



E-PROCEEDING HOTWEC 7.0

**SUSTAINABLY NURTURING
TOURISM,
HOSPITALITY AND WELLNESS INDUSTRY
FOR A BRIGHTER TOMORROW**

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Perpustakaan Negara Malaysia Cataloguing-in-Publication Data

Title: E-Proceeding Hotwec 7.0 Sustainably Nurturing Tourism, Hospitality and Wellness Industry For A Brighter Tomorrow

e-ISBN: 978-629-489-007-7

Published by:

UMK Press

Universiti Malaysia Kelantan

Office of Library and Knowledge Management

16300 Bachok

Kelantan

(Member of Malaysian Scholarly Publishing Council (MAPIM))

(Member of Malaysian Book Publishers Association (MABOPA))

Membership Number: 201903)

In Collaboration:

Faculty of Hospitality, Tourism and Wellness Universiti Malaysia Kelantan (UMK), Kampus Kota Pengkalan Chepa, 16100 Kota Bharu Kelantan, Malaysia.

THE EFFECT OF A SHORT VACATION ON WORK STRESS AMONG TOURISM LECTURERS

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ABSTRACT

A short vacation usually refers to a short period spent away from home or work for leisure or recreation. It is a relatively short break or vacation, usually between a few days to a week, created to provide relaxation, tranquillity, and freedom. A short vacation can take many forms depending on individual preferences and circumstances. A short vacation offers an opportunity to disconnect from work-related stress. By taking leave, lecturers can stay away from work for a while to avoid work pressure. Based on the topic, we studied the effect of a short vacation on the stress level of lectures, especially lectures that teach in the field of tourism related. Therefore, this study aims to investigate the impact of short vacations on work stress among tourism lecturers. The research uses a semi-structured set of questions and an exploratory methodology, starting with in-depth interviews. When it reaches saturation points, data is collected. Thematic analysis is a technique for data analysis based on themes that appear in interviews, and it will be used for these types of interviews. Any number of formats, including transcripts from interviews, field notes, policy documents, images, and videos, could be used to represent the data that is being analyzed. Consequently, the main drawback of this study is the limited sample size, however impressive results were ultimately attained.

Keywords: Short Vacation, Lecturers, Stress, Destination, Workplace, Education.

INTRODUCTION

Globally the 21st-century workplace is a dynamic, complex, fast-paced highly challenging environment. Given the increasingly global character of the service industry and the competitiveness of the knowledge era, critical actors such as university professors are frequently under pressure. While moderate stress might improve performance, excessive stress can have harmful implications (Usoro, 2018). The functions of lecturers across the world are to produce ideas, improve human resource capability, and provide services.

Lecturers play a critical role in higher education since they represent their schools and determine the quality of instruction and learning. Furthermore, professors organize and convey to university students their specialized subject matter. This involves producing tutorials, marking assignments, and providing educational materials, instead of direct teaching. Also, they attend conferences as part of their study and publish books, articles, and other materials to convey their expertise. According to Tan (2019), the duty of a lecturer follows, which includes meeting with students individually to discuss progress, inspecting and assessing students' work, doing research, and interviewing students. Tan (2019) describes the role of a lecturer as "meeting students individually to discuss progress, checking and assessing students' work, pursuing research, out administration, such as attending faculty meetings and writing reports, planning to teach, and so on.

The word *workplace* refers to the physical location or environment in which individuals perform their jobs or work-related activities (Bhui, 2016). It is the context in which employees do their job tasks, engage with co-workers, and contribute to the organization's goals and objectives. Workplaces can differ significantly based on the sector, organization, and job type. They can include places like offices, factories, retail stores, hospitals, schools, and construction projects. In recent years, the definition of a workplace has broadened to encompass virtual or remote work settings in which workers may work from home or any other location by utilizing digital technology and online communication tools.

