert scales require more response time because participants need to read all statements, but Likert scales have higher validity and reliability than other scales of the same length and can reflect participants' overall attitudes in a variety of ways (Malhotra et al., 2014; Vagias, 2006). Therefore, I ultimately selected the Five-Point Likert Scale as the technique for measurement in the survey instrument.

3.6.3 Delivering and collecting the questionnaire

The response rate of the questionnaire is important to the collection of data, and the response rate is highly dependent on how the questionnaire is delivered (Saunders, Lewis, and Thornhill, 2019). The method of questionnaire delivery is influenced by the resources available to the researcher and the target participants (Fink, 2016; Bloomberg, Cooper and Schindler, 2014, pp.143-159; Dillman, Smyth and Christian, 2014). Currently, there are six main types of questionnaire distribution methods: face-to-face questionnaires, internet questionnaires, telephone questionnaires, SMS questionnaires, postal questionnaires and delivery and collection (Saunders, Lewis, and Thornhill, 2019; Fink, 2016; Dillman, Smyth and Christian, 2014).

The target participation in this study was older Chinese tourists, but older Chinese people suffer from illiteracy, poor vision and poor hearing, and they may need help from the researcher in completing the questionnaire (Xie et al., 2017). Therefore, this study initially preferred to use the

face-to-face questionnaire survey to maximise the response rate of the questionnaire. However, due to the ongoing impact of the Covid-19 pandemic, I was unable to return to China to distribute the questionnaire face-to-face and remote interaction was a more suitable option. Tools from the internet have been widely used to deliver questionnaires, and the internet questionnaire is a low cost, time saving and easy to implement method (Saunders, Lewis, and Thornhill, 2019). However, despite the increasing popularity of the internet, older people in China are still unfamiliar with internet surveys (Xie et al., 2017). Therefore, I used a telephone questionnaire to collect quantitative data in order to help participants understand the information relevant to the research during the collection process.

3.6.4 Sampling method

Sampling helps researchers to determine the characteristics of the whole population by directly observing a portion of the population; that is, drawing conclusions about the group from a sample (Bloomberg, Cooper and Schindler, 2014, pp. 107-159). As introduced in section 3.5.3, the potential participants in this study were Chinese older people aged 60 and above with experience of tourism. The location of the survey was Suzhou, China, as it is a popular tourist destination for older Chinese tourists and one of the main generating regions of older Chinese tourists (Liu, 2018). Furthermore, Suzhou is also a city with a higher-than-average level of older people than other cities in China (Jiangsu Commission of Health, 2021; Chen, 2016, pp. 24-36). As such, older people in Suzhou are largely typical of older Chinese tourists and were thus selected as a sample for exploring the relationship between tourism and the QoL of older Chinese tourists.

However, as mentioned in Section 3.5.3, recruiting older people to participate in research is challenging as there are fewer channels to reach older people than younger people (Manohar et al., 2018). Community-based recruitment strategies though, can be effective in promoting older people's participation (Ford et al., 2004). In addition, there are greater opportunities to reach potential older participants in organisations or institutions with a high proportion of older people, such as community centres, libraries, leisure activity centres and aged care facilities. It is more feasible for researchers to recruit older participants if these communities, organisations and institutions have a person in charge of older people's affairs (Manohar et al., 2018). Ultimately, I reached out to approximately 500 Chinese older adults aged 60 and over with travel experience

(two years prior to Covid-19) through a gatekeeper, of which 496 participated in the survey. These participants came from senior leisure centres, senior education centres and senior communities.

Recruiting a sample of older Chinese tourists proved difficult in achieving the sample required for probability sampling because of limitations such as long probability sampling periods and high costs. Therefore, non-probability sampling was used in this study. Creswell (2014a, 2014b) considers it appropriate to use a convenience sample in a quantitative study. Past studies have also used non-probability sampling when exploring the relationship between tourism and older people's QoL (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2015). Generating data from selected senior leisure activity centres, senior education centres and senior communities through non-probability convenience sampling not only facilitates populating the sample, but also achieves a degree of randomness; it does not though guarantee a 'fully representative' sample (Woo, Kim and Uysal, 2015; Creswell, 2014a, 2014b). Therefore, in subsequent data analysis, I compared some demographic variables, such as gender and age, with the Suzhou census results and found that the normal distribution was consistent, with similar patterns between the two ensuring a representative sample.

3.6.5 Sample size

Determining the appropriate sample size is a key issue in quantitative analysis, as sample size affects the statistical significance and confidence in the generalisability of the results (Kumar, 2019, pp. 351-442). In quantitative research, the choice of sample size requires consideration of the number of variables, the sample size used in similar studies, the type of study, survey completion rates, use of findings and resource constraints (Sherbaum and Shockley, 2015, pp. 40-72). In general, the larger the sample size, the more accurate the results of the statistical analysis. However, sample size is also related to the analytical technique chosen (Swift and Piff, 2014, pp. 198-246). In this study, structural equation modelling (SEM) was used as the method of data analysis. Although determining the appropriate sample size is also a key issue in SEM, there is no consensus in the literature on the appropriate sample size for SEM (Dawson, 2016, pp. 21-37; Sivo et al., 2006).

Some researchers have argued that simple SEM models allow for meaningful testing of very small sample sizes (Hoyle and Kenny, 1999; Hoyle, 1995). There is though evidence that samples

between 100 and 150 are the minimum sample size for conducting SEM (Tabachnick and Fidell, 2001; Ding, Velicer and Harlow, 1995). However, some researchers have argued that SEM requires a still larger sample size and have proposed a 'critical sample size' of 200 (Kline, 2005; Boomsma and Hoogland, 2001; Hoogland and Boomsma 1998; Hoelter, 1983). This means that any sample of more than 200 is considered to provide sufficient statistical significance for data analysis. In fact, deciding on the sample size based on the number of observed variables is a common approach according to some researchers (Marsh and Hau, 1999; Marsh et al., 1998). When the underlying variable has multiple indicators, a ratio of as low as five cases per variable is sufficient (Bentler and Chou, 1987). Field (2018) and Hair et al. (2010), on the other hand, state that the ratio of cases to variables should be at least 10:1 or 15:1; often 10:1 is a widely accepted rule of thumb (Nunnally, 1975). Comrey and Lee (2013) also suggest a comfortable sample size of at least 300.

This research involved 49 observed variables, which means that the minimum sample size should be 490. Over 500 questionnaires were distributed in this study and 496 were returned, with 445 samples being valid questionnaires. But, as this research used maximum likelihood estimation (MLE) for SEM analysis, a sample size of more than 400 cases would result in a poor fit and an overly large sample size does not guarantee the accuracy of the results (Hair et al., 2010). Therefore, a sample of 445 was deemed sufficiently large for subsequent statistical analyses.

3.6.6 Back-translation techniques

Back-translation techniques have been widely used in social science research to improve translation equivalence, particularly in linguistically and culturally diverse contexts (Craig and Douglas, 2005). Many tools designed for social science research have been documented in English-speaking cultures, but it is important to ensure correct and accurate translations when participants do not speak English (Stening and Zhang, 2007; Mason, 2005). Using an existing instrument rather than developing a similar one for the target population often saves time, money and effort, but the process of translation is crucial to the development of measurement items in different cultural contexts, as the scale resulting from the translation may not be identical to the source document (Brislin, 1970). It is therefore important for the researcher to ensure equivalence between the source text and the target text. In order to ensure equivalence, both the source and target texts need to be translated and re-translated over and over again (Brislin, 1970). This process of translation

and re-translation is also an effective way to improve participants' understanding of terms and measures (Craig and Douglas, 2005).

The source language of the questionnaire for this research was English, however the participants in this study were older Chinese tourists who were native Chinese speakers, therefore this study required the translation of the questionnaire from English to Chinese. Following the back translation procedure, I first translated the questionnaire from English into Chinese and reviewed it with five Chinese PhD students who have a background in management studies. They had both management expertise and were native Chinese speakers, which helped to ensure that the translation was correct and accurate for this study. I then back-translated the Chinese questionnaire into English and had the back-translated questionnaire checked by my native English-speaking supervisors and colleagues. I compared the source document of the questionnaire with the back-translated questionnaire to check for translation errors and translation quality (Craig and Douglas, 2005; Klaudy, 1996; Brislin, 1970)

There were some challenges in the translation process. Some Chinese words have no correspondingly accurate English translations. For example, the Chinese "Huaigu" can only be translated into "Nostalgic", but this translation is inaccurate. Because "Huaigu" means to miss ancient people/ things or personal past experiences, "Nostalgic" only refers to the period or place with a happy personal connection. Therefore, an explanation was attached after such translations.

3.6.7 Pre-testing and pilot studies

I conducted a pre-testing and pilot study with small samples before conducting the formal, large-scale survey. Pre-testing is the process of improving the quality of a questionnaire through the comments of participants on the items and its overall design. A pilot study is a small-scale survey using the pre-tested questionnaire to test the reliability and validity of the questionnaire.

Pre-testing aims to improve the questionnaire, which is a method of reducing errors in the questions by testing the instrument on a small number of participants (Malhotra and Briks, 2007). Pre-testing is necessary in order to increase the response rate of the survey. Pre-testing first tests the functionality of the questionnaire, including the content, description and wording of the questions,

the order, format and layout of the questions, and the difficulty of the questions (Malhotra and Briks, 2007). The pre-testing was designed to test the content, description and wording of the questions, the order, format and layout of the questions, and the difficulty of the questions (Sherbaum and Shockley, 2015; Bloomberg, Cooper and Schindler, 2014, pp. 107-159; Malhotra and Briks, 2007). In addition, pre-testing helps the researcher to estimate the time needed to complete the questionnaire and to adjust the length of the questionnaire to within a reasonable timeframe (De Vaus, 2014). In particular, pre-testing is necessary if the study uses self-developed measures or uses measures that have been refined based on existing research; otherwise, the questionnaire should not be used for fieldwork (Swift and Piff, 2014, pp. 198-246; Hair et al., 2010; Visser, Krosnick and Lavrakas, 2000). Pre-testing is usually informal and appropriate methods are used to pre-test through family, friends or colleagues to get quick feedback. Typically, pre-testing has a sample size of 15 to 30 people (Malhotra and Briks, 2007).

The sample size for the pre-testing in this study was 19 and the pre-testing was conducted over the telephone, with my relatives over 60 years of age and also with Study 1 participants. Based on their suggestions, I focused the questions in the first part of the questionnaire on travel experiences and QoL and relocated the questions on personal information to the last part of the questionnaire, allowing participants to focus on the research questions first when answering the questions. In addition, in the questions about QoL, the pre-testing participants suggested that I remove some factors that did not apply to older Chinese people (questions that older Chinese people would refuse to answer), such as "sexual activity" in social relationships. The process and results of pre-testing will be elaborated in Chapter 5.

I then conducted a pilot study with 150 participants to measure the reliability and validity of all items of the construct. A pilot study is an exploratory and test survey and testing a draft questionnaire prior to the formal survey is essential for the smooth conduct of the latter (Crowther and Lancaster, 2012, pp.140-165). It helps to assess whether the measurement items can reliably and validly measure the constructs to which they belong (Karahanna, Straub and Chervany, 1999). In addition, pilot studies help to assess survey response rates and provide an opportunity for researchers to become familiar with the data collection process as well as to identify potential problems in the collection process (Thabane et al., 2010; Buckingham and Saunders, 2004;). The

purpose of the pilot study was to check the completeness, reliability and construct validity of the answers before conducting a formal investigation to test the hypotheses (Thabane et al., 2010; Karahanna, Straub and Chervany, 1999). De Vaus (2014) suggests an appropriate sample size of 75 to 100 for the pilot study. However, as I conducted a principal component analysis (PCA) on the pilot study data to extract factors, in general, the PCA sample size should be above 100 (Field, 2018). Therefore, I conducted a pilot study with 150 participants, of which the valid sample was 124. Again, the specific process and results of the pilot study will be summarised in Chapter 5.

3.6.8 Quantitative data analysis

Structural equation modelling (SEM) was the quantitative data analysis technique used in this research. SEM is a statistical analysis technique that incorporates factor analysis and path analysis to help researchers explain relationships between multiple variables, build theoretical models of causality, and then verify causality by examining how well the sample data support the theoretical model (Hair et al., 2010; Schumacker and Lomax, 2004, pp. 111-157). SEM is therefore “a unique combination of factor analysis and multiple regression analysis” (Hair et al., 2010). It consists of two models, firstly, a measurement model and secondly, a structural model. The measurement model can be thought of as a regression model, representing the covariance between the latent and observed variables. It specifies the extent to which a set of variables being measured represents the underlying structure they are designed to measure. (Hair et al., 2010; Wu, 2010). Structural models, on the other hand, show the structural relationships between latent variables, that is, the relationships and influence pathways between constructs, and can also be seen as regression models (Hair et al., 2010).

SEM techniques provide researchers with the ability to analyse theoretical models, helping them to understand the complex relationships between multiple variables and reducing reliance on basic statistical methods (Schumacker and Lomax, 2004). Secondly, they demonstrate multiple measures of a construct by assessing the relationship between observed and potential variables, thereby reducing measurement error in the construct and ensuring the validity and reliability of the measurement scale (Hair et al., 2010). In addition, SEM provides researchers with procedures to assess and correct for measurement error (Wu, 2010; Hair et al., 2010; Schumacker and Lomax, 2004, pp. 11-157). SEM techniques allow researchers to assess how a set of variables define

structure and how these constructs are related to each other, making SEM valuable for testing and validating theoretical models.

In this research, SEM analysis was conducted using SPSS 27.0, which was used for exploratory factor analysis (EFA), and Amos 26.0, which was used for confirmatory factor analysis (CFA). EFA is a data reduction/compression method used to search for the structure of a set of variables (Hair et al., 2010). In addition, EFA can be used to generate the most concise set of variables through data reduction to retain the properties and characteristics of the original variables, which can be used by the researcher to justify or modify the study (Hair et al., 2010; Kline, 2005).

The EFA for this research was used in the pilot study and prior to structural equation modelling (SEM) to analyse how many latent variables (factors) the measured variables (scale items) could eventually form, as well as exploring which items corresponded to each factor and ultimately exploring the model structure (Schumacker and Lomax, 2004, pp. 111-157). EFA is an appropriate method for developing scales that measure latent factors because it examines the degree of correlation between measured variables and latent variables. In addition, EFA allows researchers to further develop traditional conceptual models by exploring new conceptual factors to explain new phenomena and assess the generalisability of others' work.

In the present study, the constructs used are intangible. They are based on the results gathered from an extensive literature review and interview phase of the research, measured through several questions (Study 1). Thus, the measurement scales that were developed allowed for evidence of different aspects of the concept and confirmed that the questions asked were in fact measuring the target constructs. Reliability and validity analyses were used for validation in this study. Reliability is a measure of the degree of internal consistency in the measurement of a potentially constructed set of indicators (Hair et al., 2010). Validity is the ability of an instrument to measure what it was designed to measure (Kumar and Phrommathed, 2005). Cronbach's alpha (α) is widely used to measure reliability. In general, the acceptable range for Cronbach's alpha is 0.70 to 0.80, with values below this benchmark indicating that the scale is internally unreliable (Hair et al., 2010; Kline, 2005). The internal consistency of each individual construct must be checked before proceeding to the next stage of comprehensive measurement modelling and hypothesis testing

(Sherbaum and Shockley, 2015).

CFA is then used to verify whether the proposed model structure holds (Schumacker and Lomax, 2004; Wu, 2010). In this research, estimation methods were used to conduct the CFA. Estimation methods are mathematical algorithms that are used to determine the estimates of each free parameter (Hair et al., 2010). Maximum likelihood estimation (MLE) is the most widely used estimation method in SEM (Hair et al., 2010). MLE ensures that the best-fit model can be found by estimating the parameters flexibly (Hair et al., 2010). Goodness of fit (GOF) metrics are used to assess the model fit of SEM models, including Chi² square (χ^2), RMR (root mean square residual), RMSER (root mean square error of approximation), GFI (good-of-fit index), NFI (normal fit index), RFI (Relative fit index), IFI (incremental fit index), TLI (Tacker-Lewis index) and CFI (comparative fit index) (Wu, 2010; Hair et al., 2010).

3.7 Ethical considerations

Ethical considerations were present throughout the course of this study. The primary data collection for this research complied with the Northumbria University Code of Ethics, and ethical approval was sought from the Northumbria University Ethics Committee (Submission Ref: 20887) prior to data collection. The aim of this research was to explore the determinants of perceived QoL among older Chinese tourists, with the researcher first conducting interviews and then surveys to collect data based on a large sample.

Voluntary participation is one of the key principles of social research in conducting interviews and surveys (Collis and Hussey, 2013, pp.42-47). Prior to participating in this study, I informed participants of the nature and objectives of this research and informed them of their right to withdraw from the research (at any time) and to refuse to answer questions (any question). Therefore, the principle of voluntary participation was applied in this study.

In addition, anonymity and confidentiality are other important principles of social research and are necessary ethical considerations. In the interviews for this research, interviewees were assigned a code number in place of their names (Interviewee 1-18). In addition, all participants who took part

in the survey remained anonymous, so the information provided would not be traceable to individuals. Participants answering the questions anonymously is also beneficial for increasing the response rate and ensuring the accuracy of the responses (Saunders, Lewis and Thornhill, 2019; Easterby-Smith, Thorpe and Jackson, 2015).

All data collected for this research was for academic purposes only and was stored on my personal drive on the Northumbria University's server. The recordings were transferred from the recording device to a server at Northumbria University. I entered the data from the questionnaires onto the server and destroyed the paper copies once the checking process was complete. I scanned and stored the completed consent forms on the server at Northumbria University and then destroyed the paper copies. Up to this point, the paper copies were stored in a locked cabinet. In addition, three years after the completion of this study, all electronic documents will be completely deleted from Northumbria University's computer systems.

All information obtained in this research will be kept strictly confidential (i.e. not passed on to others) and anonymous. I have removed direct identifying information of participants, including participants' names, addresses, postcode information and telephone numbers. Due to the Covid-19 pandemic, I was not able to contact participants face-to-face to distribute participants information sheets (see Appendix 4) and obtain consent forms (see Appendices 3 and 7). For the telephone survey, I first read out the participants information sheet to the participants prior to the start of the survey and then sought consent from participants prior to the survey. For the telephone interviews, I presented the participant information sheet and content of consent form and audio-recorded them.

3.8 Chapter summary

This chapter has outlined the whole process and basic principles of the research strategy that adopts the pragmatic paradigm as the research-design standpoint and combines interviews and questionnaires. Appropriate arguments for these selected methods have been provided to enable readers to understand the assumptions and decisions that underlie this research. Using mixed methods was judged to be the best way to explain the influence of the determinants of tourism on the QoL of older Chinese people. This research explores the understanding of QoL by older people

and explores the relationship between tourism and QoL. Thus, the adopted strategy can help researchers deeply understand this phenomenon. In addition, this chapter also introduced methods for collecting qualitative and quantitative data, designing questionnaires, conducting pre-testing and pilot studies, selecting samples and conducting data analysis. Chapter 4 and 5 will introduce the findings of stage one and stage two, respectively.

Chapter Four: Qualitative findings and discussion (Study 1)

4.1 Chapter introduction

The purpose of this chapter is to introduce the main findings of the interview analysis with 18 older people in the Dongxincun community, discuss how the main results of the interviews can help this research achieve the research goals, and provide support and guidance for the quantitative research (see Chapter 5). This chapter includes four parts. The first part will introduce the interviewees' basic information to understand their age, income, and educational background. The second part will explain the interviewees' understandings of the concept of quality of life (QoL) to explore older Chinese tourists' perceptions of QoL (research objective 1). At the same time, it will compare the interview findings with the literature, the results of which will help to adjust and confirm the well-being factors in the framework of the quantitative study. The third part will explore the interviewees' views on the relationship between tourism and QoL to explore the contribution of tourism to the QoL of the older people in China (research objective 2). Meanwhile, the findings will confirm the structure of the conceptual framework. The fourth part will introduce the travel experience of the interviewees to explore the relevant factors through which tourism affects the QoL of older Chinese tourists. Further, the discussion on their travel experiences will identify the tourism related factors and dimensions in the framework of the quantitative study.

In summary, this chapter will examine the appropriateness of the framework used for the quantitative study by exploring interviewees' travel experiences and perceptions of QoL through an exploratory survey to gain insight into their perspectives and attitudes regarding the relationship between tourism and QoL. In addition, the results of the analysis of the narrative data in this chapter will support and refine the design of the questionnaire for the quantitative study and will also help me to delve into the details behind and interpret the findings of the quantitative study.

4.2 Characteristics of interviewees

Interviews were conducted with older people in the Dongxincun community in China (n = 18) to assess their understanding and views of QoL and explore the contribution of tourism to their QoL.

Semi-structured interviews of about 30 minutes were undertaken with interviewees. The interview questions and guidelines used are provided in Appendix 1. The interviewees in this study had different socio-demographic information. For example, they were from different age groups, had different educational backgrounds and incomes, and therefore they were able to describe their understanding of the concept of QoL from different perspectives. There were also differences in where they had travelled, who they had travelled with and how often they had travelled. In short, their travel participation in the two years prior to Covid-19 was varied and therefore allowed them to describe past travel experiences and travel-related QoL from different perspectives. Table 4.1 shows the interviewees' characteristics, and table 4.2 indicates the information about interviewees' travel participation (two years prior to Covid-19).

Of the total interviewees, 44.4% were male, and 55.6% were female. The age group with the smallest number of interviewees was 80 years and over, with only two interviewees. The age group with the most interviewees was 65 to 69 years old, with six interviewees accounting for 33.3% of the total. Four interviewees were aged 70 to 74, accounting for 22.2% of the total. Two age groups, 60 to 64 and 75 to 79, each accounted for 16.7% of the total number of interviewees, both with three interviewees. The interviewees' age profile and gender characteristics are broadly consistent with the age profile of the Chinese population aged 60 and above (National Bureau of Statistics of China, 2020). According to the number and proportion of China's older people in 2019, China's older people are mainly concentrated between the ages of 60 and 69, and there are more older women than older men. The age distribution of interviewees in this study is generally aligned with the distribution of older people in China, but there are slightly fewer interviewees between the ages of 60 and 64, as two interviewees in this age group dropped out of the study.

Table 4.1 also shows that most of the interviewees in this survey have a high school education or below, and only six interviewees have a college or bachelor's degree. The main source of income for the older people in China is pensions, and educational background is one of the key factors affecting the income of the older adults in China (Zhu and Fan, 2017). In China, low-income older people's monthly income is less than 4,000 CNY, middle-income older people's monthly income is 4,000 to 10,000 CNY, and high-income older people's monthly income is more than 10,000 CNY (Li, 2020). In 2017, nearly half of the older Chinese people's monthly income was more than 4,000

CNY. Only 0.63% of older people had a monthly income of more than 10,000 CNY. This means more than half of the older people interviewed were low-income older adults (Li, 2020). Table 4.1 shows that the monthly income of five interviewees is less than RMB 4,000, the income of ten interviewees is between 4,000 and 10,000 CNY, and only three interviewees have an income of more than 10,000 CNY. The income of the interviewees is closely related to their educational background. The monthly income of most interviewees with a college or bachelor's degree is significantly higher than that of other interviewees, reaching middle or high-income level.

Table 4.1 Characteristics of the samples

Interviewee	Gender	Age	Monthly Income (CNY)	Highest level of educational attainment
1	Male	84	4,000	Primary school
2	Male	70	7,000	High school
3	Female	66	4,000	High school
4	Female	75	6,000	Middle school
5	Female	61	10,000	College degree
6	Female	65	8,000-10,000	Bachelor's degree
7	Male	72	>10,000	College degree
8	Female	68	≈ 3,500	High school
9	Female	72	3,500	College degree
10	Female	65	8,000	Bachelor's degree
11	Female	64	3,000-5,000	High school
12	Male	68	>10,000	College degree
13	Male	73	4,000-5,000	High school
14	Male	64	≈ 3,000	Middle school
15	Male	78	5,000-6,000	High school
16	Female	79	>10,000	High school
17	Female	81	> 3,000	High school
18	Male	66	3,500	Middle school
Note: 1 GBP ≈ 8.6 CNY				

Source: The author

In addition, this study summarised some information about interviewees' travel participation (two years prior to Covid-19), including the frequency of travel, who they travelled with, and the places they visited, as shown in Table 4.2. The information summarised in this chapter on the

interviewees' travel participation will be used to support and reference the design of the questionnaire in the quantitative survey. As can be seen from the table, half of the interviewees travelled four to five times per year, and all of the interviewees travelled more than two times per year. Interviewees' responses also indicated that they choose to travel in the company of friends and family or on tour arranged by a travel agency. The majority of interviewees preferred to travel in China, and the destinations they chose to travel to outside of China were mainly in Asia. The above information is generally consistent with the travel preferences of older Chinese people, as reported by Liu (2018). The analysis reports that older people are high-frequency tourists, with two-thirds of older Chinese people travelling three to five times a year. In addition, more than half of older Chinese tourists choose to travel with friends, followed by travelling with a partner or children or joining a tour group. Only 6.2% of older Chinese people choose to travel alone.

The type of travel chosen by interviewees is a reflection of China's culture of collectivism, which some scholars have suggested is more conducive to well-being among Chinese (Steele and Lynch, 2013; Cheung and Leung, 2007). The tendency of Chinese older people to travel in groups, especially with family and friends, also reflects one of their motivations for travel, the need for social interaction. They desire to promote relationships with family and friends and improve their QoL through travel. Interviewee 11 highlighted that *" I travel with family and friends, and also participate in tour groups... after travel, the relationship with the family is more harmonious and I feel happier "*. Indeed, the lack of travel partners is one of the travel constraints of older Chinese tourists, who feel that travelling in groups promotes their well-being. In addition, older Chinese people also choose to travel in groups for security reasons, as interviewee 13 mentioned, *"Travel constraints is mainly because of security issues, Second, my wife doesn't like travelling, and I don't want to travel alone"*. The above analysis explains why older Chinese tourists usually choose to travel in groups and confirms that group travel products dominate the Chinese senior travel market today.

Table 4.2 Information about interviewees' travel participation (two years prior to Covid-19)

	Nodes	References
Number of trips (Per year)	1	0
	2-3	4
	4-5	9
	6 and over	5
	Jiangsu, Zhejiang and Shanghai	12

Where travelled before	China (Exclusive Jiangsu, Zhejiang and Shanghai)	15
	Asia (Exclusive China)	6
	Others	1
Travel group	Travel arranged by travel agency (Group package tours)	13
	Travel with family	14
	Travel with friend	14

Source: The author

4.3 Quality of life (QoL)

The first research objective is to explore how older Chinese tourists understand QoL and the enablers and barriers in achieving QoL. The core questions in the interview sought to dig out interviewees' understandings, views and acquisition processes of QoL, and exploratory questions were used to deepen knowledge (see Appendix 1). The analysis of the interview results revealed two major themes. The first one is the interviewees' understanding of QoL: what QoL actually is. The second theme highlights the domains of QoL that play a role in understanding and measuring QoL.

4.3.1 The interviewees' understanding of QoL

The WHOQOL Group (1995) defined QoL as: “an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns”. In 1998, the WHOQOL group further stated that QoL can be understood in terms of the person's evaluation of physical, psychological, social and environmental dimensions. However, as covered in the literature review, the term QoL has always been the centre of intense discussions, and the definitions are not consistent among various disciplines (Andereck and Nyaupane, 2011a; Kaplan and Ries, 2007; Farquhar, 1995a). In addition, there are many different ways of defining QoL and more than 100 different models. QoL, as we have seen, is challenging to distinguish from well-being, welfare, or happiness (Andereck and Nyaupane, 2011b, Sirgy, 2002, pp. 5-35). Appendix 10 (The understanding of QoL among interviewees) summarises the interviewees' understanding of the idea of QoL. Their knowledge of the QoL concept can be divided into three types and separately discussing their understanding of QoL in relation to these three types will help this study demonstrate, explore, and measure the QoL among older Chinese

tourists. These three types contain different perspectives on QoL from each other, but they are exhaustive when brought together. A summary of the three types is as follows:

- Type 1: They did not have a specific definition of QoL, but used synonymous expressions for QoL, such as well-being or happiness.
- Type 2: They attempted to define QoL through a number of domains, including physical well-being, psychological well-being, social relationships and others, but did not cover all of them.
- Type 3: They state that QoL is not just one aspect of well-being, but the combined effect of all domains.

Two interviewees (Interviewee 2 and 11) belonged to the first type (Type 1), and they did not have a specific definition of QoL. They believed that well-being or happiness was equivalent to QoL. As Interviewee 2 said, *"For me, QoL is like well-being."*, Interviewee 11 also mentioned, *"QoL is a sense of happiness, and the higher the sense of happiness, the higher my QoL."* Previous studies have also noted that research on QoL has focused on the disciplines of sociology, psychology and geriatrics, but there is no consensus on the concept of QoL (Bayulken and Huisingh, 2015; Gilbert and Abdullah, 2004). Several terms are often used as synonyms for QoL within these fields, including happiness, well-being, subjective well-being (SWB) and life satisfaction (Pan, Fu and Wang, 2020; Jepson, Stadler and Spencer 2019; Sirgy et al., 2006; Gilbert and Abdullah, 2004).

The majority of interviewees fell into Type 2 (13/18 interviewees). They attempted to define QoL through a number of domains, including physical well-being, psychological well-being, social relationships and others, but did not cover all of the domains covered in the literature review. Their views are summarised in Appendix 10. Although most Type 2 interviewees identified physical well-being as the most important part of their QoL, they also noted that QoL is more than just physical well-being. For example, Interviewee 1 believed that physical health and mental health together made up his QoL. He said, *"For me, physical well-being and psychological well-being are QoL"*. In addition to Interviewee 1, Interviewee 5, Interviewee 11, Interviewee 12 and Interviewee 17 also supported psychological well-being as another important aspect in defining QoL, which they considered to be one of the measures of QoL and reflected in elements such as happy emotions, good mood and positive feelings. Evidence as below.

" QoL is also a sense of happiness, and the higher the sense of happiness, the higher the QoL."
(Interviewee11 - Female, 64 years)

"There are several elements to a good QoL... Third, you must have a good attitude and an optimistic attitude..." (Interviewee 12 -Male, 68 years)

In addition, interviewees also noted that social relationships contribute to QoL, including relationships with family members, relationships with friends, and support from family, friends and society. Another important factor for them was financial status. A majority of Type 2 interviewees pointed to a high pension and good financial conditions as key manifestations of QoL in older people. For example,

"There are several elements to a good QoL. First, I think there must be an economic foundation."
(Interviewee 12 -Male, 68 years)

"The first aspect is health because health is the foundation of everything. The second aspect is the economic situation." (Interviewee 13 - Male, 73 years)

The interviewees in Type 3 (Appendix 10) noted that their understanding of QoL was the combined effect of all aspects of well-being in life, rather than just referring to one aspect of well-being in life. This view is also supported by the literature, where, for example, Cummins (1997) states that QoL can be understood in terms of a single dimension and multiple dimensions. However, a unidimensional understanding is narrow, whereas a multidimensional understanding is more comprehensive and broader. Testa and Nackley (1994) also noted that QoL typically includes a range of domains related to well-being, such as physical well-being, functional health, psychological well-being, and social relationships. In 1998, the WHO group further defined QoL as an individual's perception of the physical, psychological, social and environmental dimensions of his or her life. These views from literature as to the multifaceted nature of QoL, are thus supported by many of the interviewees. As interviewee 4 mentioned, *"QoL is to be satisfied with all aspects of life"*. Interviewees 8 and 10 felt that their QoL was to be satisfied with all aspects of life as older people. Similarly, interviewee 16 noted that *"QoL for older people means being able to do the things they want to do. Otherwise, it reduces QoL"*. Interviewee 2 concluded that *"QoL is about being well in all aspects of life"*.

The summary and analysis in the literature review (Chapter 2) states that although QoL has attracted widespread attention across disciplines, understanding QoL research from the perspective of older people is limited. However, the study of QoL in older people is an important topic in QoL research (Woo, Kim and Uysal, 2016). In 1983, Lawton proposed the concept of the four elements of 'good living' for older people, including the external, objective (physical) environment, behavioural and social competence, mental health, and perceived QoL. He argued that these four elements encapsulate the life of older people in all aspects of older people's lives. Of these, the external, objective environment refers to indicators such as housing and economic indicators; behavioural and social competence includes social indicators, health conditions, cognition and usage of time; mental health is assessed through mental health indicators, cognitive judgments of life satisfaction, and positive and negative emotions; and perceived QoL is measured through people's subjective evaluation of different domains of life. Later, in further research on the well-being of older people, Lawton (1991) switched to the term 'QoL' as an umbrella term for the well-being of older people, covering all domains of life, and QoL was used for the first time in the field of research on older people. Bowling et al. (2003) further stated that the essential elements of the definition of QoL for older people include financial status, social roles and activities, health, mindfulness and well-being, social relationships (family and neighbours) and independence. In addition, Kelley-Gillespie (2009) summarised six key domains of older people's lives: social/leisure well-being, psychological well-being, psychological well-being, cognitive well-being, spiritual well-being and environmental well-being. According to the summary of Appendix 10, the interviewees' understanding of QoL also emanates from all domains of life, which coincides with the literature.

Furthermore, Fernández-Ballesteros (2011) reviewed the concept of QoL for older people and identified the diversity of QoL components. He claimed that QoL in older people could be understood by considering both objective and subjective perspectives. However, the interviewees' understanding of QoL was more from a subjective perspective, assessing well-being in all areas of life, including physical well-being, psychological well-being, and social relationships. This study used interviewees' responses to build an understanding of QoL for older Chinese visitors, as well as enablers and barriers to obtaining QoL. Interviewees emphasised the importance of physical well-being, as each respondent believed that physical well-being is the foundation of their QoL. In

addition, they identified the second enabler for gaining QoL as social relationships, particularly with family members, with almost every interviewee agreeing that harmonious family relationships are conducive to QoL. Gabriel and Bowling (2004) also noted that good social relationships were the most frequently mentioned factor when older people outlined their understanding of QoL. Psychological well-being was another QoL-enabler mentioned by the interviewees. They felt that maintaining positive affect and happy emotions helped them to achieve QoL while declining memory and attention hindered them from achieving QoL. It was noted that for tourists, psychological well-being is an important way to achieve QoL (Eusébio and Carneiro, 2011, 2014).

In addition, interviewees mentioned the importance of economic conditions. They indicated that the economic stage of development determined their QoL, which was closely related to their experiences when they were young. The material conditions of this generation of older Chinese people were very poor when they were young (Hou, Yin and Chen, 2005). Interviewee 8 referred to the fact that *"now, there are enough material things, and I can afford to achieve what I want to buy, eat, or realise my ideas"*. Based on the above analysis of interviewees' understanding of QoL, older Chinese tourists understand QoL in a number of domains, mainly reflecting their personal subjective feelings and evaluations. Research on QoL in the tourism field also pointed out that tourists' understanding of QoL places more emphasis on subjective experiences such as happiness, health status, increased longevity, increased self-esteem, and increased life satisfaction (Kilbourne, 2006; Sirgy and Cornwell 2002; Sirgy, 2001).

4.3.2 Measurement of QoL

In the previous section, I analysed interviewees' understanding of QoL, and in this section, I will explore the dimensions in which interviewees measure QoL. QoL is a complex, multidimensional concept that has neither a single definition nor a standard form of measurement (Cummins, 1997). As QoL is a social and multidimensional construct that incorporates both objective and subjective elements, QoL measurement commonly includes both objective and subjective approaches (Filep, 2014; Üner and Armutlu, 2012; Andereck et al., 2007; Diener and Suh, 1997). Objective measures of QoL focus on a range of social indicators such as GDP, employment rates, national income, health, living standards and crime, and objective indicators do not change because of an individual's subjective consciousness (Kim, Woo and Uysal, 2015; Andereck et al., 2007; Diener

and Suh, 1997). Unlike most objective measures of QoL, subjective measures often rely on survey or interview instruments that collect interviewees' assessments of their life experiences in the form of self-reported satisfaction, happiness, well-being or other similar synonyms (Easterlin, 2001; Diener et al., 1999;). Diener and Suh (1999) provided convincing evidence that subjective indicators are valid indicators of what people perceive to be related to their own well-being and happiness, and that subjective indicators of QoL are directly influenced by perceived differences and subjective assessments (Galloway and Newman, 2017; Costanza et al., 2007).

