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INCREASING SELF-EFFICACY THROUGH HYBRID TOURISM AND VIRTUAL REALITY TECHNOLOGY TO COPE WITH BURNOUT

Abstract

The purpose of this study is to analyse the issues of self-development and improving self-efficacy during travel. It also explores learning opportunities for the educational tourism industry because of its advantages for human health, particularly for coping with burnout. The research method is a theoretical analysis of the secondary data. This study considers such terms as tourism, self-development, self-efficacy, hybrid tourism, Virtual Reality (VR) technology, and burnout. At this stage, there are studies demonstrating the interaction between tourism psychology and education. As a practice with strong change characteristics, tourism can temporarily change a person's identity and re-recognize oneself, thereby helping to enhance self-efficacy and change and improve oneself in the direction, degree and intensity required. This article discusses several

subsections as research results such as people who need self-development while travelling, types of tourists, understanding traveler identity through educational psychology, tourists' self-development path process, VR technology and hybrid tourism, VR technology-supported in education, and combating burnout at work with tourism. By the end of this study, the authors recommend future possible research directions.

Keywords: tourism, self-efficacy, students, education, burnout, VR technology.

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ГИБРИДТІК ТУРИЗМ ЖӘНЕ ВИРТУАЛДЫ ШЫНДЫҚ ТЕХНОЛОГИЯСЫ АРҚЫЛЫ ШАРШАУДЫ ЖЕҢУ ҮШІН ӨЗІНДІК ТИІМДІЛІКТІ АРТТЫРУ

Аңдатпа

Бұл зерттеудің мақсаты саяхат кезінде өзін-өзі дамыту және өзіндік тиімділікті арттыру мәселелерін талдау болып табылады. Ол сондай-ақ адам денсаулығына, әсіресе күйзеліспен күресуге арналған артықшылықтарына байланысты білім беру туризмі индустриясының оқу мүмкіндіктерін зерттейді. Зерттеу әдісі – қосымша мәліметтерді теориялық талдау. Бұл зерттеу туризм, өзін-өзі дамыту, өзіндік тиімділік, гибридтік туризм, виртуалды шындық (VR) технологиясы және күйіп кету сияқты терминдерді қарастырады. Бұл кезеңде туризм психологиясы мен білім берудің өзара байланысын көрсететін зерттеулер бар. Күшті өзгеру сипаттамалары бар тәжірибе ретінде туризм адамның жеке басын уақытша өзгерте алады және өзін қайта тануы мүмкін, осылайша өзін-өзі тиімділікті арттыруға және өзін қажетті бағытта, дәрежеде және қарқындылықта өзгертуге және жақсартуға көмектеседі. Бұл мақалада саяхат кезінде өзін-өзі дамытуға мұқтаж адамдар, туристердің түрлері, білім беру психологиясы арқылы саяхатшының жеке басын түсіну, туристердің өзін-өзі дамыту жолы, VR технологиясы және гибридтік туризм, білім беруде VR технологиясы қолдау көрсететін зерттеу нәтижелері және туризммен жұмыста шаршаумен күресу қарастырылады. Осы зерттеудің соңында авторлар болашақ ықтимал зерттеу бағыттарын ұсынады.

Түйін сөздер: туризм, өзіндік тиімділік, студенттер, білім беру, күйіп кету, VR технологиясы.

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ПОВЫШЕНИЕ САМОЭФФЕКТИВНОСТИ С ПОМОЩЬЮ ГИБРИДНОГО ТУРИЗМА И VR ТЕХНОЛОГИЙ ДЛЯ УПРАВЛЕНИЯ ВЫГОРАНИЕМ

Аннотация

Целью данного исследования является анализ вопросов саморазвития и повышения самоэффективности во время путешествий. В нем также исследуются возможности обучения для индустрии образовательного туризма из-за ее преимуществ для здоровья человека, особенно для борьбы с выгоранием. Метод исследования – теоретический анализ вторичных данных. В данном исследовании рассматриваются такие термины, как туризм, саморазвитие,

самоэффективность, гибридный туризм, технология виртуальной реальности (VR) и выгорание. На данном этапе проводятся исследования, демонстрирующие взаимодействие психологии туризма и образования. Как практика, характеризующаяся сильными изменениями, туризм может временно изменить личность человека и заново узнать себя, тем самым помогая повысить самоэффективность, а также изменить и улучшить себя в требуемом направлении, степени и интенсивности. В этой статье рассматриваются несколько подразделов в качестве результатов исследований, таких как люди, которым необходимо саморазвитие во время путешествий, типы туристов, понимание идентичности путешественника через педагогическую психологию, процесс пути саморазвития туристов, технология VR и гибридный туризм, поддержка технологий VR в образовании. и борьба с выгоранием на работе в сфере туризма. К концу этого исследования авторы рекомендуют будущие возможные направления исследований.

