

Is Travel really Linked to Better Quality of Life? Findings from a WHOQOL-BREF Survey Among Slovenian Students

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Abstract

This research paper examines how travel contributes to individual's subjective quality of life (QoL) and integrates established QoL conceptualizations with empirical evidence. The research investigates whether the perceived importance and frequency of travel relate to self-reported QoL and to selected well-being indicators, considering multi-dimensional theoretical frameworks of QoL.

Quantitative data are collected through an online survey comprising the author-translated and adapted Slovene version of the WHOQOL-BREF (no official Slovene translation available) instrument and additional travel-specific items, with responses recorded on a 5-point Likert scale. The study uses a convenience sample of Slovene students aged 19–25 years, with data collection conducted in two stages: an initial subsample of 20 participants has been completed and analysed, but the data collection process is still on-going, with a final sample size of at least of N=50. Associations between travel variables and QoL outcomes are examined using nonparametric correlation analyses, while qualitative insights are analysed thematically to capture mechanisms linking travel and well-being.

Preliminary findings from the first 20 respondents indicate generally high self-reported QoL, with comparatively higher ratings in the physical health and environmental domains and suggest that more frequent travel may be associated with more favourable global QoL evaluations. Data collected from full sample will serve as the basis for the statistical analyses and to examine the association between travel-related variables and self-reported quality of life.

The study is limited by convenience sampling and the cross-sectional design, which precludes causal inference.

Keywords: quality of life, travel, tourism, subjective wellbeing