Work stress is defined as the physical, emotional, and mental strain that people suffer because of work-related pressures and responsibilities. It happens when a person's ability to cope with the demands of the work is exceeded, resulting in emotions of overwhelm, tiredness, and discontent (Hogan et al., 2022). While some degree of workplace stress is natural, prolonged, or severe workplace stress can have negative impacts on both physical and mental well-being. It can lead to burnout, exhaustion, lower productivity, and a range of health problems. Employers like lecturers also have a role to play in managing and reducing work stress by promoting a supportive work

environment, providing resources for stress management, fostering work-life balance, and addressing factors that contribute to stress. Employers like lecturers also have a role to play in managing and reducing work stress by promoting a supportive work environment, providing resources for stress management, fostering work-life balance, and addressing factors that contribute to stress.

A *short vacation* refers to a short period of time in which individuals take a break from their normal routines and responsibilities. Unlike longer vacations that may span several weeks or months, short vacations are usually shorter in duration, ranging from a few days to a week. They offer an opportunity to escape from the demands of work or study, rest and recharge. Individuals can choose to go on a short vacation alone, with a partner, family or friends. A short vacation can take many forms, depending on personal preferences and interests. Because of their shorter duration, short vacations are often more feasible and easier to plan than longer vacations. It can be scheduled during weekends, public holidays or times when individuals have several days off from work or school in a row. This makes short vacations a convenient option for individuals who may have limited downtime or find it difficult to be outside for extended periods (Abu Bakar, 2020). This job pressure might have an impact on their productivity. Teaching, publishing, and community service are all examples of occupations. This issue may be resolved in the future if people see the value of brief vacations in providing lecturers with new energy and happiness, allowing them to build a more educated and creative teaching force for the following phase of lectures.

Therefore, a short vacation provides a valuable opportunity to temporarily step away from the demands of everyday life and enjoy leisure, exploration, and self-care. This study aims to explore the relationship between short vacations and job stress.

Research Objectives:

1. To identify the factors that encourage lecturers to take vacations.
2. To study the role of short vacations among lecturers.
3. To explore the potential of a short vacation to reduce work stress among lecturers.
4. To identify whether a short vacation is effective in relieving stress among lecturers.

SIGNIFICANCE OF THE STUDY

Education is also characterised by a developing educational style. When developing workplace interventions, the conceptualization of work stress is absolutely essential. Work-related stress has been

defined as "a harmful reaction that humans have to undue stress and pressure at work." (Bhui K, 2016). Almost everyone tends to agree that job stress is caused by the communication between the worker and the working conditions. The next research goal is to raise awareness of short vacations in order to minimize workplace stress among lecturers. Short vacations may help and benefit employees in a variety of ways, including enhancing mindfulness and improving health.

Short vacations for lecturers in the field of tourism offer many benefits that positively impact personal and professional life. It is important for lecturers to prioritize self-care, engage in activities that inspire them, and seek opportunities for growth. By investing in short vacations in tourism, educators can improve their well-being, and teaching effectiveness and ultimately provide their students with a more enriched and diverse educational experience.

The findings of the study reveal some significant pressures faced by lecturers. These stressors include heavy workloads, long working hours, lack of job security, limited opportunities for career advancement, and difficulty balancing work and personal life. Overall, this study contributes to raising awareness of the work pressures faced by lecturer faculty members and policies aimed at improving their well-being and job satisfaction in higher education environments.

LITERATURE REVIEW

The Concept of Stress

This literature review aims to review the relevant literature and research related to work stress and a short vacation. First, discuss the concept of stress. Stress is a response to anything that requires our focus or action. Any amount of experience is common. However, our general well-being is significantly impacted by how we handle stress. 2019 (MyBib Contributors, 2019).

The Challenges of Higher Education during The Crisis

The second is higher education challenges during the crisis, the novel coronavirus illness 2019 (COVID-19) spread to other nations in early 2020 after the first cases were reported in Wuhan, China, in December 2019. As a result, universities around the world either canceled all on-campus events like conferences, workshops, sports, and other events or quickly converted many courses and

programme from a traditional classroom setting to an online one. In order to prevent the virus from spreading in academic settings, the Ministry of Education needs to be able to confirm that all professors are engaged in online teaching and learning.

The Concept of a Short Vacation

The third is about the concept of a short vacation. Short vacations are typically less than seven days. Short vacations are more common than long vacations. Long breaks are only available once or twice a year, whereas short vacations can be taken on weekends, extended weekends, and other public holidays combined with weekends day.

