Conceptualising family adventure tourist motives, experiences and benefits

POMFRET, Gillian <http://orcid.org/0000-0003-1161-7703>

Available from Sheffield Hallam University Research Archive (SHURA) at:
http://shura.shu.ac.uk/22965/

This document is the author deposited version. You are advised to consult the publisher's version if you wish to cite from it.

Published version


Copyright and re-use policy

See http://shura.shu.ac.uk/information.html
1. Before & during adventure holiday

**Family holiday motives**
- Parents: family health, well-being, togetherness, shared experiences, & identity as good parents
- Children: novelty, fun, stimulation, excitement, relaxation, escapism & socialising

**Family adventure tourism motives**
- Combination of family holiday motives & adult adventure motives
- Sensory, active, meaningful, extraordinary, unforgettable & emotionally charged experiences.
- Generativity including development of children’s skills & a family legacy
- Extrinsic &/or intrinsically motivated

**Adult adventurer motives**
- Categories: activity performance, nature & spirit, social position
- Skills development, gaining experience, natural environment, challenge, risk, thrill seeking & achievement

2. During adventure holiday

**Family holiday experiences**
- Family dynamics, harmony, togetherness & separateness
- Parents: ordinary experiences, opportunities for relaxation & togetherness
- Children: fun, exciting & new experiences, safety & comfort

**Family adventure tourism experiences**
- Combination of family holiday experiences & adult adventurer experiences
- Action-packed, challenging, exciting, intense, sensory & adrenalin-inducing activity-based experiences
- A range of safe & challenging experiences in familiar & unfamiliar environments
- ‘Micro flow’ &/or ‘deep flow’ experiences
- Self-efficacy, mastery, past experience & performance, environmental factors & verbal persuasion
- Intra-family dynamic of experiential reversals

**Adult adventurer experiences**
- Optimal flow experiences
- Collective efficacy, shared efficacy beliefs & influences on efficacy
- Collective flow & emotional contagion
- Telic-paratelic motivational states

3. During & after adventure holiday

**Family holiday benefits**
- Improvements in family well-being, functioning, cohesion, togetherness, bonding, communication, solidarity & relationships
- Long-lasting memories

**Family adventure tourism benefits**
- Combination of family holiday benefits & adventure tourism & recreation benefits
- Improved self-development, & problem solving ability
- Consolidation of family values & traditions, enhanced cooperation & trust between family members
- Maintaining a state of equilibrium
- Development of adaptability & flexibility skills, & coping strategies to deal with challenges

**Adventure recreation & tourism benefits**
- Women: sense of freedom, self-development, social encounters, heightened bodily experiences, female company, empowerment
- Adventure racers: flow, exploration, socialising & self change