Table 4.3 summarises the themes and subthemes of QoL measured by the interviewees in this study and their reference (number of times the themes and subthemes were mentioned in the interviews). As can be seen from Table 4.3, the most important theme that interviewees identified as a measure of their QoL was social relationships, supported by 70 references. This is aligned with Gabriel and Bowling's (2004) study, which noted that good social relationships were the most frequently cited factor when older people outlined their understanding of QoL. This is followed by psychological well-being, supported by 59 references. There were 45 references supporting physical well-being. However, among the sub-themes, interviewees were most concerned with "positive/negative feelings". This study concludes the four most important aspects of QoL, as measured by older Chinese people from the interviewees' perspectives were: physical well-being, psychological well-being, social relationships and others. The interviewees evaluated QoL more from a subjective perspective, such as physical well-being, psychological well-being, and social relationships. They mentioned only two objective dimensions to assess QoL: living environment and economic status. The themes summarised in Table 4.3 are similar to the six main domains of older people's lives summarised by Kelley-Gillespie (2009): social/leisure well-being, physical well-being, psychological well-being, cognitive well-being, spiritual well-being, and environmental well-being. The interviewees' assessments of QoL summarised above will be used as a reference to support the selection of scales for the quantitative study.

Table 4.3 Themes and Sub-themes of QoL according to the interviewees (Analysed by NVivo)

Theme	Sub-theme	References
Physical well-being		45
	Sleep and rest	11
	Activities of daily life	3
	Pain and discomfort	7
	Dependence on medication treatment	6

	Energy	10
	Mobility	8
Psychological well-being		59
	Positive or Negative Feelings	38
	Personal beliefs	2
	Self-esteem	11
	Memory, Learning, Concentration	8
Social relationships		70
	Relationship with family	31
	Relationship with friend	20
	Support from family	7
	Support from friend	6
	Support from society	6
Others		37
	Financial status	27
	Living environment	10

Source: The Author

Objective 1 of this study was to establish how older Chinese tourists understand QoL and the enablers and barriers to achieving QoL. Table 4.4 summarises the detailed results of how interviewees measured QoL.

Table 4.4 Details of the measurement of QoL according to the interviewees

Theme	Meaning
Physical well-being	For the interviewees, physical well-being means quality sleep and good rest, unrestricted daily activities, absence of pain and discomfort, not dependent on medication, full of energy and mobility.
Psychological well-being	For the interviewees, psychological well-being is a positive, relaxed state of mind, having one's own beliefs, being able to achieve one's ideas without relying on others, and maintaining one's personal abilities (memory, learning and concentration).
Social relationships	Interviewees consider that maintaining good relationships with family and friends and feeling support from family, friends and the community completed the idea of social bonding.
Others	Interviewees supported the idea that financial status is the basis of QoL, and that the living environment is also an important factor in measuring QoL.

Source: The Author

The interviewees, therefore, suggested six main dimensions of physical well-being: sleep and rest, activities of daily living, pain and discomfort, dependence on medication, energy and mobility. In their experience, the quality of sleep and rest is the most important thing for physical health, with 11 references supporting this sub-theme. For instance,

"If you want physical well-being, you must have a good sleep." (Interviewee 7 - Male, 72 years)

"I think the physical well-being of QoL means no major diseases, no pain, and good sleep."
(Interviewee 13 - Male, 73 years)

"Physical well-being is part of measuring QoL, including sleep quality." (Interviewee 17 - Female, 81 years)

They used four dimensions to assess their own psychological well-being: positive or negative feelings, personal beliefs, self-esteem and ability. The most mentioned sub-theme in psychological well-being was positive/negative feelings, with 38 references. Interviewees felt that maintaining positive feelings helped to improve their QoL. Interviewees 9, 12 and 14 said,

"We must have a good mood and an optimistic feeling." (Interviewee 12 -Male, 68 years)

"Mood is also an important part of QoL, and people must maintain a good mood." (Interviewee 14- Male, 64 years)

Negative feeling reduces happiness. (Interviewee 9 - Female, 72 years)

Social relationships were also an important area for them to measure QoL, measured by five types of relationships: relationships with family, relationships with friends, support from family, support from friends, and support from society. Two-thirds of interviewees said they wanted to maintain good relationships with their friends and that friendship would promote their QoL. They mentioned that,

"[If]... the relationship with family and friends is not good, it is a barrier to QoL."
(Interviewee 1 - Male, 84 years)

"Together with my friends, I feel very happy, and friendship help me to get the quality of life."
(Interviewee 18 - Male, 66 years)

In addition, they mentioned two other sub-themes: financial status and the living environment, which did not belong to any of the above themes and were therefore categorised as 'others'. For example, interviewee16 stated that *"the living environment is also very important for QoL"*.

The literature review (Chapter 2) indicated that there is still no consensus on the measurement of QoL for older tourists, similar to the process of conceptualising QoL for older tourists. It was found that the WHOQOL scale remains largely ignored in tourism related QoL research, with only a few studies adopting it (Eusébio, Carneiro, and Caldeira, 2016; Eusébio and Carnerio, 2011; McCabe, Joldersma and Li, 2010). However, the WHOQOL has, in fact, become one of the most commonly used scales to assess QoL in other research areas and the WHOQOL should be more widely tested and used in the tourism field (Alvarez-Diaz, Gonzalez and Radcliff, 2010; Chen and Yao 2010; Skevington, Sartorius and Amir, 2004; Fleck et al. 1999). The WHOQOL scale and its short version (WHOQOL-BREF) typically includes multiple domains of perceived QoL, including physical problems (e.g. pain, energy, mobility, dependence on medication or therapy); psychological problems (e.g. self-esteem, feelings, personal beliefs and religion); the environment (e.g. economic resources, home environment and transportation) and social relationships (e.g. interpersonal relationships and social support) (Eusébio, Carneiro, and Caldeira, 2016; Eusébio and Carnerio, 2011; Chen and Yao, 2010; Fleck et al., 1999; WHOQOL Group, 1995). The results of the analysis in Tables 4.3 and 4.4 show that the themes and sub-themes proposed by the respondents to measure QoL are broadly similar to the domains covered by the WHOQOL-BREF scale, and therefore the WHOQOL-BREF scale will be used as the basis for measuring QoL among older Chinese tourists in this study, and the dimensions from the scale will be used as elements of the questionnaire design in the quantitative study (reported in Chapter 5).

4.4 Tourism and QoL

The questions in the interviews (see Appendix 1) could be used to explore and capture interviewees' perceptions of the relationship between tourism and QoL, fulfilling Objective 2: To explore the contribution of tourism to the QoL of older Chinese tourists. This study built an understanding of tourists' perceived QoL gained from tourism by summarising and analysing the interviewees' responses. Interviewees expressed their perceived QoL from travel experiences in the two years prior to Covid-19 in terms of overall QoL and different domains of QoL, respectively, with the results presented in Table 4.5 as below and Appendix 11 (The contribution of tourism to QoL according to the interviewees).

Table 4.5 summarises the interviewees' overall perceived QoL from past travel experiences. The interviewees' perceived QoL from past travel was mainly in happiness, supported by 22 references. Travelling makes people happy, and this is what older Chinese people feel most intuitively about their travel experiences. Travel experiences promote active ageing and are the spice of everyday life for older Chinese people, making their ageing life come alive. Travelling enriches their lives, opens their eyes and helps them escape the banality of everyday life and the repetition of day-to-day circumstances. Travelling offers older Chinese people a different environment from their everyday life, where new things easily entertain them, seeing sights, visiting heritage sites, making friends, tasting food and even going shopping. As interviewee 16 mentioned, "*We went to Wuyi Mountain and visited the mother tree of the Da Hong Pao, took many photos (with friends) and bought a lot of specialities, which made us feel especially happy*". Interviewee 11, on the other hand, thought that "*travelling allowed me to see the great mountains and it was much fun*". All the activities on the trip contrast their everyday lives and satisfy their desire for new and unfamiliar things and knowledge, enhancing their sense of happiness and thus prompting them to perceive QoL.

In addition to happiness, travel experiences influence older Chinese people's perceptions of QoL through other factors. Other perceptions included feeling good, life satisfaction, meaningful life and self-actualisation, all of which expressed their feelings from a subjective perspective. For example. Overall, the travel experience influences their inner feelings or changes their inner expression of the external world. The travel experience makes them feel good, the smoothness of the whole process makes them confident in their mobility, abilities and physical condition, and the process of travel is also a process of self-actualisation. In addition, the excitement and novelty that travel brings to the daily lives of older Chinese people also increases their satisfaction with their lives and makes them feel that life is meaningful. For example,

"The whole process from planning to travelling also makes me satisfied and feel that life is meaningful." (Interviewee 1 - Male, 84 years)

"Travelling makes my happiness and is a process of self-realisation." (Interview 4- Female, 75 years)

In terms of the hierarchy of needs theory, tourism fulfils the growth needs of older Chinese people in addition to their basic needs. As a way of self-improvement and development for them, tourism further satisfies their need for self-actualisation on top of their need for belonging and love and respect and plays an essential role in enhancing the QoL of older people.

Table 4.5 Overall QoL perceived by interviewees from past travel

	Factor	Reference
Perceived QoL	Feeling good	8
	Happiness	22
	Improvement of life satisfaction	5
	Make life meaningful	9
	Self-actualisation	5

Source: The author

This study then summarised tourism's positive and negative contributions to QoL through interviewees' responses (Appendix 11). All interviewees acknowledged the positive contribution of tourism to their QoL. Seven interviewees directly stated that tourism had a positive impact on their QoL. Examples are given below.

"Tourism has a positive impact on my quality of life." (Interviewee 13-Male, 73 years; Interviewee 14-Male, 64 years; Interviewee 15-Male, 78 years; Interviewee 17-Female, 81 years)

"Traveling is helpful and positive for my quality of life." (Interviewee 18-Male, 66 years)

However, two interviewees also suggested that tourism had a negative impact on their QoL and that the negative impact of tourism on them was mainly in terms of travel plans that did not come to fruition, for example, Interviewee 1 suggested, *"There were a few times when I wasn't able to travel as planned due to health reasons and it made me unhappy"*.

Other interviewees affirmed the contribution of tourism to the QoL from different dimensions of QoL's domains. These domains are also included in their understanding of the meaning of QoL (see Appendix 11). They emphasised the contribution of past travel experience to physical well-being by being beneficial for their health, mobility, energy, and offering pain relief. In addition, almost everyone mentioned that travelling makes them happy, engenders a good mood, and is good for their psychological well-being. They also believed that travel enhances their social relationships, including relationships with family, friends, and wider society. For example,

“Traveling has improved my happiness from all aspects including physical health, psychological health, and social relations.” (Interviewee 2 - Male, 70 years)

“Traveling is the only way to improve my physical and psychological well-being and social relationships at the same time.” (Interview 3- Female, 66 years)

The analysis of the contribution of tourism to QoL from the interviewees' perspectives also supports the findings in the literature review section. Scholars have found that tourism plays a crucial role in the well-being of older people. The results of many studies show a strong positive correlation between tourism activity participation and the subjective well-being of older people, although their correlations vary in intensity in different contexts and between different subgroups (Zhang and Zhang, 2018; McKenna, Broome and Liddle, 2007; Fernández-Ballesteros, Zamarron and Ruiz, 2001). This research evidence provided strong support for "activity theory". The theory shows that interaction with society, participation in various activities, and staying active as long as possible are essential to the improvement of happiness (Havighurst, 1963). In addition, tourism seems to be an essential factor in successfully coping with negative life events and subsequent life changes (Duggleby, Bateman and Singer, 2002). For older people, staying physically and mentally active, maintaining relationships with family and friends, and spirituality are effective mechanisms for coping with the loss of a spouse, retirement and physical decline (Janke, Nimrod and Kleiber, 2008; Nimrod, 2007; Silverstein and Parker; 2002).

4.5 Impact factors of tourism on QoL

With the progress of the ageing society and the increase of the ageing population, the demand for tourism by older adults has also grown steadily, and ageing tourism has also become an important tourism market (Schröder and Widmann, 2007; Lohmann and Danielsson, 2001). Tourism is seen as an essential aspect of older people's lives that can enhance psychological and physical health and enable successful ageing and retirement (Janke, Davey, and Kleiber, 2006; Silverstein and Parker, 2002). The above analysis and discussion showed that tourism contributes to the QoL of the interviewees and affects their physical well-being, psychological well-being and social relationships. Next, this study explored the relevant factors through which tourism affects the QoL, and the interview questions (see Appendix 1) helped to uncover the interviewees' travel experience to explore the factors that affect their QoL during travel. The factors in tourism that influence QoL

will also help to analyse the relationship between tourism and QoL in the quantitative study (chapter 5) to achieve objective 3.

The analysis of the interview results (Table 4.6) revealed five themes regarding the impact of tourism on the QoL of interviewees, including travel motivation, travel constraints, tourism destinations, travel activities during the trip and travel satisfaction. Sub-themes under these five themes were also summarised based on the interviewees' responses. These five themes cover the overall process of tourism and encompass the factors that influence QoL at different stages of tourism. In their study, Neal, Uysal and Sirgy (2007) suggested that the feelings about the tourism experience before, during, and after the trip, influence tourists' QoL. Interviewee 1's response also confirmed this perspective when he mentioned that *"The whole process of travelling, from planning to travel, from pre-trip preparation to post-trip, makes me content and feel that life is meaningful"*. However, past studies have only examined one or a few tourism influences when exploring the impact of tourism on tourists' QoL. In the next section of this study, these five themes and related sub-themes were addressed and discussed in depth, based on the respondents' responses.

Table 4.6 Themes and Sub-themes of impact factors of tourism on QoL among interviewees (Organised by NVivo)

Theme	Sub-theme
Travel motivation	Good financial conditions
	Health
	Relaxation
	Social needs
	Visitor attraction
	Having Fun
	Having Time
	Give children a rest
Travel constraint	Insufficient funds
	Health issues
	Security concern
	No time
	Lack of travel partners
Travel activity	Cultural activity
	Entertainment activity
	Leisure activity
Tourism destination	Natural scenery
	Nostalgia
	Religion
	Traditional culture
	Health and wellness
	Accomplish travel purpose
	Enrich life

Travel satisfaction	Travel experience
	Travel product
	Travel service

Source: The author

4.5.1 Travel motivation

Motivation for travel embodies a set of needs and attitudes of tourists that tend to motivate potential travellers to act in a specific goal-oriented manner (Pizam, Neumann and Reichel, 1979). Since the early 1980s, travel motivation has attracted a great deal of interest from scholars of tourism. A great deal of conceptual and empirical research has been conducted to find the most important motivations for travel. The study of travel motivation is fundamentally an attempt to answer a question about why people travel. More specifically, why do people travel to particular destinations (Pan, Fu and Wang, 2020; Woo, Kim and Uysal, 2016; Jang et al., 2009; Hsu and Huang, 2008). This issue is discussed because it is believed that travel motivation is one of the driving forces of travel behaviour (Huang and Hsu, 2009a). As early as 1989, Iso-Ahola identified travel motivation as an important factor in explaining tourism behaviour, which involves escaping the drudgery of everyday life or stressful situations and seeking entertainment for some psychological reward. Over the past two decades, what motivates people to travel has captured the attention of researchers, with some scholars suggesting that travel motivation is an intrinsic drive for people to escape their mundane lifestyles and to seek novel and challenging experiences (Huang and Hsu, 2009a, 2009b; Jang et al., 2009, Hsu and Huang, 2008). The motivations of older tourists as a special group of tourists deserve further research (Pan, Fu and Wang, 2020; Uysal et al., 2016; Woo, Kim and Uysal, 2016).

Interviewees' responses about their motivations for travelling provide a reference for studying the travel motivations of older Chinese tourists. Based on 18 interviews with older people, they expressed their reasons for travelling from a variety of perspectives. Table 4.7 summarises the interviewees' travel motivations. The interviewees' motivations for travelling in the interviews included good financial status, health, need for relaxation, social needs, appreciating visitor attractions, giving children a rest, nostalgia, and having time. Based on the references to the sub-themes extracted from the NVivo analysis, social needs were the most important motivation for interviewees to travel, followed by having time and need for relaxation.

Table 4.7 Summary of interviewees' travel motivations

Theme	Sub-theme	Reference
Travel motivation	Good financial status	11
	Health	8
	Need for relaxation	15
	Social need	17
	Appreciate visitor attraction	14
	Nostalgia	4
	Having time	16
	Give children a rest	1

Source: The author

Note: Highlighted in yellow are the interviewees' top three travel motivations

Interviewees supported the need to socialise as an important motivation for them to travel, as travel is an important way for them to meet and interact with friends. They referred to the fact that they need friends more when they get older than when they were younger. At the same time, they also felt that they had fewer opportunities to socialise after retirement and that travel was an important way for them to meet new people. They mentioned that,

"Traveling can be relaxing or gathering with old friends. Sometimes when I join a tour group, I can make new friends." (Interviewee 1 - Male, 84 years)

"My motivation for traveling is to communicate with friends. I can also meet new friends during the trip." (Interviewee 13 - Male, 73 years)

In addition, their social interaction needs are reflected in spending time with family and friends, and they desire to enhance their relationships with family and friends through travelling together.

"I travel to enhance social relations, and to have a better relationship with friends." (Interviewee 15 - Male, 78 years)

"Traveling with my family can increase the relationship between family members." (Interviewee 11 - Female, 64 years)

The Chinese socio-cultural context dictates that the need for social interaction is one of the important travel motivations for older Chinese people. Unlike Western culture, which emphasises individualism, Chinese culture tends towards collectivism. Members of collectivist societies are more likely to engage in group activities and are more willing to invest their 'selves' in the group (Xie, 2020; Steele and Lynch, 2013; Cheung and Leung, 2007). Therefore, the preference for group

travel among older Chinese people is due to Chinese cultural specificity. Older Chinese people prefer to travel in groups instead of alone, and group travel is the dominant product in the Chinese senior travel market. Furthermore, the need for social interaction as an essential travel motivation is also linked to older Chinese people's daily lifestyle and family relationships. They were busy with work and family life before retirement, and although they have more free time after retirement, they have less contact with society and fear being forgotten by it. Moreover, as China ages, there are more and more 'empty nesters' whose adult children are busy with work and have less interaction with older people, resulting in older Chinese people being emotionally isolated and craving communication and comfort. Older Chinese people see travel as an opportunity to spend time communicating with their families, especially their children, and expect it to bring greater harmony to their families. Because Confucian values and norms heavily influence Chinese culture, Chinese people attach great significance to the family and have a strong family sense and values. Family is the central system in people's lives, and harmonious family relationships are more beneficial in enhancing the well-being of older Chinese people (Liu and Zhong, 2022; Chen, 2020; Sun and Zheng, 2007; Tang, 2001). As mentioned earlier, one of the indicators of QoL measured by older Chinese people is social relationships.

In addition, ample time is also one of the main motivations for older Chinese to travel. Interviewees pointed out that being busy with work when they were young gave them no time to travel and having ample time after retirement allowed them to make up for their regrets when they were young.

"I was busy at work and didn't have time to travel. Now that I am retired, I want to travel and walk around." (Interviewee 7 - Male, 72 years)

"After retiring, I travel more frequently because I was busy with work and had no time to travel before retirement." (Interviewee 9 - Female, 72 years)

Similarly, the time dimension as a vital travel motivator is also relevant to the everyday lives of older Chinese people. As mentioned above, older Chinese people were busy with work and family care before retirement. However, after retirement, they have more free time and can allocate more time to travel. In addition, travelling more frequently after retirement compensates for their past hardships and fulfils the aspirations of their younger years.

Another major motivation for interviewees to travel was the need to relax. Almost all of the interviewees mentioned that travelling would make them relax and feel happier. They felt that staying at home is boring and routinised. Travelling helps them to relax. Interviewee 1 then mentioned, *"It's boring to stay at home. It's very relaxed and happy to travel"*. Ageing services in China are still in their infancy, and travel is a major and effective way for older Chinese to escape from everyday life and stressful situations. Travel is helpful for them to run away from the boredom of daily life in order to relax their bodies and minds. They seek to escape the dullness and banality of their everyday lives and seek external stimulation and something new through travel. The freshness that comes with travel is a stark contrast to the boredom of everyday life and rekindles their curiosity for something new. However, interviewees also mentioned another need for relaxation; they wanted to escape from the daily grind, especially the task of caring for their grandchildren, through travel. Influenced by the Chinese culture of collectivism and Confucianism, living with married children is still one of the main ways in which older Chinese people live (Liu and Zhong, 2022; Chen, 2020; Xie, 2020), which means that older Chinese people often take on the task of caring for their grandchildren alongside their daily chores. Interviewee commented,

"I am now swamped in my daily life because I have to take care of my grandchildren with food, clothing, housing, even the transportation to and from school. But, travelling allows me to relax and take a break (from my daily commitments)". (Interviewee 12 -Male, 68 years)

It was interesting to note that Interviewee 1 also proposed that his motivation for travelling was to give his children a break. He said,

"My children are busy with work and take care of my daily life. They can also take a break when I travel". (Interviewee 1 - Male, 84 years)

The literature pointed out that older people in China still have a family-based approach to senior care due to cultural and traditional factors. The main support for older Chinese people, such as financial support, life-care and spiritual comfort, still comes from the family (Dang et al., 2019). Travelling by older people is sometimes relaxing for their adult children, as their children are not needed to take care of their daily lives. Therefore, travelling may become an opportunity for their adult children to relax for older tourists. The idea that the family takes responsibility for the care of the aged is also a reflection of the Chinese idea of filial piety, one of the ideas influenced by

Confucianism (Liu and Zhong, 2022; Chen, 2020; Xie, 2020; Tang, 2001).

Social needs, having time and relaxation needs were the three most important travel motivations for interviewees and push motivations. The 'push' and 'pull' motivation proposed by Dann (1977, 1981) is one of the most widely accepted theories in the field of tourism research and has made a significant contribution to the literature on travel motivation (Jang and Cai 2002; Goossens, 2000). Dann's (1977, 1981) 'push' and 'pull' theory of motivation actually describes two stages in the tourism decision-making process. He proposed that the push factor is an internal socio-psychological motivation of the tourist, while the pull factor is an external factor, usually following the push factor. Once a tourist has made a decision to travel, the pull factor attracts the tourist to a specific destination or desirable visitor attraction (Pearce, 2011). Interviewees suggested that appreciating visitor attractions was also an important travel motivation for them, supported by 14 references. For example, Interviewee 12 stated, *"Another motivation is to go out and look at the scenery outside, especially the visitor attractions with traditional culture"*. This also suggests that attractive destinations are also an important pull travel motivation for older Chinese tourists, who are often attracted to attractions with natural scenery, cultural significance and health benefits. Section 4.5.4 will discuss the destination preferences of older Chinese tourists specifically through interviews. In summary, older Chinese seek to enhance their well-being through tourism by experiencing a different environment from their daily lives and engaging in different activities.

Interviewees also believed that good financial conditions are what motivated them to travel. On the one hand, when they were younger, they were in the era of China's economic development, and their income could only meet their daily needs. Travel was a luxury at that time. On the other hand, high pension rates after retirement provided an economic foundation for their travel. It is worth noting that some interviewees mentioned that their adult children would sponsor their travel. For older people in China, pensions and financial support from adult children are their main source of income, and 63.2% of older people in China receive financial and material support from their adult children (Dang et al., 2019). In China, it is a common phenomenon that adult children sponsor their parents for travel. The Chinese Confucian culture has created the idea of feeding back, with adult children making it their responsibility to provide financial support and living care to their aged parents in repayment for the loving care of their parents in the past (Liu and Zhong, 2022; Chen,

2020; Xie, 2020). It also reflects the Chinese idea of filial piety in which the family is responsible for the maintenance of the older generation.

"My income after retirement is about 4,000 CNY (per month), of which 2,000 yuan is my retirement fund, and the other 2,000 yuan is the maintenance provided by my adult children."

"When I was young, I was busy with work, and I didn't have the economic conditions like now."
(Interviewee 1 - Male, 84 years)

"And after retirement, I have more time, a high pension (good financial conditions), and a good physical condition. These are all motives for me to travel." (Interviewee 13 - Male, 73 years)

Interviewees also mentioned that although their income had decreased after retirement, their pension and other income were still sufficient to cover their travel expenses outside their lives. Interviewee 2 mentioned, *"My income is good enough to support me to travel and relax. In addition to my pension, I have other earnings such as bank interest, financial management income and rental income"*. Older Chinese people have a good and stable disposable income and a high degree of autonomy in using their money. Moreover, their income is multi-channel, mainly in pensions, financial support from their adult children, interest from financial management and rental income. The fact that older Chinese people have both time and money at their disposal has also contributed to the senior tourism market becoming a vital part of the Chinese tourism market (Xie, 2020). With older tourists spending more than younger tourists on tourism, stakeholders in the tourism industry should seize the opportunity to deepen the senior tourism market and offer more and better tourism products to attract older tourists.

In addition, regarding the motivation to travel, the interviewees also mentioned health and nostalgia. However, according to the analysis of the interviews, these factors are not the main motivation for older Chinese tourists. They considered health as a motivation for travelling because it is a prerequisite for being able to travel – the “good physical condition” that interviewee 13 refers to above” - and because of the health benefits of travelling. Interviewee 11 believed that *“Travel is good for health”*. It is also noteworthy that the same everyday experience will not have precisely the same impact on tourism, and it may operate from different angles in the same direction. Regarding the health dimension of travel motivation, older Chinese choose to travel because of the health benefits and the delay in ageing. The health need also drives older people in China to engage in health or wellness tourism, seeking the health benefits of travel. However, the perception of

'travelling while still young' was also raised by several interviewees. Older Chinese, especially those before 70, feel they should travel at the beginning of their old age when their health and mobility have not significantly deteriorated. Conversely, the impact of everyday experiences on tourism may also operate in a different direction, with health factors also acting as a limitation to travel. The discussion of travel constraints (4.5.2) below will explore how poor health prevents older people from participating in tourism.

The literature also supports the nostalgia mentioned by the interviewees. The 'nostalgic' sentiment of older Chinese tourists is reflected in their travel experiences, as they are keen to revisit old places, visit cultural heritage sites, visit friends and relatives, travel to the countryside, etc. Also, one of the motivations for older Chinese tourists to travel is as recompense for the hardships of their youth. In addition, it has been argued that nostalgia tourism among older Chinese tourists includes a distinct category of roots tourism, i.e. returning to the places where their parents and elders lived to find their family roots (Cao, 2018; Cai, 2008).

"I was too busy with work in the past (when I was young) to have the opportunity to travel... Travelling helps me to fulfil the dreams I had when I was young." (Interviewee 2 - Male, 70 years)

"I am interested in cultural and historical sites, through which it is as if I can see the life of the ancient people." (Interviewee 3- Female, 66 years)

"I used to work in other cities (when I was young) ... Now, when I have time, I go to see the cities where I used to live and work." (Interviewee 7- Male, 72 years)

The analysis in this study revealed that social needs, need for relaxation and having time were the three most important travel motivations for the interviewees, similar to the main motivations for travel participation of older Taiwanese in Huang and Tai's (2003) study. As mentioned in the literature review, the ranking of the importance of older tourists' motivations for tourism is influenced by cultural background. Taiwanese tourists and Chinese tourists share similar cultural backgrounds. Huang and Tsai (2003) described the tourism motivations of older Taiwanese tourists, which included social interaction, relaxation, physical exercise, recreation, learning and nostalgia. Among them, the three most important motivational characteristics of older Taiwanese tourists were rest, relaxation and social interaction.

Jang and Wu (2006) also studied the travel motivations of older Taiwanese tourists, and they developed a survey instrument using the well-known push-pull motivational factor model to summarise five drivers and three drivers. The push drivers included relaxation, social needs, time, self-esteem and self-improvement. The pull factors include attractions, cleanliness and safety, facilities, activities, and tour cost. In contrast, all of the interviewees' motivations for travelling were push factors, except for appreciating visitor attraction, which was a pull factor. This is also supported by past research on the travel motivations of older Chinese tourists, where it has been suggested that older Chinese tourists are motivated by push motivations, and pull motivations have relatively little impact on older Chinese tourists (Pan, Fu and Wang, 2020; Sun and Zheng, 2007; Xu and Chen, 2001).

Hsu, Cai and Wong's (2007) study raised questions about the travel motivations of older Chinese people. They supported the argument that Chinese older people's motivations for leisure travel depended on their personal financial situation, the length of time available, and perceptions of their health and physical condition. Time and financial factors are influenced by their family support and sense of responsibility. In particular, one of the motivations for Chinese older people to travel is as pay-back for their hardships when younger, and nostalgia, so the literature also supports good financial status, health, nostalgia and having time. Giving children a rest was a motivation for travel that is not mentioned in the literature, but the literature supports the idea that the main support for older Chinese people, such as financial support, life-care and spiritual comfort, still comes from family (Dang et al., 2019). Therefore, this study will include it as one of the travel motivations in the questionnaire.

Based on the analysis of the interview data and the comparison and discussion of the interview results with the literature, this study summarised all the travel motivations mentioned by the interviewees, including good financial status, health, need for relaxation, social need, appreciating visitor attraction, giving children a rest, nostalgia and having time, which will be used as evidence and support for the questionnaire design. At the same time, analysing the relationship between older Chinese tourists' travel motivations and Chinese society and culture as well as older Chinese people's everyday lives help this study to better understand the travel experiences of older Chinese tourists, reflect the cultural specificity of this study, and further validate the reliability of the travel

motivation factors and their measurement dimensions in the conceptual framework.

4.5.2 Travel constraints

Constraints refer to limitations, barriers, obstacles, restrictions, hindrances and other factors, and constraints may be caused by people's own personal reasons or by society or the environment (Edginton et al., 2002). In past studies on the relationship between tourism and QoL, scholars have argued that travel constraints also affect tourists' QoL as part of tourism, and the impact is usually negative (Pan, Fu and Wang, 2020; Eusébio, Carneiro, and Caldeira, 2016; Uysal et al., 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011, 2014). It has also been noted that research on travel constraints can help identify and understand the reasons why potential tourists do not engage with tourism (Huang, Chen and Wu, 2010; McGuire et al., 1986). There are many barriers and constraints that prevent and discourage older people from participating in tourism (Huang, Chen and Wu, 2010; Edginton et al. 2002; McGuire et al. 1986). These travel constraints may include inadequate financial resources, poor health, being too old, lack of travel partners and transportation problems, among others. However, past studies have not reached a consensus on the travel constraints of older Chinese tourists. This study will explore interviewees' travel constraints through the analysis of interviews to provide a reference for the research on older Chinese tourists' travel constraints and support further research on the impact of travel constraints on the perceived QoL of older Chinese tourists.

Based on the analysis of the interviews, the interviewees felt that their travels were generally successful, with few travel constraints. However, some constraints still affected their travel itinerary, and Table 4.8 summarises the interviewees' travel constraints, including inadequate funds, health issues, security concerns, lack of travel partners, and no time. Based on the references to the various sub-themes extracted from the NVivo analysis, the interviewees' top travel constraint was health issues, supported by 17 references, far more than security concerns, which had the second-highest number of references.

Table 4.8 Summary of interviewees' travel constraints

Theme	Sub-theme	Reference
Travel constraint	Insufficient funds	1
	Health issues	17
	Security concern	8
	No time	2
	Lack of travel partners	2

Source: The author

Note: Highlighted in yellow is the interviewees' top travel constraint

Interviewees identified health issues as the main constraint to their travel. Older people's declining physical capabilities and ill health were also significant reasons for cancelling their travel plans (Huang, Chen and Wu, 2010). As early as 1984, in his exploration of the reasons why older tourists are fewer than younger tourists, McGuire identified five major constraints to travel by older people, of which he identified physical health as a major constraint, including lack of energy and poor health. The interviewees also highlighted that many of them cancelled their travel plans during the Covid-19 pandemic as older people are more vulnerable to Covid-19. The Covid-19 outbreak in China was timed around the Chinese New Year in 2020, so many of the interviewees cancelled their New Year travel plans. They mentioned,

"Last year, I had diarrhoea one day before departure, so I cancelled my travel plan. Generally, I will not cancel my travel plan unless my health condition does not allow it." (Interviewee 1 - Male, 84 years)

"Some travel plans have been cancelled due to the Covid-19 pandemic." (Interviewee 10 - Female, 65 years)

"Sometimes I cancel the travel plan because of health reasons. I have leg problems and can't walk whenever it happens." (Interviewee 15 -Male, 78 years)

Security concern was another important constraint considered by the interviewees. Some interviewees indicated that they sometimes cancelled their travel plans due to concerns about unforeseen circumstances during long-distance travel, such as traffic safety and food safety. Huang and Tsai (2003) point out that the government is responsible for the restrictions on older people's travel due to security concerns. Interviewees suggested that Covid-19 is a health issue and a factor that affects travel safety because of the risk of contracting Covid-19 during the journey. They noted,

"Sometimes, the tourist destination is too far away, considering the safety factor, I dare not go." (Interviewee 17 -Female, 81 years)

"I originally planned to travel abroad, but I cancelled my travel plan considering safety issues because of the pandemic." (Interviewee 18 -Male, 66 years)

Furthermore, while most interviewees did not consider time to be a constraint to travel as they had plenty of time after retirement and the abundant time was even a motivation for them to travel, Edginton et al. (2002) also supported the theory that barriers to travel for older people may include lack of budget, poor health, lack of travel partners and transport problems, among other issues. However, after retirement, older people have enough time to travel. Nevertheless, some interviewees mentioned that lack of time was a constraint to their travel due to the need to take care of their grandchildren. In fact, one-third of older people in China, especially those who are younger and in good health, take care of their grandchildren. There are two main reasons why Chinese people take care of their grandchildren. Firstly, their adult children are busy with work. On the other hand, taking care of their grandchildren can meet the emotional needs of older people (Sun, 2017). The interviewees mentioned that,

"The main reason hindering my travel is the lack of time. Although I am retired, taking care of my grandchildren doesn't make me free to travel." (Interviewee 4 -Female, 75 years)

"Time factor, because my granddaughter is in school, but my daughter and son-in-law have to work, so I have to take care of the granddaughter." (Interviewee 12 -Male, 68 years)

In addition, most interviewees indicated that they would prefer to travel with family and friends or join a tour group. Most Chinese older people do not want to travel alone, with Liu's (2018) study noting that only 6.2% of Chinese older people would choose to travel alone. As such, interviewees identified the lack of people to travel with as a constraint to travelling when their family and friends are unable to accompany them. For example,

"My wife doesn't like travelling, and sometimes I don't want to travel alone." (Interviewee 13 - Male, 73 years)

In addition, another travel constraint mentioned by the interviewees were insufficient funds. However, according to the analysis of the interviews, this was not the main travel constraint for the

interviewees, as only one reference supported this constraint. One interviewee stated that he had cancelled his travel plans because he did not have enough money to travel. In fact, lack of money is one of the main travel constraints for older people. McGuire et al.'s (1986) top five constraints to travel referred to limitations in accessing external resources that also hinder older people's travel, including lack of money. Kazeminia, Del Chiappa and Jafari, (2015) also suggested that structural constraints to older people's travel are mainly financial costs.

Health issues have been raised in the literature as a major travel constraint for older tourists (Kazeminia, Del Chiappa and Jafari, 2015; Fleischer and Pizam, 2002; McGuire, Dottavio and O'Leary, 1986) and the findings of the interviews also supported health issues as a major travel constraint for older tourists. Furthermore, Fleischer and Pizam (2002) concluded that older people's decision to go on holiday also depends on their current income level. In addition, he noted that older tourists usually travel with their spouses and that older people lose interest in travelling if their spouses do not enjoy travelling or do not have a partner, while Huang and Tsai (2003) identified security issues as one of the travel constraints for older people. The summary of the analysis of the interview findings further validated past research on older people's travel constraints. Previous studies have summarised many factors that hinder older people from travelling, including poor health, inadequate financial resources, safety concerns, lack of travel partners and transport issues (Kazeminia, Del Chiappa and Jafari, 2015; Huang, Chen and Wu, 2010; Huang and Tsai, 2003; Edginton et al. 2002; Fleischer and Pizam, 2002; Blazey, 1986; McGuire, Dottavio and O'Leary, 1986). The findings of the interviews therefore supported the above travel constraints. However, interviewees also raised the travel constraint of a lack of time. Although some scholars argued that time is not a travel constraint for older people (Edginton et al., 2002), lack of time is still a constraint for older people in China, where they often have to take care of their grandchildren's daily lives (Sun, 2017).

Based on the analysis of the interview data and the comparison and discussion of the interview findings with the literature, this study concluded all the travel constraints mentioned by the interviewees, including insufficient funds, health issues, security concern, lack of travel partners and no time, will contribute as evidence and support for the questionnaire design in chapter 5.

