



Università degli Studi di Genova

Genoa University



Scuola di Scienze Sociali

BA TOURISM SCIENCES: BUSINESS, CULTURE AND TERRITORY

# TOURISM PSYCHOLOGY

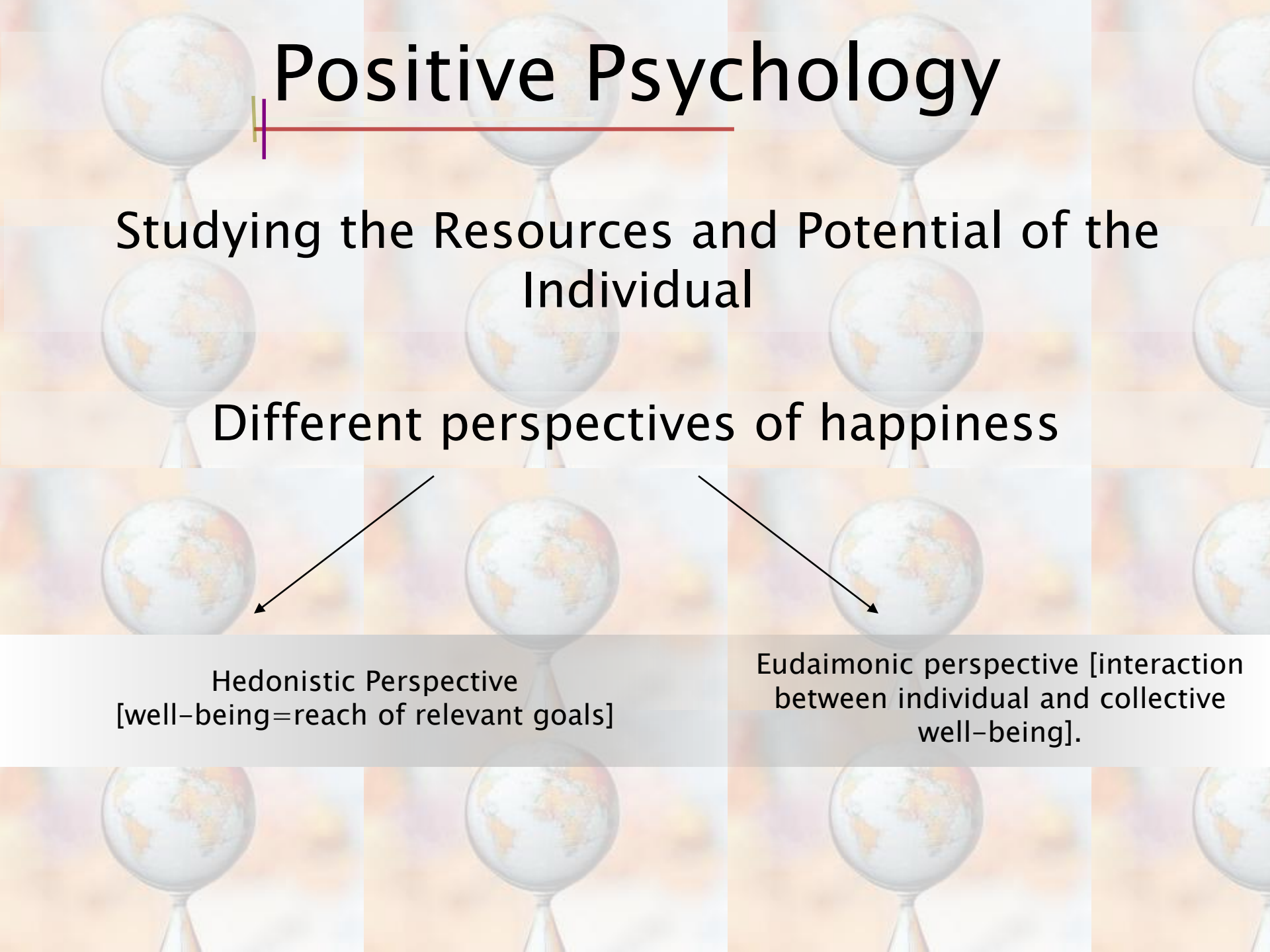
Teaching Unit No. 5

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Department of Education Sciences




**WELLBEING**

# Positive Psychology


The background of the slide features a repeating pattern of small, stylized globes on stands, each showing a different map of the world. The globes are arranged in a grid-like fashion, with some appearing more prominent than others due to the perspective.