Ключевые слова: туризм, самоэффективность, студенты, образование, выгорание, VR технология.

Main provisions. Nowadays, burnout and stress are becoming relevant common problems affecting personal well-being; Such concerns hinder the growth and productivity of an organization for several reasons. However, emerging digital technologies such as VR can offer innovative solutions to these challenges. This article explores the potential of VR and hybrid tourism in combating occupational burnout, highlights their benefits, and provides insight into their effective implementation of how to increase self-efficacy through hybrid tourism and VR technology to cope with burnout.

Introduction. Tourism is an activity in which one can choose a destination according to one's preferences and obtain a unique experience. It has the characteristics of economy, culture, leisure, consumption, remoteness, temporaryness and aesthetics. Firstly, tourism can help people rest better, soothe their mood and regain strength. Secondly, tourism can help people obtain education and expand their knowledge and contacts. Travel gives the body and minds new abilities, new perspectives, and new experiences. Tourism is a comprehensive industry with strong driving force. In the new era, tourism has become people's way of learning, growing and living. It is also one of the important channels to promote cultural protection, inheritance and dissemination.

Travel motivation is the internal reason why individuals choose to travel to meet specific psychological needs and satisfaction, and it is also the driving force for travel behaviour. Tourism motivations can be divided into many types, including relaxation motivation, novelty motivation, development motivation and the need for respect and self-actualization. The motivation for development is that through travel, people can learn and master new knowledge and skills in foreign countries, improve themselves, and pursue personal growth and development.

Self-development and self-efficacy are two interrelated concepts. Self-development refers to personal physical, mental, cognitive, emotional and social growth and progress. It involves an individual's abilities in self-awareness, self-regulation, and self-motivation, as well as an individual's adaptability and resilience in the face of challenges and pressures. Self-development is a continuous process that can help individuals realize their potential at various stages and continuously improve their abilities and qualities.

Self-efficacy is a social cognitive theory proposed by psychologist Bandura. It is an individual's self-awareness of his or her ability to complete a task using available resources. It is a manifestation of learners actively constructing knowledge. He believes that self-efficacy is an individual's understanding of whether he or she can complete a task using existing resources. The degree of confidence a person has in being able to perform a job using the skills he or she possesses [1]. In short, self-efficacy does not represent an individual's true ability to complete a job but rather represents an individual's sense of confidence in his or her ability to complete a job.

According to Bandura's theory, people with different self-efficacy have different thoughts, feelings and actions. The higher an individual's self-efficacy, the higher the level of confidence they have in themselves to complete their work, and the more proactive they will be in their work life. There has been considerable research on the relationship between individual characteristics and self-efficacy. Self-efficacy is a person's degree of confidence in his or her ability to complete a specific task. Self-efficacy is the perception of "I can do it" and the ability to cope with certain life stressors. It affects people's perception, thinking and action methods [2]. Therefore, improving self-efficacy plays an important role in one's development.

Self-efficacy is critical to personal growth and development because it can influence performance in areas such as goal setting, motivation, persistence, coping strategies, and emotional responses. The relationship between self-development and self-efficacy is mutually reinforcing. Through self-development, individuals can improve their abilities and qualities and enhance self-efficacy; at the same time, high self-efficacy can also promote personal self-development and improve personal adaptability and resilience. Therefore, through tourism, improvements in self-development and self-efficacy can be achieved.

The research goal is to analyse the theoretical issues of self-development and improving self-efficacy during Hybrid Tourism and Virtual Reality technology to cope with burnout. The authors also explore learning opportunities for personal development without occupational burnout.

Research results and discussions

People who need self-development while travelling. The theory of lifelong education and human development holds that, on the one hand, human self-change must be realized in social practice; on the other hand, the promotion of human development by social practice must be completed through human self-cultivation. The change of people and the improvement of their abilities, cultivation, quality and realm are not only a matter of understanding but also a matter of practice. Compared with traditional book and classroom education, travelling means entering the real (possibly unfamiliar) living world, observing others and reflecting on oneself during walking and practice. Between travel experience, interpretation/imagination and self-growth, it is people's self-learning and summary. Good tourism in the future should help and encourage people to discover their inner selves. Different types of travellers also have different gains from travel.