4.5.3 Travel activity

Activity theory has been developed and applied as the main psychosocial theory to provide a comprehensive and in-depth understanding of older tourists' behaviour (Nimrod, 2007). Activity theory states that older people's participation in various activities is crucial for life satisfaction and QoL (Lefrancois, Leclerc, and Polin, 1997). Older tourists' participation in tourism activities is an important part of the tourism experience, and tourism activities can be a combination of many activities, types of activities and the intensity of these activities. (Kim, 2010). In addition, the type and variety of tourism activities for older tourists are important for the following reasons. Firstly, research has shown that individual and group activities are important for older tourists to engage in conversation and other communication. This approach also promotes social interaction among older tourists, which is also an important travel motivation for older tourists (Pan, Fu and Wang, 2020; Musa and Sim, 2010; Huang and Tsai, 2003; Horneman et al., 2002; You and O'Leary, 2000). In addition, the participation of older tourists in tourism activities enhances life satisfaction (Thomas and Butts, 1998). Scholars indicated that the analysis of tourism activities is an essential part of exploring the impact of tourism on older tourists' perceived QoL (Eusébio, Carneiro, and Caldeira, 2016; Uysal et al. 2016; Kim, Woo and Uysal, 2015; Eusébio and Carnerio, 2011, 2014) Yet little research has been conducted on the tourism activities of older Chinese tourists during their journey. This study will build on past research to explore the tourism activities that older Chinese tourists engage in during their journeys.

This study first analysed and summarised the results of the interviews, explored the travel activities that the interviewees engaged in while travelling, and categorised them. Based on the analysis of the interviews, the main tourism activities that the interviewees participated in during the trip included leisure activities, entertainment activities and cultural activities (Table 4.9).

Table 4.9 Summary of interviewees' travel activities

Theme	Sub-theme	Reference
Travel activity	Culture activity	22
	Entertainment activity	7
	Leisure activity	36
	Learning activity	5
	Sports activity	3

Source: The author

Note: Highlighted in yellow is the interviewees' top travel activity

As can be seen from the above table, the travel activity in which interviewees were most engaged was leisure activities, supported by 36 references. The leisure activities that interviewees participated in included shopping, visiting visitor attractions, tasting food, chatting, etc. For example,

"Our tourism activities are generally visiting tourist attractions and shopping." (Interviewee 1 - Male, 84 years)

"I like more relaxed, leisure activities, such as shopping." (Interviewee 10 - Female, 65 years)

"I prefer more relaxed travel activities, such as tasting local food, drinking tea and chatting, and buying souvenirs." (Interviewee 13 - Male, 73 years)

The second most participated travel activity by interviewees during their trip was cultural activities, with 22 references. These included visiting art galleries, visiting museums, enjoying Peking Opera (traditional Chinese theatre performance), participating in folklore activities, viewing painting exhibitions and visiting cultural buildings. They experienced different cultures by participating in different cultural activities, and they mentioned that,

"I like visiting art galleries." (Interviewee 10 - Female, 65 years)

"I also like quieter activities, such as visiting museums." (Interviewee 11 - Female, 64 years)

"I also participate in cultural activities such as watching Peking Opera." (Interviewee 10 - Male, 64 years)

In addition, interviewees also mentioned entertainment activities, such as singing, dancing and watching movies. However, the entertainment activities were not the main travel activities of the interviewees during their trip, with only seven references. One interviewee noted that,

"I participate in activities such as singing and dancing." (Interviewee 14 - Male, 64 years)

Interviewees also mentioned learning activities that they had participated in while travelling, including attending art courses, gardening courses, and photography courses.

"I like photography and sometimes I go on trips arranged by the Senior University and there are photography courses in the middle of the trip. " (Interviewee 1 - Male, 84 years)

"After I retired, I began to learn to paint, sometimes travelling to attend painting courses, usually arranged by the studio." (Interview 3- Female, 66 years)

Although Eusébio and Carneiro (2011) mentioned training activities in their research on younger tourists' travel activities, past research on older tourists' participation in learning activities is limited. The majority of interviewees referred to being more comfortable engaging in relaxed travel activities during their trip. However, interviewees also engaged in sports activities such as climbing, hiking, Tai Chi, running, swimming, and even marathons during their trips. Two of the interviewees stated that,

"I also keep active when I am travelling and will run and swim at the gym in the hotel." (Interview 4- Female, 75 years)

"I like mountain climbing." (Interviewee 10 - Female, 65 years)

Eusébio and Carneiro (2011, 2014) classified travel activities into five categories according to the form of tourism and the purpose of tourism. These include cultural, nature, training, leisure, and nightlife activities. In their study, cultural tourism activities were a general term for cultural visits during a holiday and included visits to historical sites, visits to monuments, visits to museums, visits to villages, participation in cultural activities, visits to gardens and visits to theatres. There were four classifications of nature activities: walking on trails, observing nature, visiting protected areas, and cycling. In addition, training activities include attending training courses and participating in seminars. Entertainment activities included visits to shopping malls and amusement parks and trips to the beach. However, their study focused on younger tourists, and the travel activity preferences of older tourists differed slightly from those of older tourists (Uysal et al., 2016; Kim, Woo and Uysal, 2015). Littrell, Paige, and Song (2004) categorised older tourists' travel activities into entertainment, cultural, outdoor, and sports tourism. Cultural tourism included attending theatre or concerts, visiting art galleries or museums, visiting archaeological sites, attending cultural or ethnic festivals, and enjoying local cuisine. In addition, outdoor tourism activities consisted of camping, participating in outdoor activities (such as hiking, backpacking or cycling), visiting natural sites, participating in eco-tours, and visiting national parks. Sports

activities include swimming, running and climbing.

However, different researchers have classified travel activities into different categories according to research subjects and contexts, and there is no consensus on the classification of tourism activities for older people. Also, there is little research on the travel activities of older Chinese tourists during their journeys. This study explored the travel activities that older Chinese tourists engaged in during their journeys based on the interviewees' responses and referred to the literature review to classify travel activities into five categories: leisure activities, cultural activities, entertainment activities, learning activities, and sports activities. These five activity classifications will serve as evidence and support for the questionnaire design in the next phase of the quantitative study.

4.5.4 Tourism destinations

The impact of tourism destinations on tourists' QoL has rarely been explored in past research on the relationship between tourism and QoL. More scholarly explorations of tourism destinations have focused on the impact of tourism on the QoL of residents of the destination (Hartwell et al., 2018; Uysal et al., 2016; Kim, Woo and Uysal, 2015; Uysal, Perdue and Sirgy, 2012), and only a few studies have addressed the role of tourism destination on tourists' perceived QoL (Eusébio, Carneiro, and Caldeira, 2016; Eusébio and Carnerio, 2011). However, for older tourists, being attracted to a tourism destination is an important travel motivation, and furthermore, the tourism destination is an important correlate of the travel experience (Li and Cai, 2012; Pearce, 2011; Jang and Wu, 2006). In this study, the interviewees' responses were summarised to identify the preferred destinations of older Chinese tourists.

The analysis of the tourism activities of older Chinese tourists in the previous section shows that the reduced physical strength associated with old age makes them reluctant to engage in intense tourism activities in exchange for mental pleasure. Older Chinese prefer safe, secure and convenient activities during their journey. In addition, due to China's conservative culture, older Chinese tourists are less likely to engage in participatory and experiential tourism activities, and their main tourism activities are traditional sightseeing and leisure activities and those with a solid cultural identity. At the same time, those with a health and wellness function are also popular. Therefore, in addition to travel motivation, the preference for tourism activities also influences the

travel destinations for older Chinese tourists. Based on the analysis of the interviews, the interviewees' preferred destinations were areas natural scenery, and places of nostalgia, religious significance, traditional culture and health and wellness, as shown in Table 4.10.

Table 4.10 Summary of interviewees' preferred tourism destinations

Theme	Sub-theme	Reference
Tourism destination	Natural scenery	24
	Nostalgia	3
	Religion	1
	Traditional culture	23
	Health and wellness	20

Source: The author

Note: Highlighted in yellow is the interviewees' favourite type of tourism destination

It is clear from the interviews that interviewees liked quiet, beautiful destinations the most, and that destinations with beautiful natural landscapes were their favourite tourism destinations, with 24 references supporting this view. Almost all interviewees mentioned that they loved tourism destinations with beautiful natural landscapes. They mentioned that natural resources included mountains, lakes, rivers, grasslands and ocean landscapes. As China is a vast country, older Chinese may not normally live in an environment with these natural resources. However, tourism gives them the opportunity to enjoy nature and experience landscapes that are different from their everyday lives, making them physically and mentally happy. For instance,

"My favourite tourist destination is a place with a natural landscape." (Interviewee 15 - Male, 78 years)

"I like tourist destinations with good natural scenery, such as Zhangjiajie in Sichuan Province and some tourist cities in Yunnan Province. Because enjoying natural landscapes makes me feel good. For example, I feel physically and mentally relaxed after a trip to Wuyi Mountain." (Interviewee 16- Female, 79 years)

In addition, other interviewees cited climate change as an essential factor in their choice of travel destination. They went to the beach in summer to escape the hot weather and to the lower latitudes in the south in winter to escape the cold. Landscapes that vary according to climate also attract older Chinese tourists. For example, older people living in the warmer regions of the south rarely see snow and are eager to visit the colder north to experience the icy landscape. Interviewee 7 noted the destinations he aspires to visit,

"I live south of the Yangtze River, where the climate is warm all year round, and there are few opportunities for snow. I heard from my friends that it often snows in Beijing and Harbin (in northern China) in winter and the beautiful snowy scenery, so I am interested in visiting there".
(Interviewee 7- Male, 72 years)

Destinations with traditional culture were the second favourite destination for interviewees, who would be attracted to traditional culture to make their choice, supported by 23 references. The choice of destination for older Chinese tourists is more culturally influenced than that of younger tourists, who want to learn from past history and life experiences (Shi, 2018; Zhang, 2018; Rao, 2017; Li and Cai, 2012). Cultural tourism enriches the spiritual life while relaxing and rejuvenating. They want to learn about history and cultural heritage by visiting cultural attractions. Also, they reflect on life in the present by looking at ancient lifestyles through the meaning behind the cultural sites. For example,

"In addition, I also like places with cultural heritage, such as Kunqu Opera in Suzhou, Leshan's Giant Buddha, and Nanjing as the ancient capital of the Six Dynasties. This made my travel experience more than just visiting the sites, but also gave me the opportunity to learn and think."
(Interviewee 2 - Male, 70 years)

Other interviewees prefer health and wellness destinations. In recent years, older Chinese tourists have also been keen to choose destinations with health and wellness attributes, seeing tourism as an unconventional therapy conducive to maintaining physical, mental and spiritual health. Such a development is linked to the increasing importance that older Chinese people place on QoL and can also be linked to their travel motivation of expecting travel to bring health. In addition to the most well-known and recognised spa tourism, widespread health and wellness destinations for older Chinese tourists include organic farms, lakeside resorts, forest parks, acupuncture and bamboo forests, to name but a few (Xie, 2020). Interviewees' responses indicate that health and wellness destinations often overlap with destinations with natural resources. Tianmu Lake, mentioned by respondent 10, is a destination that combines lake views, spa treatments, relaxation and food. In addition to health and wellness needs, such integrated destinations also meet the needs of older Chinese tourists to travel with family and friends. The integrated destination is suitable for all age groups and meets older people's motivation to enhance their relationships with friends and family through travel. The Chinese tourism market should cater to the needs of older people by combining destinations rich in natural resources with the concept of wellness, offering health and wellness

tourism services and products to older visitors. Interviewee 10 noted,

"Tianmu Lake is very suitable for health preservation, leisure and vacation." (Interviewee 10 - Female, 65 years)

In addition to the three most popular destinations mentioned above, some interviewees mentioned that they would choose a nostalgic destination. Nostalgic destinations are also popular for older Chinese tourists, as nostalgia is a crucial inducement and motivation for them to travel. It is mentioned in the literature that older Chinese tourists choose nostalgic destinations more often than other age groups. Influenced by traditional Chinese culture and history, they have a strong desire for nostalgia and also want to evoke memories through tourism (Yuan et al., 2011; Liu and Li, 2009; Chen et al., 2008). Besides historical sites, older Chinese choose destinations that represent the memories of a generation. For instance,

"(We have been to) Chongqing. When a few of our friends were discussing where to visit, we suddenly recalled the stories we had heard about Chongqing's Zhazidong when we were young, and we decided to go together." (Interview 5 - Female, 61 years)

Furthermore, some interviewees chose the destination because of their religious beliefs, but this was not common among them. However, religious destinations are also among the destinations frequently visited by older Chinese people. Some older Chinese people travel to religious tourism destinations for religious ceremonies and activities. Other non-religious older people choose religious destinations because they are often a combination of natural beauty, cultural significance, artistic significance, and historical significance. One of the interviewees mentioned,

"In addition, if the destination of travel is something I am more interested in, I am also happy to travel, such as cultural and historical I also travelled to Thailand a few years ago because I am very interested in Thai Buddhist culture." (Interview 3 - Female, 66 years)

The literature review analysis noted that the Ministry of Culture and Tourism of the PRC (2018) classified China's tourism destination resources into eight categories of landscape: heritage, folklore, culture and arts, food and cooking, healthcare, shopping, beaches and festivals. Li and Ma's (2006) findings showed that China's most popular destinations for older people aged 60 and above were tourist attractions with three categories of tourism resources: heritage and folklore,

culture and art, and healthcare. Liu et al. (2018) further grouped older tourists' destinations into three categories: natural scenery and traditional culture, health and wellness, and nostalgia and religion. The results of the interview analysis in this study further subdivided the tourism destinations preferred by older Chinese tourists into five categories: natural scenery, nostalgia, religion, traditional culture, and health and wellness, based on Liu et al. (2018).

In terms of the interviewees' talk about tourism destinations, the choice of destinations by older Chinese is closely related to their travel motivations, with different travel motivations driving their choice of different categories of destinations. In addition, destinations do not always have a single function but may also combine more or all of the functions of natural beauty, health and wellness, nostalgia, religious significance and cultural significance. Their initial choice of destination is to experience an environment that is different from their everyday surroundings; tourism is an escape from everyday life, and the destination environment is a contrast to the everyday environment. Diversity in destination choice benefits active ageing and promotes the QoL of older people in China. The choice of destinations for older people in China can also be used as a reference for tourism industry stakeholders to design tourism products and improve tourism services. The five categories of tourism destinations summarised in the above analysis will also provide further support for the questionnaire design in Chapter 5 and provide evidence for the reliability of the tourism-related factors in the conceptual framework.

4.5.5 Travel satisfaction

Within the research on tourism and QoL, travel satisfaction is the most mentioned concept as most scholars assess the role of tourism on life satisfaction and overall QoL by exploring tourists' satisfaction with their travel experience (Dolnicar, Yanamandram and Cliff, 2012; Sirgy et al. 2011; Neal, Uysal and Sirgy, 2007; Gilbert and Abdullah, 2004; ;Ruys and Wei, 2001; Neal, 2000; Danaher and Arweiler, 1996; Neal, Sirgy and Uysal, 1999). Travel satisfaction also acts as a mediator of other tourism influences (e.g., travel motivation, travel constraints, etc.) and QoL as one of the ways in which tourism influences QoL (Pan, Fu and Wang, 2020; Hartwell et al. 2018; Uysal et al, 2016; Kim, Woo and Uysal, 2015; Uysal, Perdue and Sirgy, 2012). Tourism researchers have highlighted the particular importance of observing older tourists' satisfaction with their travel experiences, as travel satisfaction is closely related to tourists' perceived QoL (Ruys and Wei, 2001).

Table 4.11 summarises the specific manifestations of interviewees' satisfaction with travel.

Table 4.11 Summary of interviewees' travel satisfaction

Theme	Sub-theme	Reference
Travel satisfaction	Accomplish travel purpose	10
	Enriches life	22
	Travel experience	15
	Travel product	7
	Travel service	7

Source: The author

Note: Highlighted in yellow is the interviewees' top dimension of travel satisfaction

Almost all interviewees were satisfied with the trips they had taken in the past two years. They were most satisfied with the fact that that travelling had enriched their lives and given them the opportunity to see the character and sights of various places, with 22 references supporting this view. Staying at home for long periods of time made them feel very bored and left them emotionally drained but travelling made them feel very happy and increased their energy. The support is as follows.

"I have to say that travel has enriched my life." (Interviewee 2 - Male, 70 years)

"When you are old, and you always stay at home and don't move too much, that will definitely not work. if you go out to travel, it will help both body and mind, and it will also be meaningful to your life" (Interviewee 7 - Male, 72 years)

"The travel experience in the past two years has enriched my life and made me healthier." (Interviewee 12 -Male, 68 years)

In addition, interviewees were satisfied with their past travel experience as it had also enhanced their relationships with family, friends and the community. During the trip, interviewees discovered new things, tasted local food and met new friends. The evidence is as follows.

"Satisfied. Because travelling makes me very happy, I often go out to travel. Travelling allows me to communicate with friends and is also a way of socialising. We older adults should still travel. Travelling can not only relax the mind, but it is also good for your health." (Interviewee 1 - Male, 84 years)

"Satisfied. Because of the travel experience in the past two years, I have tasted different cuisines. The travel experience in the past two years has enriched my life and made me healthier." (Interviewee 10 - Female, 65 years)

Interviewees also felt that their travel satisfaction stemmed from the fulfilment of the purpose of the trip. Interviewee 3 noted that *"tourism satisfaction is due to the fact that the trip largely fulfilled expectations"*. In addition, interviewees also cited satisfaction with the product and service of the trip as a source of travel satisfaction. Interviewee 5 noted that *"When we travel, the accommodation, food and other aspects arranged by the travel agency are quite good"*. He expressed satisfaction with both the travel services provided by the travel agency and the tourism products consumed.

It can be seen that satisfaction with tourism is related to whether the motivation to travel is satisfied. In the discussion of older Chinese people's motivations for travel in section 4.5.1, it was suggested that tourism is their primary and effective means of escaping the monotony and stressful environment of everyday life, and that they seek external stimulation and novelty through tourism to escape the monotony and banality of everyday lives. Therefore, the satisfaction of Chinese older people with their travel experience comes from the contrast between the banality of everyday life and the richness of the journey. Interviewees' experiences also suggest that older Chinese people's satisfaction with their travel experience comes primarily from enhanced social relationships. Social needs are one of the critical motivations for older Chinese people to travel, and the culture of collectivism makes them more inclined to travel in groups, where they feel more secure and comfortable putting their 'self' into the group than in independent travel. In addition, older Chinese people often travel as a group with their families, and travel promotes communication and interaction with family members. The enhancement of social and family relationships through the travel experience also contributes to the travel satisfaction of older Chinese people. In addition, with the development of the Chinese senior travel market, older Chinese people are demanding higher quality tourism products and services. It is also evident from the choice of travel activities and destinations that they have precise travel purposes and needs. So, the fulfilment of travel purposes and high-quality product and service experiences are also vital to the travel satisfaction of older Chinese.

In past studies on tourism satisfaction among older people, researchers have noted that tourists' participation in a variety of activities and experiences during their holidays can be an important source of satisfaction, also highlighting the role of satisfaction with tourism services, products and holiday experiences in improving overall life satisfaction and QoL (Neal, Uysal and Sirgy, 2007;

Neal, Sirgy and Uysal, 1999; Danaher and Arweiler, 1996). Further, Pan, Fu and Wang (2020), in exploring the tourism satisfaction of older tourists in Shanghai, China, suggested that Shanghai tourists' tourism satisfaction is not only reflected in their satisfaction with tourism products and services but also in their satisfaction with the experience of the destination, while tourism enrichment and the achievement of tourism goals were also important sources of tourism satisfaction. This coincides with the responses of the interviewees in this study. Therefore, based on the analysis of the interview data and the comparison and discussion of the interview results with the literature, this study summed up all the travel satisfaction mentioned by the respondents, including accomplishing travel purpose, enriching life, satisfaction with travel experience, satisfaction with travel product and satisfaction with travel service. They will also be used as a reference for the design of the questionnaire and conceptual framework in the next phase of quantitative research.

4.6 Chapter summary

Based on the interview findings, this chapter has analysed and illustrated the interviewees' understanding of QoL and built-up knowledge about older Chinese tourists' perceptions of QoL and the enablers and barriers of QoL access for older Chinese tourists. This chapter also initially explored the interviewees' perceptions of QoL from their past travel experiences in order to identify the contribution of tourism to the QoL of older Chinese people. In addition, this chapter specifically analysed the tourism-related factors that influence the perceived QoL of older Chinese tourists, taking into account the interviewees' past travel experiences and the daily life experiences of older Chinese people. The analysis ensured the reliability of the tourism factors in the theoretical framework and will also support the design of the tourism factors section of the questionnaire.

In summary, this chapter began with a discussion of the interview findings, followed by an analysis of the interview results with the everyday experiences of older Chinese people and the literature review. The exploratory investigation of the qualitative study confirmed the validity of the conceptual framework presented in the literature review and will inform and support the questionnaire design and research framework for the quantitative phase of the study. The next stage of this study will be to design the questionnaire and collect and analyse the quantitative data.

Chapter Five: Quantitative data analysis and findings (Study 2)

5.1 Chapter introduction

In Chapter 4 the perceptions of older Chinese tourists' towards QoL and the tourism related impact factors that influence their perceived QoL, based on the interview data from 18 participants, was presented. The data presented in this chapter are drawn from 496 survey responses from older Chinese tourists. The relationship between tourism and well-being are explored in this chapter using statistical approaches based on a conceptual model in the context of tourism and QoL. This chapter addresses the research questions from Objectives 3 and 4 to explore the significant impact determinants of QoL, impact path and impact degree and the framework of the relationships between determinants and QoL according to the valid responses from 445 participants.

First, the conceptual model and hypotheses of this research are introduced. Then, the survey and its background are detailed. The results of the pre-testing and pilot study are described here. After the above discussion, the structural equation model (SEM) analysis is organised into three steps: exploratory factor analysis (EFA), measurement model analysis, and structural model analysis. A summary concludes the chapter.

5.2 Hypothesis development and conceptual model design

5.2.1 Main hypotheses

It was clearly shown in the literature review (Chapter 2) that tourism affects the QoL of older tourists. Influences on QoL include tourism motivation, tourism constraints, tourism activities, tourism destinations, tourism satisfaction, the socio-demographic characteristics of tourists, number of trips and tourist groups (Eusébio, Carneiro, and Caldeira, 2016; Woo, Kim and Uysal, 2016; Woo, Kim and Uysal, 2015; Eusébio and Carneiro, 2011, 2014; Neal, Uysal and Sirgy, 2007; Janke, Davey and Kleiber, 2006; Sellick, 2004; Bai et al., 2001; Shoemaker, 2000; Hossain, Bailey and Lubulwa, 1996). In short, the whole process of the travel experience has an impact on QoL, including the process of making travel choices, the experience during the trip, and feelings after the trip. These factors promote the QoL of older tourists by improving their physical well-being,

psychological well-being, social relationships and environmental health (Eusébio, Carneiro, and Caldeira, 2016; Woo, Kim and Uysal, 2016; Eusébio and Carneiro, 2011; Silverstein and Parker, 2002).

The literature indicates that travel motivation and travel constraints are potential determinants of the impact of tourism on the QoL of individual tourists (Woo, Kim and Uysal, 2016). Travel motivation is related to specific types of tourism activities. Therefore, travel motivation affects tourists' well-being in different domains. At the same time, travel constraints also affect QoL by affecting the well-being of older tourists, but the effects are negative. However, research on the impact of travel motivation and travel constraints on the QoL of older people is limited. The literature on tourism destinations and the types of travel activities show that these two factors contribute positively to the QoL of tourists (Eusébio and Carneiro, 2011; Neal, Uysal and Sirgy, 2007). Also, travel satisfaction may affect the impact of tourism on the QoL of individual tourists (Uysal et al., 2016).

According to the results generated from my qualitative study (Study 1, Chapter 4), the tourism factors that affect perceived QoL among older Chinese tourists include five core themes: travel motivation, travel constraint, tourism destination, travel activity, and travel satisfaction. This is congruent with the literature (Chapter 2). Consequently, this study considers the following general propositions based on the themes identified in the literature review (Chapter 2) and findings from Study 1 (Chapter 4).

Proposition 1: Tourism affects the QoL of older Chinese tourists.

The following hypotheses are based on proposition 1:

- *H-P1a: Travel motivation has a positive effect on perceived QoL among older Chinese tourists.*
- *H-P1b: Travel constraints have a negative effect on perceived QoL among older Chinese tourists.*
- *H-P1c: Travel activity has a positive effect on perceived QoL among older Chinese tourists.*

- *H-P1d: The tourism destination has a positive effect on perceived QoL among older Chinese tourists.*
- *H-P1e: Travel satisfaction has a positive effect on perceived QoL among older Chinese tourists*

According to the literature review (Chapter 2), each subdomain of QoL affects the overall QoL of tourists. Combined with the findings from Study 1 (Chapter 4), it can be proposed that physical well-being, psychological well-being and social relationships affect the QoL of older Chinese tourists. Based on the above evidence this study considers the following general proposition:

Proposition 2: Physical well-being, psychological well-being, and social relationships effect the QoL of older Chinese tourists.

The following hypotheses are based on proposition 2:

- *H-P2a: Physical well-being has a positive effect on perceived QoL.*
- *H-P2b: Psychological well-being has a positive effect on perceived QoL.*
- *H-P2c: Social relationship has a positive effect on perceived QoL.*

According to the literature review (Chapter 2), there is no empirical evidence on the impact of QoL domains, including physical, psychological, social relations and the environment, on the overall QoL of tourists. However, based on research carried out in the field of health science it can be argued that older people perceive QoL through four dimensions: physical well-being, psychological well-being, social relationships, and environment (Bowling et al., 2003; WHOQOL Group, 1995). The results from Study 1 (Chapter 4) show that tourism mainly impacts three dimensions of QoL among older Chinese tourists: physical well-being, psychological well-being, and social relationships. Eusébio and Carneiro (2011) also point out that tourism rarely impacts the environmental dimension such as security, physical environment, financial support and transportation. Based on the evidence from the literature and Study 1, the following proposition is made:

Proposition 3: Tourism affects three domains (physical well-being, psychological well-being and social relationships) of QoL among older Chinese tourists.

The following hypotheses are based on proposition 3:

- *H-P3-1a: Travel motivation has a positive effect on physical well-being.*
- *H-P3-1b: Travel motivation has a positive effect on psychological well-being.*
- *H-P3-1c: Travel motivation has a positive effect on social relationships.*

- *H-P3-2a: Travel constraints have a negative effect on physical well-being.*
- *H-P3-2b: Travel constraints have a negative effect on psychological well-being.*
- *H-P3-2c: Travel constraints have a negative influence on social relationships.*

- *H-P3-3a: Travel activity has a positive effect on physical well-being.*
- *H-P3-3b: Travel activity has a positive effect on psychological well-being.*
- *H-P3-3c: Travel activity has a positive effect on social relationships.*

- *H-P3-4a: The tourism destination has a positive effect on physical well-being.*
- *H-P3-4b: The tourism destination has a positive effect on psychological well-being.*
- *H-P3-4c: The tourism destination has a positive effect on social relationships.*

- *H-P3-5a: Travel satisfaction has a positive effect on physical well-being.*
- *H-P3-5b: Travel satisfaction has a positive effect on psychological well-being.*
- *H-P3-5c: Travel satisfaction has a positive effect on social relationships.*

5.2.2 Mediation Hypothesis

Mediating variables help researchers understand the relationship between the independent and dependent variables (Baron and Kenny, 1986). Independent variables impact mediating variables, and then mediating variables impact dependent variables (Shadish and Sweeney, 1991). Mediator variables help to explore and understand the rationale and logic of how and why independent and dependent variables are related (Altunel and Erkurt, 2015). Looking back at Chapter 2 and Chapter 4 (Study1), tourism impact-related factors (travel motivation, travel constraint, travel activity, tourism destination and travel satisfaction) affect older Chinese tourists' perceived QoL. These

factors also influence their well-being, while well-being contributes to their QoL. In the quantitative study (Study 2) presented in this chapter, the independent variable is tourism, and the dependent variable is QoL. Well-being (physical well-being, psychological well-being and social relationships) is influenced by the independent variable, which in turn influences the dependent variable; it explains why and how tourism and QoL are related, therefore well-being is hypothesised to be the mediating variable in this study. So, this study considers the following proposition:

Proposition 4: Well-being (physical well-being, psychological well-being and social relationships) mediates the relationship between tourism and the QoL of older Chinese tourists.

The following hypotheses are based on proposition 4:

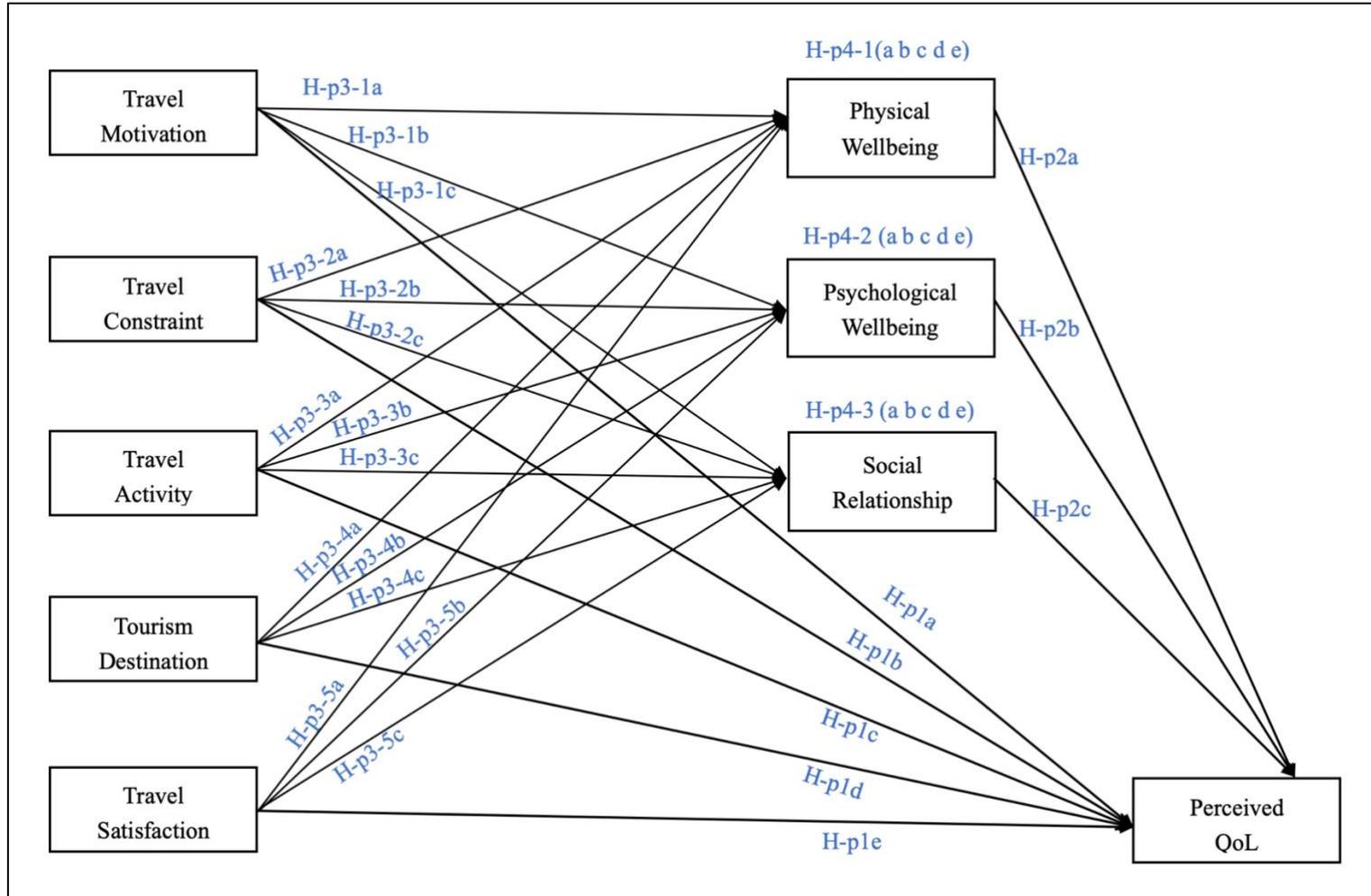
- *H-P4-1a: Physical well-being mediates the positive relationship between travel motivation and QoL of older Chinese tourists.*
- *H-P4-1b: Physical well-being mediates the negative relationship between travel constraints and QoL of older Chinese tourists.*
- *H-P4-1c: Physical well-being mediates the positive relationship between travel activity and QoL of older Chinese tourists.*
- *H-P4-1d: Physical well-being mediates the positive relationship between the tourism destination and the QoL of older Chinese tourists.*
- *H-P4-1e: Physical well-being mediates the positive relationship between travel satisfaction and QoL of older Chinese tourists.*

- *H-P4-2a: Psychological well-being mediates the positive relationship between travel motivation and QoL of older Chinese tourists.*
- *H-P4-2b: Psychological well-being mediates the negative relationship between travel constraints and QoL of older Chinese tourists.*
- *H-P4-2c: Psychological well-being mediates the positive relationship between travel activity and QoL of older Chinese tourists.*
- *H-P4-2d: Psychological well-being mediates the positive relationship between the tourism destination and QoL of older Chinese tourists.*

- *H-P4-2e: Psychological well-being mediates the positive relationship between travel satisfaction and QoL of older Chinese tourists.*
- *H-P4-3a: Social relationships mediate the positive relationship between travel motivation and QoL of older Chinese tourists.*
- *H-P4-3b: Social relationships mediate the negative relationship between travel constraints and QoL of older Chinese tourists.*
- *H-P4-3c: Social relationships mediate the positive relationship between travel activity and QoL of older Chinese tourists.*
- *H-P4-3d: Social relationships mediate the positive relationship between the tourism destination and QoL of older Chinese tourists.*
- *H-P4-3e: Social relationships mediate the positive relationship between travel satisfaction and QoL of older Chinese tourists.*

Figure 5.1 depicts the research model and all the hypotheses.

Figure 5.1 Research model



Source: The author

5.3 Survey Design

The survey was developed based on the literature review (Chapter 2) and results of Study 1 (Chapter 4). It consisted of four parts (See Appendix 1). The first part was comprised of questions related to past travel participation, including the number of trips per year, choice of travel group and where participants had travelled in the two years prior to the Covid-19 pandemic. The second part mainly included questions about travel experience in the two years prior to the Covid-19 pandemic. The questions in third part were designed to measure constructs of QoL. The fourth part comprised of questions about the social-demographic characteristics of the participants. Table 5.1 presents the overall picture of the measurement items of each construct and their original sources.

Table 5.1 Measurement items of each construct and their original source

Construct	Measurement items	Source
Travel Motivation	Need for relaxation	Items were generated from the analysis from Study 1 and Cai and Wong (2007)
	Need for social interaction	
	Appreciating visitor attractions	
	Nostalgia (e.g., visit where you lived or worked before)	
	Having time	
	Good for health	
	Good financial status	
	Give children a rest	
Travel Constraint	Insufficient funds	Items were generated from the analysis from Study 1 and Huang, Chen and Wu (2008)
	Health issues	
	Security concerns	
	Lack of travel partner	
	No time	
Travel Activity	Entertainment activity	Items were generated from the analysis from Study 1 and Littrell, Paige and Song (2004)
	Cultural activity	
	Leisure activity	
	Learning activity	
	Sports activity	

Tourism Destination	Natural scenery	Items were generated from the analysis from Study 1
	Traditional culture	
	Health and wellness theme	
	Nostalgic significance	
	Religious significance	
Travel Satisfaction	Tourism experience	Items were generated from the analysis from Study 1 and Pan, Fu and Wang (2020)
	Travel service	
	Travel product	
	Accomplish my purpose of holiday	
	Enrich life	
Physical Well-being	The ability of daily living activities	Items were generated from the analysis from Study 1 and WHOQOL Group (1998)
	Dependence on medical substances and aids	
	Pain and discomfort	
	Sleep and rest quality	
	Work capacity	
	Energy	
	Mobility	
Psychological Well-being	Negative feeling	WHOQOL Group (1998)
	Positive feeling	
	Ability of thinking, memory, learning and concentration	

	Concern for image and appearance	
	Self-esteem	
	Personal beliefs	
Social Relationship	Relationship with family	Items were generated from the analysis from Study 1 and WHOQOL Group (1998)
	Relationship with friends	
	Support form society	
	Support form family	
	Support from friends	
Perceived QoL	Increase my happiness	Items were generated from the analysis from Study 1
	The process of self-actualisation	
	Improve my life satisfaction	
	Make my life meaningful	
	Feel good	

Source: The author

5.4 Pre-testing and Pilot study

Before collecting the data, pre-testing was first conducted to ensure that participants would understand each survey question accurately when it was administered. This was followed by a pilot study with 150 participants.