Studying the Resources and Potential of the Individual

Different perspectives of happiness

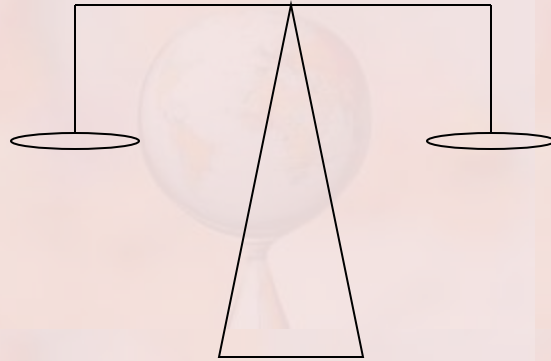
A black arrow originates from the text 'Different perspectives of happiness' and points diagonally down and to the left towards the 'Hedonistic Perspective' text.

Hedonistic Perspective  
[well-being=reach of relevant goals]

A black arrow originates from the text 'Different perspectives of happiness' and points diagonally down and to the right towards the 'Eudaimonic perspective' text.

Eudaimonic perspective [interaction  
between individual and collective  
well-being].

# Set Point and stability of well-being level

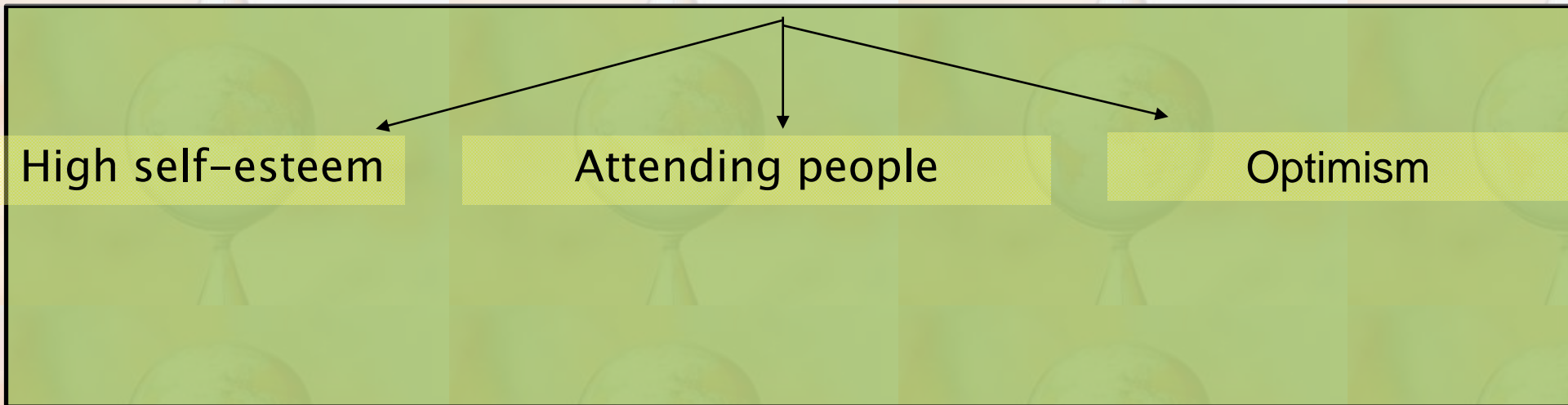


**SET POINT**

selected value to be maintained by a happiness adjustment system

# Wellness and positive experiences

## Characteristics of positive people



## Effects of positive emotions

- Broaden and build theory: accumulated resources [positive emotions expand cognitive potential].
- Undoing Hypothesis: positive emotions can regulate negative emotions

# Characteristics of psychological well-being

- It's subjective
- Includes positive indicators (it is not only the absence of negative factors that determines satisfaction)
- It consists of a global estimate of the different aspects of a person's life

# Theories on psychological well-being

- Activity: vital satisfaction produced by activity that prevents you from thinking about unpleasant things [flow theory: if you are engaged in activity that requires intense concentration, you will experience a pleasant flow]
- Currency: p.w.b. is the conscious or unconscious result between an established standard and the present situation.
- Finalistic: you get to the most complete p.w.b. when you have achieved your goals and satisfied your needs



## Self-determination theory [Ryan, Deci, 2000)

- Three basic psychological needs:
  - Autonomy
  - Competence
  - Social relations
- 
- These three needs must be met in order to achieve well-being.



