

Senior Tourists' Well-being, Happiness, and Satisfaction with Life: A Systematic Literature Review

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ABSTRACT

The perception of well-being through tourism improves the quality of life of tourists, and for senior tourists, this relationship is even more promising. While the association between tourism and mental health is clear, the processes involved are not always clarified. Thus, this systematic literature review aims to explore and systematise the benefits of senior tourism for well-being, happiness, and satisfaction with life. Following the PRISMA method, the search was undertaken on platforms SCOPUS and Web of Science, using the research terms “senior tourism”, “elderly tourism”, “well-being”, and “life satisfaction”. Articles were included, if published after 2018, peer-reviewed, in English, concerning an overview of senior well-being and tourism. After applying the inclusion and exclusion criteria, the final sample comprised 16 articles. Senior tourists experience higher well-being, happiness, and satisfaction with life when their goals are of high valence, more likely to be achieved, coherent with the activities, and when they feel pleasure associated with achieving those goals. Still, senior tourists' happiness, life satisfaction and well-being are associated with four central elements: interpersonal relationships; time and resource management; achievement of goals and objectives; and management of the personal meaning attributed to the experience. Theoretical and empirical implications are further discussed.

KEYWORDS

Elderly Tourism, Meaningful Tourism Experience, Psychology, Satisfaction with Life, Senior Tourism, Well-Being.

ARTICLE HISTORY

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1. Introduction

Tourist experiences are multidimensional and subjective as they encompass individuals' sensations, expectations, and needs (Jelinčić & Matečić, 2021), which provides a sensation of meaning through these experiences. Thus, meaningful experiences are a complex concept, focused on the self and the social, relational, and emotional dimensions. Meaningful experiences are related to the interpretation, narration, and transformation of individuals' lives based on the activities, events, and environments in which people engage (Packer & Gill, 2017) and are characterised by the level of attraction and impact on individuals' attention. They represent the sum of the experience, its evaluation, and all the contextual, environmental, and emotional contingencies.

In the general context of tourism, senior tourism is expanding rapidly (Silva et al., 2021; Kezman & Go-riup, 2022; Ribeiro et al., 2022) and has become an important study group for the global tourism market (Stoncikaite, 2022). However, studies are scarce to analyse the individuals' choices, travel experiences, and outcomes on the overall perception of well-being (Sie et al., 2021). The projection of the senior tourism market highlights that it will become the biggest crucial driving in the hospitality markets (Stoncikaite, 2022).

As a matter of contextualisation, several systematic literature review studies have been developed to explore the links between tourism experiences and several psychological variables. From the relationship between positive psychology, tourism, and well-being (Garcês et al., 2018; Vada et al., 2020), the synergies between mindfulness, tourism, satisfaction, loyalty, happiness, and well-being (Iacob et al., 2021), and memorable tourism experiences and its role on the attribution of meaning (Hosany et al., 2022), all these studies focus on tourism as a vehicle for the promotion of psychological and physical benefits, including higher well-being, satisfaction with life, and happiness. However, studies fail to address the senior group specifically, in terms of the intergenerational interactions between motivations, tourists' experiences, and well-being (Wang et al., 2023).

In so doing, this systematic literature review intends to explore further a new path for tourism that acknowledges tourism's potential for improving the well-being, happiness, and life satisfaction indexes of silver-haired tourists. The main aim of this study is to explore and systematise the benefits of senior tourism for well-being, happiness, and general life satisfaction.

The article is organised into five main chapters. Chapter two offers the literature review, where the concepts of elderly tourism, well-being, happiness, and life satisfaction will be explored. Chapter three is dedicated to the Systematic Literature Review's methodology, which will explain the research protocol, inclusion and exclusion criteria, and the steps undertaken until the final sample is reached. Chapter four includes the results and discussion considering the existing literature on the area. The final chapter is dedicated to the theoretical and managerial implications and the main conclusions. Some future research directions are discussed, according to the main gaps found.

2. Literature Review

2.1 Elderly Population

The world is facing an important phenomenon: it is growing older than ever (Patterson et al., 2021). As provided by United Nations (2019), by 2050, it is expected that one in six people will be over 65 years old. As Li and Chan (2021) acknowledged, ageing is a personal, emotional, and relational process characterised by individuals' subjective experiences, emotional encounters, perceptions, meanings, and values. Ageing well implies that individuals develop and maintain their ability to function in different areas of their lives, such as performing basic needs, learning, growing, making decisions, being mobile, being involved in relationships, or contributing to society. Reaching this functional ability, older individuals' perceptions of well-being increase (World Health Organization, 2019).

When approaching the topic of the elderly population, it is essential to acknowledge that, during the decades, technology and health improvements over the lifespan are becoming expressive, leading individuals to live longer than previously and thus, healthy life expectancy is a significant concern for this population.

In a few words, older people are a heterogeneous group of individuals with different, personal, and significant life trajectories and, thus, different perceptions of ageing and subjective well-being due to their personal experiences, and social and cultural backgrounds (Li & Chan, 2021).

Cavapozzi and Zantomio (2021) concluded that the senior population is characterised by homeowners who have an incoming amount of more than 70% of their pre-retirement earnings. Additionally, these citizens are known for having spare time that can be used, for example, to provide informal care to family members and friends. Thus, leisure activities might increase life satisfaction and well-being (Zhang, 2023), social engagement, social inclusion, self-acceptance and reflection, and the creation of significant memories (Xiang & Qiao, 2021).

Bowling (2008) is an enthusiastic researcher in the field of older individuals. Through his studies, several perceptions have risen associated with active ageing, such as having or maintaining physical health, leisure and social activities, mental functioning, and engagement in healthy social and familial relationships. Additionally, if older adults have good perceptions of their health and well-being, their ability to be involved in leisure and tourism activities is positively influenced (Patterson et al., 2021).

As such, elderly tourism appears to be an attractive solution for seniors who want to engage in activities that promote their psychological, physical, subjective, and emotional well-being (Patterson et al., 2021; Zhang, 2023).

2.2 Elderly Tourism

Over time, the tourism market has increasingly changed its paradigm, and senior tourism is becoming a significant segment in this context (Patterson et al., 2021), with senior tourists as the significant contributors to the increase in the tourism economy (Wen et al., 2020). Senior tourism is expected to become a solid economic area as the population ages, with the older population giving travel and tourism substantial importance when they retire (European Commission, 2014). Travel has become one of the biggest triggers for tourists to improve their perception of well-being. For senior tourists, the need to engage in tourist experiences becomes even more concrete to enhance their quality of life (Hwang et al., 2020). Thus, there is a relational and dynamic link between tourism and ageing (Li & Chan, 2023).

Age is the primary characteristic used to identify senior tourists, even though the literature is not unanimous (Wen et al., 2020), with ages ranging from 50 years (e.g., Milman, 1998) to 65 years or older (e.g., Jang et al., 2009). Overall, a tourist is considered senior when reaching the age of 60 years old (Hsu et al., 2017). Also, senior tourists are known as wealthy, have plenty of time to spend on different activities, and their lifestyle is characterised by entertainment and enjoyment of travelling (Kazeminia et al., 2015). Additionally, Moller et al. (2007) concluded that older people are generally active, healthy, and willing to engage in different types of social activities while performing a tourist experience, considering that leisure engagement is a significant component of their lives.

In sum, senior tourists' most expressive sociodemographic characteristics are age, gender, self-perceived economic status, and the amount of spare time available, which might influence positively or negatively the probability of involving in tourism experiences and act as barriers or triggers depending on senior individuals' personal past experiences (Patterson et al., 2021).

Moreover, senior tourists' literature reinforces other sociodemographic characteristics based on previous studies on the area. One example is the model developed by Nimrod (2007). This activity theory postulates that senior individuals who search for tourism experiences look for opportunities for cultural and recreational activities that enhance their overall quality of life. Thus, senior tourists are characterised by their active seek for social interactions, personal development, and individual identity formation (Patterson et al., 2021).

On the same line, Zhang (2023) established that travel experiences for senior adults are synonymous with four outcomes: reminiscing the past, bonding with family members and other individuals, rediscovering themselves in new situations, and developing informal care networks. Nevertheless, it is essential to recognise that as people age, the process that leads to these outcomes becomes more significant than the outcomes itself (Alen et al., 2012).

Additionally, senior tourists' interests constantly change in duration, number, and preferences. The main interests nowadays are educational tourism, soft adventures, heritage patrimony, and volunteer-

ing holidays. A significant reflection arises through this information: Tourism markets must evolve and address senior tourists' primary motivations for travel to satisfy their well-being perception (Lee, 2016).