5.4.1 Pre-testing

The purpose of pre-testing is to improve surveys by identifying and avoiding potential problems and testing functions (Collins, 2003). It helps to check the quality of the translated scales to reduce the problems arising from language differences. Also, the feedback from participants helped to enhance the survey. Some researchers argue that pre-testing is essential for measurement items from existing research and for self-designed surveys (Hair et al., 2010; Visser et al., 2000). Pre-testing is generally conducted on a small number of participants (Cooper, Schindler and Sun, 2006, p.318-348).

Here, 15 older Chinese people (60 years and older) with tourism experience in the two years prior to the Covid-19 pandemic took part in the pre-testing. Their comments and feedback touched on some problems they encountered while answering the survey, such as question ambiguity, questions they misunderstood, the wording of measurement items, the format of the survey, and the method of collecting the survey data.

Table 5.2 Summary of feedback from pre-testing

Issues	Modification
The format of the original survey	The positioning of questions was modified. Placing the socio-demographic information to the end of the survey allowed participants to focus on the main questions.
Question ambiguity	Setting a time limit for the travel experience (the two years prior to the Covid-19 pandemic)
Questions they misunderstood	Q4: explaining the kinds of visitor attractions Q5: explaining the "nostalgia" question Q17-Q21: giving examples of the activities Q22-Q25: explaining the kinds of tourism

	destinations
The wording of measurement items	Making sure each question was described parsimoniously
Removing questions	One of the scales to measure social relationships was "sexual activity", but this measurement was removed in the final version of the survey because pre-test participants refused to answer this question. The conservative culture of China is probably related to this reluctance (Wang, 2019, pp. 57-58).

Source: The author

The adjusted survey after pre-testing had a total of 60 questions with four types, namely demographic information, travel participation information, tourism experience-related questions, and QoL-related questions. Among them, there were a total of 51 questions about the construction measurement of latent variables.

5.4.2 Pilot study

In the pilot study, 150 participants (older Chinese people (60 years and older) with tourism experience in the two years prior to the Covid-19 pandemic) were surveyed by telephone. Among them, 26 responses could not be used due to lack of information, so a sample of 124 participants was finally retained. The purpose of the pilot study was to test the response completeness of the data, the survey's reliability, and the survey's structural validity. Since 124 of the 150 surveys were valid, the response completeness of the data in this pilot test was 83% (a high response rate).

To test the reliability of the survey, I conducted the first round of reliability analysis in the pilot test stage. I adopted Cronbach's Alpha reliability coefficient to check the degree of consistency of the research variables of the survey on each measurement item. Cronbach's Alpha (α) is a function of the number of test items and the average correlation between items. The formula of Cronbach's Alpha is as follows:

$$\alpha = \frac{N \cdot \bar{C}}{\bar{V} + (N - 1) \cdot \bar{C}}$$

N represents the number of items measured, \bar{C} is the average inter-item covariance between items, and \bar{V} is the average variance. Generally, when α is greater than or equal to 0.6, the survey can be accepted, and when α is less than 0.6 redesigning the survey should be considered. The closer α is to 1, the better the internal consistency between the survey items. The standard is as shown in Table 5.3 below (Tavakol and Dennick, 2011).

Table 5.3 Measurement of Cronbach's Alpha (Pilot study)

Cronbach's Alpha (α)	Internal consistency
$\alpha \geq 0.9$	Excellent
$0.9 > \alpha \geq 0.8$	Good
$0.8 > \alpha \geq 0.7$	Acceptable
$0.7 > \alpha \geq 0.6$	Questionable
$0.6 > \alpha \geq 0.5$	Poor
$0.5 > \alpha$	Unacceptable

Source: Developed from Tavakol and Dennick (2011)

As shown in Table 5.4, the measurement scale of this study had a high level of reliability because the Cronbach's Alpha (α) of each construct was from 0.741 to 0.911, hence the internal consistency was acceptable. The α value of travel constraint was the lowest, only 0.741, and the α values of other constructs were all higher than 0.8. This study will combine the following validity analysis to test the survey further.

Table 5.4 Scale items and Reliability for Constructs (Pilot study)

Constructs	Scale items	Cronbach's Alpha (α)	Mean	Std. Deviation
Travel Motivation		0.856		
	Relaxation needs		3.4194	1.21037
	Social need		3.5242	1.19935
	Visitor attractions		3.5161	1.12967
	Nostalgia		3.4677	1.12932
	Having time		3.5887	1.18947
	Health benefits		3.4355	1.11342
	Good financial status		3.4516	1.36956

	Give children a rest		1.4355	.83852
Travel Constraint		0.741		
	Insufficient funds		3.8468	1.12651
	Health issues		3.7339	1.15547
	Security concerns		3.7419	1.13961
	Lack of travel partner		3.7177	1.17259
	No time		1.4435	.88623
Travel Activity		0.877		
	Entertainment activities		3.8548	1.15957
	Cultural activities		3.4355	1.20461
	Leisure activities		3.6613	1.04288
	Learning activities		3.7177	1.05584
	Sports activities		3.6935	1.14180
Tourism Destination		0.892		
	Destination with natural scenery		3.5242	1.37612
	Destination with health and wellness theme		3.6532	1.13370
	Destination with nostalgic significance		3.5323	1.10752
	Destination with religious significance		3.6129	1.01781
	Destination with traditional culture		3.5323	1.12932
Travel Satisfaction		0.862		
	Enrich my life		3.5968	1.02742
	Accomplish my purpose of holiday		3.7258	1.15708
	Satisfaction with travel service		3.5806	1.14832
	Satisfaction with travel experience		3.4355	1.24445
	Satisfaction with travel product		3.4113	1.16878

Physical Well-being		0.909		
	Ability of daily living activities		3.4839	1.07812
	Dependence on medical substances and aids		3.5161	.99170
	Pain and discomfort		3.6532	1.05186
	Sleep and rest quality		3.6371	1.25805
	Work capacity		3.5161	1.16510
	Energy		3.6371	1.34548
	Mobility		3.5968	1.31235
Psychological Well-being		0.910		
	Reducing Negative feeling		3.5806	1.14832
	Improving Positive feeling		3.5645	1.14935
	Ability of thinking, memory and concentration		3.5403	1.27132
	Concern for image and appearance		3.4194	1.09765
	Self-esteem		3.7177	1.31632
	Personal beliefs		3.3790	1.23363
Social Relationship		0.875		
	Family Relationship		3.3710	1.23938
	Friend Relationships		3.4274	.90323
	Social support		3.4758	1.15092
	Family support		3.6129	1.41254
	Friend support		3.6613	.88241
Perceived QoL		0.911		
	Increase my happiness		3.2258	1.13938
	The process of self-actualisation		3.4839	1.28458
	Improve my life satisfaction		3.3952	1.29927

	Make my life meaningful		3.3226	1.32240
	Feel good		3.4516	1.23864

Source: The author

Validity is the ability of a measurement instrument to accurately measure what is really going on (Heale and Twycross, 2015). The validity of a survey reflects whether the research question is a valid measure of the original intent of the survey designer, tests whether the design of the survey is reasonable, and also reflects the accuracy of the data collected. I used Kaiser-Meyer-Olkin Measure of Sampling Adequacy (KMO) and Bartlett's Test of Sphericity to measure the structural validity of the survey, aiming to measure the correspondence between item and measurement directions (Noble and Smith, 2015). The formula is as follows.

$$KMO = \frac{\sum \sum_{j \neq k} r^2_{jk}}{\sum \sum_{j \neq k} r^2_{jk} + \sum \sum_{j \neq k} p^2_{jk}}$$

Kaiser-Meyer-Olkin (KMO) is usually used to measure sampling adequacy. The measurement result is between 0 and 1, and the minimum acceptable value should be greater than 0.50. The closer the KMO value is to 1, the more suitable the variable is for factor analysis, as the sum of the squares of the simple correlation coefficients between all variables is greater than the sum of the squares of the partial correlation coefficients when the KMO value is close to 1. In other words, a KMO value close to 1 means that the correlation between the variables is strong. Conversely, a KMO value close to 0 indicates that the correlation between the variables is weak and the variables are not suitable for factor analysis (Heale and Twycross, 2015). In general, the results of principal component analysis (PCA) have good utility when the value of the test coefficient of KMO is greater than 0.8 (Field, 2018).

KMO usually measures variables together with the Bartlett test. Bartlett's Test of Sphericity results are used to test whether the correlation matrix is significantly different from the identity matrix, that is, to test whether each variable is independent. The measured value of Bartlett's Test is generally less than 0.05. KMO test and Bartlett's Test should be performed before factor analysis. When the KMO test coefficient is greater than 0.5, and the P-value is less than 0.05, the survey has

structural validity and is suitable for factor analysis. The KMO and Bartlett's test results presented in Table 5.5 show that the value of KMO in this survey was 0.850, which is much larger than the minimum requirement of 0.5. So, the data structure of this research was meritorious. The value of Bartlett's test was 0.00, which is less than the threshold of 0.05 to verify the adequacy of sampling, indicating that the variables in the survey were significantly correlated with each other. The thus survey had structural validity and was suitable for factor analysis.

Table 5.5 KMO and Bartlett's Test (Pilot study)

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.850
Bartlett's Test of Sphericity	Approx. Chi-Square	4575.698
	df	1275
	Sig.	.000

Source: The author

In the pilot test, EFA was used to explore the underlying structure of a set of variables. EFA can measure the correlation of the same set of variables in the survey and indicate which items belong to which structure (Field, 2018).

This pilot test also evaluated the commonality of variables (Cooper, Schindler and Sun, 2006, p.318-348). Communalities is a measure of the degree to which an indicator contributes to a factor. In other words, it measures the degree to which a variable is considered by the factor (Hair et al., 2010). When the estimate of Communalities is greater than 0.6, it indicates that the variable is performing well, and the variable is retained. If the estimated value of Communalities is less than 0.50, this indicates that the performance of the variable is not good, and the variable is deleted (Hair et al., 2010). The results in Table 5.6 show that the minimum Communalities value of the measured variables in this survey was 0.590, and the Communalities values of most of the measured variables were around 0.7. All Communalities values were higher than the standard value, which shows that the measurement indicators in this study performed well.

Table 5.6 Communalities (Pilot study)

Variable	Initial	Extraction
Relaxing	1.000	.679
Social need	1.000	.771
Visitor attractions	1.000	.665
Nostalgia	1.000	.630
Having time	1.000	.604
Health benefits	1.000	.693
Good financial status	1.000	.724
Give children a rest	1.000	.770
Insufficient funds	1.000	.728
Health issues	1.000	.825
Security concerns	1.000	.603
No time	1.000	.858
Lack of travel partner	1.000	.675
Entertainment activities	1.000	.596
Cultural activities	1.000	.757
Leisure activities	1.000	.701
Learning activities	1.000	.776
Sports activities	1.000	.769
Natural scenery	1.000	.779
Health and wellness theme	1.000	.748
Nostalgic significance	1.000	.626
Religious significance	1.000	.590
Traditional culture	1.000	.831
Enrich life	1.000	.614
Accomplish	1.000	.633
Satisfaction with travel service	1.000	.716
Satisfaction with travel experience	1.000	.667
Satisfaction with travel product	1.000	.817
Ability of daily living activities	1.000	.615
Dependence on medical substances and aids	1.000	.746
Pain and discomfort	1.000	.690
sleep and rest	1.000	.727
Work capacity	1.000	.673
Energy	1.000	.698
Mobility	1.000	.705
Reducing Negative feeling	1.000	.703

Improve Positive feeling	1.000	.720
Ability of thinking, memory and concentration	1.000	.777
Concern for image and appearance	1.000	.703
self-esteem	1.000	.799
Personal beliefs	1.000	.676
Family Relationship	1.000	.774
Friend Relationship	1.000	.610
Social support	1.000	.690
Family support	1.000	.783
Friend support	1.000	.749
Increase my happiness	1.000	.690
Self-actualisation	1.000	.755
Improve my life satisfaction	1.000	.767
Make my life meaningful	1.000	.776
Feel good	1.000	.803
Extraction Method: Principal Component Analysis.		

Source: The author

After the Community analysis, factor extraction based on the eigenvalues of each factor in the total variance was performed. This was a way to determine the number of factors in the study. Factors with eigenvalues greater than 1 are usually retained because eigenvalues greater than 1 indicate that this factor can explain many changes (Hair et al., 2010). Table 5.7 shows that this study extracted nine elements from all variables because the value of eigenvalues with nine components was greater than 1.

Table 5.7 Total Variance Explained (Pilot study)

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	16.290	31.941	31.941	16.290	31.941	31.941	5.222	10.240	10.240
2	4.116	8.072	40.012	4.116	8.072	40.012	5.054	9.911	20.151
3	3.180	6.234	46.247	3.180	6.234	46.247	4.134	8.105	28.256
4	3.014	5.909	52.156	3.014	5.909	52.156	3.985	7.815	36.070
5	2.120	4.157	56.313	2.120	4.157	56.313	3.562	6.985	43.056
6	2.054	4.027	60.340	2.054	4.027	60.340	3.554	6.968	50.023
7	1.783	3.495	63.835	1.783	3.495	63.835	3.340	6.549	56.573
8	1.396	2.737	66.572	1.396	2.737	66.572	3.294	6.459	63.032
9	1.338	2.624	69.196	1.338	2.624	69.196	2.759	5.409	68.442

Source: The author

After determining the number of factors, I used rotation (Varimax with Kaiser Normalization) to perform PCA on the 51 component variables in the study. The Varimax method in orthogonal rotations is the most used method because its results are simple and easy to interpret (Shlens, 2014). The purpose of the rotation is to simplify the factor matrix for easy interpretation, that is, to achieve the principle of “simple structure” (Hair et al., 2010). Table 5.8 shows the information extraction of research items’ factors and the corresponding relationship between factors and research items. When the value of loading is higher than 0.5, it means that there is a strong correlation between the components and the factors, and the factors can effectively extract information from the components. Normally, positive correlation items are used, but if there are design “negative items” when measuring the design, then negative correlations are also included (Field, 2018).

This research removes problematic variables (problematic research items) based on component-factor correlations, that is, whether the factors are effective in extracting information about the components. As shown in Table 5.8, the value of loading for 1h was -0.078, but this variable is a positively correlated variable, so 1h was a problematic variable. Question 1h “My travel motivation is that it gives my children a rest” came from the results of Study 1 (Chapter 4). Reviewing the transcript of Study 1, this research item came from older people over 75 years of age, younger older people did not make this argument and it may not be applicable to all age groups, so 1h was

removed. In addition, 2e is a negative item, but its value loading is a positive number, which does not conform to the topic design; so 2e was also a problematic variable that was removed.

Table 5.8 extracted nine factors from the analysis of the corresponding relationship between factors and components, consistent with the results in Table 5.7 and the theoretical design, which shows that the survey in this study had good validity.

Table 5.8 Initial Rotated Component Matrix (Pilot study)

	Component								
	1	2	3	4	5	6	7	8	9
1a Relax		.733							
1b Social need		.811							
1c Visitor attractions		.746							
1d Nostalgia		.702							
1e Having time		.663							
1f Health benefits		.746							
1g Good financial status		.718							
1h Give children a rest		-.078							
2a Insufficient funds								-.755	
2b Health issues								-.801	
2c Security concerns								-.563	
2d Lack of travel partner								-.807	
2e No time								.219	
3a Entertainment activities							.609		
3b Cultural activities							.786		
3c Leisure activities							.690		
3d Learning activities							.691		
3e Sports activities							.802		
4a Natural scenery			.851						
4b Health and wellness theme			.812						
4e Nostalgic significance			.730						
4f Religious significance			.684						
4g Traditional culture			.867						
5a Enrich life					.659				
5b Accomplish					.696				
5c Satisfaction with travel					.810				

service									
5d Satisfaction with travel experience					.747				
5e Satisfaction with travel product					.828				
6a Ability of daily living activities	.748								
6b Dependence on medical substances and aids	.797								
6c Pain and discomfort	.764								
6d Sleep and rest	.816								
6e Work capacity	.741								
6f Energy	.777								
6g Mobility	.749								
7a Reducing Negative feeling				.676					
7b Improve Positive feeling				.709					
7c Ability of thinking, memory and concentrate				.695					
7d Concern for image and appearance				.618					
7e self-esteem				.802					
7f Personal beliefs				.602					
8a Family Relationship						.755			
8b Friend Relationship						.666			
8c Social support						.702			
8d Family support						.770			
8e Friend support						.801			
9a Increase my happiness									.665
9b Self-actualisation									.651
9c Improve my life satisfaction									.526
9d Make my life meaningful									.546
9e Feel good									.638
Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization.									

Source: The author

Note: Problematic variables are highlighted in red

In summary the pre-testing and the pilot test helped adjust and confirm the design of the final survey. The final survey after pre-testing and pilot study had a total of 58 questions with four parts (see Appendix 8). The questions included travel participation in the two years prior to the Covid-19 pandemic, demographic information questions, tourism experience-related questions and QoL-related questions, and there were 49 questions about the construction measurement of variables.

5.5 Demographic profile of the final survey participants

In this study, 496 participants were surveyed by telephone. 51 participants' answers were invalid because they gave the same answers to each item or lacked answers. Therefore, a total of 445 valid samples were collected, accounting for 89.72% of the responses. Field (2018) and Hair et al. (2010) state that the ratio of cases to variables should be at least 10:1 or 15:1. 10:1 is a widely accepted rule of thumb (Nunnally, 1975). This research involved 49 observed variables, which means that the minimum sample size should be 490. But as this research used maximum likelihood estimation (MLE) for SEM analysis, a sample size of more than 400 cases would result in a poor fit and an overly-large sample size does not guarantee the accuracy of the results (Hair et al., 2010). Therefore, a sample of 445 was sufficiently large for subsequent statistical analyses.

Approximately 60% of participants were from the 60 to 69 age group (Table 5.9). Among older people in China, this age group is the most likely to participate in tourism (Yu, Zhang and Ren, 2003a). Table 5.9 also shows that there were only 32 participants over the age of 80, accounting for 7.2% of the total participants. The proportions of males and females were almost equal - 47.6% were male and 52.4% were female. In terms of educational background, 58.7% of the participants only had a middle school degree. The participants' income was concentrated in the 1000-3000 CNY (37.5%) and 3001-5000 CNY ranges, (33.5%). The older people who participated in the survey mostly lived with their spouse, accounting for 49.4%, while the rest mostly lived with their spouse and children, accounting for 25.4%.

Table 5.9 Demographic information and tourism experience of participants (N=445)

Category	Variable	Frequency	Percent (%)
Number of trips per year (in the two years prior to the Covid-19 pandemic)	1	102	22.9
	2-3	220	49.4
	4-5	81	18.2
	6-7	16	3.6
	Over 7	26	5.8
Travel group	Travel with family	219	49.2
	Travel with friend	63	14.2
	Arranged by a travel company	159	35.7
	Travel alone	4	0.9
	Other	0	0.0
Age	60-64	136	30.6
	65-69	127	28.5
	70-74	89	20.0
	75-79	61	13.7
	80 and over	32	7.2
Gender	Male	212	47.6
	Female	233	52.4
Marital status:	Married	351	78.9
	Never married	6	1.3
	Widowed	57	12.8
	Divorced or separated	29	6.5
	Others	2	0.4
Educational level	Primary school or below	91	20.4
	Middle school	261	58.7
	High school	66	14.8
	College or Bachelor	22	4.9
	Postgraduate and above	5	1.1
Monthly income (CNY)	Less than 1,000	40	9.0
	1,000-3,000	167	37.5
	3,001-5,000	148	33.3
	5,001-10,000	56	12.6
	More than 10,000	34	7.6
Living arrangement	Lives alone	44	9.9
	Lives with spouse only	220	49.4
	Lives with children only	26	5.8

	Lives with spouse and children	113	25.4
	Lives in Senior house	39	8.8
	Other	3	0.7
Exchange rate: 1 GBP \approx 8.6 CNY			

Source: The author

Table 5.10 shows where the participants travelled to in the two years prior to the Covid-19 pandemic. Most of the participants chose to travel around where they lived. This survey was conducted in Jiangsu Province. Zhejiang and Shanghai are the surrounding areas of Jiangsu. It can be seen from Table 5.10 that most of the participants' travel trajectories were Jiangsu, Zhejiang and Shanghai, as well as other parts of China. Few participants chose outbound travel, and most outbound travel was concentrated in Asia.

Table 5.10 Frequency of destination

	Responses		Percent of Cases (%)
	N	Percent (%)	
Jiangsu, Zhejiang, and Shanghai	373	46.9	83.8
China (exclude Jiangsu, Zhejiang, and Shanghai)	319	40.1	71.7
Asia (exclude China)	67	8.4	15.1
Americas	10	1.3	2.2
Europe	16	2.0	3.6
Oceania	6	0.8	1.3
Africa	4	0.5	0.9
Other	1	0.1	0.2
Total	796	100.0	178.9
a. Dichotomy group tabulated at value 1.			

Source: The author

5.6 Exploratory factor analysis (EFA)

Before EFA, the feasibility test of factor analysis was carried out. The feasibility test needed to meet two conditions at the same time, $KMO > 0.7$ and Bartlett's test ($Sig. < 0.05$). For this research (Table 5.11) the KMO value was 0.931; this is greater than 0.7, and therefore meets the prerequisite

requirements of factor analysis. The result of Bartlett's Test (Table 5.11) was 0.00, which is less than 0.05, indicating that the research data was suitable for factor analysis.

Table 5.11 KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.931
Bartlett's Test of Sphericity	Approx. Chi-Square	13049.426
	Df	1176
	Sig.	.000

Source: The author

The survey passed the feasibility factor analysis test, so I conducted EFA on the 445 survey responses using SPSS 27.0. The purpose of factor analysis is to condense information and extract factors. The analysis results are shown in Table 5.12.

A total of nine factors were extracted by factor analysis, and the Eigenvalues were all greater than 1. The variance explanation rates of these nine factors after rotation were 28.052%, 2.796%, 4.083%, 6.107%, 3.992%, 8.851%, 6.320%, 4.639%, 2.517%, the cumulative variance explanation rate after rotation is 67.286%. I used the maximum variance rotation method (varimax) to find the correspondence between factors and research items. Table 5.12 shows the information extraction of research items' factors and the corresponding relationship between factors and research items. The common degree values corresponding to all research items are higher than 0.5, which means that there is a strong correlation between the research items and the factors, and the factors can effectively extract information. The nine factors were then extracted by analysing the corresponding relationship between factors and research items, which are consistent with the theoretical design, indicating that the survey has good validity.

Table 5.12 Selected SPSS Text Output (Total Variance Explained and Rotated Component)

Variables	Factor Loading	Eigenvalues	Variance Explained %
Travel Motivation		13.754	28.052
TM1 Need for relaxation	0.742		
TM2 Need for social interaction	0.881		
TM3 visitor attractions	0.738		

TM4 Nostalgia	0.692		
TM5 Having time	0.657		
TM6 Health benefits	0.821		
TM7 Good financial status	0.765		
Travel Constraint		1.370	2.796
TC 1 Insufficient funds	0.744		
TC 2 Health issues	0.863		
TC 3 Security concerns	0.775		
TC4 Lack of travel partner	0.809		
Travel Activity		2.001	4.083
TA1 Entertainment activities	0.705		
TA 2 Cultural activities	0.772		
TA3 Leisure activities	0.759		
TA4 Learning activities	0.742		
TA5 Sports activities	0.823		
Travel Destination		2.992	6.107
TD1 Natural scenery	0.782		
TD2 Health and wellness theme	0.811		
TD3 Nostalgic significance	0.716		
TD4 Religious significance	0.721		
TD5 Traditional culture	0.870		
Travel Satisfaction		1.922	3.992
TS1 Enrich my life	0.723		
TS2 Accomplish my purpose of holiday	0.708		
TS3 Satisfaction with travel service	0.742		
TS4 Satisfaction with travel experience	0.711		
TS5 Satisfaction with travel product	0.901		
Physical Well-being		4.337	8.851
PH1 Ability of daily living activities	0.688		
PH2 Dependence on medical substances and aids	0.813		
PH3 Pain and discomfort	0.752		
PH4 Sleep and rest quality	0.720		
PH5 Work capacity	0.722		
PH6 Energy	0.769		
PH7 Mobility	0.717		

Psychological Well-being		3.097	6.320
PS1 Reducing Negative feeling	0.650		
PS2 Improving Positive feeling	0.758		
PS3 Ability of thinking, memory and concentration	0.825		
PS4 Concern for image and appearance	0.686		
PS5 Self-esteem	0.713		
PS6 Personal beliefs	0.723		
Social Relationship		2.273	4.639
SR1 Family Relationship	0.849		
SR2 Friend Relationships	0.687		
SR3 Social support	0.685		
SR4 Family support	0.829		
SR5 Friend support	0.710		
Perceived QoL		1.233	2.517
QoL1 Increase my happiness	0.663		
QoL2 The process of self-actualisation	0.761		
QoL3 Improve my life satisfaction	0.703		
QoL4 Make my life meaningful	0.841		
QoL5 Feel good	0.774		
Total variance explained %			67.286

Source: The author

Based on the above analysis, the reliability and validity of the survey was verified. And, the results of the analysis explored the structure of the model, which in this study consisted of nine constructs, travel motivation, travel constraint, travel activity, tourism destination, travel satisfaction, physical well-being, psychological well-being, social relationships and perceived QoL. The verification of the model structure is presented in the next section.

5.7 Developing the overall measurement model

The complete SEM consists of two models, the measurement model and the structural model, which correspond to different statistical methods, namely confirmatory factor analysis (CFA) and

path analysis (Hoyle, 1995). The measurement model detects the relationship between the latent and manifest variables, and the structural model tests the relationship between the individual latent variables (Wu, 2010, p. 8-23). I first tested the measurement model to explore the relationship between the latent variables and the corresponding manifest variables.

5.7.1 Confirmatory factor analysis (CFA)

EFA analysis in Section 5.6 was conducted aiming to explore the model structure. In this section, CFA aims to test the model structure (Hair et al., 2010; Wu, 2010: p. 8-23). In this section, CFA was used to measure the reliability and validity of the model, analyse and test the appropriateness and authenticity of the measurement model, that is, the relationship between the observed variables and the latent variables. CFA can test how well the theoretical specification of the factor matches the actual data (Hair et al., 2010). First, I used Amos 26.0 to conduct CFA to test the convergence validity of the internal items of each variable. The main purpose was to verify the fit between the actual measurement data and the theoretical framework and how the measured variables logically and systematically represent the theoretical model involved. Convergence validity verifies that the measurement theory can be combined with the structural theory to adequately account for the SEM (Hair et al., 2010; Reisinger and Mavondo, 2007). When using CFA to test the validity of the overall measurement model, it is necessary to evaluate the fit of the model and to modify the measurement model to improve the fit of the model because it reflects the ability of the model to represent data (Brown, 2015, p.35-82).

The main selection of model-fitting parameters included indicators such as X^2/df (Normal chi-square), root mean square residual (RMR), GFI (goodness-of-fit index), AGFI (adjusted goodness-of-fit index), NFI (normal fit index), IFI (incremental fit index), TLI (Tacker-Lewis index), CFI (comparative fit index) and RMSEA (root mean square error of approximation):

- The smaller the chi-square value (X^2) is, the better the causal path diagram of the overall model matches the data. When the X^2 value is 0, it means that the hypothetical model fits well with the observed data. When the x^2 value is significant, there is no fit between the theoretical model estimation matrix and the observation data matrix (Wu, 2010). Researchers should look for a relatively small x^2 value because the closer to 0, the better the model fits the observed data. At the same time, the x^2 value is not significant because the

insignificant χ^2 value indicates that the causal path diagram of the overall model fits well with the actual data (Brown, 2015, p.35-82). Normal Chi-square (X^2/df) is also used as an index to measure the fit of the model. The smaller the value of X^2/df , the more suitable the covariance matrix of the model is assumed to be with the observed data; otherwise, the degree of fit is poor. Generally speaking, when X^2/df is less than 2, it indicates that the model has a better fit (Carmins and McIver, 1981).

- RMR is the root mean square residual, which comes from the concept of the adaptive residual. The RMR value is equal to the square root of the mean of the fitted residual variance covariance matrix. The smaller the RMR value, the more acceptable the model. An RMR value less than 0.05 indicates the model fit (Wu, 2010).
- RMSEA is the root mean square error of approximation. The RMSEA value is usually regarded as the most important fit indicator. When the RMSEA value is greater than 0.10, the model fit is poor; when the RMSEA value is between 0.08 and 0.10, the model fit is mediocre; when the RMSEA value is between 0.05 and 0.08, the model fit is reasonable; and when the RMSEA value is less than 0.05, the model fit is good (Browne and Cudeck, 1989).
- GFI is a goodness-of-fit index. The GFI value is between 0-1; the closer to 1, the better the fit of the model. The general measurement standard is that the GFI value is greater than 0.90, which means that the model path diagram has a good degree of adaptation to the data. The AGFI value is between 0-1; the closer to 1, the fitter the model. The general measurement standard is that the GFI value is greater than 0.90, which means that the model path diagram and the actual data have a good fit (Hu and Bentler, 1999).
- The baseline comparisons in Amos contains some fit test parameters, such as NFI (normal fit index), IFI (incremental fit index), TLI (Tacker-Lewis index) and CFI (comparative fit index). The values of these four indices are between 0-1; the closer to 1, the better the adaptation, and the standard fit value is greater than 0.90 (Wu, 2010).

It can be seen from Table 5.13 that CMIN/DF was 1.149, and GFI, NFI, IFI, TLI and CFI all reach the standard of 0.9 or more. AGFI was 0.891, greater than 0.85, and close to 1. RMSEA was 0.018, RMR was 0.042; both are less than 0.05. Therefore, most of the fit indicators for the measurement model for this research meet the model fit standard, so it can be considered that this measurement model was well-fitted.

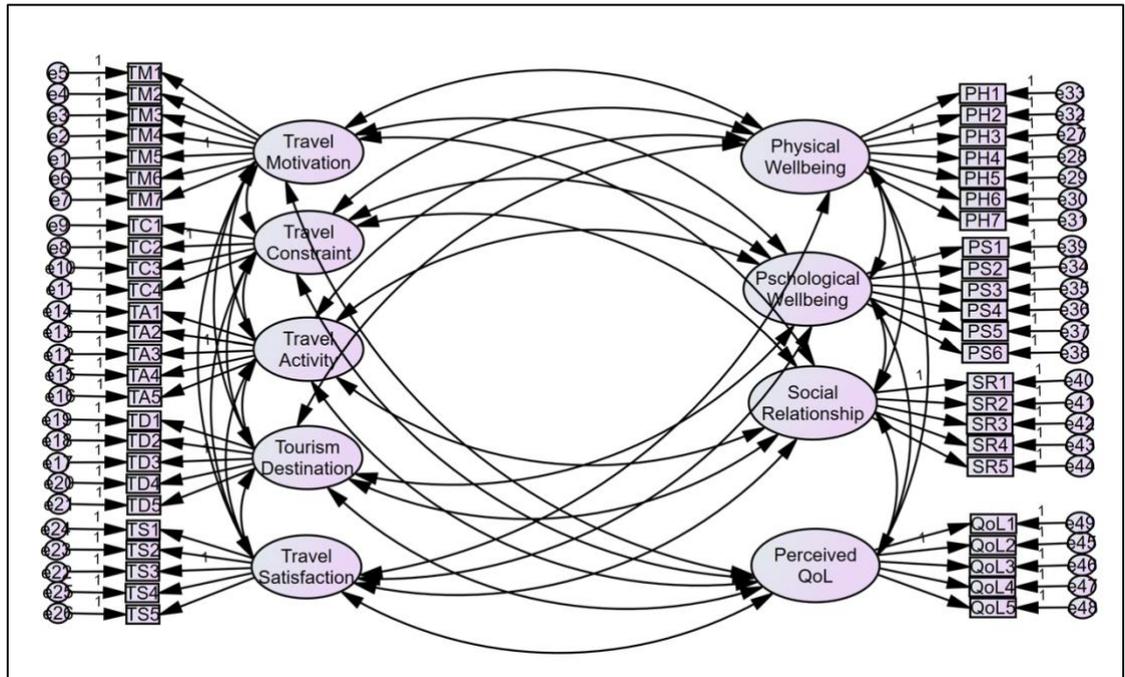
Table 5.13 Model Fit of Measurement Model

	Recommended Value	Results
χ^2/df	<2	1.149
GFI	≥ 0.90	0.903
AGFI	≥ 0.85	0.891
RMR	<0.05	0.042
RMSER	<0.05	0.018
NFI	≥ 0.90	0.908
IFI	≥ 0.90	0.987
TLI	≥ 0.90	0.986
CFI	≥ 0.90	0.987

Source: The author

At this stage, the measurement model contained all latent constructs and the measurement indicator variables corresponding to the latent constructs, and the measurement model was part of a full SEM that demonstrates the relationship between latent and measured variables in the absence of measurement error (Brown, 2015, p.35-82). I used Amos 26.0 to perform CFA to correlate variables with observed variables. 445 responses were used for the model measurement checks, and the measurement model is shown in the Figure 5.2. It contained nine latent variables and there were 49 manifest variables associated with the nine latent variables.

Figure 5.2 Measurement Model



Source: The author

Table 5.14 presents the results of unstandardised and standardised maximum likelihood parameter estimates. Based on the analysis of the measurement model in Figure 5.2 and the results in Table 5.4, it can be seen that all parameter estimates in this study were statistically significant and substantially meaningful.

Table 5.14 Regression Weight (Measurement Model)

Regression Weights			Unstandardised Estimate	SE.	CR.	P	Standardised Estimate
TM5	←-	Travel Motivation	1.000				.659
TM4	←-	Travel Motivation	.994	.076	13.009	***	.694
TM3	←-	Travel Motivation	1.109	.081	13.740	***	.740
TM2	←-	Travel Motivation	1.347	.086	15.758	***	.879
TM1	←-	Travel Motivation	1.122	.081	13.799	***	.744
TM6	←-	Travel Motivation	1.192	.080	14.913	***	.818

TM7	←-	Travel Motivation	1.233	.087	14.133	***	.766
TC2	←-	Travel Constraint	1.000				.855
TC1	←-	Travel Constraint	.847	.048	17.577	***	.744
TC3	←-	Travel Constraint	.946	.051	18.600	***	.776
TC4	←-	Travel Constraint	.942	.047	19.941	***	.817
TA3	←-	Travel Activity	1.000				.763
TA2	←-	Travel Activity	1.076	.066	16.185	***	.771
TA1	←-	Travel Activity	1.052	.071	14.828	***	.711
TA4	←-	Travel Activity	.945	.061	15.532	***	.742
TA5	←-	Travel Activity	1.069	.062	17.194	***	.817
TD3	←-	Tourism Destination	1.000				.716
TD2	←-	Tourism Destination	1.153	.072	16.100	***	.810
TD1	←-	Tourism Destination	1.211	.078	15.574	***	.782
TD4	←-	Tourism Destination	.966	.067	14.466	***	.725
TD5	←-	Tourism Destination	1.189	.069	17.121	***	.868
TS3	←-	Travel Satisfaction	1.000				.742
TS2	←-	Travel Satisfaction	.995	.068	14.738	***	.713
TS1	←-	Travel Satisfaction	.961	.064	15.089	***	.729
TS4	←-	Travel Satisfaction	.994	.068	14.633	***	.708

TS5	←-	Travel Satisfaction	1.235	.067	18.436	***	.897
PH3	←-	Physical Well-being	1.000				.755
PH4	←-	Physical Well-being	1.044	.068	15.245	***	.722
PH5	←-	Physical Well-being	1.034	.067	15.338	***	.726
PH6	←-	Physical Well-being	1.294	.079	16.438	***	.773
PH7	←-	Physical Well-being	1.118	.074	15.192	***	.719
PH2	←-	Physical Well-being	1.138	.065	17.424	***	.815
PH1	←-	Physical Well-being	.971	.067	14.555	***	.692
PS2	←-	Psychological Well-being	1.000				.801
PS3	←-	Psychological Well-being	1.106	.054	20.443	***	.859
PS4	←-	Psychological Well-being	.908	.054	16.690	***	.735
PS5	←-	Psychological Well-being	1.002	.057	17.430	***	.760
PS6	←-	Psychological Well-being	.959	.054	17.689	***	.769
PS1	←-	Psychological Well-being	.770	.049	15.739	***	.701
SR1	←-	Social Relationship	1.000				.866
SR2	←-	Social Relationship	.701	.041	17.172	***	.715
SR3	←-	Social Relationship	.788	.046	17.111	***	.713
SR4	←-	Social Relationship	1.179	.053	22.182	***	.848
SR5	←-	Social Relationship	.664	.037	17.908	***	.736

QoL 2	←-	Perceived QoL	1.000				.808
QoL 3	←-	Perceived QoL	.986	.056	17.578	***	.756
QoL 4	←-	Perceived QoL	1.138	.053	21.450	***	.876
QoL 5	←-	Perceived QoL	1.002	.051	19.561	***	.819
QoL 1	←-	Perceived QoL	.882	.054	16.478	***	.719

Source: The author

5.7.2 Reliability and validity analysis of SEM

In SEM, the reliability and validity of the measurement scales are tested primarily through the CFA. Also, validity and reliability testing of the measurement scales is a prerequisite requirement for the next stage of path analysis and causal model testing.