The Relationship between Short Vacation and Stress Release

The fourth is about the relationship between short vacations and stress release. Research shows that a good vacation can lead to the experience of fewer stressful days at least five weeks later. This is to say, vacations are a gift that never ends (Scott, 2020). Four-day long weekends or short vacations improved well-being, recovery, tension, and perceived stress for up to 45 days.

Research Conceptual

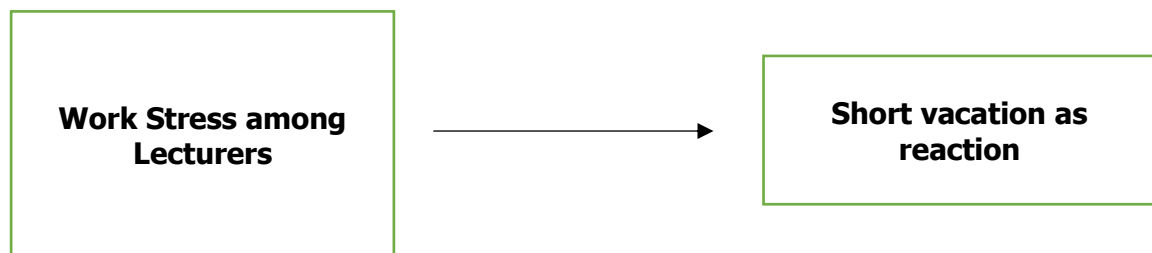


Figure 1.0: The concept of work stress and short vacation as a reaction.

METHODOLOGY

Research Design

The research design used for collecting data in this study is the interview method to collect all the data to meet the qualitative study requirements. This method is used for researchers to focus on a specific question, and ethically. So, this method's answer is more likely to be valid, thrust-worthy, and useful for the research result by only consuming less time and cost. The qualitative approach is a technique for understanding an individual's ideas, feelings, views, and the causes underlying these emotions. It is used to gather precise and exhaustive information on a certain subject. The data is

being gathered to examine the impact of a brief vacation on job stress reduction among tourism lecturers. As a result, we use the inductive technique in this research.

Data Collection

The data procedure in this qualitative approach study is an interview. This procedure aids in the data collection of more exact data for the research’s few phases that must be accomplished. This procedure aids in the collection of more accurate data throughout the inquiry. The next step in data collection is to gather measurements. The interviews are just for lecturers at UMK Campus Kota. Five lecturers from Faculty Hospitality, Tourism, and Wellness (FHPK) are targeted in this study. This simplifies obtain in gain more precise information about the advantages and significance of brief vacations for lecturers. Following the collection of all data, it will be measured to identify the best and most accurate data. Interviews are then utilized to determine whether most lecturers say the same thing in response to each question asked by the researcher. If the researcher gets enough same answers from the interview, then the interview will end.

Table 3.1: Research question for exploring the potential of staycation as one prefers a destination to travel to during and in aftermath of the covid-19.

Research questions	Research approach	Respondents
1. What are the key factors that encourage lecturers to take short vacations	Semi-structured interview	Lecturers
2. How can a short vacation help relieve lecturer stress?		

3. How can the staycation be one preferred travel choice during and in the aftermath of the Covid19?		
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Sampling

This research are using the purposive sampling method to obtain the data from this interview. The purpose of this study and its case studies is to investigate the possibility of short vacations as a preferred location for lecturers to relieve job stress. With that, we'll select five tourism instructors from the Faculty of Hospitality, Tourism, and Wellness at the University Malaysia Kelantan campus Kota in Pengkalan Chepa, Kelantan. The respondents are lecturers in the Faculty of Hospitality, Tourism, and Wellness, and the sample will be drawn from 5 lecturers who teach tourism courses and occupy diverse positions in the university. These five lecturers will take this sample to demonstrate the data pointed in this research.