Senior tourists' perception of well-being is essential for understanding their behaviours and responses when living the experience. Thus, and acknowledging that elderly people need extra care through the development of the experience, it is vital to consider the diversity of needs of senior tourists, which sometimes involves a prolonged length of stay so they can take full benefits of the experience they engaged in (Hwang et al., 2020).

The fulfilment of individuals' purposes is a lifetime process. In so being, literature has become prominent in approaching the connotations of ageing well and old age, as well as their relationships with tourism, to understand how they drive meaning and fulfil personal intentions over their lifespan, through tourism, interacting with time, place, and mobility (Li & Chan, 2021). In this sense, leisure travel improves senior tourists' perception of well-being and the attribution of meaning; nevertheless, the processes underneath are often understudied (Zhang, 2023).

Thus, the intertwined connections between ageing and tourism are relational, embodied, and dynamic and involve older adults' personal past experiences, life trajectory, views, values, needs, choices, and the differences in the meanings they attribute to tourism, ageing, and well-being (Li & Chan, 2021). Elderly tourists have initiative and are enthusiastic about exploring and pursuing their own travel goals by engaging in different sensory interaction experiences after assessing their environment, cognition, and experience, which will enable them to develop their identity, relationship, and family environment towards a deeper engagement in tourism activities (Xiang & Qiao, 2021).

The association between healthy ageing and positive travel experiences is increasingly gaining attention in the literature. Individuals who engage in positive and remarkable tourism experiences are more likely to age successfully and look for similar future tourism opportunities (Patterson et al., 2021).

Despite the growing rate of senior tourism, this niche is dependent on socio-demographic characteristics and socio-occupational or family constraints (e.g., age, education, work, and type of accommodation) (Cavapozzi & Zantomio, 2021; Mendes et al., 2022). Nonetheless, their motivations to travel involve self-knowledge and search for well-being, showing their need to fulfil intrinsic goals (Mendes et al., 2022). Older tourists may prefer passive and inner pursuits, sometimes leading to loneliness and social disconnectedness. Thus, engaging in tourism can be a crucial alternative to weaken the isolation factor and improve or rebuild social relations, life expectancy, and quality of life (Kim et al., 2021; Xiang & Qiao, 2022; Asan et al., 2023).

2.3 Well-being

Well-being is the pearl of positive psychology (Seligman, 2002), considering its role in explaining how individuals drive meaning from their lives. As such, it represents a multifaceted concept measured with different subjective and objective indexes, representative of individuals' desirable, pleasant, and good lives (Larsen, 2007; Mendes et al., 2022).

Applied to tourism, well-being is the most desirable outcome for tourists, residents, and workers (Voigt, 2017; Garcês et al., 2018), and one of the strongest predictors of the emotional bond tourists develop with a particular destination, contributing to individuals' inner self, belongingness, and coping with everyday stress (Vada et al., 2020).

One of the most crucial well-being perspectives includes the search for meaning under the immediate outcomes of the experiences—hedonic well-being—versus a broader perspective related to long-term benefits—eudaemonic well-being (Packer & Gill, 2017; Voigt, 2017; Vada et al., 2020). On one hand, hedonic well-being is the immediate perspective of well-being related to the pursuit of happiness (Lyubomirsky & Lepper, 1999; Packer & Gill, 2017; Voigt, 2017), the development of positive and negative emotions, the search for enjoyment, pleasure, fun, relaxation, escape, and sensory stimulation (Watson et al., 1988; Waterman, 1993; Diener et al., 2010; Packer & Gill, 2017; Voigt, 2017). On the other hand, eudaemonic well-being is characterised by excellence, using individuals' virtues and strengths to undertake the best choices and actions (Laing & Frost, 2017).

Huta and Waterman (2014) adopted four central eudaemonic perspectives: (1) growth (self-actualisation and personal goals), (2) *meaning* (purpose of life), (3) *excellence* (higher standards of individuals' be-

haviours), and (4) *authenticity* (connection with our inner selves). To Ryff (1989), eudaemonia assesses six dimensions: (1) *self-acceptance* (self-actualisation and optimal functioning), (2) *positive relations with others* (trust, empathy, identification with others, and intimacy), (3) *autonomy* (self-determination, independence, and regulation of behaviour), (4) *environmental mastery* (create environments that suit one's psychic and mental conditions), (5) *purpose in life* (comprehension of life purpose), (6) *personal growth* (ability to grow, actualisation, and openness to experience).

Comparing both dimensions, hedonia represents an orientation to the present, regarding regulating emotions and affective outcomes, whilst eudaimonia is focused on the future. Both relate to the positive affect and decreasing distress, significance, appreciation, and long-term outcomes (Seligman, 2011). As such, positive emotions are present right in the imagination of travel, which enables a more robust engagement, meaning, and purpose (Filep & Deery, 2010).

Derived from the previous perspective, Seligman (2011) developed the PERMA model as a theory that enables the understanding of well-being as a holistic phenomenon involving five dimensions (Garcês et al., 2019): a) positive emotions (e.g., amusement, awe, compassion, contentment, gratitude, hope, interest, joy, love, and pride); b) engagement (when individuals' strengths match the challenges); c) positive relationships (development of strong ties that enables health improvements); d) meaning (sense of belongingness and connection to something bigger); e) accomplishment (achieving goals). The benefits associated with this theoretical perspective are related to higher self-acceptance, positive relationships, personal growth, and purpose in life (Seligman, 2011).

2.4 Subjective Well-being

Subjective well-being is another well-established perspective in tourism and well-being studies that enables a higher understanding of how individuals drive meaning from their experiences (Diener, 1984; Vada et al., 2020). As a definition, subjective well-being respects individuals' overall perception of satisfaction with their long-term lives and immediate emotions. It results from individuals' mastery and progress considering their goals, strengths, values, personality, activities, and social relationships (Diener, 1984). From this point of view, subjective well-being is an evaluation of a person's life, considering their cognitive state in different life domains and the presence of positive and negative emotions or the absence of the last ones. It results from individuals' mastery and progress considering their goals, strengths, values, personality, activities, and social relationships.

Subjective well-being has three main characteristics. First, it is subjective, meaning its evaluation depends on individuals' own experience. Second, it involves positive measures. It is not just concerned with the absence of negative factors, but also with the inclusion of positive criteria and the relationship between these two. The third characteristic includes an overall assessment of all aspects of individuals' lives (Diener, 1984).

Considering the causes of subjective well-being, four main causes lead to a general perception of subjective well-being: a) subjective satisfaction, associated with other personal values such as self-esteem, family life, and satisfaction with work and health; b) income, since wealthier individuals seem to rate higher levels of happiness than poor people; c) social interaction, since happier individuals are more sociable, being this a bidirectional relationship; and d) activities, considering that active involvement in activities is associated with higher levels of happiness, depending on the degree of engagement with the activity, and individuals' personality (Diener, 1984).

In sum, well-being is essential to senior tourists' involvement in tourism experiences. A study performed by Nimrod (2007) allowed for the emergence of the Activity theory, suggesting that tourism enhances the opportunity for elders to involve themselves in cultural and recreational experiences, leading to an improved perception of quality of life, happiness, and subjective well-being. In so doing, tourists who undertake a holiday experience have a higher sense of well-being both before and after the experience (Abdullah, 2004). Such reflection led to an inclusive research protocol, which will be explained in the next chapter.

2.4.1 Happiness

Happiness is firmly attached to his proposal, like well-being. Thus, happiness can be defined as desirability, considering external criteria, such as virtue or holiness. Individuals seek positive sensations about what is desirable; being that desirable does not mean a happy state; instead, it means that eudaimonia relates to living a virtuous life, which leads to feelings of desirability and, coherently, happiness. So, happiness depends on the framework of the observer rather than the actor's subjective judgment. Similarly, well-being and happiness are characterised by the positive evaluations of individuals' lives as good ones. People experience more positive and pleasant emotions during a certain period of their lives and are particularly predisposed to those same emotions during the same period (Diener, 1984).

Seligman (2002) described the true essence of tourism and the concept of happiness on his positive psychology theory, named authentic happiness theory. According to the assumptions, it is related to three types of life: 1) Pleasure life, where tourism is seen only as a superior need for amusement, and the seeking for immediate pleasure is the one objective for individuals. The focus is placed on pleasure and positive experience, associated with positive emotions across different stages of life, and the development of strengths and virtues on passionate and pleasurable activities in which individuals engage, considering their positive traits; 2) Good life, which gives a vital role to altruism and the involvement with the community; 3) Meaningful life, where individuals seek for meaning through tourist activities and experiences, associated with educational and personal development opportunities. In other words, it is the stage where individuals apply their strengths in activities that lead to a greater good and engage in a feeling of greater life satisfaction rather than the pursuit of an empty life (Huta & Ryan, 2010).

