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VACATION PLANS AMONG COLLEGE STUDENTS -A SURVEY

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ABSTRACT:

Vacation normally could be a holiday, that is the absence from everyday occupation. Benefits are that it can relax our mind and maintain a relaxed mental state. It also imparts positive thinking to the person. Vacation refreshes the mind and provides good vibes. Sometimes, vacation provides power also. Those who take vacations will experience lower stress, less risk of heart diseases, better outlook on life. The aim of this study is to create awareness among college students about the advantages of vacation.

An online survey was conducted to analyse the awareness level. A Questionnaire was prepared in google docs and circulated through social media. Before the link was shared, the importance and details of the study was explained to the participants. The participants were college students who were randomly selected. Later data were collected and statistically

analysed. The statistics done using SPSS software, chi square test was done to check the association and a p value of 0.05 was said to be statistically significant. The survey was done in the month of May 2020.

From the study, it was evident that most of the participants like to go on a vacation, because it gives good thoughts and also it refreshes the mind. Nearly 57% of participants accept that studies are often improved after vacation. Thus proper vacation planning is very important for college students.

From the survey it was evident that a majority of college students have a proper awareness on the advantages and importance of going on a vacation and also found that female students do not appear to believe in the impact of the vacation than male students and it was statistically significant. More practical information about vacation planning and management is required for the college students.

INTRODUCTION

Vacation in general known as the holiday, is the leave or absence from a regular occupation or a specific trip [1]. Salient features of vacation are, it can relax the mind and give good thoughts [2]. Nowadays there are different applications for promoting the vacation [3]. Vacation can give positive vibes and sometimes creative thinking also [4]. Vacation can be based on education or entertainment, also it may help students to improve their knowledge [5]. During vacation, students at this age like to visit different places, which gives more information to them [6]. Vacation helps students to learn many things, which will be useful in day to day life. Nowadays the trend in research is mainly about the nanoparticles [7][8]. Nano research is a peer-reviewed international and interdisciplinary research that focuses on all aspects of nanoscience and nanotechnology [9][10].

According to previous research, which has been done on vacation, this has become a significant business for the tourism destination [11]. In another research, they had discussed perfect plans for the vacation. And also mentioned the travel habits, which the students have to follow [12]. Many research is also done on the effects of cancer [13][14]. Over the past decade, research in nanotechnology [15] cancer biology [16] analysis of benefits of various natural products are being done [17]. Though these researches help mankind and protect them from diseases, research on day to day activities such as vacation planning is also equally important.

The benefits of this vacation is, it helps the students to overcome the stress. It maintains the physical and the mental health. It makes the people more energetic and gives them good thoughts and creative thinking [18]. It helps the students to enjoy a lot and also to learn many new things. There are different factors that affect the vacation, they may be food, transport, safety, etc.. [19]. Choice of travel mode is largely a reasoned decision, that is decision can be affected by intervention [20,21]. This study aims to know about the benefits of vacation among college students. Also, this study aims to evaluate the awareness on proper vacation planning and benefits of vacation among college students.

MATERIALS AND METHOD

An online survey was conducted among undergraduates to evaluate the need of vacation. The study population are the undergraduate students with a sample size of 97. The participants did the survey voluntarily and no incentives were given to them. The survey was conducted in the month of may, 2020. Ethical approval and informed consent from the participants were obtained. The questions were prepared after extensive literature review. The questionnaire was reviewed and amendments were made to improve clarity of pertinent questions and eliminate ambiguous responses. The survey methodology was a structured questionnaire with both open and close ended questions. It consists of a brief introduction regarding research objectives. 13 questions were circulated to the participants through google forms. Only completely filled online forms were included in this study. The filled responses were verified by two reviewers and the collected data was entered on the same day. The statistics done using SPSS software, chi square test was done to check the association and a p value of 0.05 was said to be statistically significant. Descriptive analysis was performed to calculate frequencies of categorical variables. The survey has been completed in the month of may 2020.