Data Analysis

There are many different data analysis techniques available within the qualitative method. The tools at hand include event structure analysis, thematic analysis, domain analysis, constant comparison, successive approximation, matrices, grounded theory, and other analytical techniques (Silverman, 2006). So, in this research, the researcher uses the thematic analysis technique under the qualitative data for Looking through a data set to uncover, analyse, and document reoccurring themes. It is a technique for describing data, but it also includes interpretation when identifying patterns as well as creating themes. One of theme analysis's distinctive features is its ability to be used within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of research topics, designs, and sample sizes.

FINDINGS

Based on the investigation carried out during the interview, the following findings are drawn. A group of instructors from the Faculty of Hospitality, Tourism, and Wellness who hold various positions in tourism-related fields makes up the responder. In this study, we discovered that lectures require a little break to relieve work stress.

The objective of the research is to determine whether lecturers would prefer brief vacations as a way to decompress from their jobs. Determining the characteristics that motivate lecturers to take a vacation is one of the study's specific goals. To investigate lecturers' approach to short vacations. Lecturers might spend time to contemplate and reflect during their short holidays. They might take a break from their regular activities to assess their career goals and make future plans.

Other than that, to look into the viability of a short break to reduce lecturers' stress from work. Lecturers can temporarily escape their employment obligations by taking a short vacation. They are able to emotionally and physically detach from the demands and stress of their work during this time away.

RESULT ANALYSIS

Table 4.2: Summary of result analysis

<i>THEMES</i>	<i>SUB-THEMES</i>	<i>EXAMPLE OF RESPONSES</i>
A LOT OF TASKS	INSUFFICIENT TIME	R2 - "Insufficient time or time limits make it difficult to finish every task because lecturers also conduct research, provide community activities, and more."

	MANY JOBS TO BE DONE	R1 - "Too many tasks need to be finished, which is the main issue. It can be challenging when administration requires more other work than teaching."
APPLICATION OF NEW SYSTEM	A NEW SYSTEM	R3 - "The issue is present in numerous systems, including e-learning, e-campus, and others. The best course of action is to become familiar with the systems, then ask friends for help and learn how to utilize the application."
	JOB CONSTRAINTS	R6 "There is pressure, as well as the workload of working as a lecturer."
PERSONAL MATTERS	UNBALANCE LIFE	R5- "The difficulty encountered is that it is hard to divide time between life and work; the stress grows as a result of our inability to divide time. When several problems cannot be resolved, there will be many conflicts with others, which may cause an impact on a person's mind-set."
		R6- "Work contributes to stress because of a heavy schedule and the need to handle personal concerns while working"

Impact of Short Vacation on Reduce Stress Towards Lecturers

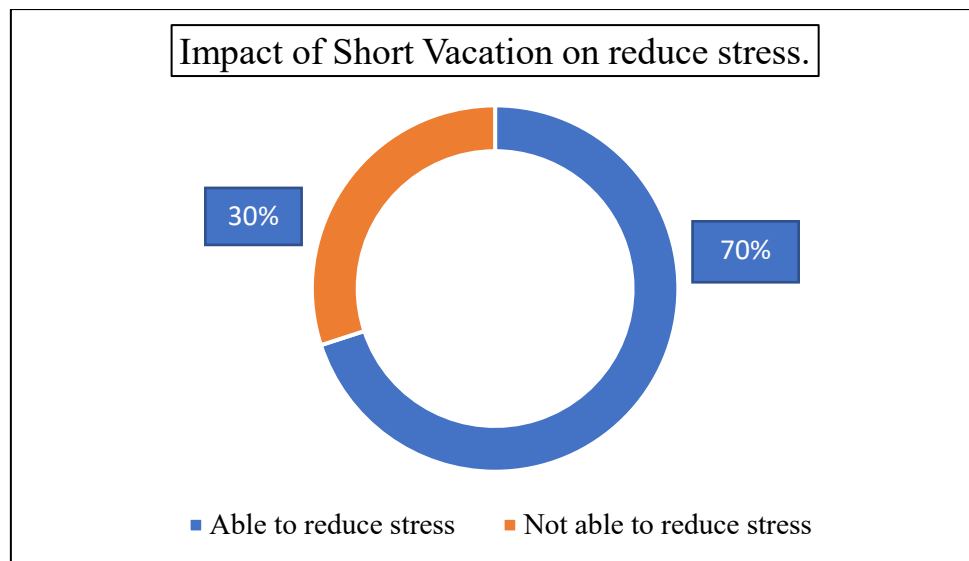


Figure 4.3 shows the bar chart percentage result on the impact of short vacations on reducing stress among tourism lecturers.