Happiness is the sum of immediate pleasurable moments associated with developing values, meaning, and self-realisation (Filep & Deery, 2010). This should alert to the importance of addressing tourism in a positive, humanist-inspired way, making it possible for host communities to flourish, encouraging workers to thrive and, finally, enhancing the quality of the experiences (Filep, Macnaughton, et al., 2017), leading to the development of a strong relationship between tourism, travel, and wellbeing (Filep & Deery, 2010; Filep, 2014, 2016; Matteucci & Filep, 2017), and its impacts on life satisfaction, a construct explored right after.

2.4.2 Life Satisfaction

The literature defends that engaging in leisure tourism activities is critical to enhancing senior tourists' overall satisfaction and positive emotions. Thus, well-being is considered an antecedent or trigger of overall life satisfaction (Asan et al., 2023). The satisfaction with life with a specific experience is based on the theoretical perspective of the Bottom-up Spill-over Theory (Diener, 1984), where happiness results from the sum of small pleasures.

Satisfaction can be considered a separate element of well-being, with a different meaning from the affective indexes. Thus, satisfaction with life is related to the cognitive element of well-being, where the individual's conscious evaluations of his or her life circumstances are related to conscious values and goals. As such, satisfaction with life is associated with a global judgment of life circumstances and their comparison to one's standards. If the comparison is favourable, people report high satisfaction with life. Life satisfaction can be defined as a cognitive judgment of one's life that depends on individual characteristics and past experiences (Pavot & Diener, 1993).

Literature associating the concepts of tourism, elders, and life satisfaction is still evolving. Nevertheless, efforts have been made to increase the knowledge about the influence of tourism on older tourists' life satisfaction. As such, the benefits are associated with high culture, free outdoor activities, spirituality and enrichment, popular culture, following generations, and independent home activities, suggesting that participating in leisure activities improves the overall life satisfaction of silver-hair tourists of leisure life and intimacy of older adults (Nimrod, 2007; Kim et al., 2015; Uysal et al., 2016; Zhang & Zhang, 2018).

2.5 Meaningful Tourism Experience

Finally, the meaning attached to the tourism experience is also an essential theoretical foundation of this study and, thus, is worth the attention. A meaningful experience goes beyond the unique idea of an

emotional outcome, potentially predisposing the individual to self-reflection (Wilson & Harris, 2006; Bosangit et al., 2015; Lyu et al., 2018). The focus is placed on the attribution of meaning and discovery, which determine the impact of the experiences on tourists' lives. Meaningful travel is a unique and essential way of building a sense of self, confidence, and empowerment (Wilson & Harris, 2006). Travel enables the discovery of what makes everyday life meaningful (e.g., social relationships, encounters with nature, an opportunity to think about oneself, and personal growth (Packer & Gill, 2017). Nevertheless, a lack of understanding of what makes a tourist experience meaningful persists due to the intertwined use of similar constructs: 1) authentic experience, associated with genuine, timeless, unchanged experiences (MacCannell, 1973), that allows for a better examination of the embodied emotions, social interactions, identity, and relationships (Rickly, 2022); 2) Extraordinary experience, as positively intense, intrinsically enjoyable, and transformative (Arnould & Price, 1993). A recent study described them as '(...) the positive co-existence of the ordinary and the non-ordinary. An emotionally positive experience, intrinsically enjoyable, encompasses collaborative interactions and conflict-easing situations by setting up boundaries' (Goolaup & Nunkoo, 2022, p. 10); 3) Memorable experience, as an essential event stored in the memory and recalled after it has occurred, associated with the development of intense emotions that influence individuals' lives. After a solid reflection, they are retained in tourists' memories, becoming memorable (Duerden et al., 2018) and help to reinforce the recollection of pleasurable episodes experienced by tourists (Kim et al., 2012); 4) transformational experience, related to self-realisation and self-exploration (Sheldon, 2020) that lead to an individual's inner transformation in values, beliefs, intentions, and self-perceptions (Willson et al., 2013; Duerden et al., 2018).

The previously mentioned constructs have some common elements: 1) a focus on the social dimension, 2) the search for well-being, 3) the personal dimension, and 4) emotional development.

3. Methodology

3.1 Planning and Conducting the Review

The methodological approach adopted was a systematic literature review, which intends to make sense of a significant amount of information about a subject to contribute to improving the literature on that topic by providing specific answers to questions. The ultimate objective of this method is to map out areas with little or no relevant research to identify the needed studies (Petticrew & Roberts, 2006). While the association between tourism and mental health of senior tourists is clear, the processes involved are not always clarified. Thus, this systematic literature review aims to explore and systematise the benefits of senior tourism for well-being, happiness, and satisfaction with life.

3.2 Research Questions

The present study intends to answer the following questions: 1) What are the specific benefits of the tourist experience for senior tourists' well-being, happiness, and life satisfaction? 2) What are the main topics related to the engagement of senior tourists in determined tourist experiences.

3.3 Searching

The chosen databases were Web of Science Clarivate, and SCOPUS, considering their high-quality standards required by the Relative Quality Indices, the JCR InCites Journal Citation Report (WoS) and the SJR Scimago Journal Rank (SCOPUS; Harzing & Alakangas, 2016). The terms were simultaneously searched in the databases by linking the strings with the Boolean operators 'AND' and 'OR', as well as the truncation elements " " and * to restrict the specific term or to guarantee that all the words with the same radical were included, respectively. The research protocol was:

1. SCOPUS – TITLE-ABS-KEY ("Senior touris*" OR "elderly touris*") AND TITLE-ABS-KEY (well-being OR wellbeing OR "well being").
2. Web of Science – TS = [("senior touris*" OR "elderly touris*") AND (well-being OR wellbeing OR "well being")]

3.3.1 Inclusion and Exclusion Criteria

The following inclusion criteria were carefully considered for each article: (a) it was published in a peer-reviewed journal; (b) the language was English; (c) it was published between 2020 and 2023; (d) it included an overview definition of senior tourists' well-being. An article was excluded if one of the following criteria was met: (a) it was not published in a peer-reviewed journal; (b) it was in a language other than English; (c) it was published before 2020; and (d) the study did not include a general overview of senior tourists' well-being.

3.3.2 Conducting the Review

The first author applied the inclusion and exclusion criteria through the scope of titles, abstracts, and keywords for each record. Data extraction was performed through an Excel spreadsheet, and two main types of information were detailed: i) metadata (authors, year, country, topic, methods, results, journal); ii) specific relevant data to answer the previously defined research questions (concepts from well-being, happiness, and life satisfaction).

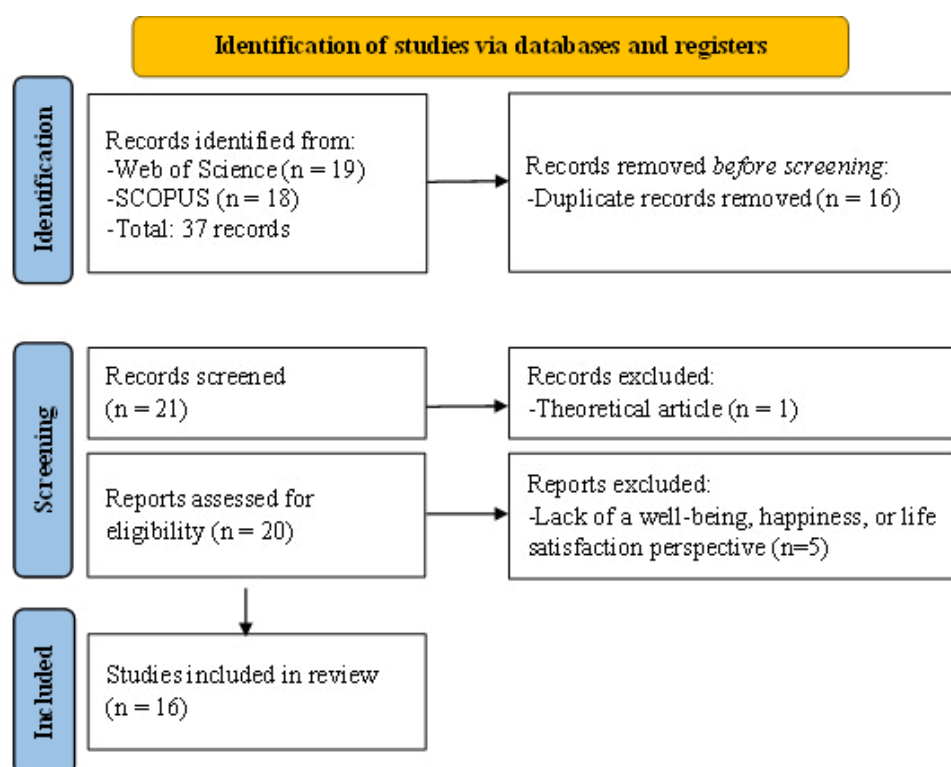
The preliminary search found 37 records from WoS and SCOPUS. The first step was the removal of the records due to duplicates and other reasons (e.g., unavailable articles). Thus, 21 records were screened.