RESULT

From the data collected and statistically analysed, All the male participants (44) and 14 out of 53 female participants think that vacation is essential. [Fig.1]. Nearly 53.61% of students have planned for a vacation very often, 21.65% of students have never planned for a vacation. They might have gone for the vacation unplanned [Fig.2]. Only 31 out of 44 male participants and none of the female participants feel that taking a vacation relaxes their mind. 13 out of 44 male and 8 out of 53 females were strong that vacation does not relax their minds. A majority of female participants (45 out of 53) were not sure of any answer, it was statistically significant. Thus, majority of the male participants think that vacation actually relaxes their mind on the contrary, there were none of the female participant who think the same. Majority of female participants has no views on this aspect of vacation and thus, males certainly prefer to go on a vacation than females and the desire is gender based. [Fig.3]. 54.64% of students like to visit different places during vacation, as they may be more interested in seeing new things. 26.80% of students may visit different places depending upon their situation and environment. 18.56% of students never go any places during a vacation [Fig.4]. All the female participants (53) and 6 out of 44 male participants think that vacation should be entertainment based, 38 out of 44 male participants feel that vacation should be education based. It was statistically significant, thus all the female participants want their vacation to be based on entertainment only but males are not particular to one aspect of vacation [Fig.5]. When asked about the major factor which affects the vacation, 18.56% said climate is a major factor when choosing a vacation destination. 26.80% said that transport is the determining factor for the vacation. 14.43% have said food, as when they travel for other places, food will be a major factor which affects their vacation. 20.62% of the students felt that all the three factors affect their vacation

whereas 19.59% say that none of these factors affect vacation, may be according to them, there can be other factors which may affect [Fig.6]. 24 out of 44 male participants and no female participants think that vacation changes their thoughts and thinking. Only 2 out of 53 female participants feel that vacation doesn't influence their thoughts and thinking and remaining females (51) were not sure of it. Though the result is not statistically significant, male participants have a clear view on the influence of vacation on them, but majority of female participants were not able to give a view on it thus, males certainly have an idea on vacation than females [Fig.7]. 20.62% of the participants prefer to go for a vacation with their family, 24.74% prefer to spend vacation with others, 21.65% like to have their vacation as religious and 32.99% like to spend their vacation by going to places like theme parks [Fig.8]. As safety is a determining factor, 39.18% feels that safety is extremely important when choosing a vacation destination, 18.56% feels that it is not an important factor, 42.47% feels that it can also be considered [Fig.9]. 31.96% of the total people like to go for an outstation yearly once, as they may like travelling and visiting different places. 20.62% like to travel outstation, once in a month, whereas 14.43% of students prefer to travel once in a week, 32.99% of people never travel for outstation as they may don't like to travel [Fig.10]. Vacation gives positive vibes, 23.96% people accept this statement, 48.96% don't accept this statement, 27.08% of people weren't sure that vacation gives positive vibes. This depends on their experience [Fig.11]. 29.90% of students believe that vacation can change their mindset and 29.90% felt that it may change their mindset and 40.21% felt that it never changes their mindset [Fig.12]. Studies can be improved after a vacation, 56.70% of students have said yes, as they have seen some improvement in their studies, but 43.30% of the participants disagree with the fact [Fig.13].

