Beyond travel dreaming, planning, check-in, boarding … stress?

ABSTRACT

While many people see taking a vacation as a way to rejuvenate, escape and relieve monotonous life to get away from the stress they may experience in other aspects of their lives, but travelling can also be stressful for a lot of people. A total of 15 international tourists hailing diverse origins participated in qualitative semi-structured interviews. It was found that people, in general, do encounter the most travel stress before and on a vacation or trip. Acknowledging that things might go wrong is the first step in making sure they don't. Managerial implications are recommended for travel organizations, airline companies, airport customer dealing staff to assist to make the occasion less anxiety-provoking for the traveller.