5.7.2.1 Reliability analysis

Reliability represents the consistency of the data, and it can reflect the stability and concentration of the data. Reliability analysis ensures the evaluation of model fit and the validity of hypothesis testing by measuring the reliability of the survey data. The reliability of the measurement model is mainly reflected in the correlation between the measurement indicators of the same construct. The higher the correlation, the higher the reliability.

Researchers often use Cronbach's reliability coefficient to check the reliability of the measurement model. Cronbach's Alpha coefficients greater than 0.8 indicate good reliability; and Cronbach's Alpha coefficients greater than 0.9 indicate excellent reliability (DeVellis and Thorpe, 2021, pp. 58-72; Hair et al., 2010). Factor loadings evaluate whether each measured variable is statistically significant. Generally, the value of factor loading must be greater than 0.7. In addition, construct reliability (CR) and Average Variance Extracted (AVE) are also important methods for testing structural reliability (Hair et al., 1998; Fornell and Larcker, 1981). CR detects the internal consistency of the measured variables. The higher the reliability, the higher the consistency of the items.

The formula is as follows:

$$CR = \frac{(\sum \lambda_i)^2}{(\sum \lambda_i)^2 + \sum Var(\varepsilon_i)}$$

$$AVE = \frac{\sum \lambda_i^2}{\sum \lambda_i^2 + \sum_i VAR(\varepsilon_i)}$$

A CR value greater than 0.7, indicates good reliability. AVE calculates the ability of each measured variable to explain the variation of the corresponding latent variable. The larger the AVE value, the higher the reliability and convergence validity of the measured variable. It is recommended that its standard value be greater than 0.5.

As shown in Table 5.15, the Cronbach's Alpha values of all constructs were in the range of 0.869 to 0.903, which is greater than the threshold 0.80. All factor loadings (λ) values and AVE values were greater than the threshold 0.5, and the CR ranged from 0.865 to 0.905, exceeding the threshold of 0.70. Therefore, all the measurement variables in this research converged to the corresponding latent variables, and the reliability and convergence validity of the measurement model were good.

Table 5.15 Results of reliability analysis

Variables	Factor Loading	Cronbach's Alpha (α)	AVE	CR
Travel Motivation		0.903	0.577	0.905
TM1 Need for relaxation	0.742			
TM2 Need for social interaction	0.881			
TM3 visitor attractions	0.738			
TM4 Nostalgia	0.692			
TM5 Having time	0.657			
TM6 Health benefits	0.821			
TM7 Good financial status	0.765			
Travel Constraint		0.874	0.638	0.876
TC 1 Insufficient funds	0.744			
TC 2 Health issues	0.863			
TC 3 Security concerns	0.775			
TC4 Lack of travel partner	0.809			
Travel Activity		0.871	0.579	0.873

TA1 Entertainment activities	0.705			
TA 2 Cultural activities	0.772			
TA3 Leisure activities	0.759			
TA4 Learning activities	0.742			
TA5 Sports activities	0.823			
Travel Destination		0.885	0.612	0.887
TD1 Natural scenery	0.782			
TD2 Health and wellness theme	0.811			
TD3 Nostalgic significance	0.716			
TD4 Religious significance	0.721			
TD5 Traditional culture	0.870			
Travel Satisfaction		0.869	0.578	0.872
TS1 Enrich my life	0.723			
TS2 Accomplish my purpose of holiday	0.708			
TS3 Satisfaction with travel service	0.742			
TS4 Satisfaction with travel experience	0.711			
TS5 Satisfaction with travel product	0.901			
Physical Well-being		0.895	0.549	0.895
PH1 Ability of daily living activities	0.688			
PH2 Dependence on medical substances and aids	0.813			
PH3 Pain and discomfort	0.752			
PH4 Sleep and rest quality	0.720			
PH5 Work capacity	0.722			
PH6 Energy	0.769			
PH7 Mobility	0.717			
Psychological Well-being		0.897	0.530	0.870
PS1 Reducing Negative feeling	0.650			
PS2 Improving Positive feeling	0.758			
PS3 Ability of thinking, memory and concentration	0.825			
PS4 Concern for image and appearance	0.686			
PS5 Self-esteem	0.713			
PS6 Personal beliefs	0.723			
Social Relationship		0.879	0.571	0.868
SR1 Family Relationship	0.849			

SR2 Friend Relationships	0.687			
SR3 Social support	0.685			
SR4 Family support	0.829			
SR5 Friend support	0.710			
Perceived QoL		0.895	0.564	0.865
QoL1 Increase my happiness	0.663			
QoL2 The process of self-actualisation	0.761			
QoL3 Improve my life satisfaction	0.703			
QoL4 Make my life meaningful	0.841			
QoL5 Feel good	0.774			

Source: The author

5.7.2.2 Validity analysis

Validity refers to the ability of measurement tools to accurately measure an existent reality, and it can reflect the accuracy of data. Validity analysis is an important part of empirical analysis because it tests whether measurement tools are effectively and accurately explained and applied. Researchers usually use content validity, convergent validity, and discriminant validity for validity analysis (Hoyle, 1995).

Content validity refers to the suitability and logical consistency of the item with the measured variables (Huang, 2015). This survey was based on the literature review (Chapter 2) to construct the relationship between variables, and according to the results of pre-testing and pilot study, the wording and expression of the items were further revised and improved. Therefore, the content validity of the survey can be considered to be good.

Convergence validity is used to evaluate whether the measurement index of a specific construct converges. The commonly used measure of convergence effectiveness is the value of factor loading. A higher factor loading indicates that the measurement index of a particular construct converges to a common point. When the standardised loading is higher than 0.50, it means that the factor loading should be statistically significant; when the standardised loading is higher than 0.70, it indicates better statistical significance (Hair et al., 2010). Construct validity as an alternative reliability estimate is often used in conjunction with SEM models, it refers to the ability of the item to measure the measured variable and refers to the corresponding relationship between the

measurement item and the measurement direction (Woosnam, 2012). AVE and CR are also important standards for measuring convergence validity. The values of CR and AVE are shown in Figure 5.15. Each construct has sufficient convergent validity, which indicates that these measured variables always represent the same latent variables.

Discriminative validity analysis is used to verify whether two different constructs are statistically different, that is, the degree to which one construct differs from other constructs (Hair et al., 2010). Items in different constructs should not be highly correlated. If there is a measurement value above 0.85, it means that these items are measuring the same construct, which usually occurs in excessive overlap of constructs. In this study, the rigorous AVE method was used to evaluate the discriminative validity (Fornell and Larcker, 1981). The \sqrt{AVE} of each factor must be greater than 0.7, and at the same time, greater than the correlation coefficient of the same column, indicating that the factors have discriminative validity. Table 5.16 shows that the \sqrt{AVE} of each factor is greater than 0.7, and at the same time, greater than the correlation coefficient in the same column, so the model has discriminative validity.

Table 5.16 Results of discrimination validity (output from Amos)

	Travel Satisfaction	Tourism Destination	Travel Activity	Travel Constraint	Travel Motivation	Social Relationship	Psychological Well-being	Physical Well-being	Perceived QoL
Travel Satisfaction	1.000								
Tourism Destination	0.000	1.000							
Travel Activity	0.000	0.000	1.000						
Travel Constraint	0.000	0.000	0.000	1.000					
Travel Motivation	0.000	0.000	0.000	0.000	1.000				
Social Relationship	0.385	-0.007	0.044	-0.305	0.230	1.000			
Psychological Well-being	0.208	0.158	0.183	-0.374	0.348	0.281	1.000		
Physical Well-being	0.098	0.021	0.383	0.023	0.014	0.050	0.090	1.000	
Perceived QoL	0.316	0.105	0.355	-0.264	0.276	0.410	0.478	0.472	1.000
\sqrt{AVE}	0.760	0.782	0.761	0.799	0.760	0.755	0.728	0.741	0.751

Source: The author

5.7.3 Common method biases

Common method biases refer to the deviations caused by the same data source measurement environment, project context, and characteristics of the project itself (Zhou and Long, 2004). This bias confuses research results, threatens measurement validity, and potentially misleads conclusions. Common method biases are widespread in psychology, social sciences and other studies that use survey methods (Podsakoff et al., 2003). There are two control methods for common method biases. One is program control, which is designed to address the source of common method biases directly. In applying program control, the researcher separates the measurement in terms of time, space, consciousness, and method in the research design and measurement process, protects the anonymity of the responders, reduces the need to guess the purpose of the measurement, balances the order effect of the items, and improves the scale items.

To control the influence of common method biases, I focused on surveys and checked the wording and format of the survey to ensure that participants could easily understand them. In addition, the question items were partitioned, and the order of the questions was changed to make the survey more logical and prevent participants from getting bored with the questions. In addition, in the survey process, the participants' answers were guaranteed to be anonymous, and the participants were encouraged to answer questions as honestly as possible.

In some research situations, due to conditions, the program control method cannot be implemented, or the common method deviation cannot be eliminated. Researchers can consider statistical control methods to deal with common method biases (Podsakoff et al., 2003). Harman's single factor test is a method of statistical control. The traditional method is to put all the variables into EFA, test the results of the unrotated factor analysis, and determine the minimum number of factors necessary to explain the variation of the variables. If the percentage of variance explained by the first common factor is less than 40%, there is no serious common method bias (Eby and Dobbins, 1997).

To test the common method biases in this research, I first used AMOS 26.0 for CFA. Second, I used the Harman single factor test method to test the recovered data, put all the measurement data collected from survey into SPSS 27.0 for unrotated factor analysis, and tested the degree of variation caused by one factor. The results (Table 5.17) show the variance explained by the first

component was 28.052%, which is less than 40%, so the common method biases of this research are not limiting.

Table 5.17 Total Variance Explained of CMB test

Total Variance Explained						
Component	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	13.745	28.052	28.052	13.745	28.052	28.052
2	4.337	8.851	36.902	4.337	8.851	36.902
3	3.097	6.320	43.222	3.097	6.320	43.222
4	2.992	6.107	49.329	2.992	6.107	49.329
5	2.273	4.639	53.968	2.273	4.639	53.968
6	2.001	4.083	58.051	2.001	4.083	58.051
7	1.922	3.922	61.974	1.922	3.922	61.974
8	1.370	2.796	64.769	1.370	2.796	64.769
9	1.233	2.517	67.286	1.233	2.517	67.286
Extraction Method: Principal Component Analysis.						

Source: The author

As discussed above, I completed the descriptive analysis and EFA using SPSS 27.0, and then analysed the measurement model using CFA with AMOS 26.0 to generate the factors that influence the perceived QoL of older Chinese tourists. CFA also verified the reliability and validity of the measurement scale and the SEM model. Also, the results of CFA showed that the measurement variables in the measurement model can explain and represent the corresponding constructs, therefore, the model was ready for the next step of path analysis.

5.8 Developing the structural equation model (SEM)

The next step was to establish a SEM model to measure the relationship between latent variables and evaluate the model by verifying the hypotheses.

5.8.1 Structural evaluation of the model

There are two basic models in SEM, namely the measurement model and the structural model. The measurement model reflects the relationship between observed variables and latent variables, and the structural model reflects the causal relationship between latent variables (Wu, 2010, p. 8-23) (Figure 5.3). The structural model tests the causal relationship between the perceived QoL of older Chinese tourists and the impact factors (travel motivation, travel constraint, travel activity, tourism destination, travel satisfaction, physical well-being, psychological well-being, and social relationships).

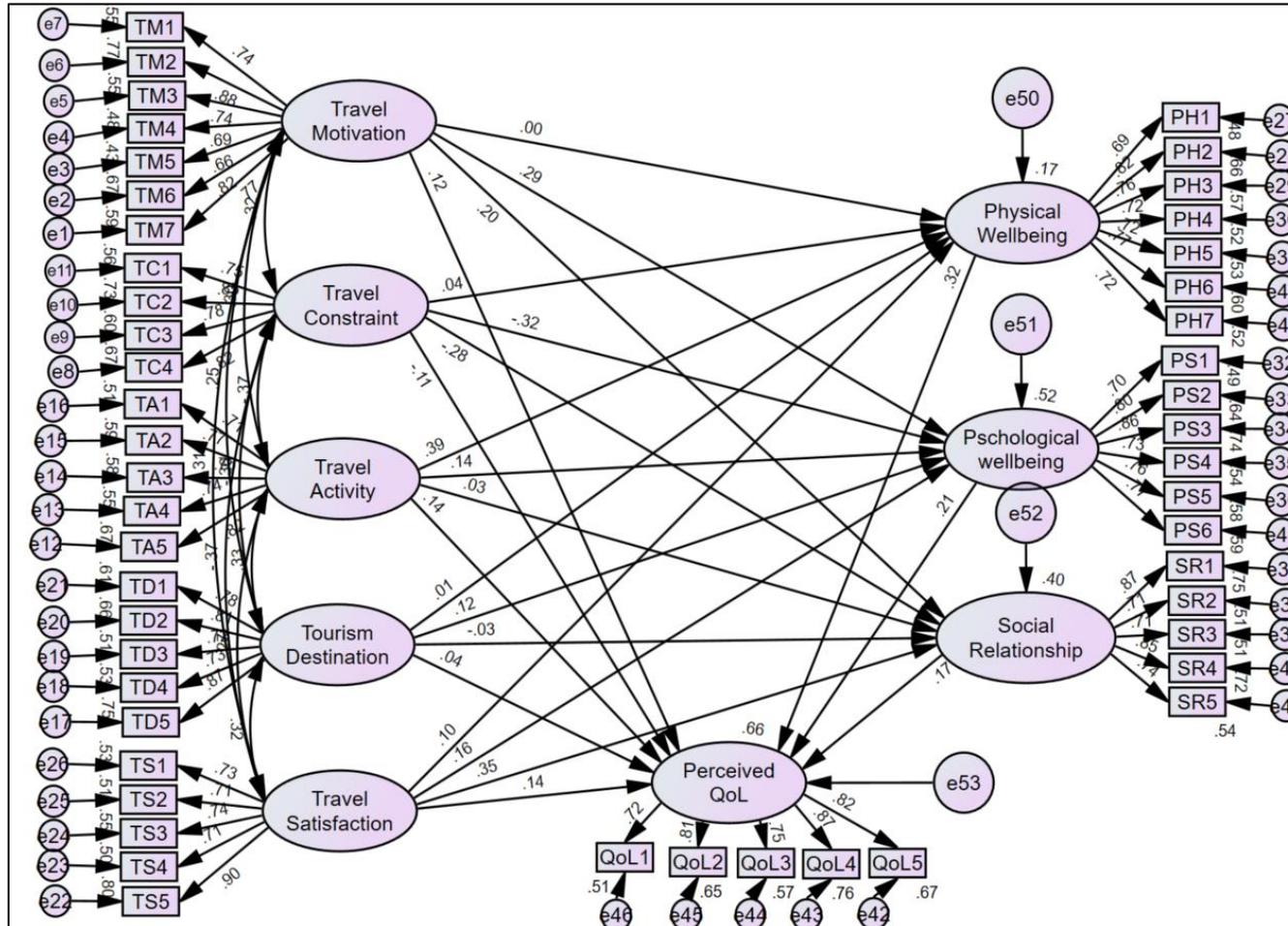
Before running the SEM, it was necessary to measure the fit of the model. Goodness-of-fit indices evaluate whether the hypothetical path analysis model diagram fits the collected data (Wu, 2010: P37-45). The results of this are shown in Table 5.18. CMIN/DF was 1.163, and GFI, NFI, IFI, TLI and CFI all reached the standard of 0.9 or more. AGFI was 0.890, greater than 0.85, and close to 1. RMSEA was 0.019, RMR was 0.048; both are less than 0.05. Therefore, most of the model fit indices of the SEM meet the standard, so the model is well-fitted. Measurement relationships and influence relationships are shown as Figure 5.3.

Table 5.18 Model Fit of SEM

	Recommended Value	Results
χ^2/df	<2	1.163
GFI	≥ 0.90	0.902
AGFI	≥ 0.85	0.890
RMR	<0.05	0.048
RMSER	<0.05	0.019
NFI	≥ 0.90	0.9086
IFI	≥ 0.90	0.986
TLI	≥ 0.90	0.985
CFI	≥ 0.90	0.986

Source: The author

Figure 5.3 The structural equation model



Source: The author

5.8.2 Path analysis

The results of the SEM analysis are shown in Table 5.19. The influence path of the SEM is shown in Figure 5.4. The R^2 is the degree to which the independent variable explains the dependent variable (Wu, 2010). The R^2 of the constructed perceived QoL was 66.2%, indicating that the eight constructs (travel motivation, travel constraint, travel activity, tourism destination, travel satisfaction, physical well-being, psychological well-being and social relationships) together explained more than half of the perceived QoL as independent variables. Travel motivation, travel constraint, travel activity, travel destination and travel satisfaction contributed 17.2% of R^2 for physical well-being, 51.2% of R^2 for psychological well-being, and 39.6% of R^2 for social relationships. The above analysis of R^2 strongly confirms the explanatory power of the model.

The following results confirm Proposition 1: Tourism affects the QoL of older Chinese tourists. Based on the results of the literature review (Chapter 2) and Study 1 (Chapter 4), I explored five tourism impact factors on QoL. The results of the SEM analysis indicated that for older Chinese tourists in my sample, the determinants of travel influence are travel motivation, travel constraint, travel activity and travel satisfaction. In other words, travel motivation, travel constraint, travel activity and travel satisfaction contribute to the perceived QoL of the older Chinese tourists who responded to the survey.

- Travel motivation has a significant positive effect on perceived QoL ($\beta=0.124$, $P<0.01$).
- Travel constraint has a significant negative effect on the perceived QoL ($\beta=-0.109$, $P<0.05$).
- Travel activity has a significant positive effect on the perceived QoL ($\beta=0.142$, $P<0.01$).
- Tourism destination has no significant effect on the perceived QoL ($\beta=0.045$, $P>0.05$).
- Travel satisfaction has a significant positive effect on perceived QoL ($\beta=0.138$, $P<0.01$).

The following results support Proposition 2: physical well-being, psychological well-being and social relationships impact on the QoL of older Chinese tourists. Based on the literature review (Chapter 2) and the results of Study 1 (Chapter 4), I concluded that the perceived QoL of older Chinese tourists is mainly through three domains, physical well-being, psychological well-being and social relationships. The SEM results indeed confirm that physical well-being, psychological well-being and social relationships are all important factors affecting the QoL of the older Chinese

tourists in my sample.

- Physical well-being has a significant positive effect on perceived QoL ($\beta=0.316$, $P<0.001$).
- Psychological well-being has a significant positive effect on perceived QoL ($\beta=0.213$, $P<0.001$).
- Social relationships have a significant positive effect on perceived QoL ($\beta=0.172$, $P<0.001$).

The following results support Proposition 3: Tourism affects three domains (physical well-being, psychological well-being, and social relationships) of QoL of older Chinese tourists. The results of the SEM analysis indicate that tourism has the greatest positive impact on the psychological well-being of older Chinese tourists in my sample, followed by social relationships. Among all the impact factors of tourism, only travel activity has a facilitating effect on the physical well-being of older Chinese tourists in my sample, so the effect of tourism on the physical well-being of older Chinese tourists is the smallest.

- Travel motivation has no significant effect on physical well-being ($\beta=0.002$, $P>0.05$).
- Travel constraint has no significant effect on physical well-being ($\beta=0.041$, $P>0.05$).
- Travel activity has a significant positive effect on physical well-being ($\beta=0.391$, $P<0.001$).
- Tourism destination has no significant effect on physical well-being ($\beta=0.007$, $P>0.05$).
- Travel satisfaction has no significant effect on physical well-being ($\beta=0.096$, $P>0.05$).

- Travel motivation has a significant positive effect on psychological well-being ($\beta=0.290$, $P<0.001$).
- Travel constraint has a significant negative effect on psychological well-being ($\beta=-0.321$, $P<0.001$).
- Travel activity has a significant positive effect on psychological well-being ($\beta=0.144$, $P<0.01$).
- Tourism destination has a significant positive effect on psychological well-being ($\beta=0.120$, $P<0.01$).
- Travel satisfaction has a significant effect on psychological well-being ($\beta=0.163$, $P<0.001$).

- Travel motivation has a significant positive effect on social relationship ($\beta=0.200$, $P<0.001$).
- Travel constraint has a significant negative effect on the social relationship ($\beta=-0.278$, $P<0.001$).
- Travel activity has no significant effect on social relationship ($\beta=0.027$, $P>0.05$).
- Tourism destination has no significant effect on social relationship ($\beta=-0.027$, $P>0.05$).
- Travel satisfaction has a significant positive effect on the social relationship ($\beta=0.354$, $P<0.001$).

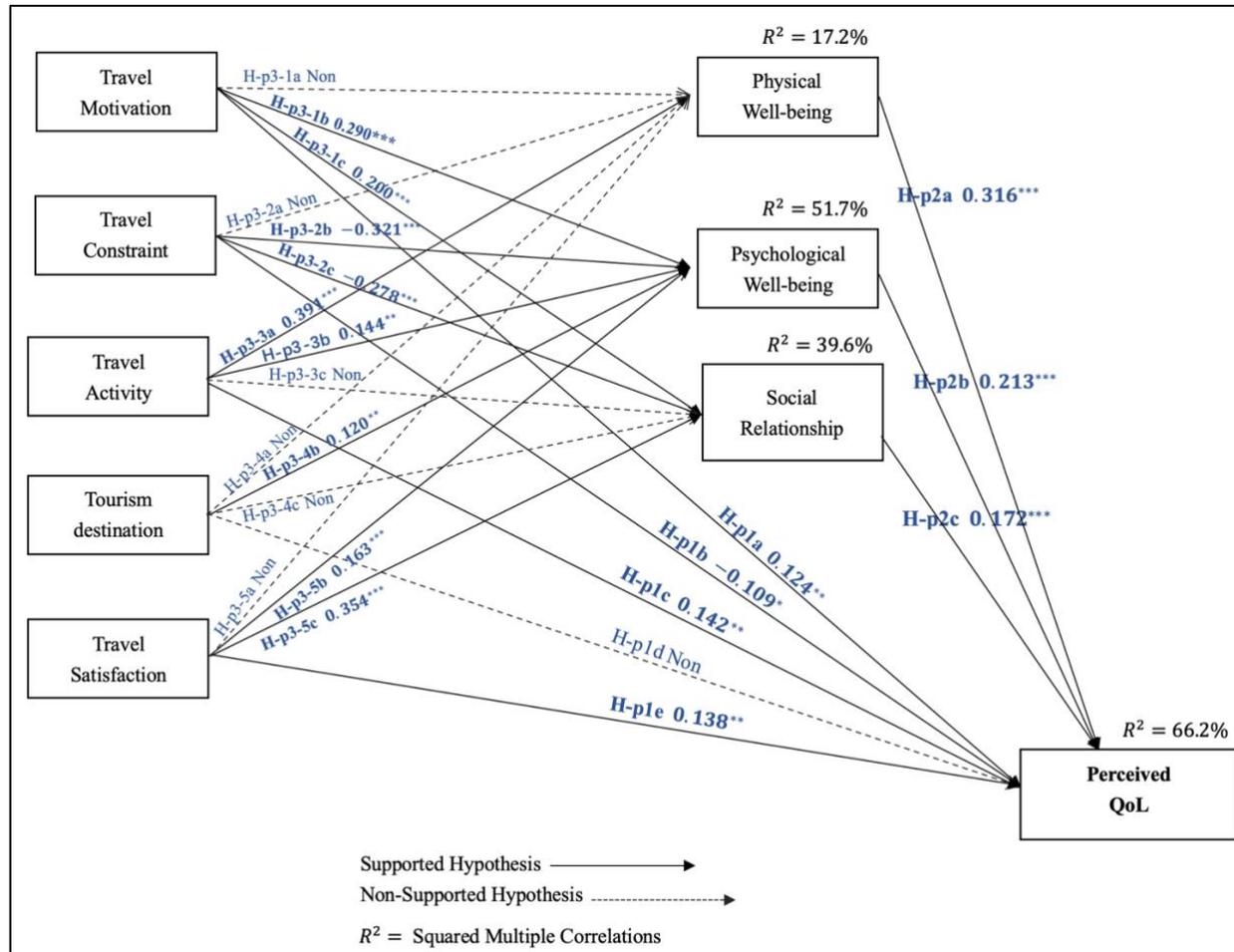
Table 5.19 AMOS Output of Proposed Structural Model

			Unstandardised Estimate	SE.	CR.	P	Standardised Estimate	R²
Perceived QoL	←-	Travel Motivation	.121	.042	2.895	.004	.124	.662
Perceived QoL	←-	Travel Constraint	-.111	.049	-2.260	.024	-.109	
Perceived QoL	←-	Travel Activity	.151	.048	3.166	.002	.142	
Perceived QoL	←-	Tourism Destination	.045	.040	1.123	.262	.045	
Perceived QoL	←-	Travel Satisfaction	.124	.041	3.064	.002	.138	
Perceived QoL	←-	Social Relationship	.166	.045	3.657	***	.172	
Perceived QoL	←-	Psychological Well-being	.283	.072	3.918	***	.213	
Perceived QoL	←-	Physical Well-being	.392	.053	7.353	***	.316	
Physical Well-being	←-	Travel Motivation	.002	.043	.046	.964	.002	.172
Physical Well-being	←-	Travel Constraint	.033	.049	.681	.496	.041	
Physical Well-being	←-	Travel Activity	.334	.053	6.306	***	.391	
Physical Well-being	←-	Tourism Destination	.006	.046	.124	.901	.007	
Physical Well-being	←-	Travel Satisfaction	.070	.041	1.689	.091	.096	
Psychological Well-being	←-	Travel Motivation	.213	.035	6.141	***	.290	.517
Psychological Well-being	←-	Travel Constraint	-.246	.039	-6.244	***	-.321	

Psychological Well-being	←-	Travel Activity	.115	.037	3.083	.002	.144	
Psychological Well-being	←-	Tourism Destination	.090	.034	2.619	.009	.120	
Psychological Well-being	←-	Travel Satisfaction	.110	.031	3.524	***	.163	
Social Relationships	←-	Travel Motivation	.203	.050	4.102	***	.200	.396
Social Relationships	←-	Travel Constraint	-.294	.057	-5.163	***	-.278	
Social Relationships	←-	Travel Activity	.030	.056	.532	.595	.027	
Social Relationships	←-	Tourism Destination	-.028	.052	-.537	.591	-.027	
Social Relationships	←-	Travel Satisfaction	.331	.048	6.873	***	.354	
Note: *** Significant at p<0.001; **Significant at p<0.01; * Significant at p<0.05								

Source: The author

Figure 5.4 Results of influence path



Source: The author

Note: *** Significant at $p < 0.001$; ** Significant at $p < 0.01$; * Significant at $p < 0.05$

The results relating to hypotheses H-p1, H-p2 and H-p3 are summarised in Table 5.20.

- Travel motivation, travel activity and travel satisfaction significant positively affect perceived QoL, so H-p1a, H-p1c and H-p1e are confirmed.

Travel constraints have a significant negative effect on the perceived QoL, and this result supports H-p1b.

Tourism destination has no effect on perceived QoL, so the assumption of H-p1d does not hold.

- Physical well-being, psychological well-being and social relationships have significant positive effect on perceived QoL: H-p2a, H-p2b and H-p2c are thus supported.

- Travel motivation has a significant positive effect on psychological well-being and social relationship, and therefore H-p3-1b and H-p3-1c are supported.

H-p3-1a does not hold because travel motivation has no effect on physical well-being.

- Similarly, travel constraints have no effect on physical well-being, so the assumption of H-p3-2a does not hold.

H-p3-2b and H-p3-2c were confirmed because travel constraint significant negatively affects psychological well-being and social relationships.

- The findings support the significant positive impact of travel activity on physical well-being and psychological well-being, so H-p3-3a and H-p3-3b are supported.

The results show that travel activity has no effect on social relationships, hence H-p3-3c does not hold.

- The tourism destination has no effect on physical well-being and social relationships. Only psychological well-being is significant positively affected by it. Therefore, assuming that H-p3-4a and H-p3-4c are not valid, H-p3-4b is supported.

- H-p3-5a is not supported because travel satisfaction has no effect on physical well-being. Travel satisfaction significantly affects psychological well-being and social relationship, so H-p3-5b and H-p3-5c are supported.

Table 5.20 Results of hypotheses test (H-p1, H-p2 and H-p3)

Hypotheses	Path Coefficient	Significance Level	Supported
H-p1a: Travel motivation has a significant positive effect on perceived QoL	0.124**	P=0.004	Yes
H-p1b: Travel constraints have a significant negative effect on the perceived QoL	-0.109*	P=0.024	Yes
H-p1c: Travel activity has a significant positive effect on the perceived QoL	0.142**	P=0.002	Yes
H-p1d: Tourism destination has a significant positive effect on the perceived QoL	0.045	P=0.262	No
H-p1e: Travel satisfaction has a significant positive effect on perceived QoL	0.138**	P=0.002	Yes
H-p2a: Physical well-being has a significant positive effect on perceived QoL	0.316***	***	Yes
H-p2b: Psychological well-being has a significant positive effect on perceived QoL	0.213***	***	Yes
H-p2c: Social relationships have a significant positive effect on perceived QoL	0.172***	***	Yes
H-p3-1a: Travel motivation has a significant positive effect on physical well-being	0.002	P=0.964	No
H-p3-1b: Travel motivation has a significant positive effect on psychological well-being	0.290***	***	Yes
H-p3-1c: Travel motivation has a significant positive effect on social relationships	0.200***	***	Yes
H-p3-2a: Travel constraints have a significant negative effect on physical well-being	0.041	P=0.496	No
H-p3-2b: Travel constraints have a significant negative effect on psychological well-being	-0.321***	***	Yes
H-p3-2c: Travel constraints have a significant negative effect on social relationships	-0.278***	***	Yes
H-p3-3a: Travel activity has a significant	0.391***	***	Yes

positive effect on physical well-being			
H-p3-3b: Travel activity has a significant positive effect on psychological well-being	0.144**	P=0.002	Yes
H-p3-3c: Travel activity has no significant effect on social relationships	0.027	P=0.595	No
H-p3-4a: The tourism destination has a significant positive effect on physical well-being	0.007	P=0.901	No
H-p3-4b: The tourism destination has a significant positive effect on psychological well-being	0.120**	P=0.009	Yes
H-p3-4c: The tourism destination has a significant positive effect on social relationships	-0.027	P=0.591	No
H-p3-5a: Travel satisfaction has a significant positive effect on physical well-being	0.096	P=0.091	No
H-p3-5b: Travel satisfaction has a significant effect on psychological well-being	0.163***	***	Yes
H-p3-5c: Travel satisfaction has a significant positive effect on social relationships	0.354***	***	Yes

Source: The author

Note: *** Significant at $p < 0.001$; **Significant at $p < 0.01$; * Significant at $p < 0.05$

5.8.3 Mediation effect

To further explore the determinants of the impact of tourism on the perceived QoL of older Chinese tourists, a theoretical model of physical well-being, psychological well-being and social relationships as the mediating variables affecting the experienced QoL was constructed. I used the Bootstrapping method proposed by Preacher and Hayes (2008) to repeatedly sample 2000 times to examine the mediating role of physical well-being, psychological well-being and social relationships in the proposed model. This repeated sampling method has more statistical power and makes the test results more stable (Malhotra et al., 2014). If the 95% confidence interval does not contain 0, it can be considered that the mediating effect exists (Zhao et al., 2010). The results are shown in Table 5.21

- The test results of mediation effect show that physical well-being has a mediating effect on the path of influence between travel motivation, travel constraints, travel activity, tourism destination and travel satisfaction on perceived QoL. So, the hypotheses H-p4-1a, H-p4-1b, H-p4-1c, H-p4-1d and H-p4-1e are supported.
- Similarly, hypotheses H-p4-2a, H-p4-2b, H-p4-2c, H-p4-2d and H-p4-2e are confirmed because the data analysis results show that psychological well-being has an intermediary role in the path of influence between tourism (travel motivation, travel constraint, travel activity, tourism destination and travel satisfaction) and perceived QoL.
- In addition, the findings support the mediating role of social relationships in the influence path of travel motivation, travel constraint, travel activity, tourism destination and travel satisfaction on perceived QoL, and hypotheses H-p4-3a, H-p4-3b, H-p4-3c, H-p4-3d and H-p4-3e are verified.

Thus, the above results and analysis confirm Proposition 4: Well-being (physical well-being, psychological well-being and social relationships) mediates the relationship between tourism and the QoL of older Chinese tourists.

Table 5.21 Results of hypotheses test (H-p4)

Hypotheses	Path	Indirect effect coefficient	Two Tailed Sig.	95% PC confident level		Supported
				Lower	Upper	
H-p4-1a	TM → PH → QOL	0.410***	0.014	0.012	0.102	Yes
H-p4-1b	TC → PH → QOL	-0.447***	0.020	-0.102	-0.018	Yes
H-p4-1c	TA → PH → QOL	0.377***	0.007	0.111	0.216	Yes
H-p4-1d	TD → PH → QOL	0.306***	0.006	0.034	0.135	Yes
H-p4-1e	TS → PH → QOL	0.426***	0.005	0.042	0.127	Yes
H-p4-2a	TM → PS → QOL	0.202***	0.001	0.176	0.314	Yes
H-p4-2b	TC → PS → QOL	-0.222***	0.010	-0.358	-0.222	Yes
H-p4-2c	TA → PS → QOL	0.321***	0.010	0.172	0.280	Yes
H-p4-2d	TD → PS → QOL	0.149**	0.003	0.202	0.348	Yes
H-p4-2e	TS → PS → QOL	0.281***	0.013	0.169	0.274	Yes
H-p4-3a	TM → SR → QOL	0.295***	0.009	0.119	0.204	Yes
H-p4-3b	TC → SR → QOL	-0.310***	0.012	-0.258	-0.147	Yes
H-p4-3c	TA → SP → QOL	0.415***	0.012	0.080	0.181	Yes
H-p4-3d	TD → SR → QOL	0.275***	0.009	0.087	0.200	Yes
H-p4-3e	TS → SR → QOL	0.295***	0.020	0.144	0.267	Yes

Note: *** Significant at p<0.001; **Significant at p<0.01; * Significant at p<0.05
 TM: travel motivation; TC: travel constraint; TA: travel activity; TD: tourism destination; TS: travel satisfaction
 PH: physical well-being; PS: psychological well-being; SR: social relationships
 QoL: perceived QoL

Source: The author

5.9 Chapter summary

This chapter introduced the process of proposing hypotheses and forming a conceptual model, and the series of statistical analyses carried out to test and explore the impact relationship between variables (travel motivation, travel constraint, travel activity, tourism destination, travel satisfaction, physical well-being, psychological well-being, social relationships and perceived QoL), and explored the intermediary effects of each variable of well-being. The measurement model and the SEM were evaluated separately, and the model fitted well. The final confirmed conceptual model explained the high variance of psychological well-being and social relationships through travel motivation, travel constraint, travel activity, tourism destination and travel satisfaction ($R^2 = 0.517$; $R^2 = 0.396$). All the impact factors collectively contributed 66.2% ($R^2 = 0.662$) to the explained variance of perceived QoL.

The analysis identified a consistent relationship between physical well-being, psychological well-being, social relationships, and QoL. Among the five predictors identified, travel motivation, travel activity and travel satisfaction had a significant positive impact on the perceived QoL of the older Chinese tourists in my sample, while travel constraint had a significant negative impact on it. Tourism destination had no significant impact on QoL. Well-being played a mediating role between tourism and QoL because physical well-being, psychological well-being, and social relationships have mediating effects on the relationship between tourism (travel motivation, travel constraint, travel activity, tourism destination, travel satisfaction) and QoL, respectively.

Chapter Six: Discussion and Conclusions

6.1 Chapter introduction

This chapter contains two key parts: a discussion and a conclusion. The discussion part analyses and interprets the findings of this study in relation to the literature review and the theoretical framework. The conclusion summarises what this study has done, what it has found, and the implications. The details are as follows.