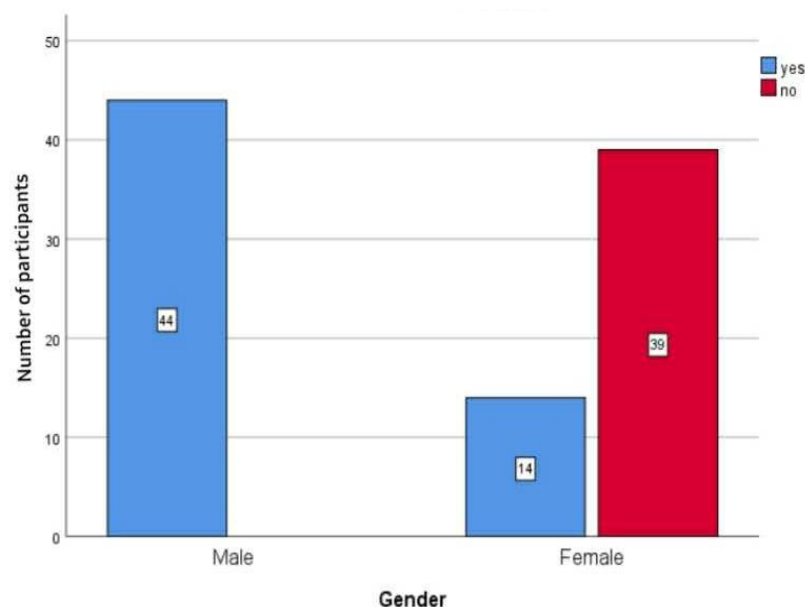


Figure 1: Bar chart showing the association between gender and their opinion on whether vacation is essential or not. X axis represents Gender and Y axis represents the number of individuals who responded 'yes' (blue) and 'no'

(red). Since more males responded, More number of males strongly believe that vacation is essential than that of females, however, it is statistically not significant (Pearson’s chi square value = 0.853, df = 1, p value = 0.356 (>0.05)).

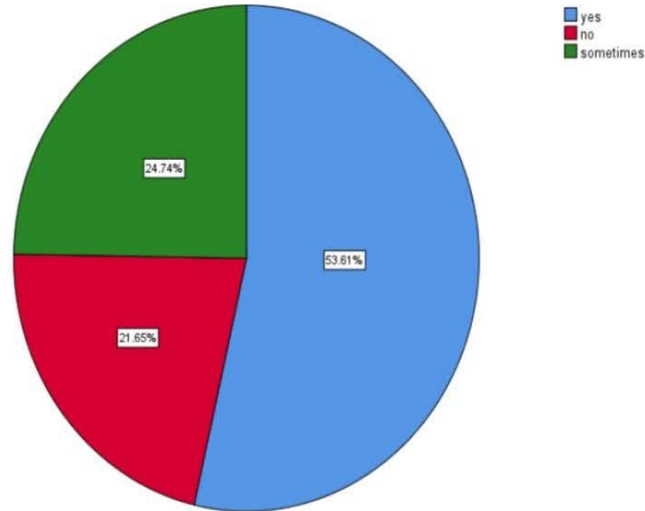


Figure 2 represents the distribution of participants based on their opinion towards whether they have planned for a vacation, where to this a majority of 53.63% (blue) of the study participants had said ‘yes’ ,21.65% (red) of them said ‘no’ and 24.74% (green) had told rarely.

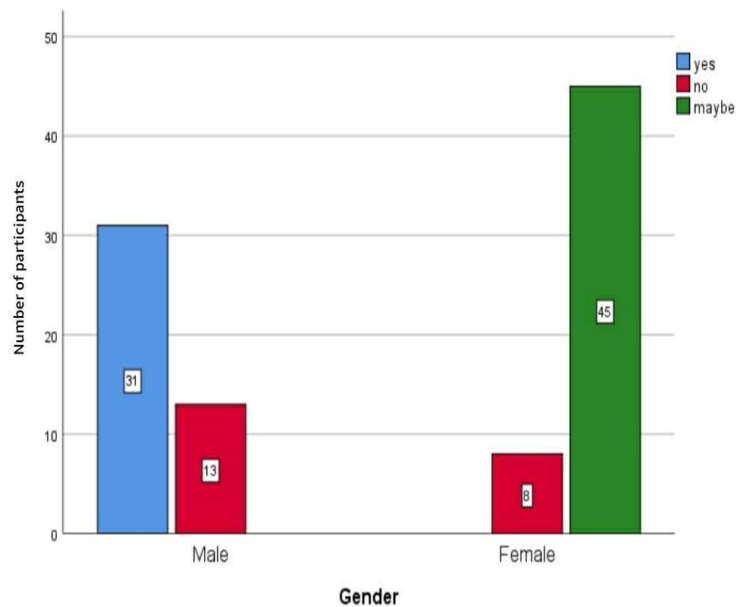


Figure 3: Bar chart representing association between gender and their opinion on whether vacation helps in relaxing their mind . X axis represents Gender and Y axis represents number of participants who responded ‘yes’ (blue), ‘no’ (red) and ‘maybe’ (green). Males strongly believe that taking vacation relaxes their mind compared to females, it is statistically significant (Pearson’s chi square value = 14.406, df = 1, p value = 0.001 (<0.05)).