After a first screening of the research terms used in the protocol, the first author searched for an overview definition of the research terms included in the research protocol (i.e., well-being, happiness, or life satisfaction). The abstracts that did not refer to any of the characteristics ($n=5$) were excluded. Second, the remaining research team reviewed the selection and confirmed that the articles selected in the first place resulted from a high-quality procedure.

The final step involved a complete analysis of all eligible articles. The final sample was comprised of 16 peer-reviewed articles. The definitions and results of the study were carefully extracted and assigned to different domains.

Figure 1 presents the PRISMA flow diagram, which visually represents the methodological process to enable a more straightforward interpretation.

Figure 1. PRISMA Flow Diagram



4. Results and Discussion

This systematic literature review intended to explore and systematise the benefits of senior tourism for well-being, happiness, and satisfaction with life. As seen in Table 1, most of the articles (10) were published between 2022 and 2023, acknowledging that senior tourism is a topic that is increasingly expanding on the literature (Silva et al., 2021; Kezman & Goriup, 2022; Ribeiro et al., 2022). The oldest articles were published in 2020 and focussed on tourism expenditure and life satisfaction for seniors (Mahadevan & Pam, 2020), as well as the significance of WBP in the senior tourism industry in South Korea (Hwang et al., 2020). The latest ones were developed in 2023 and were aimed to examine the connectedness to nature and life satisfaction of seniors (Asan et al., 2023), the relationship between mind and body interactions and continuum theory perspectives on senior tourism, active ageing, and well-being (Xiang & Qiao, 2023), the intergenerational interactions with adult children and their relation with the elderly's travel experience and well-being (Wang et al., 2023), the relationship between leisure travels and subjective well-being (SWB) among older adults (Zhang, 2023), and the development of the well-being scale for urban elderly tourists (Zhang et al., 2023).

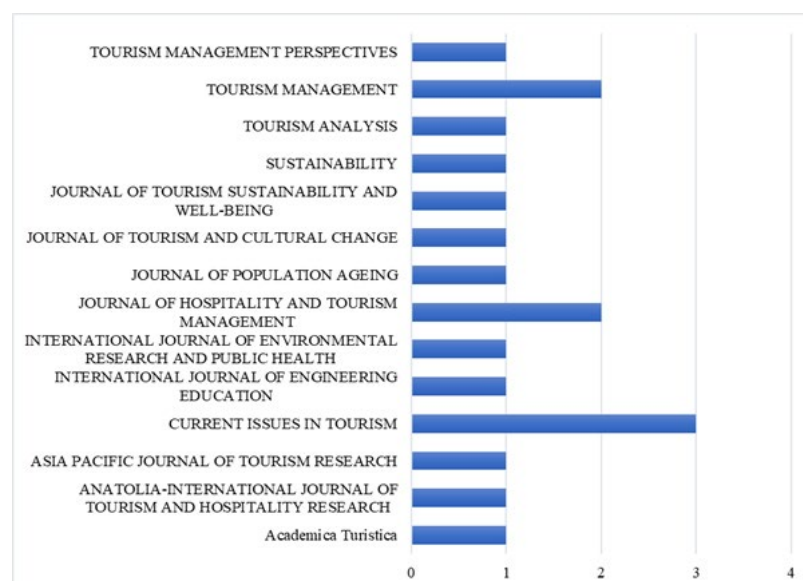
Table 1. Peer-Reviewed Articles Per Year of Publication

Publication Year	Authors
2020	Mahadevan & Pam (2020); Hwang et al. (2020);
2021	Cavapozzi & Zantomio (2021); Kim et al. (2021); Li & Chan (2021); Sie et al. (2021);
2022	Kežman & Goriup (2022); Mendes et al. (2022); Ribeiro et al. (2022); Stoncikaite (2022);
2023	Asan et al. (2023); Xiang & Qiao (2023); Wang et al. (2023); Zhang (2023); Zhang et al. (2023)

Source: Own Elaboration

The articles were published in 16 top-ranking journals, including the *Current Issues in Tourism* (3), *Tourism Management* (2), and *Journal of Hospitality and Tourism Management* (2) (see Figure 2). None of the articles were published in a journal with a psychological focus, suggesting that tourism journals focus more on research that brings together senior tourism, well-being, happiness, and life satisfaction. Thus, the present article contributes to the knowledge developed in the psychological field by engaging these topics as a solid psychological phenomenon.

Figure 2. Sources Title



Source: Own Elaboration

The articles had different aims; however, the focus of exploring well-being and life satisfaction is the same in all of them, which leads to the assumption that tourism is an active, healthy lifestyle that promotes senior tourists' well-being (Mendes et al., 2022), through a higher appreciation of the meanings of the travel (Zhang, 2023).

Table 2. Peer-Reviewed Articles' Objectives, Country, Design, Participants, Results, and Conclusions

Article	Objective(s)	Country	Design	Participants	Results	Conclusions
Asan et al. (2023)	Propose and test a conceptual model linking CTN with tourist experience, well-being, and life satisfaction.	Uk and Turkey	Quantitative (Multiple-item scale analysis; PLS-SEM);	211 senior individuals aged 60 or over	-Connectedness to nature had a positive effect on tourist experience, well-being, and life satisfaction;	-Connectedness to nature enhances tourist well-being, which in turn influences overall subjective well-being; -Well-being is a sub-domain of life satisfaction; -Greater involvement in nature-based experiences enhances the well-being of the elderly and contributes to healthy ageing;
Cavapozzi & Zantomio (2021)	Explore the perspectives on daily life, the probability of undertaking tourism in older age and the role of personal characteristics acting as triggers and barriers to tourism.	Italy	Quantitative (Multiple-item scale; Regression analysis)	31.088 Italian elderly tourists aged 65 or more	-Strong socioeconomic gradient in tourism, with worse-off individuals less likely to undertake the activity. -Disability is a barrier to tourism. -Sociability and engagement in the reading act as triggers to tourism;	- The decision to undertake tourism for the elderly is significantly correlated with a variety of health and socio-economical characteristics such as age, education, working history, type of accommodation, frequency of social contacts and engagement in reading;
Hwang et al. (2020)	Explore the significance of WBP in the senior tourism industry in South Korea.	South Korea	Quantitative (multiple-item scale; Confirmatory Factor Analysis; Structural Equation Modeling)	349 senior tourists over 65 years	-Brand prestige leads to increasing well-being perception, which in turn influences consumer attitude and Word of Mouth; -Well-being perception influences consumer attitude and Word of Mouth;	-Tour guide services influence the relationship between brand prestige and well-being prestige; -Tour guide services influence the relationship between Consumer attitude and Word of Mouth; -Senior tourists need extra care, and when this condition is guaranteed, it lead to higher spending and overall life satisfaction;
Kežman & Goriup (2022)	Examine silver hair market.	Slovenia	Quantitative (Differences between groups)	405 silver-hair tourists from 65 to 75 years	-Elderly women are more likely to choose less dynamic activities, such as playing board games, or reading books and magazines; -Tourists aged 65 to 69 are more likely to opt for moderate tourist activities; -There are statistically significant differences in tourism activities that raise cultural capital; -Higher rated activities for silver-hair tourists with a lower personal monthly income were among "spiritual and religious activities"; -Silver-hair tourists with better health rate their activities higher; -Silver-hair tourists most often visit friends and relatives; -Casinos and cruises: least used by silver-hair tourists;	-Women are more focused on opportunities to socialise and interact with people and their families while travelling; -Silver-hair tourists with a higher level of education are more likely to choose tourist activities that develop cultural capital, compared to those with lower education; -Silver-hair tourists do not choose more or less dynamic activities depending on their age, but all activities are more attractive to younger silver-hair tourists; -State of health does not affect the choice of more or less dynamic tourist activities, but affects the frequency of the general choice of all tourist activities;
Kim et al. (2021)	Develop a theoretical perspective to understand senior tourist behaviour better.	N.A. ¹	Literature review	N.A.	-Senior tourist behaviour is guided by four major principles: 1) Increased leisure travel satisfaction is experienced when selecting leisure travel goals whose attainment is likely to induce high levels of positive affect in their social lives (goal valence); 2) Increased life satisfaction is achieved when pursuing leisure travel goals that are most likely to be attained. Thus, goal attainment ensures the experience of high levels of positive affect in their social lives (goal expectancy); 3) Increased leisure travel satisfaction by acting to implement leisure travel goals. Goal implementation increases the likelihood of goal attainment and the experience of positive affect in their social lives (goal implementation); 4) Increased leisure travel satisfaction through the attainment of leisure travel goals, thus, ensuring the experience of positive affect in their social lives (goal attainment);	