This study has explored the determinants of perceived quality of life (QoL) among older Chinese tourists. In this final chapter, I restate the research aim and objectives and detail how they have been addressed (section 6.2). I also summarise the results of Study 1 and Study 2 (Section 6.3). After that, I discuss the findings of this study and state the arguments of this study (section 6.4). I relate the findings to theories, ideas and methods in the literature, show how this study answers the research questions and achieves the research objectives, express the particular conclusions of this study and how the findings address research gaps, and describe how the findings of this study relate to existing knowledge in the field. I then describe the contributions of this study, including theoretical and practical implications and methodological contributions (Section 6.5). Subsequently, I engage in a personal reflection, describing my position as a researcher and the implications of this position for the study (Section 6.6). I also point out the overall limitations of this study and make some suggestions for future research (Section 6.7). Finally, I provide a short summary (Section 6.8).

6.2 Review of the research purpose, objectives, and methodology

As mentioned in Chapter 1, tourism is essential for older people in China to achieve positive experiences of ageing. How tourism helps older Chinese tourists improve QoL deserves further exploration. With an ageing society and an increasingly older population, older tourists are a group that cannot be ignored in the tourism market. The steady growth of tourism demand among older people has also made them an increasingly important tourism group in tourism research (Pan, Fu and Wang, 2020; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Schröder and Widmann, 2007; Lohmann and Danielsson, 2001). China has the highest number of

older people in the world, with older tourists already accounting for 20% of the total number of tourists, and older people have become an important part of the Chinese tourism market (Wang et al., 2018; Hsu, Cai and Wong, 2007). However, in previous tourism research in the field of ageing, studies have focused on the impact of ageing on tourism, that is, the market development of competitive business and marketing strategies based on the tourism needs of older tourists. Little attention has been paid to the impact of tourism on older tourists (Sedgley, Pritchard and Morgan, 2011). Furthermore, the proportion of ageing people in China in relation to the general population is unprecedented in the context of any country. This is due to the large number of older people, the rapid ageing process, and the accompanying characteristics of 'ageing before getting rich' alongside unbalanced development (Liu et al., 2018). Moreover, the impact of tourism on tourists' QoL varies across contexts and subgroups (McKenna, Broome and Liddle, 2007; Fernandez-Ballesteros, Zamarron and Ruiz, 2001). Therefore, this study has partly fulfilled the further exploration needed regarding how tourism affects the QoL of older Chinese tourists, and the determinants of perceived QoL of older Chinese tourists (Pan, Fu and Wang, 2020; Liu, 2018; Hsu, Cai and Wong 2007; Wei and Cong, 2001).

This study aimed to explore determinants of perceived QoL among older Chinese tourists. The following key objectives were developed to address the research aim effectively:

Objective 1: To establish how older Chinese tourists understand QoL, and enablers and barriers to the achievement of QoL.

Objective 2: To explore the contribution of tourism to the QoL of older Chinese tourists.

Objective 3: To ascertain whether, and the ways in which, the impact factors of tourism contribute to QoL of older Chinese tourists.

Objective 4: To develop a framework of the relationship between determinants of tourism impact, domains of QoL among older Chinese tourists and QoL to support knowledge development and the practice of the tourism industry and government in China.

In order to meet and achieve the research objectives, I adopted a three-step approach. The first step was to review the literature in management, sociology and tourism well-being to understand the concepts, theories and rationale behind QoL among older tourists (Chapter 2). The literature review provided direction for this study and also supported the basic framework for this study, which consisted of tourism, indicators of QoL and QoL as a concept.

In the second step, I used semi-structured interviews for the qualitative study (N=18), which aimed to elicit the core themes of older Chinese tourists' understanding and perceptions of QoL, as well as their enablers and barriers to QoL (Objective 1) and the contribution of tourism to older Chinese tourists' QoL (Objective 2). I designed the QoL scale for this study based on the WHOQOL-BREF scale through older Chinese tourists' understanding of QoL and its enablers and barriers. In addition, I summarised the different travel factors in the past travel experiences of older Chinese tourists and the impact of travel on their QoL. Finally, I condensed the results of the interviews into key constructs, including physical well-being, psychological well-being, social relationships, travel motivation, travel constraints, travel activities, travel destinations, travel satisfaction and perceived QoL (Chapter 4).

Next, In the third step, I developed a research model for this study based on the key constructs summarised in the literature review and Chapter 4 and designed a questionnaire (N=496) based on the research model to investigate the influence relationships and influence path of these constructs and ultimately identify the determinants of perceived QoL among older Chinese tourists (Chapter 5). In particular, Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) were used to identify the determinants of tourism impact and how they affect the perceived QoL of older Chinese tourists (Objective 3). Structural equation modelling (SEM) was used to validate the influence path between the factors, confirm that QoL domains mediate between tourism and perceived QoL, and eventually develop the relational framework for this study (Objective 4).

6.3 Summary of the results from the empirical research

This section reviews the findings of this study by summarising the results of Study 1(Chapter 4) and Study 2 (Chapter 5).

6.3.1 The results of Study 1

The results of Study 1, the qualitative analysis, are summarised below, mainly covering interviewees' understanding of QoL, their enablers and barriers to achieving QoL, the contribution of tourism to interviewees' QoL and related impact factors of tourism.

Based on the results of the qualitative analysis, interviewees' perceptions of QoL were categorised into three types. These three types differ from each other but are exhaustive when they are brought together. The three types are summarised below.

Type 1: Interviewees did not have a specific definition of QoL but used synonymous expressions of QoL such as happiness or joy.

Type 2: Interviewees attempted to express QoL through a number of domains, including physical well-being, psychological well-being, social relationships and other domains, but they understood QoL in terms of single or multiple domains, rather than covering all of them.

Type 3: Interviewees noted that they understood QoL as the combined effect of all domains of QoL, rather than just one domain.

In addition, during the interviews, interviewees identified enablers and barriers to help the gauge QoL as the same set of indicators, with the positive and negative aspects of the indicators determining whether they were seen as either enablers or barriers, respectively. Interviewees identified the most important theme in measuring their QoL as social relationships, followed by psychological well-being, followed by physical well-being (summarised in Table 4.4 of Chapter 4). They suggested six main areas of physical well-being: sleep and rest, activities of daily living, pain and discomfort, dependence on medication, energy, and mobility. Psychological well-being was reflected in four areas: positive or negative feelings, personal beliefs, self-esteem, and the ability of memorizing, learning and concentration. In addition, their indicators of social relationships included five dimensions: relationship with family, relationship with friends, support from family, support from friends, and support from society. They also mentioned two objective dimensions to assess QoL: living environment and economic status. The set of indicators helped them to ascertain their QoL and was my reference and support in choosing the QoL scale for this study.

All interviewees acknowledged the contribution of tourism to their QoL. They expressed their perceived QoL from their tourism experiences in the two years prior to Covid-19 in terms of overall QoL and different domains of QoL, respectively. The overall QoL perceived by the interviewees from their past tourism experiences was mainly happiness, while other perceptions included feeling good, life satisfaction, having a meaningful life and self-actualisation, all of which expressed their feelings from a subjective perspective. Some interviewees also affirmed the contribution of tourism to QoL in terms of different aspects of the QoL domains, which were also included in their understanding of QoL. They emphasised the contribution of their past tourism experiences to their physical well-being, as it had benefited their health, mobility, energy, and mitigated pain relief. In addition, almost everyone mentioned that travelling made them happy and conferred positive affect in terms of mood, which was good for their psychological well-being. They also felt that travelling enhanced their social relationships, including with family, friends and wider society.

Subsequently, the analysis of the interview results suggested five themes regarding the impact of tourism on interviewees' QoL, including travel motivation, travel constraints, tourism destinations, travel activities during travel and travel satisfaction. These five themes covered the overall process of tourism and encompassed the factors that influence QoL at different stages of tourism. The sub-themes under these five themes were also summarised based on the interviewees' statements. The motivations for travelling mentioned in the interviews included good financial status, health, need for relaxation, social needs, appreciating visitor attraction, having fun and having time. The factor of social needs was the most important motivation for the interviewees, followed by having time and the need for relaxation. Interviewees felt that their travels were generally smooth processes and that there were few travel restrictions. However, some constraints still affected their travel, including insufficient funds, health issues, security concerns, lack of travel partners, and not having time. The most significant travel constraint for interviewees was health issues. In addition, according to the analysis of the interviews, the main types of travel activities that the interviewees participated in during their trip were leisure activities, entertainment and cultural activities, and their preferred destinations were those with attributes of natural scenery, nostalgia, religion, traditional culture and opportunities for health and wellness. Finally, based on the analysis of the interview data and the comparison of the interview results with the literature, this study

summarised all the travel satisfaction factors mentioned by the respondents, including accomplishing travel purpose, enriching life, satisfaction with travel experience, satisfaction with travel product and satisfaction with travel service.

6.3.2 The results of Study 2

I designed the QoL scale for this study based on the WHOQOL-BREF scale through the interviewees' understanding of QoL in Study 1 and their enablers and barriers of QoL achievement. In addition, I summarised the impact of tourism on interviewees' QoL and the impact factors for tourism. I then extracted the results of the interviews into key constructs, including physical well-being, psychological well-being, social relationships, travel motivation, travel constraints, travel activity, travel destination, travel satisfaction and perceived QoL.

In study 2, I developed a research model for this study based on the literature review and the key constructs summarised above and subsequently designed the questionnaire based on the research model. I conducted a quantitative study using a survey aimed at examining the relationships and influence paths of these constructs, which helped to further identify the determinants of perceived QoL among older Chinese tourists, confirm the research model and test the research hypotheses. The results of Study 2 are summarised below.

Study 2 firstly summarised the social-demographic information of participants. Approximately 60% of the respondents were from the 60 to 69 age group. Amongst older people in China, this age group is most likely to participate in tourism. This is the same conclusion as the China Senior Tourism Market Analysis Report (2021). It can also be seen from this study that over 80-year-olds accounted for a very small proportion of older Chinese tourists, mainly due to health restrictions and government policy restrictions (Wu, 2018). The findings revealed that the male to female ratio of older Chinese tourists is very balanced. At the same time, the income reached the average level of income among older Chinese people. This was significant as one of the travel motivations of older Chinese tourists was good financial status. Older Chinese tourists prefer domestic travel and short-distance travel and this study showed that older Chinese people mainly choose to travel around where they live and choose to travel within China. Few older Chinese tourists chose outbound travel, and most outbound travel was concentrated in Asia. He's (2021) study on the

current situation and trends in the development of senior tourism in China also confirms this point. Following the above findings, the determinants affecting participants' perceived QoL were clarified, including "travel motivation", "travel activity", "travel constraints" and "travel satisfaction", with the results showing that travel motivation has a significant positive effect on perceived QoL; travel constraints has a significant negative effect on the perceived QoL; travel activity has a significant positive effect on the perceived QoL, and travel satisfaction has a significant positive effect on perceived QoL. However, the independent variable of "tourism destination" had no significant positive effect on the perceived QoL.

Study 2 also pointed out that tourism affected participants' perceived QoL by influencing QoL domains. The results of hypothesis testing showed that physical well-being, psychological well-being and social relationships had a significant positive impact on perceived QoL. Also, the results revealed that physical well-being, psychological well-being and social relationships mediated the relationship between the effects of tourism and perceived QoL.

6.4 Discussion of the findings

This section brings together results from Study 1 and Study 2 and their relationship with the literature review and conceptual framework. It addresses how the findings fill research gaps identified earlier in the literature and how they address the research aim and objectives. In addition, this section identifies the implications of the findings for existing understanding within the field of study.

6.4.1 Understanding of QoL

The term QoL has been at the centre of intense discussion and has been defined inconsistently by different disciplines (Andereck and Nyaupane, 2011a; Kaplan and Ries, 2007; Farquhar, 1995a). As was discussed in literature, it is a broad-ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment. In 1998, the WHOQOL group further stated that QoL can be understood in terms of the person's evaluation of physical, psychological, social and environmental dimensions. This widely accepted concept in academia defines QoL from a multidimensional

perspective. Study 1 identified the perceptions of QoL by older Chinese tourists. According to the results of Study 1, interviewees rarely used the term 'QoL' when expressing their understanding of QoL, but they expressed their understanding of QoL in both general and detailed terms from different perspectives and domains. I then summarised their perceptions of QoL into three types, which are distinct from each other, but when brought together, also provided a detailed explanation of how QoL is perceived from the perspective of older Chinese tourists. In addition, the findings of Study 1 suggested that older Chinese tourists' understanding and perceptions of QoL are primarily generated from self-assessments of three subjective indicators: physical well-being, psychological well-being and social relationships. Study 1's exploration of how older Chinese tourists understand QoL therefore fulfils Objective 1 of this study and contributes new empirical evidence to the literature on QoL in the context of both tourism research and ageing research.

The typology of perceptions of QoL I arrived at was as follows. Interviewees of Type 1 had a general understanding of QoL, with no specific definition, and considered happiness or well-being to be equivalent to QoL. When they needed to express their perceptions of QoL, they used other terms instead of QoL, such as "happiness", "life satisfaction", "well-being ", "good life". Previous studies have also noted that research on QoL has focused on the disciplines of sociology, psychology and geriatrics, where several terms are often used as synonyms for QoL, including happiness, well-being, subjective well-being (SWB) and life satisfaction (Pan, Fu and Wang, 2020; Jepson, Stadler and Spencer 2019; Bayulken and Huisingh, 2015; Fernández-Ballesteros, 2011; Sirgy et al. 2006; Gilbert and Abdullah, 2004).

Interviewees in both Type 2 and Type 3 explained what QoL meant to them through the domains of QoL, including physical well-being, psychological well-being, social relationships and other domains. The difference is that some interviewees understood QoL in terms of a single or a few domains, and in reference to the domains they considered most important. Some interviewees saw QoL as the combined effect of all domains, rather than just one or a few. According to this study, interviewees' understanding of QoL was detailed and expressed in terms of different domains, with multiple measurement dimensions under each domain. In addition, their understanding was subjective, mainly in terms of the three domains of physical well-being, psychological well-being and social relationships. In the responses of all interviewees, they mentioned only two dimensions,

living environment and economic status, as objective indicators of QoL. The OECD's definition of QoL supports the findings of this study. It proposed that QoL is the concept of happiness and emphasises the value of subjective expressions beyond objective indicators such as income and economic growth; the importance of subjective well-being is paramount (OECD, 2008). The OECD (2008) defined QoL as the concept of human welfare (well-being) measured by social indicators rather than by quantitative indicators of income and production. Lawton presented that perceived QoL is measured by an individual's subjective assessment of various areas of life (Lawton, 1983). Similarly, Cummins (1997) argued that QoL is both subjective and objective and can be measured in seven areas: material well-being, safety, productive well-being, intimacy, community, health, and emotional well-being, but, importantly, he supported the idea that SWB is an essential element of QoL and that QoL is understood and measured based on well-being. Testa and Nackley (1994) also looked at a set of factors related to domains, incorporating an individual's physical, functional, psychological and social well-being to define QoL, which is similar to the indicators of this study. Similarly, Eusebio and Carnerio (2011, 2014), in their study of QoL in young tourists, noted that the understanding of QoL in the field of tourism studies is subjective.

6.4.2 Enablers and barriers to the achievement of QoL

Although each scientific discipline emphasises all aspects related to their respective disciplines in relation to QoL, and both subjective and objective indicators provide ways to measure QoL, there is still no QoL measurement tool that is flexible enough to be used across disciplines, cultures and timescales (Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Filep, 2014; Pearce, 2012; Üner and Armutlu, 2012; Sirgy et al., 2011). This study modified and adapted the WHOQOL-BREF scale to design a scale suitable for measuring QoL among older Chinese tourists, based on their understanding of QoL and the enablers and barriers of their access to QoL. The exploration of enablers and barriers of QoL achievement among older Chinese tourists in Study 1 has therefore fulfilled Objective 1 of this study: it has contributed to the development of the WHOQOL-BREF scale in tourism research.

Previous research has highlighted that there is still no consensus on the measurement of QoL for older tourists, similar to the lack of agreement about the process of conceptualising QoL for older tourists. It was found that the WHOQOL scale is still largely ignored in tourism related QoL

research, with only a few studies employing it (Eusebio and Carnerio, 2011 and 2016; McCabe et al., 2010). However, the fact that the WHOQOL has become one of the most commonly used scales to assess QoL suggests the WHOQOL should be more widely tested and used in the tourism field (Alvarez et al. 2010; Chen and Yao 2010; Skevington et al. 2004; Fleck et al. 1999). The WHOQOL scale and its short version (the WHOQOL-BREF scale) typically include multiple domains of perceived QoL, including physical problems (e.g. pain, energy, mobility, dependence on medication or therapy); psychological dimensions (e.g. self-esteem, feelings, personal beliefs and religion); an environmental domain (e.g. economic resources, home environment and transportation) and the area of social relationships (e.g. interpersonal relationships and social support) (Eusebio and Carnerio, 2011 and 2016; Chen and Yao, 2010; Fleck et al. 1999; WHO, 1995).

The results of the analysis in Study 1 revealed that interviewees' enablers and barriers to QoL were positive and negative expressions of the same set of domains, broadly similar to those covered by the WHOQOL-BREF scale. They assessed their QoL mainly from a subjective perspective, including social relationships, psychological well-being and physical well-being, while they only mentioned the objective dimensions of living environment and economic status to assess their QoL. Interviewees identified six main areas of physical well-being: sleep and rest, activities of daily living, pain and discomfort, dependence on medication, energy and mobility. They argued that QoL comes from having a quality sleep and good rest every day, unrestricted daily activities, an absence of physical pain and discomfort, no dependence on medication for daily living, energy and unlimited mobility, and vice versa, which reduces QoL. Similarly, mental health was reflected in four dimensions: positive or negative feelings, personal beliefs, self-esteem, and the ability to remember, learn and concentrate. Their social relationships were measured by five types of relationships: relationships with family, relationships with friends, support from family, support from friends, and support from society. Bottom-up spill-over theory can also be used to explain this finding. It states that life satisfaction is dependent on satisfaction in all areas of life (Sirgy and Lee, 2006; Sirgy, 2002; Diener et al., 1999; Diener, 1984). They assessed QoL through the domains of QoL and these were generally consistent with the indicators in the WHOQOL-BREF scale. This study, therefore, modified the WHOQOL-BREF scale to be applicable to measuring QoL among older Chinese tourists. In fact, the results of the quantitative analysis also confirmed that physical

well-being, psychological well-being and social relationships influence perceived QoL by validating H-p2a², H-p2b³ and H-p2c⁴.

6.4.3 The contribution of tourism to the participants' QoL

This study has identified the contribution of tourism to older Chinese tourists' QoL based on interviewees' perceived QoL gained from tourism. The exploration of how older Chinese tourists perceive QoL from tourism in Study 1 achieved Objective 2 of this study and added new empirical evidence to the research on the relationship between tourism and QoL in the field of tourism.

Previous research has shown that tourism plays a crucial role in older people's life satisfaction and that there is a strong positive correlation between participation in tourism and older people's SWB, although the strength of the correlation varies across contexts and between subgroups (Zhang and Zhang, 2018; McKenna, Broome and Liddle, 2007; Fernandez-Ballesteros, Zamarron and Ruiz, 2001). Activity theory also indicates that interacting with society, engaging in a variety of activities, and staying active for as long as possible are key to increasing well-being (Havighurst, 1963). In addition, travel is an important factor in successfully coping with negative life events and subsequent life changes (Duggleby, Bateman and Singer, 2002). For older people, staying physically and mentally active, maintaining relationships with family and friends, and living spiritually are effective mechanisms for coping with the loss of a spouse, retirement and physical decline (Janke, Nimrod and Kleiber, 2008; Nimrod, 2007; Silverstein and Parker, 2002).

Study1 summarised tourism's positive and negative contributions to respondents' QoL, with all interviewees acknowledging a positive contribution to their QoL and few negative effects; negative outcomes were mainly because travel plans did not materialise and not due to adverse tourism experiences for example. Furthermore, by concluding interviewees' perceived overall QoL from their past travel experiences, this study found that older Chinese tourists' perceived QoL benefits from their past travels was mainly in increased happiness, with other perceptions including feeling good, life satisfaction, leading a meaningful life and self-actualisation, all of which expressed their feelings from a subjective perspective.

² H-P2a: Physical well-being has a positive effect on perceived QoL.

³ H-P2b: Psychological well-being has a positive effect on perceived QoL.

⁴ H-P2c: Social relationship has a positive effect on perceived QoL.

6.4.4 Determinants of perceived QoL among older Chinese tourists

This study first identified the impact factors of tourism that affect the perceived QoL of older Chinese tourists, including tourism motivation, travel constraints, travel activity, tourism destinations and travel satisfaction. A comprehensive model of the relationship between tourism and QoL was developed in Study 2. Study 2 identified the participants' perceived QoL determinants: tourism motivation, tourism barriers, tourism activities, and tourism satisfaction, with tourism motivation, tourism activities and tourism satisfaction having a positive effect on older Chinese tourists' perceived QoL and tourism barriers having a negative effect. The examination of whether, and how, tourism affects perceived QoL among older Chinese tourists in Study 2 fulfils Objective 3 of this study. In addition, Study 2 verified the mediating role of physical well-being, psychological well-being and social relationships in the relationship between tourism and perceived QoL and established a framework for the relationship between tourism, domains of QoL and QoL, fulfilling Objective 4. In summary, this study provided empirical support for relevant concepts in tourism research which influence QoL, including travel motivation, travel constraints, travel activity, tourism destinations and travel satisfaction. In addition, this study also constituted a substantial theoretical contribution to the relationship between tourism and QoL.

Tourism can be seen as an intrinsically motivating, enjoyable and rewarding experience. Some scholars see tourism as an effective means of escape from everyday life and stressful situations. Through travel, people seek opportunities to relax and unwind their bodies and minds (Zhang and Zhang, 2018; Brey and Lehto, 2007). Travel has become a fundamental basis and criterion for assessing a person's QoL (Richards, 1999). In addition, scholars have found that travel plays a crucial role in the well-being of older people. The results of many studies have shown a strong positive correlation between travel and older people's QoL, although the strength of their correlation varies across contexts and between subgroups (Zhang and Zhang, 2018; McKenna, Broome and Liddle, 2007; Fernandez -Ballesteros, Zamarron and Ruiz, 2001). Tourism is seen as an important aspect of older people's lives that enhances mental, spiritual and physical health and enables fulfilling ageing and retirement (Janke, Davey and Kleiber, 2006; Silverstein and Parker, 2002).

The results of Study 1 indicated that interviewees perceived the contribution of tourism to QoL to

be reflected throughout the whole process of tourism, including before, during and after the trip. Neal et al. (2007) demonstrated that the perceptions of the tourism experience before, during and after the trip jointly influenced tourists' QoL. However, past studies have only examined one or a few tourism influences when exploring the impact of tourism on tourists' QoL, and no studies in the past have examined the role of different stages of tourism influences (including pre-trip, during-trip and post-trip) on tourists' QoL by considering tourism as a holistic process. This study has filled this gap by exploring the role of five important influences on QoL in the holistic tourism process, including travel motivation, travel constraints, travel activities, tourism destinations and travel satisfaction.

The results of Study 2 pointed out that the determinants of perceived QoL among older Chinese tourists included travel motivation, travel constraints, travel activities and travel satisfaction, as H-P1a⁵, H-P1b⁶, H-P1c⁷ and H-P1e⁸ have been confirmed, demonstrating their significant influence on the QoL of older Chinese tourists. This supports past studies, which have also indicated that travel motivation promotes tourists' QoL, while travel constraints play a negative role on tourists' QoL (Pan, Fu and Wang, 2020; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015; Eusebio and Carnerio, 2011 and 2016; Kovács et al., 2007). In addition, the choice of tourist activities during tourism has a significant impact on tourists' health (Mitas et al., 2016; Eusebio and Carnerio, 2011, 2016). The effect of tourism satisfaction on tourists' QoL has also been confirmed in past studies (Pan, Fu and Wang, 2020; Uysal et al. 2016; Woo, Kim and Uysal, 2016; Dolnicar et al., 2013; Dolnicar et al. 2012; Gilbert and Abdullah, 2004). H-P1d⁹ has not been confirmed, so there is no significant effect of particular tourism destinations on QoL, and tourism destinations are not a determinant of perceived QoL among older Chinese tourists. In contrast, past studies have noted that improvements in tourists' QoL are also enhanced by the experience at the destination, which includes the beauty of the landscape and the correspondence between the destination image and the self-concept, among others (Uysal et al., 2016; Moscardo, 2009; Wei and Cong, 2001), and Eusebio and Carnerio (2016) have also highlighted the importance of the destination in their study of the impact of tourism on QoL among young tourists visitors.

⁵ H-P1a: Travel motivation has a positive effect on perceived QoL among older Chinese tourists.

⁶ H-P1b: Travel constraints have a negative effect on perceived QoL among older Chinese tourists.

⁷ H-P1c: Travel activity has a positive effect on perceived QoL among older Chinese tourists.

⁸ H-P1e: Travel satisfaction has a positive effect on perceived QoL among older Chinese tourists

⁹ H-P1d: Tourism destinations have a positive effect on perceived QoL among older Chinese tourists.

6.4.4.1 Travel motivation

Travel motivation explains why people travel and what motivates them to travel. It is a psychosocial motivation that reflects tourists' needs, interests, goals, and desires (Jang and Wu, 2006; Uysal and Hagan, 1993). Combining the results of Study 1 with the literature review, I summarised that the main travel motivations of older Chinese tourists included the need for relaxation, the need for social interaction, appreciation of attractions, nostalgia, having time, health and good financial status. The results of Study 1 also indicated that social needs were the most important travel motivation for the interviewees, followed by having time and need for relaxation. The literature also confirms that social needs are an important motivation for older travellers to travel, including spending time with family, meeting with friends and socialising (Horneman et al., 2002; You and O'Leary, 1999) Similarly, Kim et al.'s (2003) study supported the need for social interaction and promoting physical well-being as important travel motivations for older travellers. Other studies have highlighted the need for relaxation as one of the motivations for older people to travel (Ward, 2014; Boksberger and Laesser, 2009; Sangpikul, 2008; Guinn, 1980). The findings of this study are supported by the research of Xu and Chen (2001), who concluded that older people in China, prior to retirement, are busy with work and family life and have increased free time after retirement as a motivation for travel.

Previous studies have identified a positive relationship between travel motivation and QoL (Woo, Kim and Uysal, 2016). Travel motivation promotes QoL by increasing leisure satisfaction, confirming the mediating role of leisure satisfaction (Pan, Fu and Wang, 2020; Uysal et al., 2016; Wang et al., 2015). The findings of Study 2 confirmed the significant positive effect of travel motivation on the perceived QoL of older Chinese tourists and verified that physical well-being, psychological well-being, and social relationships in mediating the effect of travel motivation on perceived QoL. In Study 2, hypotheses, H-P3-1b¹⁰, H-P3-1c¹¹, H-P4-1a¹², H-P4-2a¹³ and H-P4-3a¹⁴ were confirmed, indicating that travel motivation positively influences psychological well-being and social relationships, and indirectly influences the perceived QoL of older Chinese tourists

¹⁰ H-P3-1b: Travel motivation has a positive effect on psychological well-being.

¹¹ H-P3-1c: Travel motivation has a positive effect on social relationships.

¹² H-P4-1a: Physical well-being mediates the positive relationship between travel motivation and QoL of older Chinese tourists.

¹³ H-P4-2a: Psychological well-being mediates the positive relationship between travel motivation and QoL of older Chinese tourists.

¹⁴ H-P4-3a: Social relationships mediate the positive relationship between travel motivation and QoL of older Chinese tourists.

through the three domains of QoL (psychological well-being, physical well-being and social relationships).

6.4.4.2 Travel constraints

Combining the results of Study 1 and the literature review, I conclude that the travel constraints of older Chinese tourists mainly include insufficient funds, health issues, security concerns, and lack of travel partners. Among them, lack of companionship and health issues are the main limitations, which is similar to other studies on older Chinese tourists (for example, Liu et al. (2017) and Wen et al. (2020)). However, unlike the results of this study, the main travel constraints of older Korean tourists include approval, social conditions and travel cost (Woo, Uysal and Sirgy, 2016; Kim, Woo and Uysal, 2015). This difference may be due to the different social backgrounds of China and South Korea. Although the cultures of China and South Korea belong to the Eastern culture, the influence of travel constraints on the QOL of older Chinese tourists is more negative and significant (Yu et al., 2020). There are also studies showing that travel constraints have no significant impact on the QOL of older Korean tourists. Impact (Woo, Uysal and Sirgy, 2016). In addition, older Chinese tourists are also subject to time constraints because most Chinese older adults usually live with their children, helping their adult children with housework and taking care of their children, showing more involvement in housework (Liu et al., 2017; Pan, Liu and Ma, 2016; Lu, 2011). There are fewer older tourists than younger tourists. This is because older tourists are more affected by health issues, and the health of older tourists is poor (Fleischer and Pizam, 2002). The travel constraints in this study can be classified as the personal problems of tourists, and future travel restrictions can also consider the problems of tourism product suppliers and the government's travel policy (Huang and Tsai, 2003).

In past studies on the relationship between tourism and QoL, scholars have argued that travel constraints also affect tourists' QoL as part of tourism, and the impact is usually negative (Pan, Fu and Wang, 2020; Uysal et al., 2016; Kim, Woo and Uysal, 2015; Eusebio and Carnerio, 2011, 2014). Travel constraints hinder visitors' access to QoL by reducing leisure satisfaction (Pan, Fu and Wang, 2020; Uysal et al., 2016; Woo, Kim and Uysal, 2016; Kim, Woo and Uysal, 2015). The findings of Study 2 confirmed the significant negative effect of travel constraints on older Chinese tourists' perceived QoL and confirmed the mediating role of the domains of QoL (physical well-

being, psychological well-being and social relationships) in the effect of travel constraints on perceived QoL. In Study 2, hypotheses H-P3-2b¹⁵ and H-P3-2c¹⁶ were confirmed, indicating that travel constraints negatively affect psychological well-being and social relationships. Also, H-P4-1b¹⁷, H-P4-2b¹⁸ and H-P4-3b¹⁹ were confirmed, explaining that the three domains of QoL (psychological well-being, physical well-being and social relationships) mediate the negative relationship between travel constraints and QoL of older Chinese tourists.

6.4.4.3 Travel activity

There has been little research in the past on the tourism activities of older Chinese tourists during their travels. This study explored the tourism activities that older Chinese tourists engaged in during their trips based on the responses of the interviewees in Study 1 and referred to the literature review to classify tourism activities into five categories, including leisure activities, cultural activities, entertainment activities, learning activities and sports activities. Similarly, Eusebio and Carneiro (2011, 2014), in their studies of young tourists' tourism participation, classified tourism activities into five categories: cultural activities, nature activities, training activities, leisure activities, and nightlife activities forms of tourism; these factors inform the purpose of younger people's tourism. However, their study focused on younger tourists, and the travel activity preferences of older tourists differ slightly from those of younger tourists (Uysal et al., 2016; Kim, Woo and Uysal, 2015). Littrell, Paige, and Song (2004) categorised older tourists' travel activities into recreational, cultural, outdoor, and sports tourism. There is no consensus on the classification of tourism activities of older people in China. This study categorised the preferred travel activities of older Chinese tourists into five categories which has been further validated in study 2. Therefore, the findings of this study have contributed new empirical evidence to the study of tourism activities in the context of ageing tourism.

¹⁵ H-P3-2b: Travel constraints have a negative effect on psychological well-being.

¹⁶ H-P3-2c: Travel constraints have a negative influence on social relationships.

¹⁷ H-P4-1b: Physical well-being mediates the negative relationship between travel constraints and QoL of older Chinese tourists.

¹⁸ H-P4-2b: Psychological well-being mediates the negative relationship between travel constraints and QoL of older Chinese tourists.

¹⁹ H-P4-3b: Social relationships mediate the negative relationship between travel constraints and QoL of older Chinese tourists.

The analysis of travel activities is an essential part of exploring older tourists' QoL, as participation in tourism activities is an important part of many people's later life (Woo and Uysal, 2016). Older tourists' involvement in tourism activities is an important part of the tourism experience (Kim, 2010). In studies of the leisure industry, many scholars have supported activity theory by demonstrating that high levels of older people's participation in activities can improve QoL (Silverstein and Parker, 2002; Fernandez-Ballesteros, Zamarron and Ruiz, 2001; Menec and Chipperfield, 1997; Jackson and Dunn, 1994; Riddick and Stewart, 1994). Silverstein and Parker (2002) investigated whether changes in leisure activities among older Swedish people were related to QoL and showed that those who increased their participation in various activities tended to feel an increase in life satisfaction. However, for Chinese older adults, the impact of travel activities on QoL was mainly through physical health (Wu et al., 2018). The results of Study 2 confirmed the significant positive effect of travel activities on the perceived QoL among older Chinese tourists and also confirmed that the domains of QoL (physical well-being, psychological well-being and social relationships) played a mediating role in travel activities and perceived QoL. In Study 2, hypotheses H-P3-3a²⁰ and H-P3-3b²¹ were confirmed, indicating that travel activities have a positive effect on physical well-being and psychological well-being. Also, H-P4-1c²², H-P4-2c²³ and H-P4-3c²⁴ were confirmed, explaining that the three domains of QoL (psychological well-being, physical well-being and social relationships) mediate a positive relationship between travel activity and QoL of older Chinese tourists.

6.4.4.4 Travel satisfaction

Travel satisfaction is the most mentioned concept in the study of tourism and QoL, as most scholars assess the role of tourism on life satisfaction and overall QoL by exploring tourists' satisfaction with their travel experience (Dolnicar et al. 2012; Sirgy et al. 2011; Gilbert and Abdullah, 2004; Ruys and Wei, 2001; Neal, 2000; Danaher and Arweiler, 1996). Based on the findings of Study 1 and the literature review, I summarised all the aspects of travel satisfaction mentioned by the

²⁰ H-P3-3a: Travel activity has a positive effect on physical well-being.

²¹ H-P3-3b: Travel activity has a positive effect on psychological well-being.

²² H-P4-1c: Physical well-being mediates the positive relationship between travel activity and QoL of older Chinese tourists.

²³ H-P4-2c: Psychological well-being mediates the positive relationship between travel activity and QoL of older Chinese tourists.

²⁴ H-P4-3c: Social relationships mediate the positive relationship between travel activity and QoL of older Chinese tourists.

interviewees, including accomplishing travel purpose, enriching life, satisfaction with travel experience, satisfaction with travel products and satisfaction with travel service. In past studies on travel satisfaction among older people, researchers have noted that tourists' involvement in various activities and experiences during their holidays can be an important source of satisfaction and have also highlighted the role of satisfaction with travel services, products and holiday experiences in improving overall life satisfaction and QoL (Neal, Uysal and Sirgy, 2007; Danaher and Arweiler, 1996). Further, Pan, Fu and Wang (2020), in exploring the tourism satisfaction of older tourists in Shanghai, China, suggested that Shanghai tourists' tourism satisfaction is not only reflected in their satisfaction with tourism products and services but also in their satisfaction with the experience of the destination, while tourism enrichment and the achievement of tourism goals are also important sources of tourism satisfaction. This coincides with the responses of the interviewees in this study.

Tourism researchers have highlighted the relevance of travel satisfaction to tourists' perceived QoL (Ruys and Wei, 2001). Other tourism-related factors also influence travel satisfaction (e.g., travel motivation, travel constraints, etc.) as a mediator of tourism's influence on QoL (Pan, Fu and Wang, 2020; Hartwell et al. 2018; Uysal et al., 2016; Kim, Woo and Uysal, 2015; Uysal, Perdue and Sirgy, 2012). Kim, Woo and Uysal's (2015) study suggested that satisfaction with tourism services contributes to satisfaction with leisure life, which in turn affects overall QoL. Several other studies have also examined the impact of the tourism experience on overall QoL, showing that satisfaction with tourism services affects satisfaction with leisure life and thus tourist QoL (Dolnicar et al. 2012; Sirgy, Kruger, Lee and Grace, 2011; Gilbert and Abdullah, 2004). The above studies are all based on bottom-up spill-over theory, which is the most popular theory in the evaluation of older people's travel satisfaction (Sirgy and Lee, 2006; Sirgy, 2002; Diener et al. 1999; Neil et al. 1999; Diener, 1984). In their study, Kim et al. (2015) noted that tourism satisfaction is an important antecedent of QoL among older tourists. Some researchers have analysed the Chinese tourism market specifically in their studies, linking tourism satisfaction and QoL and explaining in detail the mechanisms by which tourism affects older tourists' QoL through bottom-up theory (Pan, Fu and Wang, 2020). However, the findings of Study 2 confirmed that three domains (psychological well-being, physical well-being and social relationships) mediate the positive relationship between travel satisfaction and QoL of older Chinese tourists by testing hypotheses H-P4-1e²⁵, H-P4-2e²⁶ and H-

²⁵ H-P4-1e: Physical well-being mediates the positive relationship between travel satisfaction and QoL of older Chinese tourists.