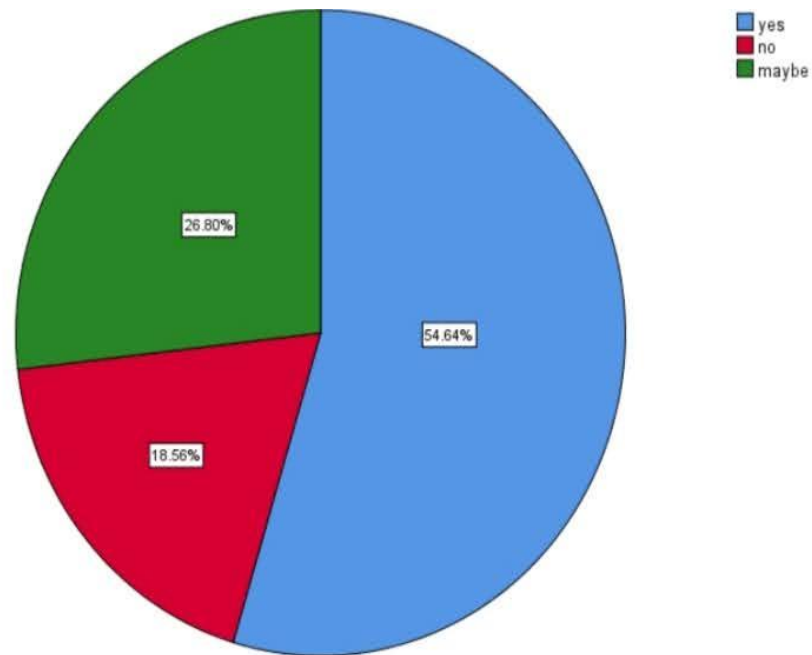


Figure 4 represents the distribution of participants based on their opinion towards not visiting different places during their vacation, where to this a majority of 54.84% (blue) of participants say 'yes', 18.56% (red) of them say 'no' and 28.8% (green) of them felt they were not sure.

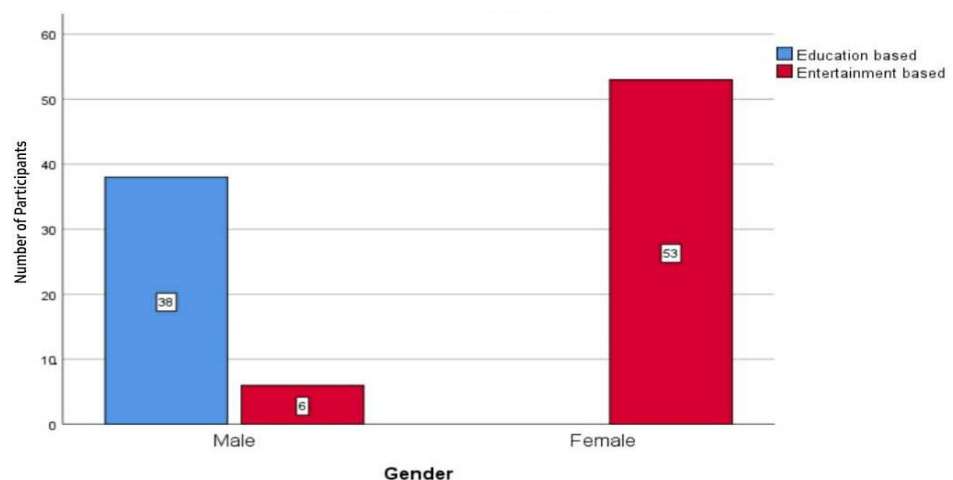


Figure 5: Bar chart representing the association between gender and their opinion on whether the vacation should be education based or entertainment based. X axis represents Gender and Y axis represents number of participants who responded education based (blue) and entertainment based (red). Majority of females strongly believe that vacation should be entertainment based, whereas majority of the males opt for education based vacation and it is statistically significant (Pearson's chi square value = 5.746, df = 1, P value = 0.017, (<0.05)).