Li & Chan (2021)	Explore the entangled relationships between tourism, ageing and well-being in later life.	China	Quantitative (multiple-item scale); Qualitative (interpretivism as theoretical stance)	48 Chinese senior tourists	-How tourism affects ageing well is shaped by senior travelers' early life and travel experiences, the personalised conceptions attached to tourism, and well-being; -Four scenarios of ageing well: 1) journey of family-role transitions and life-meaning renewal; 2) Journey towards collective experience of affective intimacy, vitality, and charismatic group image; 3) Therapeutic journeying for mental and physical well-being; 4) Journey of arduousness towards spiritual well-being and eudaimonia;	-Tourism and well-being: entwined and dynamic process in which people are continuously producing relational assemblages through interaction with time, place, and mobility; -Tourism and ageing: dependent on older adults' personal past, life trajectory, views, values, needs, choices, life paces, and individual differences in meanings attached to tourism, ageing and well-being; -Grow older and richer life experience: different levels of importance in different domains, and perspectives of well-being; -Travel: personalised ways of age identity; have collective experiences; -Linkages between tourism and well-being: shaped by how Chinese relate their travel with the concepts of "lao" (old), "ku" (suffering), and "le" (happiness and well-being); -The impacts of tourism on older adults' lives and well-being are relatively continuous depending on how the elderly interact with time and place, and individuality confronts the changes of their social and cultural environment;
Mahadevan & Pam (2020)	Examine the two-way relationship between tourism expenditure and life satisfaction for seniors.	China	Quantitative (Longitudinal study)	Chinese seniors	-There is bidirectional causality between tourism expenditure and life satisfaction; -Senior tourism demand was found to be income inelastic	-There is growing importance in a two-pronged policy strategy – a government policy committed to social tourism programs for seniors who cannot afford travel and those who reside in rural areas; -Another government strategy is to address aged concerns related to mobility and health to improve well-being and the provision of appropriate facilities for leisure travel; -Senior tourism can buffer Chinese economic growth during the economic crisis and uncertainty, making the twin policy strategy a worthwhile consideration;
Mendes et al. (2022)	Present a confirmatory analysis of the PERMA model in a sample of Portuguese senior tourists who visited the island of Sao Miguel (Azores).	São Miguel, Açores (Portugal)	Quantitative (Multiple-item scale; Confirmatory Factor Analysis; Scale reliability analysis)	434 Portuguese senior tourists who visited São Miguel, Azores	-Scores above the midpoint in the 5 dimensions of PERMA and Satisfaction With Life Scale (SWLS);	-Experiences of senior tourists when visiting São Miguel contributed significantly to their well-being;
Ribeiro et al. (2022)	Analyze the internet use by older tourists to plan their trip to the Algarve before the COVID-19 pandemic crisis.	Algarve (Portugal)	Quantitative (Multiple-item scale)	845 senior tourists traveling to Faro, until 90 years	-There are statistically significant differences between different groups of respondents regarding internet use when planning a trip to the Algarve;	-There are statistically significant differences between the age groups, the levels of education, the tourists with(out) disability and the respondents' country of origin. These differences confirm that there are a lot of older tourists who have no digital literacy;
Sie et al. (2021)	Examine the links between senior tourists' self-determined motivations, tour preferences, memorable experiences, and life satisfaction because of travel	Australia	Quantitative (integrative hierarchical model)	51 Australian tourists aged 50 or over	-Many individuals derived a range of psychological benefits that remained with the traveller long after the actual trip had been completed; -Memorable experiences and perceived benefits were found to mediate the relationships between motivations or tour preferences and the life satisfaction of the senior tourists;	-Recollection of travel experiences is critical to memorable experiences, which ultimately influence perceived benefits and life satisfaction; -Restorative, personal, and meaningful travel experiences provide learning opportunities and influence situations where individuals may develop an increased sense of tolerance, sensibility and flexibility; -Excitement while experiencing a unique culture or interacting with local people is an essential component of educational tourism, which influences psychological benefits;

Stoncikaite (2022)	Highlight the complex nexus of recreational later-life mobility, active engagement and successful ageing.	N.A.	Literature Review	N.A.	-Older people, especially baby boomers have become the key elements in today's recreational mobility on a global scale and contribute to the neoliberal ideals of production, self-management, and efficacy; -Many older individuals engage in leisure travel abroad to reconnect with their youthful selves, experience a sense of well-being and happiness, and challenge negative age-related stereotypes; -Senior tourism is closely wedded to the unrealistic ideals of active and positive ageing that foster an idealisation of the image of a good old age and may have negative repercussions for those who cannot adhere to active and productive lifestyles; -Silver tourism will require diversification and different modes of travelling to offer alternative options (e.g., travel experiences from home, smaller groups, less crowded destinations or more sustainable tourism);
Wang et al. (2023)	Explore how intergenerational interactions with adult children shape the elderly's travel experience and well-being.	China and overseas (e.g., Japan)	Qualitative (In-depth interviews)	20 elderly tourists	-Adult children's acknowledgement (disconfirmation) of elderly tourists' experience plays an important role in the supportive (conflicting) interactions and subsequently enhanced (jeopardized) the elderly's well-being. -A close investigation of the impact of intergenerational interaction on the travel experience and well-being of seniors enables tourism industry to make appropriate changes to its strategies and tourism products to enhance intergenerational interaction, thereby contributing to the growth of the silver-haired tourism market and destination performance.
Xiang & Qiao (2023)	Explore the relationship between mind and body interactions and continuum theory perspectives on senior tourism, active ageing, and well-being.	N.A.	Qualitative (Representative picture interviews)	-20 elderly tourists;	-Positive emotions in cellphone album photos and friends circle photos; -Positive motivation, interest, and pleasure during the travel process were more frequent, followed by satisfaction and love from relatives; -More content in representative photos with people in the background, which reflects the interaction and deep sense of participation of the community and people at the tourism site, and respondents demonstrate positive effects of tourism through deep participation, integration into the environment, and the implementation of responsibilities and obligations; -Respondents focused on the need for affectionate relations and sought the ones who helped them build socialization and enhance cohesion; -Meaning of being an elder in the homecoming tour and the profound meaning of family search realized in the second half of life; -Achievement: reflects self-centered personal accomplishment, but also the self-efficacy of elders in helping others in their travels, and the overall sense of accomplishment of social inclusion; -40-65 years old: Travel behaviors influenced the lives of the respondents, generating a willingness for active travel, developing skills for travelling alone, overcoming demands of regular travel, and reserving disposable income for travel); -60 years: Travel motivation focused on enjoying retirement based on past travel experiences and availability of more leisure time travel needs: move from daily space into exotic space; -Narrative storylines: value realisation, emotional enhancement, building long-term community relationships, which led to self-efficacy and reward through travel and leisure behaviours; -Sensory interaction experiences in senior tourism played an essential role in the narrative process; -Continuity value pursuit: 1) Sensory interaction and association; 2) Mental adjustments outcomes; 3) Continuity efficacy output; -Emotional outcomes in travel among elders were interest, pleasure, satisfaction, and affectionate love; -Individuals pay more attention to the positive effects and impacts that travel brings to their daily lives (in particular, affectionate love motivates the elderly to increase their frequency of travel); -When the tour brought the value result of participation, it was the participation of physical and mental interaction, which not only physically participated in the scene, but also transformed the feelings brought by the tour site through mental integration and interaction; -By returning to their hometowns, older respondents trace their family origins, reunite with their loved ones, and travel back to their hometowns, as a positive demonstration of meaning in life; -The developmental path of continuity in senior tourism is a stable process of change in which respondents past beliefs, interests, and behaviours are retained and further deepened and iterated; -Elders adapt to their post-retirement identity, tapping into the perception of well-being in tourism, exploring the value of tourism, and continuing to adapt to new tourism roles; -The mechanism of action of bodily perception and sensory interaction are generated by integration the associative effects of the five senses and integrating the adjustments of the five senses with mind, which ultimately contribute to the perception and formation of well-being in the elderly;