P4-3e²⁷. This differs from previous studies and constitutes a substantial theoretical contribution to the relationship between tourism and QoL. Furthermore, in Study 2, hypotheses H-P3-5b²⁸, H-P3-5c²⁹ were confirmed, indicating that travel satisfaction positively influences psychological well-being and social relationships.

6.5 Contributions of the research

The findings of this thesis have made a fruitful contribution to knowledge about ageing research and tourism research, as well as pointing to a new direction for future research on the relationship between QoL and tourism. In addition, the findings provide practical implications and methodological contributions.

6.5.1 Theoretical contributions of the research

Theoretically, this study has made some theoretical and knowledge contributions to the existing literature on QoL, tourism and the interdisciplinary research between them, and has provided theoretical references and empirical evidence for future research on QoL among older tourists.

Firstly, this study has made a substantial theoretical contribution to the study of the relationship between tourism and QoL. This study has validated a more integrated model in the Chinese context. In contrast to previous models on QoL among older Chinese tourists that only incorporate one or a few tourism experience factors (Pan, Fu and Wang, 2020; Wu, 2014), this study's model is the first model in the Chinese context that encompasses all travel experiences before, during and after a trip. The results of this study have indicated that tourism has both positive and negative effects on QoL, which is also supported by Celeste and Maris' (2011) study. The results have also provided empirical evidence for activity theory (Havighurst, 1963) in relation to the perceived QoL of older Chinese tourists. The findings of this study have also validated the impact of travel motivation, travel constraints, travel activities, tourism destinations and travel satisfaction on QoL separately.

²⁶ H-P4-2e: Psychological well-being mediates the positive relationship between travel satisfaction and QoL of older Chinese tourists.

²⁷ H-P4-3e: Social relationships mediate the positive relationship between travel satisfaction and QoL of older Chinese tourists.

²⁸ H-P3-5b: Travel satisfaction has a positive effect on psychological well-being.

²⁹ H-P3-5c: Travel satisfaction has a positive effect on social relationships.

In particular, travel motivation, travel activities and travel satisfaction had a significant positive effect on the QoL of older Chinese tourists; travel constraints had a negative effect, while tourism destinations had almost no effect. It will provide theoretical references and practical support for future research on the impact of tourism on older tourists' QoL.

The findings of this study regarding the influence relationship and pathways of tourism and QoL have also provided new directions and empirical evidence for applying Bottom-Up Spill-over Theory (Andrews and Withey, 1976) in the tourism field. Although a large number of studies have explored the relationship between tourism and life satisfaction, SWB and QoL of tourists according to Bottom-Up Spill-over Theory, the spill-over pathway in past studies is different from my study. They believed that satisfaction with one aspect of tourism contributes to leisure satisfaction and spills over to overall life satisfaction, which indirectly refers to SWB or QoL by proxy (Pan, Fu and Wang, 2020; Uysal et al., 2016). This study has proposed a new influence pathway whereby tourism influences QoL through three domains of QoL. Physical well-being, psychological well-being and social relationships are functionally related to QoL, and QoL is directly achieved through perceptions of specific dimensions of these three domains. The findings of this study also highlighted the mediating role of physical well-being, psychological well-being and social relationships in the impact relationship between tourism and QoL. This finding will provide new knowledge and theoretical references for future research on how tourism affects QoL.

Secondly, the results of this study have filled a gap in QoL research in the field of tourism and strengthened the interdisciplinary impact of tourism research in the broader social and health sciences through the use of the WHOQOL-BREF scale in tourism. As China entered its ageing society later than Western countries, there has been little research on the definition and measurement of QoL among older Chinese tourists in the past (Pan, Fu and Wang, 2020; Sun, 2007). The results of this study have clarified the understanding and perceptions of QoL among older Chinese tourists, while this study has expanded and developed the application of the WHOQOL-BREF scale in the field of tourism based on their understanding.

To date, the definition and understanding of QoL have been divergent across fields due to the broad nature of its components (Eusébio, Carneiro and Caldeira, 2016; Theofilou, 2013; Andereck and

Nyaupane, 2011; Sirgy, 2002; Cummins, 1997). The results of this study have shown that the definition and understanding of QoL by older Chinese tourists is comprehensive and multidimensional, a complete result obtained through the satisfaction of multiple domains of well-being. Furthermore, this study has already indicated that older Chinese people's perception and understanding of QoL from a tourist perspective is subjective and personal and that objective indicators have little or no impact on their perception of QoL in tourism. They measure and understand QoL from a subjective perspective and at a personal level through a combination of three domains: physical well-being, psychological well-being and social relationships.

Although the health science field considers QoL as a collection of subjective and objective indicators (Pukeliene and Starkauskiene, 2009; Kelley-Gillespie, 2009; Constanza et al., 2007; Veenhoven, 2000; WHO, 1995). However, almost all past studies on QoL of tourists have used individual overall life satisfaction as a proxy for QoL, confirming that the definition and understanding of QoL in tourism focus on a subjective perspective (Pan, Fu and Wang, 2020; Uysal et al., 2016). Also, past studies on the QoL of older tourists have indirectly proxied QoL through overall life satisfaction (Pan, Fu and Wang, 2020; Uysal et al., 2016; Wu, Kim and Uysal, 2014). The results of this study have indicated that the QoL of older Chinese tourists can be directly understood and perceived through the various sub-domains of the well-being of QoL. Therefore, this study has provided theoretical knowledge for QoL research in tourism by providing empirical evidence related to the definition and understanding of QoL by older Chinese tourists.

Finally, the findings of this study have also contributed new knowledge to the study of senior tourism in China and provided a comprehensive theoretical reference and empirical evidence for the broader study of senior tourism.

This study has taken the tourism experience as a whole and incorporated the Chinese cultural context and the everyday lives of older Chinese people to provide an in-depth analysis of their travel motivations, travel constraints, travel activities, tourism destinations and travel satisfaction. The results of this study have shown that the travel experience of older Chinese people reflects heterogeneity, influenced by the Chinese culture of collectivism, Confucianism and filial piety, as well as the degree of development of senior tourism in China. Past research has also pointed out

that older people have experienced and witnessed many significant social changes throughout their lives and that these changes have led to changes in their cultural values. Different cultural backgrounds and values significantly influence the travel experiences of older tourists, so older tourists' travel experiences should be summarised and categorised from different perspectives (Pan, Fu and Wang, 2020; Hartwell et al. 2018; Huang and Hsu, 2009a, 2009b; Jang et al., 2009; Hsu and Huang, 2008). Therefore, socio-cultural contexts profoundly impact older people's tourism experiences, and research on ageing tourism needs to consider cultural characteristics. This study was conducted in a Chinese social and cultural context and has provided a theoretical basis for future research on ageing tourism in China. The cultural characteristics embodied in this study can also be used as a reference for research on the broader tourism field.

6.5.2 Practical contributions of the research

This study also provides a number of practical implications. Firstly, the findings of the study can be used as a reference for the government and regional development organisations in China to develop policies related to improving QoL for older people. In addition, the findings of this study have important practical implications for planners and managers in the tourism industry, helping them develop marketing strategies to attract older tourists and develop tourism products and programmes suitable for older tourists.

Firstly, this study provides practical implications for the Chinese government to address the issue of ageing, improve QoL for older people and achieve active ageing. China has the world's largest number of older people (age 60 and over) (Wang et al., 2018). By 2020, China already has 260 million people aged 60 and over, accounting for a quarter of the world's older population (National Bureau of Statistics, 2020). Along with the increase in older people, improving QoL for older people has become a fundamental issue and challenge for the Chinese government, as it significantly impacts the economy and society (Liu et al., 2018). However, due to the specificity of ageing in China, there is no precedent in the world for improving the QoL of older people in China (Liu et al., 2018). The results of this study have shown that older Chinese tourists understand and measure QoL in terms of three domains of well-being: physical well-being, psychological well-being and social relationships, and have clarified the measurement dimensions of each indicator. The QoL measurement indicators and dimensions used in this study can help the Chinese

government measure the QoL of older people and contribute to the further improvement of QoL and active ageing.

The results of this study have also demonstrated the significant role of tourism in improving the QoL of older people in China, meeting not only basic needs such as physical well-being but also growth needs such as psychological well-being and social relationships. The future population that will successively enter old age is today's middle-aged and young people, whose economic status, level of culture and education, health status and even level of needs will be higher than today's older people, and whose satisfaction with life will not only come from material living standards but from the pursuit of a higher quality of spiritual life (He, 2021; Sun, 2007). Older people achieve physical well-being, psychological well-being and harmonious social relationships through participation in tourism, which helps them to adapt quickly to the ageing transition and cope positively with old age. Therefore, the findings of this study provide a reference for the Chinese government to develop tourism for older people and guide the relevant authorities to enhance the QoL of older people through tourism development to achieve successful ageing.

In order to actively cope with ageing, the Chinese government's 14th Five-Year Plan for the Development of the National Ageing Programme and Senior Care Service System was released in early 2022. It also mentions that in the future, China should actively cope with the ageing of the population, and the government's senior care service system should help older people achieve a sense of well-being and improve their QoL. In addition, China should vigorously develop services for the aged, including education and training, tourism and fitness (The Central People's Government of the People's Republic of China, 2022). The findings of this study can also provide a practical reference for implementing the plan. Tourism is an effective way to improve the QoL of older people in China and an essential approach to achieving successful ageing in contemporary Chinese society.

Secondly, the findings of this study also have important practical implications for stakeholders in the tourism industry, helping them to develop marketing strategies to attract older tourists and to develop tourism products and programmes suitable for older tourists.

The findings have shown that the travel motivations, travel preferences (activities and destinations) and travel constraints of older Chinese tourists reflect their travel needs and why they cannot travel. Marketers, planners and managers in the tourism industry should consider the practical implications of these needs and reasons in their planning and decision-making processes. Tourism has become an essential form of leisure for older people in China. The number of older tourists in China already accounts for more than 20% of all tourists in China (National Bureau of Statistics, 2020). Older tourists have become essential to the Chinese tourism market (Liu and Zhong, 2022; Chen, 2020; Pan, Fu and Wang, 2020). At the same time, the development of the senior tourism market will also contribute to the overall Chinese tourism market (Shi, 2018; Zhao, 2015). The findings of this study have also pointed out that older Chinese tourists have a strong willingness to travel, and diverse travel needs. Therefore, stakeholders in the tourism market should actively develop the senior tourism market to promote the development of the entire tourism industry. In addition, the findings of this study provide important insights for tourism product planners and managers who should provide products and services that consider the specific tourism needs and preferences of older people and introduce more affluent and targeted tourism products.

6.5.3 Methodological contributions of the research

The contribution of this study to knowledge is also reflected in the research methodology. To date, there has been a lack of empirical studies that have used mixed methods to explore the perceived QoL of older tourists. Previous studies that have only been conducted through exclusive quantitative or qualitative methods which have also struggled to present the determinants of tourists' perceived QoL (Pan, Fu and Wang, 2020; Eusébio, Carneiro and Caldeira, 2016). This study is the first to provide empirical evidence using a mixed-methods approach to explore the impact of tourism on older tourists' QoL in a Chinese context. The study began with a qualitative phase of exploratory research that explored the subjective understanding of QoL among older Chinese tourists, followed by a quantitative study phase that used SEM to analyse the impact of tourism participation on older tourists' QoL and the pathways of influence, with the extensive resources obtained in the qualitative study helping to explain the findings obtained in the quantitative study, thereby improving the accuracy and validity of the findings. The combination of both qualitative research and quantitative methods provides insights from different perspectives and a deeper level of understanding.

6.6 Reflexivity

Reflexivity helps the researcher to recognise their role and place in the research practice and the influence of the research subject on the researcher during the research process; it enables the researcher to be aware that he or she and the research subject continually influence each other in the research process (Alvesson and Skoldburg, 2000). Reflexivity aims to explore, and also declare, how underlying prior understandings influence the researcher's research process and, therefore, the findings and claims made (Alvesson and Skoldburg, 2000; Weick, 1999).

I will present my thoughts on the whole research journey, explaining my position and the implications for me. This study aimed to explore the determinants of perceived QoL among older Chinese tourists. Therefore, the subject of my research was older Chinese people.

I am a small-town Chinese girl born in the late 80s. Because my parents were busy working, I grew up with my grandparents until I left my hometown to go to university. This is a common trait among Chinese children of my generation, and I can say that I grew up with older people, which makes me very good at communicating with them. Nowadays, my grandparents have become even older people and my parents have crossed over into the older age bracket. Looking back on my journey growing up, I have always spent time with older people. I think this history is one of the reasons why I have focused a lot of my work on the older population. As stated, my background has also given me the ability to communicate with older people, which has allowed me to communicate smoothly with gatekeepers and get the research going despite the many postponements of interviews and surveys due to the pandemic. Also, due to the experience of spending a lot of time with older people, I was able to understand their perspectives better during the interviews and thus ask further questions.

My family belongs to the middle class in China, and all the older people around me have stable financial resources, which makes travelling one of their leisure options, and I have become a witness to their travel experiences. This experience allowed me to explore deeper issues when communicating with older tourists. I used it to bring older tourists' perspectives to a more important place in my research. Male older people represented authority when I was growing up, so the atmosphere in which we communicated during the interviews was more serious. As a female

researcher, I was better at communicating with female interviewees during the research process, and the atmosphere of communication was more relaxed, probably because of the inclusive, loving role that female older people played in my upbringing. Although participants saw me as a junior during the course of the study due to the age gap, our communication was equal. Conversely, I felt that the knowledge I possessed could lead to unequal relationships, as participants had an apparent reverence for the power of academia. Therefore, during the research process, I adjusted my position to work and communicate with the participants on an equal footing.

As a researcher, my starting point and motivation for my research is that I want my research to help older people, and as far as I can see, tourism does make the older people around me happier and gain a higher QoL. During my fieldwork, I faced many challenges. Due to the ongoing impact of Covid-19, both the interview and survey methods were changed from face-to-face to remote interaction. This was actually difficult when the research was conducted with older people, many of whom are not very good at using electronic devices, and I tried many communication tools during the research process, as well as encountered problems such as missing information on data collected through online platforms leading to invalid data. However, this also informed my subsequent choice to interact with older people remotely. It made me more resilient.

I became a more organised and focused researcher by undertaking such a lengthy research project. My academic skills were enhanced, and I was able to look at issues in a more critical way. In addition, my supervisory team has helped me a lot during this academic journey and encouraged me to persevere. In the end, I would like to say that completing this PhD is a conclusion to my past years and the beginning of a new journey.

6.7 Limitations and future research directions

Although the results of this study are generally consistent with the hypotheses proposed and contribute theoretically, practically and methodologically, a number of issues that could be further investigated emerge.

The scope of this study was limited in terms of geographic coverage, and the sample studied, as the study was conducted among older adults in Suzhou, China, and the findings may not be generalisable to older adults in other regions. However, the reliability and validity of the research model were rigorously pursued, and therefore, it would be interesting to replicate this study in other countries or regions in the senior tourism market. It would also be possible to replicate these studies in other segments of the travel market, such as younger tourism markets, to analyse the potential impact of age differences.

Furthermore, due to travel restrictions caused by the pandemic, the travel experiences I asked to explore with the participants were of two years prior to Covid-19. This means that participants were not questioned about their travel experiences until sometime after their trips, which may have resulted in participants not fully remembering all the characteristics and feelings of their trip and therefore, the impact of travel on their QoL may have been underestimated. However, this study reduced the bias through both interview and survey methods and a large amount of data. Of course, future studies could conduct face-to-face interviews and surveys with older tourists at tourist destinations to get a more intuitive picture of tourists' perceptions and feelings in the moment on the one hand, and also to be able to compare the findings of different data collection methods.

This study fills the gap in the literature by comprehensively exploring the impact of tourism on the perceived QoL of older Chinese tourists through five tourism influences (tourism motivation, tourism constraints, tourism activities, tourism destinations and tourism satisfaction) before, during and after the tourists' trip. Future research could consider the moderating role of geographical and demographic factors (such as gender, income and educational background) on the relationship between tourism and QoL influences. This study also found in Chapter 4 that interviewees' income was closely related to their educational background, with most interviewees with a college or bachelor's degree having a significantly higher monthly income than other interviewees at the middle- or high-income level. It will be interesting to study the moderating effect of income and educational background in the future.

6.8 Conclusion

The study as a whole provides a wealth of knowledge to explain the determinants of the perceived QoL of older Chinese tourists. The analysis of the understanding of QoL by older Chinese tourists undertaken here has extended our knowledge of the QoL of older Chinese people to propose a new theoretical model of understanding of QoL by older Chinese tourists.

The insights gained from this study may be of assistance to measure the QoL of older Chinese tourists. This study combined tourism research and QoL research to extend tourism field research to broader social and health science research. At the same time, the research has developed an empirically validated theoretical model to identify the factors influencing the perceived QoL of older Chinese tourists. This study furthermore uses a mixed-methods strategy to create measurement scales for newly explored constructs that can be used in future studies of older tourists' QoL.

This work contributes to existing knowledge of senior tourism by providing evidence of how tourism impacts older Chinese people's QoL. The thesis has also explored the impact pathways of tourism on QoL impact pathways, informing future research on how tourism affects QoL. Previous research has also shown that the impact of travel on overall QoL can be explored through bottom-up spill-over theory, where travel influences overall satisfaction of life by affecting satisfaction in different areas of life, thus affecting the overall QoL. This study has extended the application of bottom-up spill-over theory, where older Chinese tourists ultimately gain QoL through satisfaction with various domains of QoL. Significantly, the findings of this study also provide a reference for governments, policymakers and tourism market stakeholders in their planning, policy formulation and decision making.

Appendices:

Appendix 1- Interview schedule (in English)

Thank you for accepting my interview today. The interview is likely to take approximately 30 minutes to 1 hour. The areas of discourse or questions will focus on the links between tourism and QoL (QoL). The interview would be audio recorded with your permission. The information provided by you in this interview will be used for research purposes. It will not be used in a manner which would allow identification of your individual responses. No individuals will be named in the writing up of the findings. And, you have a right to withdraw, and the opportunity to review the transcript.

Social-demographic questions:

- Do you mind telling me your age please?
- Are you retired?
- Do you mind telling me your marriage status?
- What is your income after retirement?
- What is your education background?
-

Part A :

Q1: How often do you go for travel in last two years?

Q2: Can you please tell me what motivates you to travel?

Q3: Do you have any travel plans that you failed to implement in the past two years? If so, can you describe what restrains you?

Q4: Where have you traveled in the past two years?

Can you talk about your favorite tourist destination and why?

Q5: What tourism activities do you like to participate in?

Q6: During your travel experience in the past two years, did you participate in a tour group or travel with your family or friends?

Q7: Are you satisfied with your travel experience in the past two years? why?

Part B:

Q8: How do you understand the QoL and what it means to you?

Q9: How do you think the QoL is specifically reflected and measured?

Can you talk about it in detail based on your own experience?

Q10: Can you describe the enablers and barriers of your QoL?

Q11: How does travel affect your QoL?

Can you talk about it with your travel experience in the past two years?

Q12: Why did you choose tourism as a way to improve the QoL?

Is there anything further that you would like to discuss?

Appendix 2- Interview schedule (in Chinese)

感谢您接受我今天的采访。面试大约需要 30 分钟到 1 小时。论述的领域或问题将集中在旅游和 QoL 质量生活之间的联系。在您的允许下，访谈将被录音。您在这次访谈中提供的信息将被用于研究目的。它不会以允许识别您的个人信息的方式来使用。在研究结果的撰写过程中，不会出现任何个人的名字。而且，你有权利退出，并有机会审查采访记录。

在采访开始之前我先问您一些基本问题。

- 您介意告诉我你的年龄吗？
- 您退休了吗？
- 您介意告诉我您的婚姻状况吗？
- 您退休后的收入是多少？
- 您的教育程度是什么？

A 部分:

问题 1: 在过去的两年里，您每年旅游几次？

问题 2: 是什么促使您去旅行呢？

问题 3: 在过去两年中，你是否有任何未能实施的旅行计划？如果有，你能描述一下是什么制约了你吗？

问题 4: 在过去两年中，您去哪里旅行过？

您能谈谈最喜欢的旅游目的地吗，为什么？

问题 5: 您喜欢参加哪些旅游活动？

问题 6: 在过去两年的旅行经历中，您参加了旅行团还是与家人或朋友一起旅行？

问题 7: 您对过去两年的旅行经历是否满意？为什么？

B 部分:

问题 8: 您如何理解生活质量以及它对您意味着什么？

问题 9: 您认为如何具体反映和衡量生活质量？

您能根据自己的经验详细谈一下吗？

问题 10: 你能描述一下你的 QoL 的促进因素和障碍吗？

问题 11: 旅行如何影响您的生活质量？

能结合你过去两年的旅行经历谈一谈吗？

问题 12: 您为什么选择旅游作为改善生活质量的一种方式？

您有想进一步讨论的问题吗？

Appendix 3- Consent form (Interview)

CONSENT FORM (Interview)

Project Title: <u>Determinants of perceived quality of life (QoL) among older Chinese tourists</u>	
Principal Investigator: <u>Dan Cheng</u>	
<i>please tick or initial where applicable</i>	
I have carefully read and understood the Participant Information Sheet.	<input type="checkbox"/>
I have had an opportunity to ask questions and discuss this study and I have received satisfactory answers.	<input type="checkbox"/>
I understand I am free to withdraw from the study at any time, without having to give a reason for withdrawing, and without prejudice.	<input type="checkbox"/>
I agree to take part in this study.	<input type="checkbox"/>
I also consent to the retention of this data under the condition that any subsequent use also be restricted to research projects that have gained ethical approval from Northumbria University.	<input type="checkbox"/>
I agree to the University of Northumbria at Newcastle recording and processing this information about me. I understand that this information will be used only for the purpose(s) set out in the information sheet supplied to me, and my consent is conditional upon the University complying with its duties and obligations under the Data Protection Act 2018 which incorporates General Data Protection Regulations (GDPR). You can find out more about how we use your information here - Privacy Notices	

Signature of participant..... Date.....

(NAME IN BLOCK LETTERS)



PARTICIPANT INFORMATION SHEET

You are being invited to take part in this research study. Before you decide whether to take part, it is important for you to read this leaflet so you understand why the study is being carried out and what it will involve.

Reading this leaflet, discussing it with others or asking any questions you might have will help you decide whether or not you would like to take part.

What is the Purpose of the Study?

This research aims to understand the impact of participation in tourism on the quality of life (QoL) of older Chinese tourists. This is being carried out as part of my PhD research being undertaken at Newcastle Business School at Northumbria University, UK.

Why have I been invited?

You have indicated that you are interested in taking part in this study, that you participate in tourism in the two years before Covid-19 and that you are an adult aged 60 and over.

Do I have to take part?

No. It is up to you whether you would like to take part in the study. I am giving you this information sheet to help you make that decision. If you do decide to take part, remember that you can stop being involved in the study whenever you choose, without telling me why. You are completely free to decide whether or not to take part or to take part and then leave the study up until submission of my PhD study.

What will happen if I take part?

For the semi-structured interview participants:

The participant is expected to take part in a semi-structured interview.

This is likely to take approximately 30 minutes to 1 hour, giving ample time for in-depth discussion over questions.

The areas of discourse or questions will focus on the links between tourism and quality of life (QoL). The interview would be audio recorded with your permission.

The information provided by you in this interview will be used for research purposes. It will not be used in a manner which would allow identification of your individual responses. No individuals or organisations will be named in the writing up of the

For the survey participants:

This is likely to take approximately 10-15 minutes. The questions will be around 'what' QoL means for and is perceived by older Chinese tourists.

Please note that when you submit your response, you will not be able to withdraw them as cannot link the survey responses back to you.

The information provided by you in this survey will be used for research purposes. It will not be used in a manner which would allow identification of your individual responses. No individuals or organisations will be named in the writing up of the findings.

How will my data be stored, and how long will it be stored for?

To ensure data security, all recordings and subsequent transcripts will be stored on Northumbria University systems within encrypted files, any hard copies will be destroyed using a specialist third party organisation, which deals with the disposal of sensitive documents. Furthermore, three years after the completion of this research all electronic files will be fully deleted from the Northumbria University computer systems.

What categories of personal data will be collected and processed in this study?

Personal data will be collected through interview and questionnaire. This will include participants' name, address, gender, age, income level, education level; their tourism experiences; and questions around 'what' QoL means for and is perceived by participants.

What is the legal basis for processing personal data?

Article 6(1) (e) processing is necessary for the performance of a task carried out in the public interest or in the exercise of official authority vested the controller.

Who are the recipients or categories of recipients of personal data, if any?

Research data will not be divulged to any person not specified as a co-user, nor used for any undeclared purpose.

What will happen to the results of the study and could personal data collected be used in future research?

The general findings and anonymised direct quotes from the interviews might be included in my PhD thesis, reported in a scientific journal or presented at a research conference, however the data will be anonymised and you or the data you have provided will not be personally identifiable, unless we have asked for your specific consent for this beforehand. The findings may also be shared with other organizations/institutions that have been involved with the study. We can provide you with a summary of the findings from the study if you email the researcher at the address listed below.

Who is Organising and Funding the Study?

This is being carried out by Dan Cheng (PhD student) as part of her PhD research being undertaken at Newcastle Business School at Northumbria University, UK

Who has reviewed this study?

The research project, submission reference 20887 has been approved in Northumbria University's Ethics Online system. It has been reviewed in order to safeguard your interests and have granted approval to conduct the study.

What are my rights as a participant in this study?

You have a right of access to a copy of the information comprised in your personal data (to do so individuals should submit a Subject Access Request); You have a right in certain circumstances to have inaccurate personal data rectified; and a right to object to decisions being taken by automated means.

If you are dissatisfied with the University's processing of personal data, you have the right to complain to the Information Commissioner's Office. For more information see the ICO website (<https://ico.org.uk/>).

Contact for further information:

Researcher email: dan.cheng@northumbria.ac.uk

**Name and contact details of the Records and Information Officer at Northumbria University:
Duncan James (dp.officer@northumbria.ac.uk).**

***You can find out more about how we use your information at: www.northumbria.ac.uk/about-us/leadership-governance/vice-chancellors-office/legal-services-team/gdpr/gdpr---privacy-notice/
or by contacting a member of the research team***

Appendix 5- Survey in English (for Pilot study)

Survey in English (for Pilot study)

Project Title: Determinants of perceived quality of life among older Chinese tourists

Researcher's Name: Dan Cheng

Researcher's Statement:

You are being invited to take part in a survey about the impact of participation in tourism on the quality of life (QoL) of older Chinese tourist. This is being carried out as part of my PhD research being undertaken at Newcastle Business School at Northumbria University, UK. Before you decide whether to take part, it is important for you to read the information below to understand why the study is being carried out and what it will involve. Reading this information, discussing it with others, or asking any questions you might have will help you decide whether you would like to participate.

What will happen if I take part?

The survey will take you approximately 10-15 minutes to complete. You will be asked questions about your participation in tourism activities and your QoL. You will also be asked to provide some information about your gender, age, income level, marital status, living arrangement and education level.

Your participation is entirely voluntary. You don't have to answer any questions you don't want to. Please note that you will not be able to withdraw your responses as we cannot link the survey responses back to you when you submit your response.

Will my taking part in this study be kept confidential and anonymous?

Yes. The information provided by you in this survey will be used for research purposes. It will not be used in a manner which would allow identification of your individual responses. No organisations or individuals will be named in the writing up of the survey findings. Research data will not be divulged to any person not specified as a co-user, nor used for any undeclared purpose.

What is the legal basis for processing personal data?

The legal basis for processing this personal data is Article 6(1) I processing is necessary for the performance of a task carried out in the public interest or in the exercise of official authority vested the controller.

How will my data be stored, and how long will it be stored for?

The survey is being administered via telephone survey. All data downloaded will be stored on the Northumbria University U:Drive and/or OneDrive which are password protected. All data will be stored in accordance with Northumbria University guidelines and the Data Protection Act (2018). Furthermore, three years after the completion of this research all electronic files will be fully deleted from the Northumbria University computer systems.

What will happen to the results of the study and could personal data collected be used in future research?

Analysis of the survey findings will be included in my PhD thesis, reported in scientific journals and presented at academic and professional conferences. Should the research be presented or published in any form, all data will be anonymous (i.e., your personal information or data will not be identifiable).

We can provide you with a summary of the findings from the study if you email Dan Cheng on: dan.cheng@northumbria.ac.uk. These summary findings may also be shared with other organisations/institutions that have supported the study.

What if I have additional questions?

If you have any questions, please contact the PhD researcher Dan Cheng on: dan.cheng@northumbria.ac.uk.

The research project, submission reference 20887 has been approved in Northumbria University's Ethics Online system. It has been reviewed in order to safeguard your interests and have granted approval to conduct the study. If you require confirmation of this, or if you have any concerns or worries concerning this research, or if you wish to register a complaint, please contact the Chair of this Committee at Russell.warhurst@northumbria.ac.uk stating the title of the research project and the name of the researcher.

Name and contact details of the Records and Information Officer at Northumbria University: Duncan James (dp.officer@northumbria.ac.uk). You can find out more about how we use your information at: www.northumbria.ac.uk/about-us/leadership-governance/vice-chancellorsoffice/legal-services-team/gdpr/gdpr---privacy-notices/ or by contacting a member of the research team.

If you would like to take part in this study, please read the statement below and tick 'I agree'.

- I understand the nature of the study and what is required from me.
- I understand how I can find out about the results of this research.
- I agree to provide information to the investigator and understand that my contribution will remain confidential.
- I also consent to the retention of this data under the condition that any subsequent use also be restricted to research projects that have gained ethical approval from Northumbria University.
- I confirm that in responding to this survey that I am happy for my data to be used in the research project.
- I understand that any personal data will be processed in accordance with the General Data Protection Regulations (GDPR) and Data Protection Act 2018.

I agree

PART ONE: Your participation in tourism in the two years prior to Covid-19

*Are you aged 60 and over?

Yes

No

IF NO SELECTED: We're sorry. You do not meet the eligibility criteria for this survey. Thank you for taking the time to participate in this survey.

1. The number of trips per year in the two years prior to Covid-19:

1	2-3	4-5	6-7	Over 7
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2. The most participating travel group of trips in the two years prior to Covid-19:

Travel with family	Travel with friends	Travel group arranged by the travel company	Travel alone	other
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3. Where did you go for travel in the two years prior to Covid-19? (Multiple Choice)

Jiangsu, Zhejiang, Shanghai	In other parts of China	Asia (exclude China)	Americas	Europe	Oceania	Africa	Other
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PART TWO: Travel Experience

This assessment asks you questions about the determinants of your tourism experience. Please answer questions according to your tourism experience in the two years prior to Covid-19.

Please try and answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. Please circle only one number that most closely reflects your opinion agreement.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

The need for relaxation encourages me to travel.	1	2	3	4	5
The need for social interaction promotes me to travel. (e.g. spend time with my family/ friend, meet new friend)	1	2	3	4	5
I travel to appreciate visitor attractions (natural/ historical attractions e.g. Lake, Mountain, Forest, Sea, Museums, Historical sites) .	1	2	3	4	5
I travel for nostalgia (e.g., visit where you lived or worked before) .	1	2	3	4	5
The ample time motivates me to travel.	1	2	3	4	5

The health benefits of travelling motivate me travel.	1	2	3	4	5
Good financial status makes me to go travel.	1	2	3	4	5
I travel for giving children a rest.	1	2	3	4	5
My travel restriction is insufficient funds.	1	2	3	4	5
My travel restrictions are health issues.	1	2	3	4	5
My travel impediment is security concerns.	1	2	3	4	5
I refuse to travel without a travel partner (e.g., family member/friend).	1	2	3	4	5
I don't have enough time for travel.	1	2	3	4	5
I participated in entertainment activities during the trip.	1	2	3	4	5
I participated in cultural activities during the trip.	1	2	3	4	5
I participate in leisure activities during the trip.	1	2	3	4	5
I participated in learning activities during the trip (e.g., Learn painting, photography).	1	2	3	4	5
I participate in sports activities during the trip. (e.g., running, hiking, swimming)	1	2	3	4	5
I choose a tourist destination with natural scenery. (e.g., Mountain view/ Lake view/ Sea view)	1	2	3	4	5
I choose a tourist destination of recuperation and leisure theme. (e.g., Yoga, Organic farm)	1	2	3	4	5
I choose a tourist destination with nostalgic significance. (e.g., Where you lived or worked before)	1	2	3	4	5
I choose a tourist destination with religious significance. (e.g., Hanshan Temple, Mount Putuo, Jiming Temple)	1	2	3	4	5
I choose a tourist destination with traditional culture.	1	2	3	4	5
Travel of the past two years prior to Covid-19 enriched my life.	1	2	3	4	5
Travel of the past two years prior to Covid-19 accomplished my purpose of holiday.	1	2	3	4	5
I am satisfied with the travel service of the past two years prior to Covid-19.	1	2	3	4	5
I am satisfied with the travel experience of the past two years prior to Covid-19.	1	2	3	4	5
I am satisfied with the travel product of the past two years prior to Covid-19.	1	2	3	4	5

PART THREE: Quality of life

This assessment asks how you feel about your quality of life after travel (according to travel experience in the two years prior to Covid-19).