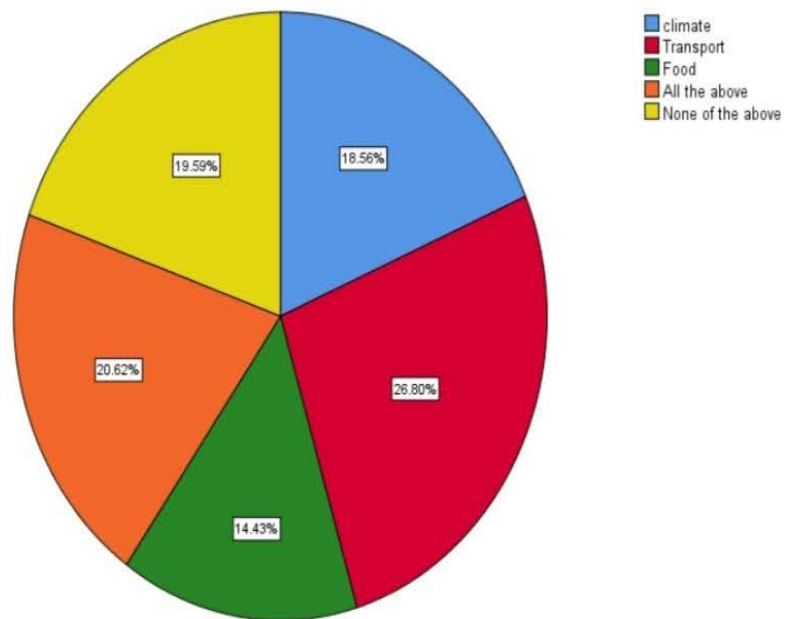


Figure 6 represents the distribution of participants based on their opinion towards various factors that affect their vacation, where to this 18.58% (blue) of participants think climate, 28.8% (red) think transport, 14.43% (green) think food, 20.62% (orange) think all the above and 19.59% (yellow) has no answer.

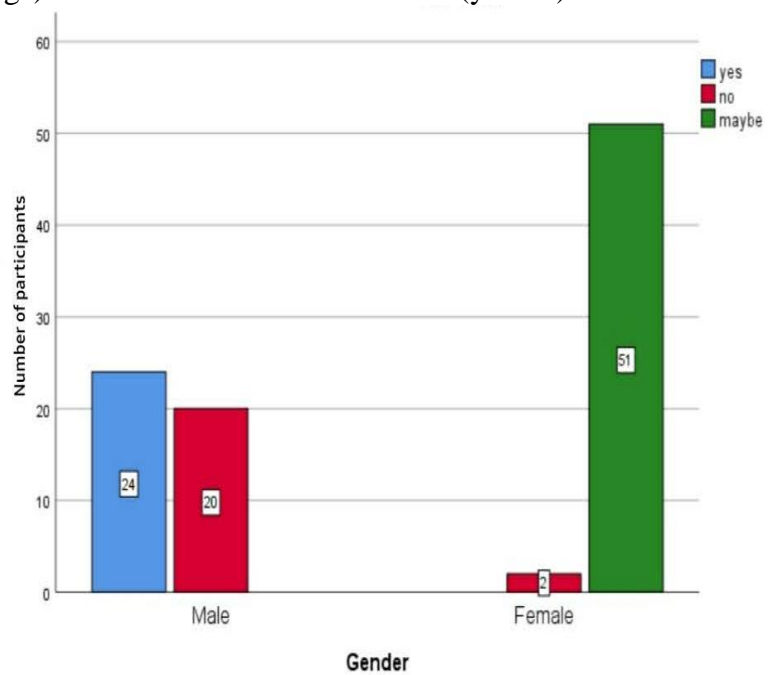


Figure 7: Bar chart showing the association between gender and their opinion on whether vacation changes their thoughts and thinking. X axis represents Gender and Y axis represents the number of participants who responded ‘yes’ (blue), ‘no’ (red) and ‘maybe’ (green). Males strongly believe that vacation changes their thoughts and thinking than females and it is statistically significant (Pearson’s chi square value = 1.469, df = 2, p value = 0(<0.05)).