# The six dimensions of Riff and Coll.(1995)

1. Self-acceptance
2. Have good ties
3. Autonomy
4. Environmental mastery
5. Possessing a purpose in life
6. Personal growth

# Some predictors of well-being

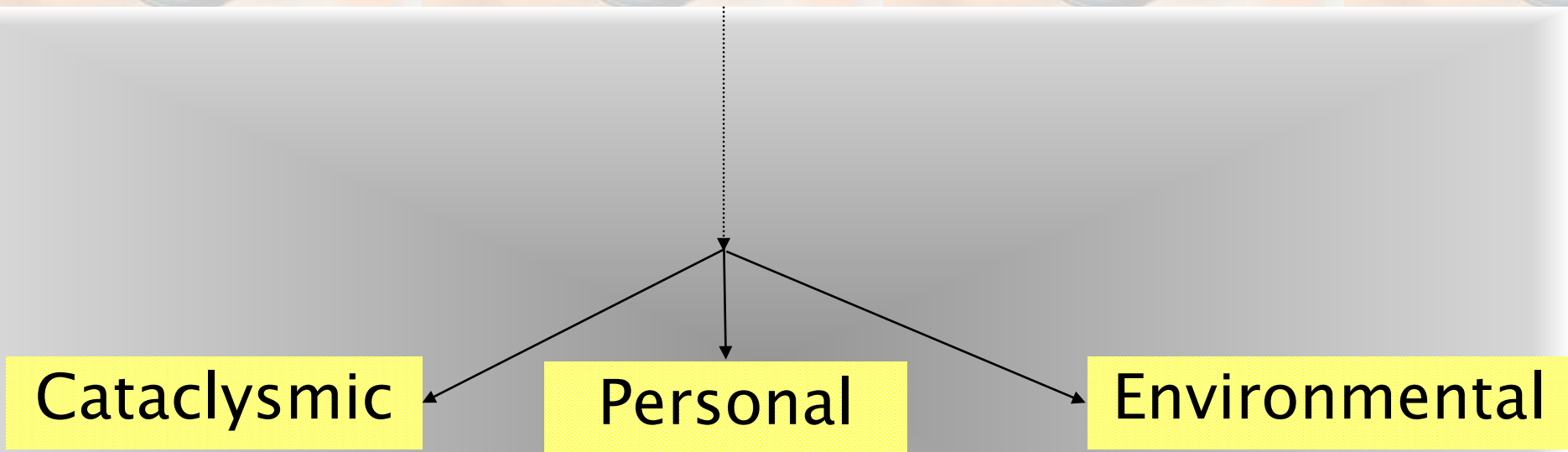
1. Self-esteem

2. Extroversion

3. Locus of control

# A definition of stress

**Stress:** relatively non-specific response of the organism to an internal or external stimulus that threatens the survival and physical integrity of the body or destabilizes homeostasis



# Well-being and Health

## Eustress

adaptive form of stress that prepares the body's defense



## Distress

pathological form of stress that reduces the body's ability to defend itself.

