# TOURISM AND ENTERTAINMENT: PSYCHOLOGICAL HEALTH EFFECTS

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**Abstract**
Tourism is the act and process of spending time away from home. It is purposely meant for recreation, relaxation, and pleasure. Tourism is about a temporary or short-term movement away from the place where a person normally lives or works. Tourists intend to return home at the end of their visit. There are different types of tourism and these include; domestic tourism, which refers to the activities of a visitor within their country of residence and outside of their home; inbound tourism which refers to the activities of a visitor from outside of country of residence. There are also different components of tourism as can be seen in transportation, accommodation, food and beverage, recreation and entertainment, and travel services. Entertainment is any form of activity that holds the attention and interest of people and can also provide pleasure and delight. Entertainment consists of performances of plays and films, and activities such as reading and watching television, that give people their desired pleasure. Tourism and entertainment seems to be the same but one gives rise to the other. When it comes to the health of the people, tourism and entertainment play an important role as can be seen in there and health psychological effects. With the emergence of COVID-19, tourism and entertainment helped a lot of people improve their mood, relieve mental fatigue and stress with so many mental health benefits. They also aided in fostering good relation. It is recommended that away from the rigorous activities of life which could lead to depression, people should once in a while spend time away from home which tourism and entertainment offers.
**Keywords:** Health, Tourism, Entertainment

## Introduction

Tourism is the act and process of spending time away from home in pursuit of recreation, relaxation, and pleasure, while making use of the commercial provision of services. Tourism may be defined as the movement of people from their usual places of residence to another place (with the intention to return) for a minimum period of twenty-four hours to a maximum of six months for the sole purpose of leisure and pleasure (Tourism Note, 2023). Tourism is a social, cultural and economic phenomenon which entails the movement of people to countries or places outside their usual environment for personal or business/professional purposes. These people are called visitors (which may be either tourists or excursionists; residents or non-residents) and tourism has to do with their activities, some of which involve tourism expenditure (The World Tourism Organization (UNWTO), 2023).

There are three main forms of tourism based on the destination and country of departure, and these are domestic tourism, inbound tourism, and outbound tourism. Domestic tourism refers to a person traveling for leisure or business purposes within their home country. It can also be seen as domestic tourism meaning that a person travels from where they usually reside and then stays in their new location for at least one night (Revfine, 2023). Not only is domestic tourism cost-effective, but it also allows travelers to explore landscapes or historical sites that they may have overlooked before (Miceli, 2023). Traveling within one country is often more affordable than traveling internationally. Inbound tourism can be best explained from the perspective of a single country. When a country receives tourists from other nations, these tourists are referred to as inbound tourists. Again, to qualify as inbound tourism, this travel must last for at least one overnight stay and not exceed one year. Outbound tourism refers to tourism that takes people out to another country. Outbound tourism refers to the activity of people traveling outside of their country of residence for the purpose of tourism. It involves booking tours, reserving accommodations, and spending money on various tourist activities in a foreign country. Outbound tourism is a significant part of the tourism industry and can have a significant impact on the economies of both the traveler's country of residence and the destination country (Miceli, 2023). Among some of this type of tourism which could help people deal with their psychological health is the health and wellness tourism.

Health and wellness tourism refers to a type of travel where individuals seek to improve their physical, mental, or emotional well-being through various activities and experiences. This can include visiting destinations that offer health and wellness programs, such as yoga retreats, spas, or wellness resorts, or engaging in activities like hiking, meditation, or nutrition workshops. The focus of this type of tourism is on promoting personal health and well-being, rather than simply sightseeing or entertainment. Some of the tourism products and services including:

- Accommodation services from low-cost homestays to five-star hotels
- Hospitality services including food and beverage serving centers
- Health care services like massage
- All modes of transport, its booking and rental
- Travel agencies, guided tours and tourist guides
- Cultural services such as religious monuments, museums, and historical places
- Shopping

Away from tourism, entertainment also forms one of the activities that help people maintain good psychological health. Entertainment is a form of activity that holds the attention and interest of an audience or gives pleasure and delight. It can be an idea or a task, but it is more likely to be one of the activities or events that have developed over thousands of years specifically for the purpose of keeping an audience's attention. It is also an activity designed to give pleasure or relaxation to an audience, no matter whether the audience participates passively as in watching opera or a movie, or

actively as in games. According to Collins Dictionary, (2023), Entertainment consists of performances of plays and films, and activities such as reading and watching television, that give people pleasure. In children, entertainment is centered on play and is significant for their growth. It often mimics adult activities, such as watching performances; prepares them for adult responsibilities, such as child rearing or social interaction; or develops skills such as motor skills, needed for sports and music.