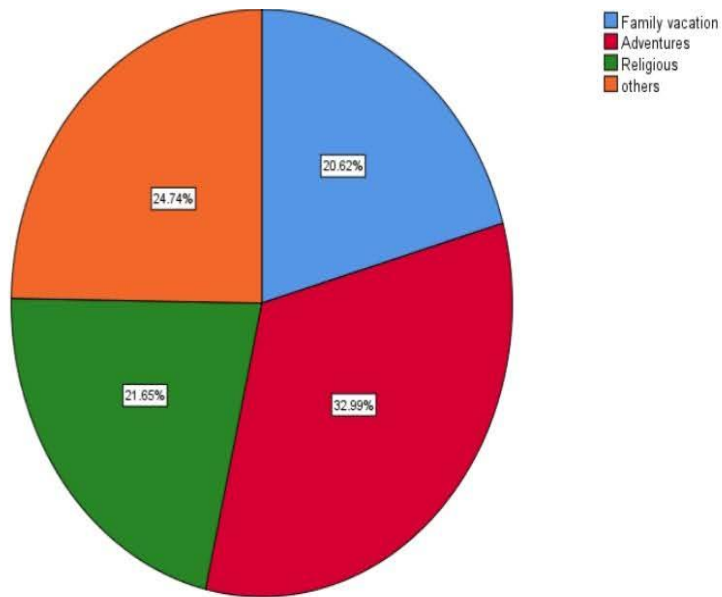


Figure 8 represents the distribution of participants based on their opinion towards what type of vacation they prefer the most, where to this 20.62% (blue) of participants opted a family vacation, a majority of 32.99% (red) opted an adventurous vacation, 21.65% (green) of them prefer their vacation to be more religious, 24.74.62% (orange) of participants had no preferences.

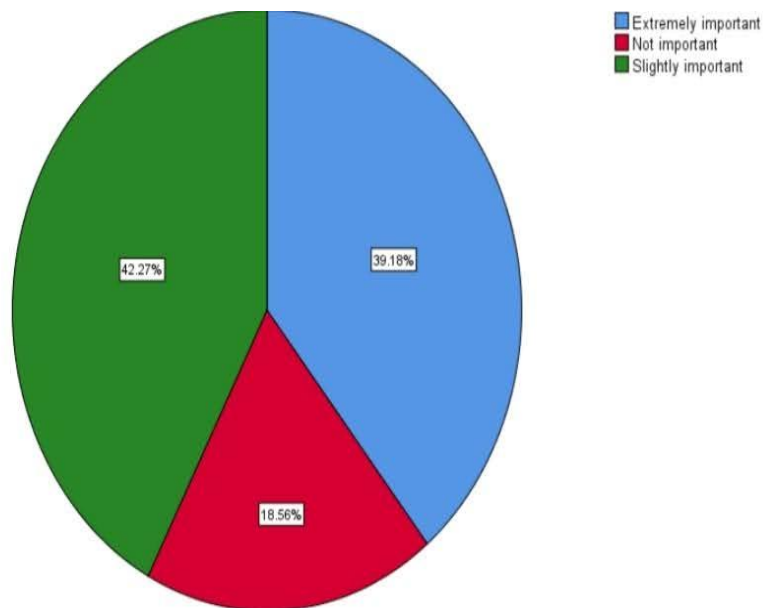


Figure 9 represents the distribution of participants based on their opinion towards how important is safety when choosing a vacation destination, where to this a majority of 42.27% (green) of the study participants had said 'it is moderately important', 39.10% (blue) had told 'extremely important' and 18.58% (red) had told not important.