Zhang (2023)	Contribute to theorising the relationship between leisure travels and subjective well-being (SWB) among older adults.	Singapore	Qualitative (Semi-structured interviews)	30 older travellers from 60 to 82 years	-Four recurring themes leading to various elements of well-being: 1) Reminiscing the past; 2) Bonding with family members; 3) Rediscovering self; 4) Forming informal networks of care;	-The process of reminiscing the past on the move brings emotional wellness; -Subjective well-being has two dimensions: 1) Affective – Senior travellers experienced positive emotions when encountering places that evoked fond memories. The opportunity to savour delicacies of the past also brought about joy; 2) Cognitive – Happiness is also experienced at the cognitive level as it is often through reminiscing the past when one starts to adopt a more reflective stance regarding their living conditions then and now, dreams when they were young, and overall life satisfaction. -Bonding with family members led to subjective well-being among senior travellers, such as meaningful engagement; -Leisure travel: go out of comfort zone and try new things. Their openness to new experiences reaps excitement, satisfaction, and motivation to engage with new challenges; -Hedonic well-being: excitement and thrill; -Eudaimonic well-being: push off limits, sense of accomplishment and life satisfaction, renewed purpose, and meaning in life;
Zhang et al. (2023)	Develop the RSHTUE tourist well-being scale.	China	Quantitative (Scale Development)	641 elderly tourists	-Twelve dimensions of Rural Summer Health Tourism for Urban Elderly: 1) Sensory Experience; 2) Immersive experience; 3) Personal growth; 4) Role identification; 5) Place attachment; 6) Self-efficacy; 7) Positive emotion; 8) Interpersonal relationships; 9) Sense of meaning; 10) Heath experience; 11) Sense of atmosphere; 12) Desire to talk;	- Rural Summer Health Tourism for Urban Elderly tourist well-being scale with eight dimensions: 1) Positive emotions measure the short lived pleasure that tourists experience from the beautiful scenery and healthy food of the destination; 2) Interpersonal relationships with tourists and residents; 3) Sense of meaning, related to deep and long-lasting experience of well-being; 4) Self-efficacy, similar to sense of control; 5) Place attachment, related to feelings in relation to the place; 6) Health experience, which is the primary goal for elders; 7) Sense of atmosphere, which creates a family-like atmosphere so that elderly tourists would not feel restrained; 8) Desire to talk;

¹ Not Applicable

Source: Own Elaboration

According to the results of the articles and their contribution to this study's aims, a general acknowledgement is that well-being, happiness, and life satisfaction were improved when seniors involved themselves in tourist experiences. Nevertheless, it is crucial to understand that senior tourists build different conceptualisations of being old and young, and how they should behave in later life. In a study undertaken by Li and Chan (2021), the authors concluded that the relationship between tourism and well-being concerning seniors is related to the concepts of "lao" (old), "ku" (suffering), and "le" (happiness and well-being). As such, senior tourists' well-being is related to the six main topics: 1) The motivations that lead to the involvement in the experience; 2) the quality of the relationships, both the ones developed during the trip and the ones already developed with their travel companions; 3) the improvement of well-being dimensions; 4) life satisfaction improvement; and 5) perception of safety through tourism activities.

Concerning the first topic, the results show that a higher perception of well-being is associated with the positive valence of the goals that lead tourists to engage in that experience in the first hand, travel goals that are likely to be attained, the congruence between these goals and the activities to fulfil them and their evaluation, meaning that the closer to the expectations, the higher the life satisfaction and well-being perceptions (Kim et al., 2021). From here, it is possible to acknowledge that the goals that are the basis for the involvement in a determined tourist experience are the key to understanding where the meaning is

attached. In other words, when the motivations are intrinsic, they are automatically rewarding. Such goals include having solid relationships with loved ones, helping others when needed, and personal growth.

Additionally, leisure travel enables senior tourists to go beyond their comfort zones and experience new things, showing that novelty can motivate this type of tourist to engage in different tourist experiences (Zhang, 2023). On the other hand, when the motivations are extrinsic, they acquire value associated with an instrumental reward, such as making money and controlling people. In so doing, social satisfaction with life can be enhanced when the goals are intrinsic in their value, leading to a higher perception of psychological well-being, happiness, and overall life satisfaction (Ryan & Deci, 2000; Sirgy et al., 2011). Additionally, when the goals to engage in determined tourist experience are based on higher order needs (e.g., social, esteem, self-actualisation) rather than basic needs (e.g., biological and safety needs), subjective well-being is improved, as well as positive affect (Kim et al., 2010; Sirgy et al., 2011). However, studies have shown that senior tourist's experiences influence this subjective well-being perception. More experienced travellers are more motivated to pursue goals related to experiencing other cultures and being close to nature. In contrast, less experienced senior tourists engage in experiences that lead to fulfilling stimulation and security (Pearce & Lee, 2005).

In sum, senior tourists can develop higher positive affect and subjective well-being when their motivations are associated with basic needs, rather than growth needs. Finally, autonomy is an important topic when considering travel goals that enable senior tourists' desire to be independent, considering that when senior tourists drive for autonomy, their well-being perspective is easily achieved (Kim et al., 2021; Xiang & Qiao, 2021). As such, life satisfaction can be increased when senior tourists have the autonomy to develop their travel agendas and activities (Kim et al., 2021).

Regarding the second topic, Zhang's (2023) study emphasises that the subjective well-being of senior tourists is improved through reminiscing the past, bonding with family members, rediscovering the self, and forming informal care networks, which leads to emotional wellness. Specifically, bonding with family members during the trip led to subjective well-being and the enhancement of meaningful engagement, and positive relationships with those members. Additionally, Wang and colleagues (2023) developed a study about generational tourism. They concluded that elderly interactions with adult children when travelling together play a crucial role in the supportive interactions and, thus, enhance senior tourists' well-being.

Also, several studies in gerontology (e.g., Li & Chan, 2021) show that satisfaction with social life is an important ingredient for the overall satisfaction of elderly people. On this behalf, subjective well-being can be improved when one's social life is satisfied. From here, senior tourists who engage in determined activities can experience higher rates of happiness when the activities involve positive interactions with friends and family. Thus, ageing well is associated with accomplishing collective experiences through tourism (Li & Chan, 2021).

Additionally, senior tourists feel more comfortable and secure in being involved in tourism activities when their family members are supportive and incentive active communication, in scenarios where senior tourists' perceive a series of constraints to the accomplishment of tourism activities (Wen et al., 2020). As such, the various psychological, physical, and sensory interactions of tourists influence their travel behaviours which, ultimately, increase their well-being through a higher security in exploring new environments, changing emotional values, improvement of self-awareness, and a higher perception of quality of their lives (Skavronskaya et al., 2020; Xiang & Qiao, 2021). Thus, strengthening bonds with family during senior leisure travel leads to a higher perception of subjective well-being through meaningful engagement (Zhang, 2023).

In sum, the strengthened the social relationship circle of senior tourists, the higher the positive emotions they feel, and, the higher their well-being perception (Xiang & Qiao, 2021).

Then, well-being dimensions were improved through tourist experiences. Specifically, Mendes and collaborators (2022) acknowledged that senior tourists' well-being was enhanced in the five dimensions of PERMA, meaning that through tourism activities, senior tourists showed higher levels of positive emotions, engagement, positive relationships, meaningfulness, and accomplishment. Thus, Seligman's (2011) PERMA model can be applied to senior tourism (Mendes et al., 2022). Overall, the experience enhanced their perception of well-being. Similarly, Xiang and Qiao (2023) concluded that the five dimensions of

PERMA were positive, and senior tourists' perception was improved through sensory interaction, linkage, physical and mental tuning, and tourism continuity value pursuit.

Additionally, the results show that there are psychological benefits that last long after the trip ends, proving that tourism activities enhance the eudaimonic dimension of the subjective well-being perception of senior tourists, associated with higher meaning, accomplishment, and self-development (Sie et al., 2021), as well as spirit peacefulness, environmental mastery, and learning (Li & Chan, 2021). Nonetheless, Thus, the positive effects of leisure travel for senior tourists are the improvement of well-being, happiness, and psychological health (Stoncikaite, 2022). In fact, with the gaining of new life experiences, senior tourists attribute different levels of importance to different domains of well-being.

However, it is difficult to generalise the benefits of travel to silver-haired tourists without acknowledging their perceptions of the old, the dimensions of ageing well, and the most important domains of later life. Thus, travel activities that encourage a young spirit influence the group image as a charismatic and contribute to an affective intimacy that becomes a crucial part of later life. In sum, tourism impacts elderly people's lives and well-being, considering their time and place, and, simultaneously, their social and cultural environment. These assumptions enable us to reflect on the distinction between a eudaimonic perspective associated with coping with hardship, pushing limits, finding new meanings and purpose, and accomplishment, and a hedonic one, characterised by the reward and sacrifice for family and friends, excitement, satisfaction, and motivation (Li & Chan, 2021; Zhang, 2023). Altogether, both perspectives influence how individuals drive meaning from their experience and well-being (Li & Chan, 2021) and understand what it means to be on the move and be an active citizen (Zhang, 2023). Moreover, positive psychology has a strong impact on explaining how tourists thrive, meaning from their experience, considering that positive psychology is the science of well-being and, thus, helps to explain how it is increased (Seligman, 2002; Xiang & Qiao, 2021). Last, a study developed by Zhang et al. (2023) confirmed that, despite the five dimensions of PERMA, another three could easily explain senior tourists' well-being, namely, self-efficacy (associated with the sense of control), place attachment (related to the feelings towards a destination), health experience (the primary goal of elderly tourist), sense of atmosphere (prevents tourists from feeling restrained), and desire to talk (in order to prevent loneliness).