Entertainment could also mean any activity which provides a diversion or permits people to amuse themselves in their leisure time, and may also provide fun, enjoyment, and laughter. People may create their own entertainment, such as when they spontaneously invent a game; participate actively in an activity they find entertaining, such as when they play sport as a hobby; or consume an entertainment product passively, such as when they attend a performance.

**Types of Entertainment**

- Exhibition entertainment.
- Live entertainment.
- Mass media entertainment industry.

The media and entertainment industry consists of film, television, radio and print. These segments include movies, TV shows, radio shows, news, music, newspapers, magazines, and books.

**Psychological Health Effects of Tourism and Entertainment**

Tourism and entertainment have always been an integral part of life. It breathes oxygen into the human lives when it seems bleak due to rigorous work schedules or unbearable responsibilities. Tourism and entertaining activities can refresh one's mind and preserve people's mental health as well as emotional well-being and psychological well-being. Tourism and entertainment have always been important in people's everyday lives; it brings happiness into one's life. Some of these activities may even bring one closer to ones friends and family members (Divineyouwellness, 2021). Tourism and entertainment can distract one from the stress-causing factors in life. One's body releases endorphins when the person participates in entertaining or fun activities. This chemical is known to relieve stress and pain.

Therefore, entertainment can bring a degree of happiness into one's life. If a person needs a break from a routine or stressful schedule, then entertaining activities may work as distraction. Such person may watch their favorite movies, series, sports shows, or other programs, online video platforms, social media, or attend fun events. Such persons may even participate in sports activities. Thus, entertaining programs or activities can distract people from monotony or stress. It can lighten ones mood while adding joy to life. the physical and mental well-being produced by wellness tourism activities often results in individuals feeling calmer, more energetic, and more

enthusiastic and can improve problem solving at work, promote family harmony, and participation in social life (Liao, Zuo , Xu , Law and Zhang ,2023). With the increasing awareness of health and the need to relieve work stress, people increasingly consider participating in wellness tourism to maintain and improve their health. Entertainment is a public health issue; it is largely in the area of mental health that it has its greatest impact. Enjoying music, a film, a video game, or a You Tube video can improve mood, strengthen friendships, and increase competence (Goldstein 2017). It helps us understand the world and ourselves, and it helps us socialize.

Whether it is a sporting event, a concert, or a play, people have always found ways to come together over a shared interest in entertainment (Taye, 2023). Tourism and health are inseparable because people can relax both mentally and physically through travel. For example, along with economic growth, people hope to enhance their quality of life, so they travel to improve their mental health (Jinsoo, 2020).

**Conclusion**

Tourism is the act and process of spending time away from home in pursuit of recreation, relaxation, and pleasure, while making use of the commercial provision of services. Tourism may be defined as the movement of people from their usual place of residence to another place. Entertainment also forms one of the activities that help people maintain good psychological health. Entertainment is a form of activity that holds the attention and interest of an audience or gives pleasure and delight. Tourism and entertainment have always been an integral part of life. It breathes oxygen into the human lives when it seems bleak due to rigorous work schedules or unbearable responsibilities. Tourism and entertaining activities can refresh one's mind and preserve people's mental health as well as emotional well-being and psychological well-being.

**Recommendations**

Based on the literature review done on tourism and entertainment and it's psychological health effects, it has been recommended that people should once in a while engage in tourism and visit places where entertainment is organized. Government should also invest in the tourism and entertainment industry so that individuals at all level of finance would be able to relax. Continuous awareness of the importance of tourism and entertainment should be occasionally created so that people would not be seeing tourism and entertainment as a waste of time and an activity of a lazy man.

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