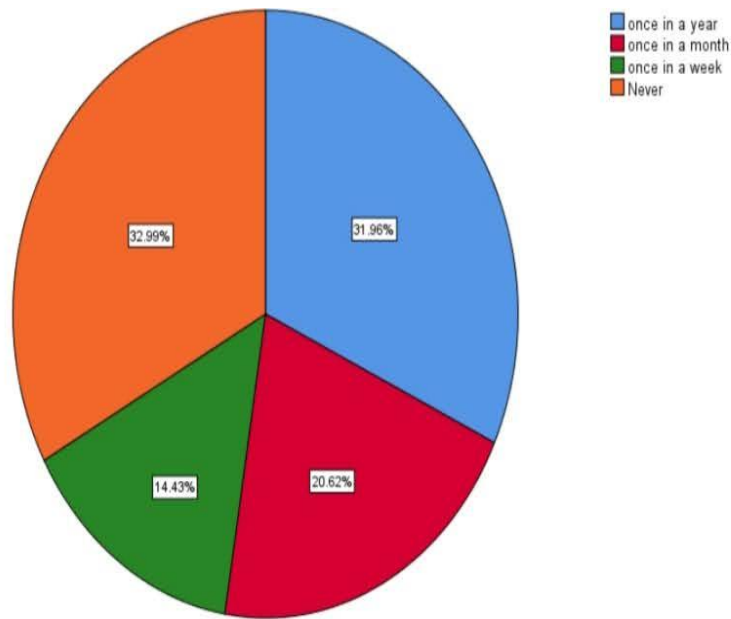


Figure 10 represents the distribution of participants based on their opinion towards, how often they prefer going on a vacation, where 31.96% (blue) of participants preferred vacation once in a year, 20.62% (red) once in a month, 14.43% (green) once in a week and 32.99% (orange) never preferred a vacation.

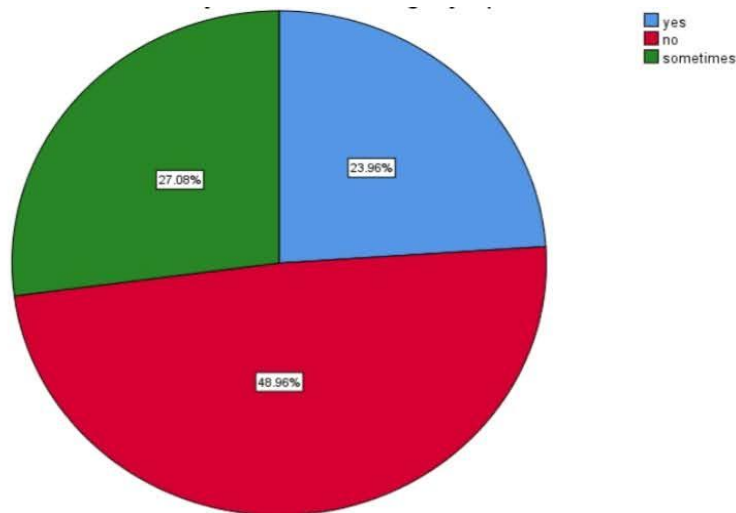


Figure 11 represents the distribution of participants based on their opinion that vacation can give them positive vibes, where 23.96% (blue) of participants felt 'yes', 48.96% (red) felt 'no', and 27.08% (green) felt sometimes and not sure.