As seen, the well-being perception of elderly tourists involves the dimensions related, not only to a more long-term perspective but also a short-term one (Li & Chan, 2021). From the long-term perspective, senior tourists develop positive emotions when visiting places that evoke strong memories, associated with opportunities to remember the past. Additionally, remembering past positive experiences enables elderly tourists to be more reflective about their lives, regarding their living conditions and their life satisfaction (Zhang, 2023).

As for the fifth dimension, senior tourists revealed a higher perception of their overall life satisfaction through tourism (Mahadevan & Pam, 2020; Kežman & Goriup, 2022; Asan et al., 2023). A study developed by Asan et al. (2023) highlighted the relationship between tourists' well-being and life satisfaction, through the connectedness to nature, meaning that nature-based tourism activities lead to psychological and sociological benefits when individuals evaluate their general life and happiness rates. Similarly, travel experiences strongly impact the quality of life and satisfaction in general. The benefits include improved well-being, gaining new experiences, learning, expanding the social network, and improving health (Kežman & Goriup, 2022). Thus, when selecting and planning a tourism experience, it is essential to consider that social motivations whose attainment is likely to generate a high dose of positive affect are essential to improve senior tourists' overall sense of well-being (Kim et al., 2021).

The security senior tourists feel in their travel destination is one of the most crucial factors for their overall evaluation of the trip as meaningful. The safest the activities undertaken and the destination, the better the decision-making process. Simultaneously, holidays became enjoyable, unproblematic, safe, and memorable, improving senior tourists' health and well-being. The results suggest that despite the contemporary models of successful ageing encourage active habits in life, elderly tourism adopts a more conservatory perspective, which defends calmer and less active leisure activities (Stončikaitė, 2022).

Finally, the limitations of the studies were profoundly analysed, and some critical reflections were raised. Primarily, it is possible to include the various limitations from the included studies in this systematic literature review into three categories: 1) Sample, 2) Methodology, and 3) Theoretical variables.

In the first domain, sample, several of the studies revealed limitations under the specific sample chosen, for example, senior tourists in the Connected to Nature Tourism Experiences (Asan et al., 2022); South Korea, with a high prevalence of women (Hwang et al., 2020); China travel and leisure lives of Chinese elderly people (Wen et al., 2020; Li & Chan, 2021; Zhang et al., 2023); Tourists who were in the middle of an outbound travel (Wen et al., 2020); Elderly tourists from typical rural areas in China, such as Zhongyuan Township and Jiangxi Province (Zhang et al., 2023). Thus, it is important to explore different contextual samples to verify the universality of the findings of the studies (Zhang et al., 2023), as well as understand the impact of other cultures and contexts, as well as different individual characteristics and interactions, on the perceptions of elderly tourists' leisure experiences (Li & Chan, 2021). Second, Xiang and Qiao (2021) performed twenty interviews, which can be insufficient for analysing the travel behaviour and psychological characteristics of all elders. Secondly, the study developed by Hwang and associates (2020) implied that it was challenging to define senior tourists by chronological age, considering the number of studies that provide different information on this topic. Thus, a suggestion is made by the authors, who defend the importance of considering other socioeconomic parameters for shaping senior tourist's definition, such as health, retirement, socioeconomic status, subjective age, and income levels.

From the second domain, methodology, it was possible to acknowledge the authors' difficulties in determining the best methodological plan. Perhaps this has to do with the fact that humans are unpredictable and, thus, shape the conduction of the studies in a way that investigators cannot control. First, the study conducted by Asan et al. (2023) suggested that the cross-sectional design chosen for the study relied on a small sample drawn from two countries, suggesting that longitudinal designs with a larger sample could be a better option. Second, Cheng et al. (2022) adopted a factor-clustering approach based on the literature, which has several disadvantages. Thus, the authors suggest that new scales and algorithms should be considered for clustering analysis. Third, Hwang et al. (2020) adopted a nonprobability convenience-sampling approach and, thus, in turn, challenged the application to the entire population. Fourth, Mendes et al. (2022) adopted a cross-cultural validation design based on a time of resumption of the tourism activity, still related to the Covid-19 pandemic, which could have biased the interpretation of the data presented. Fifth, Xiang and Qiao (2021) used in-depth interviews through representative photos, and this method could include limitations on the reliability and validity of the results. Sixth, Zhang (2023) reflected on the need for more qualitative methods to provide deep insights into how elderly tourists shape their travel experiences. In sum, studies defend the need to engage in more qualitative approaches when emerging on the study of elderly tourists' perceptions of their leisure experiences to obtain better results related to the quality instead of the experience's frequency (Li & Chan, 2021; Xiang & Qiao, 2021).

Finally, in the third domain, Theoretical variables, the generality of the studies suggests that future investigations should include other psychological variables, such as emotional well-being and social well-being, as potential outcomes of connectedness to nature experiences (Asan et al., 2023), the impact of memorable tourism experiences and tourism activities in well-being (Mendes et al., 2022), attachment and identification with the place (Cheng et al., 2022), affect, emotions, and coping practices during travel experiences (Li & Chan, 2021), the understanding of the perception of senior tourists concerning their physical and psychological needs during a leisure trip (Mendes et al., 2022), include more critical and interdisciplinary perspectives on the theorisation of ageing studies and leisure tourism (Stoncikaite, 2022), explore the segmentation variables of well-being of elderly tourism to understand the role of the different conceptions of well-being on tourism and active ageing (Xiang & Qiao, 2021), and explore the role of elderly tourists' well-being as an antecedent, outcome, moderating, or mediating variable of the research design (Zhang et al., 2023). Through these findings, a significant reflection is made on the role of the psychological variables concerning well-being, emotions, and social relationships on the perception of elderly tourists' active and healthy ageing as major contributors that influence how older people engage in leisure activities, depending on different personal characteristics that, naturally, shape this process.

In sum, the studies included in the systematic literature review show good quality. Both the literature review selected to sustain the methodological design and the results obtained, both the procedures that ensure the quality and robustness of the methodologies adopted. These have essential implications for the results obtained in our study, concerning that it enabled the organisation of the main findings into a process of creation of meaning when planning a tourism experience: the motivations that lead to the

involvement in the experience; 2) the quality of the relationships, both the ones developed during the trip and the ones already developed with their travel companions; 3) the improvement of well-being dimensions; 4) life satisfaction improvement; and 5) perception of safety through tourism activities. This has important implications because elderly tourists may often engage in passive and inner pursuits, with important implications related to loneliness and social disconnectedness (Asan et al., 2023). Thus, knowing what leads senior tourists to engage in determined tourism experiences is critical to ensure their emotional, social, physical, and psychological well-being, as well as healthy and active ageing.

5. Conclusion

The present study intends to systematise the benefits of tourism to the senior market, considering their well-being, happiness, and life satisfaction rates throughout time. This research contributes to enhancing the literature related to three interconnected premises. First, the research maps out and synthesises studies that enable the reader to understand the dimensions of the tourism experience that most improve senior tourists' well-being, happiness, and satisfaction with life. Second, this study answers the following questions: 1) What are the specific benefits of the tourist experience for senior tourists' well-being, happiness, and life satisfaction? 2) What are the main topics related to the engagement of senior tourists in determined tourist experiences? Finally, this research contributes to the advancement in the literature by acknowledging what makes up a meaningful tourism experience in elderly tourism perspective.

Concerning the results obtained, senior tourists' well-being is related to the five main topics: 1) The motivations that lead to the involvement in the experience (e.g., Kim et al., 2021); 2) the quality of the relationships, both the ones developed during the trip and the ones already developed with their travel companions (e.g., Zhang, 2023); 3) the improvement of well-being dimensions (e.g., Mendes et al., 2022); 4) life satisfaction improvement (e.g., Asan et al., 2023); and 5) perception of safety through tourism activities (e.g., Stoncikaite, 2022).

Overall, a tourism activity that improves senior tourists' well-being, happiness, and life satisfaction is one that, on the first hand, is planned due to intrinsic goals, enables tourists to develop their social life satisfaction, contributes to well-being enhancement through positive emotions, engagement, relationships, meaning, and accomplishment, leads to overall life satisfaction and happiness, and is filled with a security perception associated with the environment where the activities are developed and the resources needed.

