



# The Promotion of Travel Happiness Based on the Time Allocation of Tourism Activities in National Park: From the Literature Review Perspective

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**Abstract:** The time allocation of tourism activities directly affects tourists happiness. Scholars at home and abroad have carried out long-term research on this and accumulated rich research results. This paper mainly reviews the research literature on national parks, happiness and time allocation, points out the shortcomings of the current research in this field, and hopes to promote the sustainable development of national park tourism.

**Keywords:** national park, travel happiness, the time allocation

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## 1. Introduction

In the process of modernization and urbanization, people's demand for getting close to nature, contacting and enjoying high-quality ecological environment is becoming stronger, so various tourist activities spring up in tourist areas. When visiting a national park, each visitor spends different amounts of time on each activity. Therefore, studying how the time spent in tourism activities affects people's happiness becomes more complicated. At present, some scholars have carried out researches on time spending, but there are few literatures on time spending in tourism activities and how it affects tourism happiness, so further research is needed.

## 2. Literature Review

### 2.1 National Park

In 1872, the cause of national parks promoted by the President of the United States made progress, and the first national park in the United States, Yellowstone National Park, was established, which is also the first national park in the world. The inscription "for the welfare and enjoyment of the people" on the gate is still revered.

After more than one hundred years of development, the National parks of the United States have formed a unique national park system. According to the Definition of the National Park system of the United States by the National Park Administration in 2016, it is as follows: "Has a unique natural value or aesthetic value, or scientific value range of large area of land or water, contain a more characteristic properties, such as forest, grassland, desert, water system, or display the window of the geological history, or spectacular landscape, or rich or rare wildlife habitat, according to different attribute is set for national park, Historic sites, protected areas, coasts, lakeshore, river channels, etc." .

The construction of National parks in China is proposed under the background of ecological civilization construction. The Chinese Government defines national parks In order to protect the most important part of the national representative natural ecosystem. The management requirements of China's national parks are relatively strict, which is conducive to the sustainable development of the country's natural ecological resources.

### 2.2 Happiness

With the realization of economic growth, people's material needs have been greatly satisfied. Therefore, more and more people begin to pay attention to spiritual needs, hoping to improve their life quality and obtain more happiness (Dolnicar et al.,2012; Sirgy et al.,2011). Happiness has always been a hot topic concerned by philosophy, sociology, psychology, economics, physiology and other disciplines (Diener et al., 2013). However, so far, there is still no fully agreed definition of "happiness". "happiness" is a word that no one knows its meaning but no one can accurately define. The debate over how to define happiness continues.

Happiness is a person's subjective perception. According to existing studies, SWB reflects an individual's subjective evaluation of the overall living conditions, and is therefore used as a measure of happiness (Diener,1984). As for the definition of subjective well-being, Diener's definition has been widely accepted by scholars. According to Diener, subjective

well-being refers to people's evaluation of life quality according to their own standards, including cognitive and emotional dimensions, which are specifically composed of life satisfaction, positive emotions and negative emotions. More specifically, life satisfaction refers to aspects of cognition and judgment (Gilbert&Abdullah, 2004) that occur in specific areas of life. The overall measure of life satisfaction refers to the quality of life as a whole. Positive emotion refers to pleasant emotions and emotions. It reflects a person's reaction to events and shows that life is going on in an ideal way.

### 2.3 Classification of happiness

Although happiness poetry is an ancient topic, the upsurge in happiness research began with positive psychology. In 1977, Seligman, an American psychologist, pointed out the disadvantages of previous researchers only focusing on patients' negative emotions, and instead studied the positive and optimistic aspects of ordinary people, aiming to make human life more rich, fulfilling and meaningful. On this basis, he proposed positive psychology, creating a new trend of thought in psychological research. In the aspect of positive psychology, researchers put forward three perspectives of happiness from different research perspectives: subjective happiness, psychological happiness and social happiness.

The philosophical basis of subjective well-being is "hedonistic pleasure" and "bitter and happy emotional experience". Subjective well-being points out the difference between happiness and satisfaction and becomes the mainstream of happiness research. Psychological well-being emphasizes the importance of personal growth. The biggest difference between psychological well-being and subjective well-being lies in that it no longer emphasizes happy emotions, but starts to pay attention to personal potential and personal growth.

Social happiness was proposed by Keyes(1998), which means that the realization of happiness depends on the positive significance and social function of individuals to the society. Social happiness emphasizes the importance of individual contributions to the society and social relations, and is an important supplement to the social happiness. Although subjective well-being, psychological well-being and social well-being are based on different philosophical foundations and have different components, they are interrelated. With the progress of research, the current research shows a trend of integration (Keyes, 2007).

On this basis, there are derived happiness and realization of happiness, happiness and realization of these two views of happiness are formed in the long-term discussion of the topic of happiness. Ancient Greek philosopher of happiness, Aristibo, regarded happiness as the source of happiness and opened the theory of happiness; The theory of actualization of happiness originated from Aristotle, which advocates that individuals obtain happiness through self-actualization and perfection (Yang Min et al., 2013). This paper mainly studies the realization of happiness.

### 2.4 Time allocation

Some scholars used the tourist movement tracking APP and combined with the questionnaire survey on tourists' behavior characteristics to analyze the spatio-temporal patterns of tourists visiting tourist areas under various tourist motivations and modes (Gu Q, Zhang H, Huang S S, et al., 2021). Mobile phone positioning is used to analyze the spatio-temporal characteristics of tourist activities, and it is found that the suitability of tourism in different regions varies greatly in different seasons (Ahas R, Aasa A, MarkU, et al., 2007). The spatio-temporal data generated by tourists' use of mobile phones can also be used to quantitatively describe tourists' time use, compare the similarities and differences of tourists' time use in different tourist areas, and the time evolution of tourist activity types. Furthermore, time geography is applied to tourism research (Xu Y, Li J, Xue J, et al., 2020). The above related research can reflect the spatial preference of tourists at different times, but it does not systematically analyze the time configuration of different tourism activities for various tourism activities that can be carried out in ecological tourism areas.

## 3. Conclusion

On the whole, domestic and foreign scholars have some studies on how to achieve tourists' happiness through time allocation in national parks. However, there are still many shortcomings in the existing theories: (1) There are very few literatures about the time allocation of different tourism activities in ecotourism areas, so it is difficult to conduct follow-up studies on how to improve tourists' happiness through reasonable time allocation. (2) Scholars have little research on the relationship between travel time allocation and travel happiness, which makes it impossible to carry out follow-up studies effectively. Therefore, actively exploring the theory of time allocation of tourism activities and improving tourism happiness will become a research hotspot in the future, which has positive significance for further promoting the healthy and sustainable development of tourism.

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