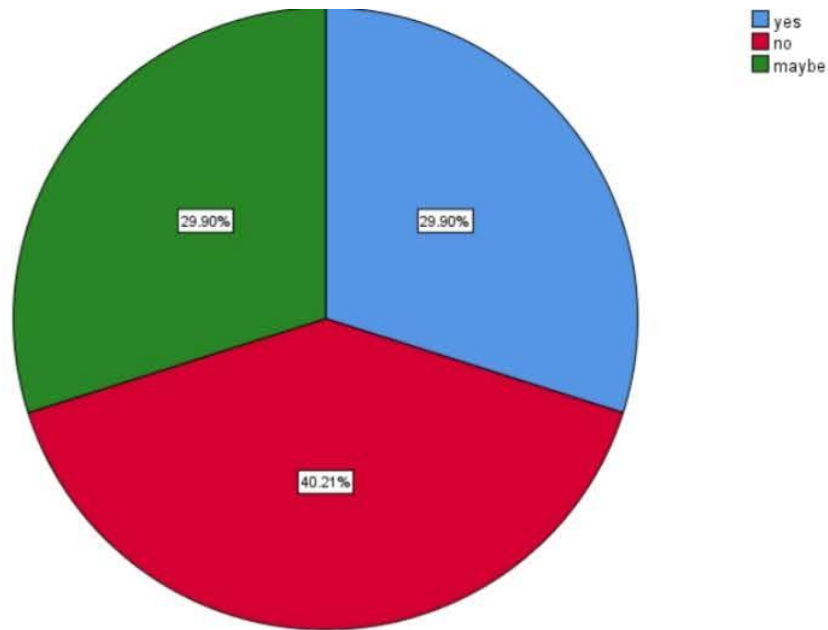


Figure 12 represents the distribution of participants based on their opinion that vacation can change their mindset, where an equal number of participants 29.96% has told 'yes' (blue), may be (green), and 40.21% of participants felt 'no' (Red).

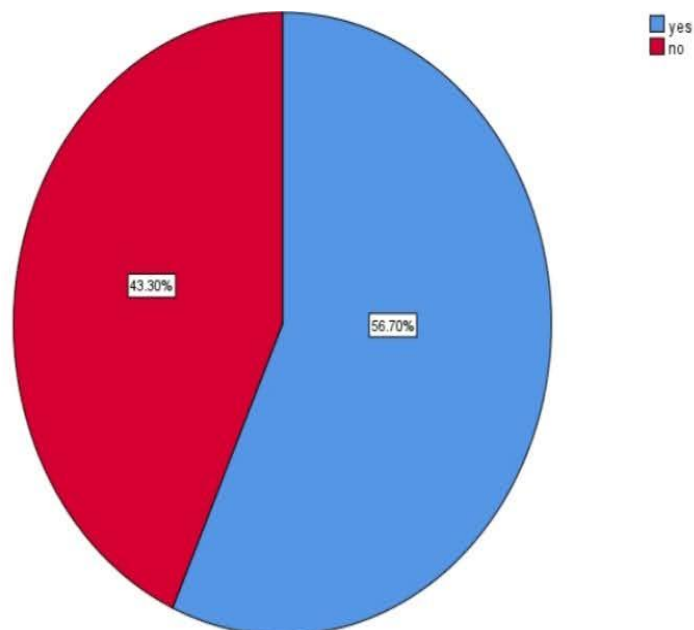


Figure 13: represents the distribution of participants based on their opinion whether there will be improvement in studies after a vacation, where 56.7% (blue) of participants felt 'yes', 43.3% (red) felt 'no'.

DISCUSSION

From this study, it was understood that the majority of the population likes to go for a vacation [22][23]. Vacation gives them positive thoughts, thinkings, and improvement in studies. This helps them to overcome the stress and maintain a sound health[24][25]. Though, majority of the students prefer to go for a vacation, there was no evidence that they properly plan for the same. Planning for a vacation includes the choice of place, mode of transport, place for accommodation, health conditions, financial requirements and none the less the overall safety. Students need to be advised about all these factors. Only if they take care of all these criterias, their vacation can be a memorable experience. On the whole, from the survey it was evident that the majority of college students were inclined to take vacations and they do have plans regarding the same. A few limitations that can be seen in this survey, that is sample size is minimum(100) [26][27], which can be done with a bigger sample size to get more accurate results.

CONCLUSION

From the survey it was evident that a majority of college students have proper awareness of the advantages and importance of going on a vacation, and also found that female students do not appear to believe in the impact of the vacation than male students and it was statistically significant. It is important to assure college students about the importance of vacation. More practical information about vacation planning and management is required for the college students. Further studies can be done to analyse the effect of vacation in building relationships and academic performance.

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AUTHOR CONTRIBUTIONS

Keerthana B done the Literature search, data collection, analysis, Manuscript writing.

Dr. Gayathri R helped in data verification, Manuscript drafting. Dr. Vishnu priya V and Dr. Kavitha S contributed to the title discussion

CONFLICT OF INTEREST

None declared.

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