The following chapters discuss the theoretical and empirical implications of the study.

5.1 Theoretical Implications

From a theoretical point of view, literature on tourism, psychology, and elderly population find in the present study and opportunity to enhance the knowledge about the psychological characteristics involved in the planification, living, and impact of a tourism experience. Thus, different groups might develop a strong interest on the results and reflections obtained.

First, higher educational and professional institutions in tourism and psychology could find important information in this study. Tourism and psychology focus on individuals' minds and behaviours to develop a significance for the experience phenomenon (Scott et al., 2017; Garcês et al., 2020). Students can act as educational tourists on the destination, simultaneously acting as motivational triggers for senior tourists to engage and personalise their experiences, benefiting from their studies, interactions with local and foreign people, and experiences that foster personal and professional growth (Tomasi et al., 2020). Identifying dreams and fantasies beneath the motivations to choose a destination or evaluate one experience as memorable should lead to developing more significant activities based on elderly individuals' preferences and goals (Coelho et al., 2018). In the case of tourism courses, knowing about the different motivations and how they influence the meaning attached to the experiences can be the foundation to create professionals highly sensitive to the need to invest in developing meaningful tourism experiences for senior tourism. As for psychology courses, the promotion of psychological health and well-being finds in tourism a potential field of action to develop initiatives that call for these dimensions in the first place,

and for senior tourists, this is even more important, considering the perceptions they develop about their limitations. As such, senior tourism markets can benefit from developing psychological and touristic content to enable students to be more aware of how to promote secure, emotional, and memorable tourist experiences.

Second, the different tourist instances find in this study important information regarding the motivations behind the choice for determined tourist places, to innovate and personalise their offer and promote the potential of those places and promote high rates of well-being of elderly tourists. Specifically, destination marketing institutes are the principal interested market of these outcomes, informing for the need to improve destinations to make senior tourists engage in meaningful experiences that satisfy their needs, feelings, thoughts, and motivations (Chang & Hung, 2021). Still, the benefits of the holidays are numerous, such as physical well-being and an overall increment of happiness (Garcês et al., 2020). These findings highlight the need for industries and entrepreneurs to be aware of the elements associated with significant experiences (Smith & Diekmann, 2017).

Third, the investigation and development units (I & D) focused on the psychology of tourism for senior markets could benefit from the present study, following the growing trend of tourism based on the acquisition of knowledge referred to the motivations that brought different tourists to the same place. These I&D units could focus on the attempt to understand a range of different audiences, focusing on senior tourists, the community that receives them and other stakeholders dedicated to this industry, to develop new impactful strategies (Garcês et al., 2020).

5.2 Empirical Implications

The reflections made in this study could help develop several initiatives that promote the psychology of tourism, well-being, and mental health.

First, the literature on tourism assets focuses on the need to increase well-being as a mean to enhance self-care. Thus, the planning of an experience is not a static process, as it involves tourists' actions, thoughts, and expectations (Larsen, 2007). As such, tourism marketing campaigns must invest on appealing tourism campaigns which enable senior tourists to become the centre of their own experiences to meet their personal needs and motivations. In fact, knowing how people appraise their experiences and label them "meaningful" can help destinations and stakeholders take the best out of their travel experiences (Dunman & Mattila, 2005; Jiang, 2017), and considering senior tourists' need for security (Stoncikaite, 2022), the personalization of their own experience is even more important.

In line with the previous, urges the need to innovate the touristic products according to elderly tourists' psychological characteristics (Pine & Gilmore, 2019). One strategy could be personalising the attendance of senior tourists, physically on the travel agencies or online, through simple surveys to explore the motivations when seeking a determined experience and, this way, provide a personalised service to their expectations. By improving communication with tourists, it is possible to enhance their happiness before, during, and after the experience (Filep & Deery, 2010).

Similarly, the dimension nature & disconnect were strongly associated with the promotion of meaning and self-care (Garcês et al., 2020; Asan et al., 2023). Recent research has pointed out that, similarly to the meaning attached to relationships with other people, affiliation with natural environments is equally essential to defining tourists' well-being (Filep et al., 2022). In this sense, marketing industries could invest in tourism in nature, considering its particular and attractive characteristics. One strategy could be attractive commercials where nature is associated with self-care, well-being, the ability to practice full awareness, and intense emotions and memories. In sum, natural spaces can be promoted as therapeutic spaces that allow for the development of mental and physical well-being (Gesler, 2005) and associate with the security elderly tourists crave when planning their tourism experiences (Stoncikaite, 2022).

Additionally, individuals associate different outcomes and meanings to different experiences (Jiang, 2017). Touristic instances such as hotels, marketing industries, and touristic companies can enhance their potential through the adaptation of the activities and policies they adopt to senior tourists' needs allowing tourists to engage in meaningful personal experiences that lead to positive emotional, behavioural, and perceptual outcomes (Garcês et al., 2019).

Finally, marketing industries could benefit from the development of appealing and convincing adver-

tisements in different social media channels (e.g., commercials, Facebook, Instagram) with good content related to the overall image of the destination, considering this is the most crucial dimension in the process of choosing a travel destination (Park & Ahn, 2022).

5.3 Limitations and Future Guidelines

The study revealed some limitations, which can be further planned as future research guidelines.

First, all the results must be carefully interpreted considering the subjective characteristic of systematic literature reviews. Thus, future studies must encourage this analysis in a diversified way, considering, for example, different inclusion criteria (e.g., another language, different time range), or different research terms (e.g., include “silver-haired” as a synonym for “elderly” and “senior”).

Second, one of the studies in the sample highlighted the relationship between tourists’ well-being and life satisfaction, through the connectedness to nature, meaning that nature-based tourism activities lead to psychological and sociological benefits when individuals evaluate their general life and happiness rates (Asan et al., 2023). Similarly, Garcês et al. (2020) revealed that nature was one of the most cited motivations that enhanced tourists’ well-being in Madeira Island. Nevertheless, there is still a lack of understanding of the impact of nature on the tourist experience and well-being of elderly people. Thus, future investigation should explore the role of nature as a scenario where senior tourists can feel happier and more satisfied and, thus, improve their well-being perception.

Then, considering the results obtained and the need to innovate tourism experiences, it could be interesting to complement this study with a qualitative approach. A suggestion could be the development of a focus group with the intent to inquire a small group of senior tourists about their relationship with natural environments and its role in the attribution of meaning, as literature has pointed out this dimension as equally meaningful for tourists’ well-being (Filep et al., 2022). Also, this focus group could also be helpful to deepen the understanding of the fundamental motivations to engage in a determined experience, the activities searched and the main benefits. Through this, it would be possible to gather information that enabled the development of a more concise explanation of where the meaning is attached, when exploring senior tourists’ intentions to travel. Also, a focus group could enable a better understanding of the future behaviour of tourists in terms of revisit intention, word-of-mouth intention, and recommendation intention (Park & Ahn, 2022).

Then, the study highlights that the social component might be one of the primary motivations for senior tourists engage in a determined tourist experience, related to the improvement of the established relationships and the involvement in new ones (Crompton, 1979; Zhang, 2023). Therefore, future guidelines could explore this dimension and its role in attributing meaning to tourism experiences.

Tourism studies tend to classify the management of emotions into two major categories: positive and negative. Several studies have been interested in the influence of positive and negative affect before a tourist trip, and the results have been coherent in showing that people tend to repeat enjoyable experiences and avoid the negative ones (e.g., Jiang, 2017; Ma et al., 2017; Vada et al., 2019; Garcês et al., 2020). Also, literature supports that the process of meaning-making decreases negative emotions and improves positive ones and life satisfaction (Fredrickson, 2001; Newman et al., 2014; Zheng et al., 2020). Future studies should explore the role of positive emotions in decreasing negative emotions and remembering memories associated with negative tourist experiences. This idea could generate important information on how individuals can accumulate resources and use them when needed, in other words, how to be proactive individuals stimulated by challenges, which leads them to more support, more vitality and, thus, more positive mood (Greenglass & Fiksenbaum, 2009).

Finally, several studies in gerontology (Asan et al., 2023) show that the satisfaction with social life is an important ingredient for overall satisfaction of elderly people. Thus, tourism represents a crucial tool on the improvement of satisfaction with the social life of senior tourists. However, studies fail to explain the impact of tourism in the social and general life of the old people. Following this idea, future studies could deepen the understanding of the impact of social life on tourists’ general life satisfaction in tourism assets, which can be helpful to prevent seniors’ isolation.

Altogether, the study introduces important information for both literature and practice, to promote senior tourists’ well-being, happiness, and life satisfaction through tourism.

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