The bar chart above the top illustrates how taking a short vacation helped tourism lecturers feel less stressed after returning from their trip. This is because short vacations have a significant influence on helping lecturers lower their working stress. This can be determined from the percentage, which reveals that 70% of respondents agree that short vacations can help them reduce stress, whereas 30% stated the contrary, short vacations cannot help them to reduce their stress because of certain reasons and this is including the different experiences during their vacation, which not meet their expectation and needs as well as a lack of time to spend more time on short vacations because of management-assigned tasks.

LEVEL OF STRESS AMONG LECTURERS BEFORE AND AFTER A SHORT VACATION

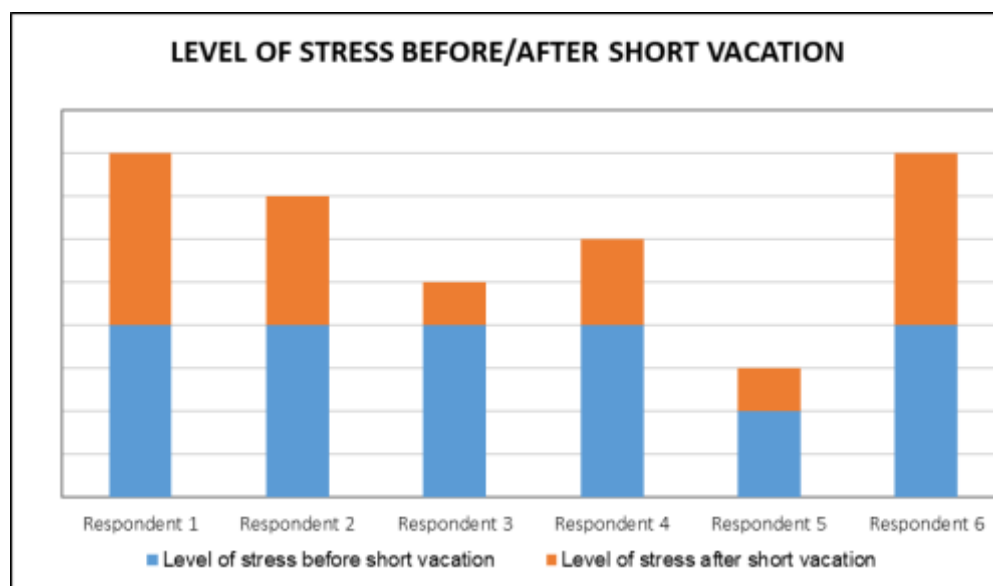


Figure 4.1: Level of stress before and after of short vacation.

DISCUSSION AND RECOMMENDATION

Discussion

Stress-related factors affecting lecturers' jobs, this part exemplifies the primary difficulty of the lecturers' work. Based on the data examined, this study's three primary themes—a lot of chores, trouble adjusting to new systems, and problems with personal matters—were identified. This research is aligned that Stress can be divided into chronic and acute. Given the differences between acute and chronic stressors, they may differ in their relations with individual strains and performance (Omair et al., 2019). The term "short vacation" describes a brief length of time spent away from home or a job for leisure or enjoyment. It is a short vacation or break, typically lasting a few days to a week, designed to promote rest, tranquility, and freedom.

As to solve the problem short vacation is known as one of the alternatives that can help these lecturers to reduce their stress, as short vacations known as one to four-day intervals are considered short vacations. The unreliable source was cited. Every employee finds it simple to take time off from work. Short trips are ideal for younger people or workaholics because they allow personnel to get away from high-stress jobs or from boredom so they can return to work after a few days of rest with renewed strength.

Vacations planned over the weekend or extended weekends are the exclusive focus of short vacations. Individuals can take a break from their normal routine during this time to quickly get over their fatigue by engaging in activities that can help to settle their minds, such as taking in the scenery or engaging in physical activity. Other than that, by taking a short vacation as an alternative for lecturers they can socialize, laugh, travel, engage in pleasant hobbies, engage in physical activity, and get enough sleep are just a few of the leisure activities that can reduce personal stress and come back stronger and fresher into the learning environment.