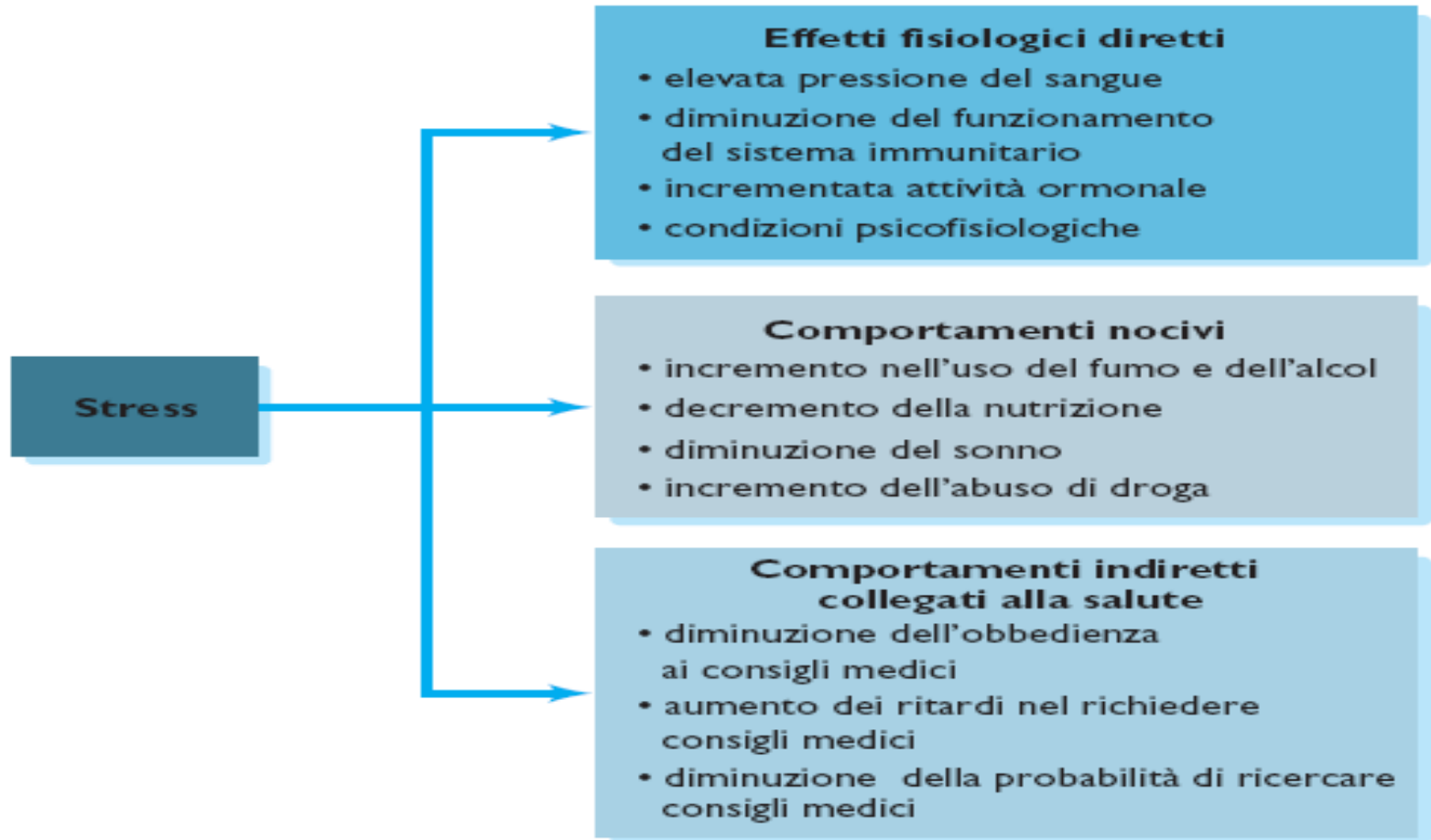
***GSA***

general syndrome of adaptation

- Alarm and mobilization
- Resistance
- Exhaustion

# Well-being and Health

## Main effects of stress



# A definition of coping

**Coping:** the set of thoughts and behaviours used to deal with situations and/or events assessed as stressful

## Coping strategies

Primary coping (event) *VS*

Secondary coping  
(response)

Coping emotion  
focused *VS*

Coping problem focused



# A definition of coping

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## Resilience

ability to resist,  
overcome and actually  
thrive after a profound  
adversity





# Hardiness

- Particular personality characteristic that is associated with a lower rate of stress-related diseases.
- Those with hardiness face stress in an optimistic way, take direct action to deal with stressors and make stressful events less threatening.
- It consists of three components:
  - Commitment
  - Sensation of challenge
  - Feeling of control

# Well-being and Health

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## Cardiopathies

Type A behaviour pattern

Increased likelihood of developing coronopathy

A thin black arrow points vertically downwards from the 'Type A behaviour pattern' text to the 'Increased likelihood of developing coronopathy' text, indicating a causal or consequential relationship.

# Well-being and Health

## Cancer

Emotional reactions to the disease have a critical effect over the course of the disease.

Secondo questo studio, avere uno spirito combattivo ha aiutato a incrementare il tasso di sopravvivenza delle donne affette da cancro al seno.