Please try and answer all the questions. If you are unsure about which response to give to a

question, please choose the one that appears most appropriate. This can often be your first response. Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

	Not at all	A little	A moderate amount	Very much	An extreme amount
Travelling increases my ability of daily living activities.	1	2	3	4	5
Travelling decreases my dependence on medical substances and medical aids.	1	2	3	4	5
Travelling reduces my pain and discomfort.	1	2	3	4	5
Travelling improve my sleep and rest quality.	1	2	3	4	5
Travelling increases my energy and reduces fatigue.	1	2	3	4	5
Travelling improve my mobility.	1	2	3	4	5
Traveling reduces my negative feeling.	1	2	3	4	5
Traveling increases my positive feeling.	1	2	3	4	5
Travelling improves my ability of thinking, memory, learning and concentrate.	1	2	3	4	5
Travelling increases the degree of my concern for image and appearance.	1	2	3	4	5
Travelling enhances my self-esteem.	1	2	3	4	5
Travelling changes my personal beliefs.	1	2	3	4	5
Traveling improve my relationship with family.	1	2	3	4	5
Traveling improve my relationship with friend.	1	2	3	4	5
Travelling increase my feeling of support from society.	1	2	3	4	5
Travelling increase my feeling of support from family.	1	2	3	4	5
Travelling increase my feeling of support from friends.	1	2	3	4	5
Travelling increase my happiness.	1	2	3	4	5
Travelling is the process of self-actualisation.	1	2	3	4	5
Travelling improve my life satisfaction.	1	2	3	4	5
Travelling makes my life meaningful.	1	2	3	4	5
Travelling makes me feel good.	1	2	3	4	5

PART FOUR: About you

1. Age:

60-64	65-69	70-74	75-79	80 and over
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2. Gender:

Male	Female	Other
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3. Marital status:

Married	Never married	Widowed	Divorced or Separated	Others
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4. Educational level:

Primary school or below	Middle School	High School	College or Bachelor	Postgraduate and above
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5. Monthly income (CNY):

Less than 1,000	1,000-3,000	3,001-5,000	5,001-10,000	More than 10,000
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6. Living arrangement:

Lives alone	Lives with spouse only	Lives with children only	Lives with spouse and children	Live in Senior house	Other
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Appendix 6- Survey in Chinese (for Pilot study)

中文问卷（试点研究）

项目名称：中国老年游客感知生活质量的决定因素

研究人员：Dan Cheng

研究者声明：

本研究邀请您回答有关参加旅游活动对老年中国游客生活质量的影响的调查问卷。这是我在英国诺森比亚大学纽卡斯尔商学院进行博士研究的一部分。在决定是否参加之前，请您阅读以下关于研究的信息以了解进行这项研究的原因以及所涉及的内容。您可以通过阅读此信息，与他人讨论或提出任何问题来帮助您决定是否要参与回答本问卷。

1. 参加流程。

该问卷将花费您大约 10-15 分钟。您将被问到与参加旅游活动和生活质量有关的问题。您还将被要求提供一些有关您的性别，年龄，收入水平，婚姻状况，生活安排和教育水平的信息。您的参与完全是自愿的。您无需回答任何不想回答的问题。请注意，您将无法撤回您的答复，因为您的回答是匿名的，所以我们无法找回您的回答。

2. 我参加本研究会保密吗？

是的。您在本调查中提供的信息将只用于研究目的。不会以可识别您个人回答的方式使用它。在撰写调查结果时不会提及任何组织或个人。研究数据不会泄露给未指定为共同用户的任何人，也不会用于任何未声明的目的。

3. 处理个人数据的法律依据是什么？

处理此个人数据的法律依据是第 6 条第 (1) 款 (e) 项，对于执行出于公共利益执行的任务或为了行使控制人所赋予的官方权力而进行的处理是必要的。

4. 我的数据将如何存储？存储多长时间？

该调查是通过诺森比亚大学订阅的 OnlineSurvey 调查平台进行管理的。从调查平台下载的所有电子数据都将存储在受到密码保护的诺森比亚大学 U: Drive 和/或 OneDrive 上。所有数据将根据诺森比亚大学指南和《数据保护法》(2018 年) 进行存储。此外，在完成这项研究的三年后，所有电子文件都将从诺森比亚大学计算机系统中完全删除。

5. 研究结果将如何处理，收集到的个人数据可用于将来的研究中吗？

调查结果的分析和我的博士学位论文中，并在科学期刊上进行报道或在学术和专业会议上发表。如果研究以任何形式呈现或发表，则所有数据都是匿名的（即，您的个人信息或数据将无法识别）。

如果您给 Dan Cheng (dan.cheng@northumbria.ac.uk) 发送电子邮件，我们可以为您提供研究结果的摘要。这些总结性发现也可以与支持该研究的其他组织/机构共享。

6. 如果我还有其他问题怎么办？

如有任何疑问，请通过 dan.cheng@northumbria.ac.uk 与博士研究人员 Dan Cheng 联系。

该研究项目已在诺森比亚大学的道德在线系统中得到批准（项目编号 20887）。为了维护您的利益，已对其进行了审查，并已获得批准进行研究。如果您需要对此进行确认，或者对本研究有任何疑问或忧虑，或者希望反馈问题，请通过 Russell.warhurst@northumbria.ac.uk 与该委员

会主席联系（联系时请标明研究项目的标题和研究人员的姓名）。

诺桑比亚大学记录与信息官的姓名和联系方式：Duncan James (dp.bians@northumbria.ac.uk)。

您可以在以下网址找到有关我们如何使用您的信息和与如何与研究小组的成员联系的更多信息：

www.northumbria.ac.uk/about-us/leadership-governance/vice-chancellorsoffice/legal-services-team/gdpr/gdpr---privacy-notices/。

如果您愿意参加这项研究，请阅读以下声明，然后勾选“同意”。

我了解这项研究的性质以及对我的要求。

我了解我可以如何找出这项研究的结果。

我同意向调查人员提供信息，并对我的回答将被保密知情。

我还同意保留此数据，条件是以后的使用也仅限于已获得诺森比亚大学伦理学批准的研究项目。

我确认，在回应此调查时，我很乐意自己的数据可用于研究项目。

我了解任何个人数据都将根据《通用数据保护条例》(GDPR) 和《2018 年数据保护法》进行处理。

同意

第一部分您在 Covid-19 之前的两年内参与的旅游活动

*您是 60 岁及以上吗？

是

没有

如果没有选择。我们很抱歉。你不符合这项调查的资格标准。谢谢你花时间参与这项调查。

1. 在 Covid-19 之前的两年，每年的旅行次数。

1	2-3	4-5	6-7	超过 6
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2. 在 Covid-19 之前的两年中，参与旅行的旅行团最多。

与家人一起旅行	与朋友一起旅行	参加旅行团	独自旅行	其他
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3. 在 Covid-19 之前的两年里，你去哪里旅游？（多选）

江苏、浙江、上海	在中国的其他地区	亚洲（不包括中国）	美洲	欧洲	大洋洲	非洲	其他
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第二部分 旅行经历

本评估向您提出有关您旅游经历的决定因素的问题。请根据您在 Covid-19 之前两年的旅游经历来回答问题。请尝试回答所有的问题。如果您不确定对某一问题的回答，请选择看起来最合适的一个。请只圈出一个最能反映你意见的数字。

非常不同意	不同意	一般	同意	非常同意
1	2	3	4	5

对放松的需求鼓励我去旅行。	1	2	3	4	5
对社会交往的需求促使我去旅行。(例如, 与我的家人/朋友共度时光, 认识新朋友)	1	2	3	4	5
我旅行是为了欣赏旅游景点(自然/历史景点, 如: 湖、山、森林、海、博物馆、历史遗迹)。	1	2	3	4	5
我旅行是为了怀旧(例如, 访问你以前生活或工作过的地方)。	1	2	3	4	5
充足的时间促使我去旅行。	1	2	3	4	5
旅行对健康的好处激励着我去旅行。	1	2	3	4	5
良好的财务状况让我去旅行。	1	2	3	4	5
我为让孩子们休息而旅行。	1	2	3	4	5
我的旅行限制是资金不足。	1	2	3	4	5
我的旅行限制是健康问题。	1	2	3	4	5
我的旅行障碍是安全问题。	1	2	3	4	5
我拒绝在没有旅行伙伴(如家人/朋友)的情况下旅行。	1	2	3	4	5
我没有足够的时间去旅行。	1	2	3	4	5
我在旅行期间参加了娱乐活动。	1	2	3	4	5
我在旅行期间参加了文化活动。	1	2	3	4	5
我在旅行期间参加了休闲活动。	1	2	3	4	5
我在旅行中参加了学习活动(例如, 学习绘画、摄影)。	1	2	3	4	5
我在旅行期间参加体育活动。(例如, 跑步、徒步旅行、游泳)	1	2	3	4	5
我选择一个有自然风光的旅游目的地。 (例如, 山景/湖景/海景)	1	2	3	4	5
我选择了一个养生和休闲主题的旅游目的地。 (例如, 瑜伽, 有机农场)。	1	2	3	4	5
我选择一个具有怀旧意义的旅游目的地。 (例如, 你以前居住或工作的地方)	1	2	3	4	5

我选择一个具有宗教意义的旅游目的地。 (例如：寒山寺、普陀山、鸡鸣寺)	1	2	3	4	5
我选择一个具有传统文化旅游目的地。	1	2	3	4	5
Covid-19 之前的两年的旅行丰富了我的生活。	1	2	3	4	5
在 Covid-19 之前两年的旅行都完成了我度假的目的。	1	2	3	4	5
我对 Covid-19 之前两年的旅行服务感到满意。	1	2	3	4	5
我对 Covid-19 之前两年的旅行经历感到满意。	1	2	3	4	5
我对 Covid-19 之前两年的旅行中消费的旅行产品感到满意。	1	2	3	4	5

第三部分 生活质量

这项评估询问你对旅行后的生活质量的感受（根据 Covid-19 之前两年的旅行经历）。

请尝试回答所有的问题。如果你不确定对某个问题的回答，请选择看起来最合适的一个。这往往是你的第一个回答。请阅读每个问题，评估你的感受，并在每个问题的量表上圈出对你来说最好的答案。

	根本没有	有点	中等	很大	极其
旅行能提高我的日常生活活动能力。	1	2	3	4	5
旅行减少了我对药物和医疗辅助工具的依赖。	1	2	3	4	5
旅行可以减少我的疼痛和不适。	1	2	3	4	5
旅行改善了 my 睡眠和休息质量。	1	2	3	4	5
旅行能增加我的能量，减少疲劳。	1	2	3	4	5
旅行改善了我的行动能力。	1	2	3	4	5
旅行可以减少我的负面情绪。	1	2	3	4	5
旅行会增加我的积极感觉。	1	2	3	4	5
旅行提高了我的思维能力、记忆力、学习能力和注意力。	1	2	3	4	5
旅行增加了我对形象和外表的关注程度。	1	2	3	4	5
旅行增强了我的自尊心。	1	2	3	4	5
旅行改变了我的个人信仰。	1	2	3	4	5
旅行改善了我与家人的关系。	1	2	3	4	5
旅行改善了我与朋友的关系。	1	2	3	4	5
旅行增加了我对社会支持的感觉。	1	2	3	4	5
旅行增加了我从家庭中获得支持的感觉。	1	2	3	4	5
旅行增加了我从朋友那里获得支持的感觉。	1	2	3	4	5

旅行增加了我的快乐。	1	2	3	4	5
旅行是自我实现的过程。	1	2	3	4	5
旅行提高了我的生活满意度。	1	2	3	4	5
旅行使我的生活变得有意义。	1	2	3	4	5
旅行让我感觉很好。	1	2	3	4	5

第四部分：关于你

1. 年龄

60-64	65-69	70-74	75-79	80岁及以上
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2. 性别

男性	女性	其他
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3. 婚姻状况

已婚	从未结婚	寡居	离婚或分居	其他
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4. 教育水平

小学或以下	初中	高中	大专或本科	研究生及以上学历
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5. 月收入（人民币）

少于 1,000	1,000-3,000	3,001-5,000	5,001-10,000	超过 10,000
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6. 生活安排

独自生活	与配偶住	与子女住	与配偶和子女住	住在养老院	其他
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Appendix 7: Consent form (Survey)

CONSENT FORM (Survey)

Project Title: <u>Determinants of perceived quality of life (QoL) among older Chinese tourists</u>
Principal Investigator: <u>Dan Cheng</u>
<i>Please read and tick the boxes below</i>
<p>The investigator has explained to me the nature of the study, and what is required from me. They have given me a debrief sheet providing me with their contact details. I understand I am free to withdraw from the study at any time, without having to give a reason for withdrawing, and without prejudice. I agree to provide information to the investigator and understand that my contribution will remain anonymous and confidential.</p> <p>I also consent to the retention of this data under the condition that any subsequent use also be restricted to research projects that have gained ethical approval from Northumbria University.</p> <p>I understand that any personal data will be processed in accordance with the General Data Protection Regulations (GDPR) and Data Protection Act 2018.</p>

<p>Yes, I agree. <input type="checkbox"/></p> <p>No, I don't agree. <input type="checkbox"/></p>
--



**Northumbria
University**
NEWCASTLE

Appendix 8- Survey for Study 2 (in English)



Project Title: Determinants of perceived quality of life among older Chinese tourists

Researcher's Name: Dan Cheng

Researcher's Statement:

You are being invited to take part in a survey about the impact of participation in tourism on the quality of life (QoL) of older Chinese tourist.

This is being carried out as part of my PhD research being undertaken at Newcastle Business School at Northumbria University, UK.

Before you decide whether to take part, it is important for you to read the information below to understand why the study is being carried out and what it will involve. Reading this information, discussing it with others, or asking any questions you might have will help you decide whether you would like to participate.

What will happen if I take part?

The survey will take you approximately 10-15 minutes to complete. You will be asked questions about your participation in tourism activities and your quality of life. You will also be asked to provide some information about your gender, age, income level, marital status, living arrangement and education level.

Your participation is entirely voluntary. You don't have to answer any questions you don't want to. Please note that you will not be able to withdraw your responses as we cannot link the survey responses back to you when you submit your response.

Will my taking part in this study be kept confidential and anonymous?

Yes. The information provided by you in this survey will be used for research purposes. It will not be used in a manner which would allow identification of your individual responses. No organisations or individuals will be named in the writing up of the survey findings. Research data will not be divulged to any person not specified as a co-user, nor used for any undeclared purpose.

What is the legal basis for processing personal data?

The legal basis for processing this personal data is Article 6(1) (e) processing is necessary for the performance of a task carried out in the public interest or in the exercise of official authority vested the controller.

How will my data be stored, and how long will it be stored for?

The survey is being administered via telephone survey. All data downloaded will be stored on the Northumbria University U:Drive and/or OneDrive which are password protected. All data will be stored in accordance with Northumbria University guidelines and the Data Protection Act (2018). Furthermore, three years after the completion of this research all electronic files will be fully deleted from the Northumbria University computer systems.

What will happen to the results of the study and could personal data collected be used in future research?

Analysis of the survey findings will be included in my PhD thesis, reported in scientific journals and presented at academic and professional conferences. Should the research be presented or published in any form, all data will be anonymous (i.e., your personal information or data will not be identifiable).

We can provide you with a summary of the findings from the study if you email Dan Cheng on: dan.cheng@northumbria.ac.uk. These summary findings may also be shared with other organisations/institutions that have supported the study.

What if I have additional questions?

If you have any questions, please contact the PhD researcher Dan Cheng on: dan.cheng@northumbria.ac.uk.

The research project, submission reference 20887 has been approved in Northumbria University's Ethics Online system. It has been reviewed in order to safeguard your interests and have granted approval to conduct the study. If you require confirmation of this, or if you have any concerns or worries concerning this research, or if you wish to register a complaint, please contact the Chair of this Committee at Russell.warhurst@northumbria.ac.uk stating the title of the research project and the name of the researcher.

Name and contact details of the Records and Information Officer at Northumbria University: Duncan James (dp.officer@northumbria.ac.uk). You can find out more about how we use your information at: www.northumbria.ac.uk/about-us/leadership-governance/vice-chancellorsoffice/legal-services-team/gdpr/gdpr---privacy-notices/ or by contacting a member of the research team.

If you would like to take part in this study, please read the statement below and tick 'I agree'.

- I understand the nature of the study and what is required from me.
- I understand how I can find out about the results of this research.
- I agree to provide information to the investigator and understand that my contribution will remain confidential.

- I also consent to the retention of this data under the condition that any subsequent use also be restricted to research projects that have gained ethical approval from Northumbria University.
- I confirm that in responding to this survey that I am happy for my data to be used in the research project.
- I understand that any personal data will be processed in accordance with the General Data Protection Regulations (GDPR) and Data Protection Act 2018.

I agree

PART ONE: Your participation in tourism in the two years prior to Covid-19

*Are you aged 60 and over?

Yes

No

IF NO SELECTED: We're sorry. You do not meet the eligibility criteria for this survey. Thank you for taking the time to participate in this survey.

1. The number of trips per year in the two years prior to Covid-19:

1	2-3	4-5	6-7	Over 7

2. The most participating travel group of trips in the two years prior to Covid-19:

Travel with family	Travel with friends	Travel group arranged by the travel company	Travel alone	other

3. Where did you go for travel in the two years prior to Covid-19? (Multiple Choice)

Jiangsu, Zhejiang, Shanghai	In other parts of China	Asia (exclude China)	Americas	Europe	Oceania	Africa	Other

PART TWO: Travel Experience

This assessment asks you questions about the determinants of your tourism experience. Please answer questions according to your tourism experience in the two years prior to Covid-19.

Please try and answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. Please circle only one number that most closely reflects your opinion agreement.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

The need for relaxation encourages me to travel.	1	2	3	4	5
The need for social interaction promotes me to travel. (e.g. spend time with my family/ friend, meet new friend)	1	2	3	4	5
I travel to appreciate visitor attractions (natural/ historical attractions e.g. Lake, Mountain, Forest, Sea, Museums, Historical sites) .	1	2	3	4	5
I travel for nostalgia (e.g., visit where you lived or worked before) .	1	2	3	4	5
The ample time motivates me to travel.	1	2	3	4	5
The health benefits of travelling motivate me travel.	1	2	3	4	5
Good financial status makes me to go travel.	1	2	3	4	5
My travel restriction is insufficient funds.	1	2	3	4	5
My travel restrictions are health issues.	1	2	3	4	5
My travel impediment is security concerns.	1	2	3	4	5
I refuse to travel without a travel partner (e.g., family member/friend).	1	2	3	4	5
I participated in entertainment activities during the trip.	1	2	3	4	5
I participated in cultural activities during the trip.	1	2	3	4	5
I participate in leisure activities during the trip.	1	2	3	4	5
I participated in learning activities during the trip (e.g., Learn painting, photography).	1	2	3	4	5
I participate in sports activities during the trip. (e.g., running, hiking, swimming)	1	2	3	4	5
I choose a tourist destination with natural scenery. (e.g., Mountain view/ Lake view/ Sea view)	1	2	3	4	5
I choose a tourist destination of recuperation and leisure theme. (e.g., Yoga, Organic farm)	1	2	3	4	5
I choose a tourist destination with nostalgic significance. (e.g., Where you lived or worked before)	1	2	3	4	5

I choose a tourist destination with religious significance. (e.g., Hanshan Temple, Mount Putuo, Jiming Temple)	1	2	3	4	5
I choose a tourist destination with traditional culture.	1	2	3	4	5
Travel of the past two years prior to Covid-19 enriched my life.	1	2	3	4	5
Travel of the past two years prior to Covid-19 accomplished my purpose of holiday.	1	2	3	4	5
I am satisfied with the travel service of the past two years prior to Covid-19.	1	2	3	4	5
I am satisfied with the travel experience of the past two years prior to Covid-19.	1	2	3	4	5
I am satisfied with the travel product of the past two years prior to Covid-19.	1	2	3	4	5

PART THREE: Quality of life

This assessment asks how you feel about your quality of life after travel (according to travel experience in the two years prior to Covid-19).

Please try and answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response. Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

	Not at all	A little	A moderate amount	Very much	An extreme amount
Travelling increases my ability of daily living activities.	1	2	3	4	5
Travelling decreases my dependence on medical substances and medical aids.	1	2	3	4	5
Travelling reduces my pain and discomfort.	1	2	3	4	5
Travelling improve my sleep and rest quality.	1	2	3	4	5
Travelling increases my energy and reduces fatigue.	1	2	3	4	5
Travelling improve my mobility.	1	2	3	4	5

Traveling reduces my negative feeling.	1	2	3	4	5
Traveling increases my positive feeling.	1	2	3	4	5
Travelling improves my ability of thinking, memory, learning and concentrate.	1	2	3	4	5
Travelling increases the degree of my concern for image and appearance.	1	2	3	4	5
Travelling enhances my self-esteem.	1	2	3	4	5
Travelling changes my personal beliefs.	1	2	3	4	5
Traveling improve my relationship with family.	1	2	3	4	5
Traveling improve my relationship with friend.	1	2	3	4	5
Travelling increase my feeling of support from society.	1	2	3	4	5
Travelling increase my feeling of support from family.	1	2	3	4	5
Travelling increase my feeling of support from friends.	1	2	3	4	5
Travelling increase my happiness.	1	2	3	4	5
Travelling is the process of self-actualisation.	1	2	3	4	5
Travelling improve my life satisfaction.	1	2	3	4	5
Travelling makes my life meaningful.	1	2	3	4	5
Travelling makes me feel good.	1	2	3	4	5

PART FOUR: About you

4. Age:

60-64	65-69	70-74	75-79	80 and over

5. Gender:

Male	Female	Other

6. Marital status:

Married	Never married	Widowed	Divorced or Separated	Others

7. Educational level:

Primary school or below	Middle School	High School	College or Bachelor	Postgraduate and above

8. Monthly income (CNY):

Less than 1,000	1,000-3,000	3,001-5,000	5,001-10,000	More than 10,000

9. Living arrangement:

Lives alone	Lives with spouse only	Lives with children only	Lives with spouse and children	Live in Senior house	Other

Appendix 9- Survey for Study 2 (in Chinese)

问卷调查（研究 2）



**Northumbria
University**
NEWCASTLE

项目名称： 中国老年游客感知生活质量的决定因素

研究人员： Dan Cheng

研究者声明：

本研究邀请您回答有关参加旅游活动对老年中国游客生活质量的影响的调查问卷。这是我在英国诺森比亚大学纽卡斯尔商学院进行博士研究的一部分。在决定是否参加之前，请您阅读以下关于研究的信息以了解进行这项研究的原因以及所涉及的内容。您可以通过阅读此信息，与他人讨论或提出任何问题来帮助您决定是否要参与回答本问卷。

1. 参加流程。

该问卷将花费您大约 10-15 分钟。您将被问到与参加旅游活动和生活质量有关的问题。您还将被要求提供一些有关您的性别，年龄，收入水平，婚姻状况，生活安排和教育水平的信息。

您的参与完全是自愿的。您无需回答任何不想回答的问题。请注意，您将无法撤回您的答复，因为您的回答是匿名的，所以我们无法找回您的回答。

2. 我参加本研究会保密吗？

是的。您在本调查中提供的信息将只用于研究目的。不会以可识别您个人回答的方式使用它。在撰写调查结果时不会提及任何组织或个人。研究数据不会泄露给未指定为共同用户的任何人，也不会用于任何未声明的目的。

3. 处理个人数据的法律依据是什么？

处理此个人数据的法律依据是第 6 条第 (1) 款 (e) 项，对于执行出于公共利益执行的任务或为了行使控制人所赋予的官方权力而进行的处理是必要的。

4. 我的数据将如何存储？存储多长时间？

该调查是通过诺森比亚大学订阅的 OnlineSurvey 调查平台进行管理的。从调查平台下载的所有电子数据都将存储在受到密码保护的诺森比亚大学 U: Drive 和/或 OneDrive 上。所有数据将根据诺森比亚大学指南和《数据保护法》(2018 年) 进行存储。此外，在完成这项研究的三年后，所有电子文件都将从诺森比亚大学计算机系统中完全删除。

5. 研究结果将如何处理，收集到的个人数据可用于将来的研究中吗？

调查结果的分析和我的博士学位论文中，并在科学期刊上进行报道或在学术和专业会议上发表。如果研究以任何形式呈现或发表，则所有数据都是匿名的（即，您的个人信息或数据将无法识别）。

如果您给 Dan Cheng (dan.cheng@northumbria.ac.uk) 发送电子邮件，我们可以为您提供研究结果的摘要。这些总结性发现也可以与支持该研究的其他组织/机构共享。

6. 如果我还其他问题怎么办？

如有任何疑问，请通过 dan.cheng@northumbria.ac.uk 与博士研究生 Dan Cheng 联系。

该研究项目已在诺森比亚大学的道德在线系统中得到批准（项目编号 20887）。为了维护您的利益，已对其进行了审查，并已获得批准进行研究。如果您需要对此进行确认，或者对本研究有任何疑问或忧虑，或者希望反馈问题，请通过 Russell.warhurst@northumbria.ac.uk 与该委员会主席联系（联系时请标明研究项目的标题和研

究人员的姓名)。

诺桑比亚大学记录与信息官的姓名和联系方式: Duncan James (dp.bians@northumbria.ac.uk)。您可以在以下网址找到有关我们如何使用您的信息和与如何与研究小组的成员联系的更多信息：
www.northumbria.ac.uk/about-us/leadership-governance/vice-chancellorsoffice/legal-services-team/gdpr/gdpr---privacy-notices/。

如果您愿意参加这项研究，请阅读以下声明，然后勾选“同意”。

我了解这项研究的性质以及对我的要求。

我了解我可以如何找出这项研究的结果。

我同意向调查人员提供信息，并对我的回答将被保密知情。

我还同意保留此数据，条件是以后的使用也仅限于已获得诺桑比亚大学伦理学批准的研究项目。

我确认，在回应此调查时，我很乐意自己的数据可用于研究项目。

我了解任何个人数据都将根据《通用数据保护条例》(GDPR)和《2018年数据保护法》进行处理。

同意

第一部分 您在 Covid-19 之前的两年内参与旅游活动

*你是 60 岁及以上的人吗？

是

没有

如果没有选择。我们很抱歉。你不符合这项调查的资格标准。谢谢你花时间参与这项调查。

1. 在 Covid-19 之前的两年，您每年的旅行次数。

1	2-3	4-5	6-7	超过 7 次

2. 在 Covid-19 之前的两年中，您怎么安排旅行？

与家人一起旅行	与朋友一起旅行	由旅游公司安排的旅行团	独自旅行	其他

3. 在 Covid-19 之前的两年里，您去过哪里旅游？（多选）

江苏、浙江、上海	在中国的其他地区	亚洲（不包括中国）	美洲	欧洲	大洋洲	非洲	其他

第二部分 旅行经历

本评估向您提出有关您旅游经历的决定因素的问题。请根据您在 Covid-19 之前两年的旅游经历来回答问题。请尝试回答所有的问题。如果您不确定对某一问题的回答，请选择看起来最合适的一个。请只圈出一个最能反映你意见一致的数字。

非常不同意	不同意	一般	同意	非常同意
1	2	3	4	5

对放松的需求鼓励我去旅行。	1	2	3	4	5
对社会交往的需求促使我去旅行。 (与我的家人/朋友共度时光，认识新朋友)	1	2	3	4	5
我旅行是为了欣赏旅游景点 (例如，自然/历史景点：湖、山、森林、海、博物馆、历史遗迹)。	1	2	3	4	5
我旅行是为了怀旧（例如，访问你以前生活或工作过的地方）。	1	2	3	4	5
充足的时间促使我去旅行。	1	2	3	4	5
旅行对健康的好处激励着我去旅行。	1	2	3	4	5
良好的财务状况让我去旅行。	1	2	3	4	5
我的旅行限制是资金不足。	1	2	3	4	5
我的旅行限制是健康问题。	1	2	3	4	5
我的旅行障碍是安全问题。	1	2	3	4	5
我拒绝在没有旅行伙伴（如家人/朋友）的情况下旅行。	1	2	3	4	5
我在旅行期间参加了娱乐活动。	1	2	3	4	5
我在旅行期间参加了文化活动。	1	2	3	4	5
我在旅行期间参加了休闲活动。	1	2	3	4	5
我在旅行中参加了学习活动（例如，学习绘画、摄影）。	1	2	3	4	5
我在旅行期间参加体育活动。（例如，跑步、徒步旅行、游泳）	1	2	3	4	5
我选择一个有自然风光的旅游目的地。（例如，山景/湖景/海景）	1	2	3	4	5
我选择了一个养生和休闲主题的旅游目的地。 (例如，瑜伽，有机农场)。	1	2	3	4	5
我选择一个具有怀旧意义的旅游目的地。	1	2	3	4	5

(例如, 你以前居住或工作的地方)					
我选择一个具有宗教意义的旅游目的地。 (例如: 寒山寺、普陀山、鸡鸣寺)	1	2	3	4	5
我选择一个具有传统文化旅游目的地。	1	2	3	4	5
Covid-19 之前的两年的旅行丰富了我的生活。	1	2	3	4	5
在 Covid-19 之前两年的旅行中, 我都达成了我度假的目的。	1	2	3	4	5
我对 Covid-19 之前两年的旅行服务感到满意。	1	2	3	4	5
我对 Covid-19 之前两年的旅行经历感到满意。	1	2	3	4	5
我对 Covid-19 之前两年的消费的旅行产品感到满意。	1	2	3	4	5

第三部分生活质量

这项评估询问您旅行后对生活质量的感受(根据 Covid-19 之前两年的旅行经历)。

请尝试回答所有的问题。如果您不确定对某个问题的回答, 请选择看起来最合适的一个。这往往是您的第一个回答。请阅读每个问题, 评估您的感受, 并在每个答案上圈出对您来说最适合的答案的数字。

	根本没有	有点	中等	很大	极其
旅行提高了我的日常生活活动能力。	1	2	3	4	5
旅行减少了我对药物和医疗辅助工具的依赖。	1	2	3	4	5
旅行可以减少我的疼痛和不适。	1	2	3	4	5
旅行改善了我的睡眠和休息质量。	1	2	3	4	5
旅行能增加我的能量, 减少疲劳。	1	2	3	4	5
旅行改善了我的行动能力。	1	2	3	4	5
旅行可以减少我的负面情绪。	1	2	3	4	5
旅行会增加我的积极感觉。	1	2	3	4	5
旅行提高了我的思维能力、记忆力、学习能力和注意力。	1	2	3	4	5
旅行增加了我对形象和外表的关注程度。	1	2	3	4	5
旅行增强了我的自尊心。	1	2	3	4	5
旅行改变了我的个人信仰。	1	2	3	4	5
旅行改善了我与家人的关系。	1	2	3	4	5
旅行改善了我与朋友的关系。	1	2	3	4	5
旅行增加了我对社会支持的感觉。	1	2	3	4	5
旅行增加了我从家庭中获得支持的感觉。	1	2	3	4	5
旅行增加了我从朋友那里获得支持的感觉。	1	2	3	4	5
旅行增加了我的快乐。	1	2	3	4	5

旅行是自我实现的过程。	1	2	3	4	5
旅行提高了我的生活满意度。	1	2	3	4	5
旅行使我的生活变得有意义。	1	2	3	4	5
旅行让我感觉很好。	1	2	3	4	5

第四部分：关于你

4. 年龄

60-64	65-69	70-74	75-79	80岁及以上

5. 性别

男性	女性	其他

6. 婚姻状况

已婚	从未结婚	寡居	离婚或分居	其他

7. 教育水平

小学或以下	初中	高中	大专或本科	研究生及以上学历

8. 月收入（人民币）

少于 1,000	1,000-3,000	3,001-5,000	5,001-10,000	超过 10,000

9. 生活安排

独自生活	与配偶住	与子女住	与配偶和子女住	住在养老院	其他

Appendix 10- The understanding of QoL among interviewees (Organised by author)

Type	Interviewee	Understanding of QoL
Type 1:	Interviewee 2	For me, QoL is like well-being.
	Interviewee 11	The QoL is a sense of happiness, and the higher the sense of happiness, the higher the QoL.
Type 2:	Interviewee 1	Oh, the QoL means a high standard of living and happiness and health. For me, good health and a happy life are the QoL.
	Interviewee 3	The QoL is in good health, and there is no shortage of food and clothing. I have a house to live in, I am in good health, and there is no serious illness. There is no shortage of money and retirement salary. If you want to travel, you can travel. I also have a good relationship with my children, and I take care of my granddaughter in my free time.
	Interviewee 5	Well, the body must first be healthy. Also, there must be a certain economic foundation. I think you have to have both at the same time to be happy (the QoL will be high).
	Interviewee 6	Regarding the QoL, physical condition is the most important. Good health is the foundation of QoL. In addition, financial well-being is also very important. There is also family harmony, a good relationship with friends.
	Interviewee 7	Just like our age, if the income is high, the family is harmonious, and the health is good, the QoL is good.
	Interviewee 9	I think good health is the most important for QoL. The second most important factor is family harmony. Economic factors and QoL are definitely related.
	Interviewee 11	The premise of QoL is good health. In addition, economic abundance is also very important to QoL. The QoL is also a sense of happiness, and the higher the sense of happiness, the higher the QoL.
	Interviewee 12	There are several elements to a good QoL. First, I think there must be an economic foundation. Second, you must have a good physical condition.

		Third, we must have a good attitude and an optimistic attitude. I think these three aspects are indispensable.
	Interviewee 13	I think the QoL includes several aspects. The first aspect is health because health is the foundation of everything. The second aspect is the economic situation. If there is no economic foundation, there will be no QoL. The third aspect is family harmony. Have a good relationship with your partner and children. The children have a successful career and have a good income.
	Interviewee 14	I think the QoL is good health because health is the most important thing. The basis of the QoL is good economic conditions. The mood is also an important part of the QoL, and people must maintain a good mood.
	Interviewee 15	I believe that QoL is a healthy physical condition, a wealthy economy, a harmonious family relationship, a relationship with friends and a social relationship.
	Interviewee 17	QoL means good economic conditions, good health, and a good mood.
	Interviewee 18	The QoL for me is the opportunity to travel frequently and appreciate the beauty of nature because it is definitely good for life and health.
Type 3	Interviewee 4	The QoL is to be satisfied with all aspects of life.
	Interviewee 8	Nowadays, all kinds of substances are relatively sufficient, and I have the ability to realise what I want to buy, eat, or have any ideas.
	Interviewee 10	I think that the QoL is that the food, clothing, housing and transportation are arranged according to my inner needs. In addition, it's good to be healthy.
	Interviewee 16	QoL of older people means being able to do what they want. Otherwise, it reduces the QoL. Personally, the QoL is able to take care of me, complete daily activities and housework, walk around, eat regularly, and have a good quality of sleep. I feel very happy. Where I want to go, my physical condition can support me, and I think the QoL is very good.

Appendix 11- The contribution of tourism to QoL according to the interviewees (Organised by author)

Interviewee	Positive/Negative	Main Evidence
Interviewee 1	Positive	<p>“I think travel can promote physical health, because travel requires walking around, which is good for the health.”</p> <p>“Traveling makes me feel energetic”</p> <p>“And I was in a good mood when I went out with friends and family. Always staying at home and living environment unchanged is not conducive to maintaining a good mood.”</p> <p>“After retirement, life seems to have stagnated. Traveling makes us move again.”</p> <p>“Travel allows me to walk around and promote physical and psychological health.”</p> <p>“Going out with friends and family can also make the relationship with family and friends better and better. Traveling is also a way to change the living environment.”</p>
	Negative	<p>There were a few times when I wasn't able to travel as planned due to health reasons and it made me unhappy.</p>
Interviewee 2	Positive	<p>“Traveling makes me more energetic, makes me feel young.”</p> <p>“Traveling has increased my exercise volume to some extent, and I feel that my back and leg pains are alleviated.”</p> <p>“Traveling makes me feel fulfilled. It also promoted my relationship with my family and friends.”</p> <p>“during the travel process, I experienced a lot of policies to care for the older people and felt the society's support for the older population.”</p> <p>“traveling has many benefits.”</p> <p>“It is also a good way to socialise.”</p> <p>“Traveling has improved my happiness from all aspects including physical health, psychological health, and social relations.”</p>
	Negative	<p>Many of my travel plans have not been possible in the past two years because of the epidemic, I feel so sad.</p>
Interviewee 3	Positive	<p>“Traveling makes me healthier, not only in physical health, but also in psychological health.”</p> <p>“Traveling allows me to travel long distances without getting tired and not easy to catch a cold.”</p> <p>“Traveling makes me no longer alone.”</p> <p>“Traveling is the only way to improve my physical, psychological and social conditions at the same time.”</p>
Interviewee 4	Positive	<p>“Traveling freed me from busy daily life. In addition, it is also the lubricant of our harmonious family relationship.”</p>

Interviewee 5	Positive	<p>“very happy /in a good mood”</p> <p>“I think it is helpful to enhance the relationship.”</p> <p>“Yes, it can improve your happiness in all aspects. Staying at home all the time is boring and lacks freshness.”</p>
Interviewee 6	Positive	<p>“Traveling affects my quality of life, mainly because it brings me a sense of pleasure.”</p> <p>“Traveling is a learning opportunity.”</p> <p>“Travel can invigorate body and mind.”</p> <p>“Yes, it will definitely improve the quality of life.”</p>
Interviewee 7	Positive	<p>“When you are old, and you always stay at home and don't move too much, that will definitely not work. If you go out to travel, it will help both physical and psychological health, and it will also be meaningful to the lives of the older people.”</p> <p>“Tourism is also an indispensable part of life.”</p>
Interviewee 8	Positive	<p>“Traveling will definitely improve my quality of life.”</p> <p>“Travel boosts my energy.”</p>
Interviewee 9	Positive	<p>“If you go out to travel, you must be in a good mood. This is a psychological effect. Everyone is very happy to travel with friends.”</p>
Interviewee 10	Positive	<p>“Traveling makes me feel good and my psychological state also improves.”</p> <p>“Traveling with family and friends will also increase the relationship.”</p>
Interviewee 11	Positive	<p>“Traveling mainly makes me feel happy.”</p> <p>“It is helpful to health.”</p> <p>“The relationship with the family is more harmonious and happier.”</p> <p>“Traveling can help me make new friends, learn new knowledge, get in touch with new things, and keep in touch with society.”</p>
Interviewee 12	Positive	<p>“Tourism can increase knowledge, broaden horizons, and help understand local folk customs.”</p>
Interviewee 13	Positive	<p>“Traveling has a positive impact on my quality of life.”</p> <p>“Traveling is good for my psychological and physical health. It makes me more energetic.”</p>
Interviewee 14	Positive	<p>“Tourism has a positive impact on my quality of life.”</p> <p>“Tourism has a more comprehensive effect on improving the quality of life and is good for psychological and physical health.”</p>
Interviewee 15	Positive	<p>“Traveling has a positive effect on my quality of life. For example, travel is good for health.”</p> <p>“Traveling helps me strengthen social connections and make my relationship with my family and friends better.”</p>

		Tourism promotes both physical and mental health.””
Interviewee 16	Positive	<p>“I think traveling is a very happy thing.”</p> <p>“Traveling is good for health.”</p> <p>“Traveling also enhances relationships with friends.”</p> <p>“Tourism enriches life and broadens your horizons.”</p>
Interviewee 17	Positive	<p>“Tourism has a positive impact on the quality of life. First of all, travel is good for health. The older people should not stay at home for a long time and need to change their living environment.”</p> <p>“Tourism made me feel social care”</p> <p>“Traveling gives me the opportunity to get in touch with the world, to taste different cuisines, to relax, to learn new information, to see different cultures, to increase knowledge, and to exercise.”</p>
Interviewee 18	Positive	“Traveling is helpful and positive for my quality of life.”

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