Recommendation

The subsequent suggestions are given regarding this component of the recommendation in considering the work conducted during this study as well as the findings that have already been provided. The present investigation may be viewed as a first step in the examination of how brief vacations reduce the stress of lecturers. However, the results of this study should be regarded cautiously due to the small number of participants and the absence of information regarding the subject's demographics.

Further studies ought to concentrate further on how much stress undergraduates experience and how family vacations might help them rest. On top of that, depending on physiological and human aspects, it might increase the comprehension of the optimum location to go while under stress. The investigation also discovered that many faculty members did not have adequate vacation time since they had several or diverse tasks to complete and were unable to conduct lengthy interviews. Thus, it is advised that higher-ups convey to the lecturers a specified holiday or period of time so they may complete the assignment, spend time with family, and continue onward.

CONCLUSION

Numerous short vacations, according to research, lead to greater and longer-lasting happiness. These results are consistent with the Broaden-and-Build Theory's premise that happy vacation experiences may increase a person's ability for stress management. One quick getaway can improve well-being and help individuals to decompress from stress.

To sum up, this study demonstrates that managing the investigation by identifying the work-stress elements among educators before and after when the short vacation and the varied types of stress in each lecturer. And both on an internal and external level, this can have a significant impact. For instance, a short vacation might relieve tension in lecturers, enabling them to instruct students more effectively because they are

still feeling the benefits of their most recent holiday. In the end, this study highlighted and clearly claimed that lecturers are able to benefit their self of peace by taking short vacations.

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THE IMPACT OF MEMORABLE ECO-TOURISM EXPERIENCE ON BEHAVIORAL INTENTION AMONG TOURISTS WHO TOOK TRAIN TRIPS TO DABONG, KELANTAN

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ABSTRACT

This study aims to explore the influence of memorable eco-tourism experiences on the behavioral intentions of tourists who have taken train trips to Dabong, Kelantan. Using a quantitative research approach, an online survey will be administered to 384 respondents who have visited this region in Malaysia. The results reveal that hedonism, novelty, meaningfulness, and knowledge are positively associated with tourists' behavioral intentions. This research stands out as the first investigation of memorable eco-tourism experiences towards ecotourism destination in Kelantan. The implications of this study are significant as it offers valuable insights to tour operators and tourism marketers on how to create and promote memorable eco-tourism experiences, ultimately enhancing tourist satisfaction.

Keywords: Ecotourism, Memorable Tourism Experiences, Behavioral Intention, Tourist Satisfaction

INTRODUCTION

After the pandemic, the 'Train to Dabong' trip has gained nationwide popularity as people seize the opportunity to explore Malaysia's hidden gems (Berita Harian, 2022). Dabong, a charming village in Kelantan, has become renowned for its natural wonders, including waterfalls and caves. However, beneath its scenic beauty lies a significant issue. Dabong struggles with marketing its services and products compared to other ecotourism destinations, making it difficult for tourists to find relevant travel packages online. This is evident from the limited selection of only six packages offered by local tour operators on the Expedia.com website (2022). Additionally, Dabong lacks diverse activities, experiences, and accommodations, which hampers tourist engagement in the area.

Table 1.1: Number of tourist arrivals at Malaysia's ecotourism destinations (2021)

Number of tourist arrivals at Malaysia's ecotourism destinations (2021)			
Dabong (Kelantan)	Cameron Highland (Pahang)	Hulu Langat (Selangor)	Kinabalu Park (Sabah)
50 000	790 024	344 027	269 819

Source: Statistic Tourist Arrival in Malaysia (2021)

These limitations are reflected in the number of tourists visiting Dabong (Table 1.1), which is lower compared to other popular ecotourism destinations like Cameron Highlands and Kinabatangan. To address this situation, immediate action is required. Destination Management Organizations (DMOs) or authorities in Dabong must prioritize promoting and expanding the range of engaging activities available to enhance the visitor experience. Such improvements have the potential to increase tourist