Types of tourists. Travel broadens our horizons and teaches us valuable life experiences by allowing exploring new cultures and meeting new people. Tourism is a practice of human development, as it poses and solves the problem of introducing new experiences, ideas, patterns of behavior and relationships in the process of getting to know, new people, communities and cultures. Educational tourism can encourage and direct a person to a more or less active, large-scale, multi-level transformation of experience through awareness, comparison and integration of new and previous everyday and unusual experiences and provides human development. There are different ways of travelling since there are several types of tourists that can be distinguished (Table 1). This subsection will discuss the differences between various types of tourists.

Table 1 - Types of tourism

Types of tourists	Characteristics	Advantages	Disadvantages
Short-term travellers	Travel duration is short, the travel distance is nearby, the travel time is usually during holidays, and they are more engaged in leisure activities.	Travel agents recommend the most beautiful and luxurious places to visit for a reasonable price.	Spending much time to find the best place for having a good vacation; Much more expensive than the usual travel.
Long-term travelers	Long-term tourism is much more economical than short-term tourism and offers the best price to stay longer at a foreign place. It also provides possibilities to meet	Cheaper stay in one place for a long time; Enjoyable to be „on the go" without being restricted by their baggage;	It can be quickly hectic chaos as cities blur together and the whole thing no longer feels special. A destination no longer seems attractive.

	local people and experience local culture in depth.		
Travelling people	A group of people will travel together to achieve a goal such as a pilgrimage or study abroad.	Self-development and formation of well-being for those who believe in God by asking for healing and forgiveness. From an academic perspective, students can exchange their knowledge with local students.	Moving groups of people is getting rapid with religions forming per day in some parts of the world. In particular, missionary travel has a negative influence on the local people's culture and is perceived poorly.

For short-term travellers, the travel status is temporary, the travel distance is not too far, the travel time is usually during holidays, and they are more inclined to leisure travel. In this case, travel is less likely to have a transformative effect and more about rest and rejuvenation without any noticeable change internally or externally. In most cases, they boil down to traditional tourist trips of the leisure type, with some entertainment and leisure activities, sports activities, etc.

Long-term travel lasts for a long time and provides us with the chance to fully experience the entire place, particularly, cities and local cultures at the deep level. Long-term travellers may have a chance to establish a good relationship with local people and spend time together by discovering local delicious food and the best markets for a reasonable price. This type of tourism is suitable for those who are more interested in cultural experiences than tourist sites and are eager to see local people how live.

For travellers who regard travel as the most important part of life, travel is a way for people to rethink their lives, to change, and to return to a familiar world to change it. These people stand out in modern society as a special group, which can be called "travelling people" (homo Tornus). This group itself is heterogeneous, but its common features, in addition to more or less regular tours, pilgrimages and other trips, are an active interest in civilisation, as well as in self-reflection and thinking, re-understanding of oneself, and research. It is of considerable interest in the patterns and trends of interpersonal and intrapersonal relationships.

For travellers who regard travel as an escape from life, travel can help them temporarily escape from interpersonal problems, or temporarily escape from the recognition and transformation of painful and traumatic experiences. Something is healing about shifting attention from a painful state to a more pleasurable state, in the form of more or less passive entertainment or active exploration of the world.

Travel is particularly fruitful when a person realizes that daily life has become "boring" and does not satisfy basic needs and desires [3]. When one is tired of one's pain and trauma, when one no longer understands oneself and the world and wants to understand what happened, what is going on or decide the future, a transformative travel experience is needed. In a personal journey, one can take an "inner journey" as an independent individual. A person strives to develop, find ways to become freer and more balanced, minimize the negative effects and consequences of stress and trauma, develop and maintain confidence, gain experience in coping, and overcome inner difficulties and problems. In this context, a person can often even make an unconscious or conscious effort to transform a real geographical journey into an inner one [3].

In addition to the external journey, individuals often need the outside world to help them. While travelling, almost everyone observes and learns from the external world around them. They expand the range of behaviours and ways of interacting, addressing questions about the possibility and necessity of shifting values and goals and the actions and relationships they require. In group travel, attention should not only be paid to personal experience, but also to the external aspects of the trip (the route and other aspects and functions of the trip), and even the interactions with others, which play an important role in developing and reflecting on personal communication.

During their journey, tourists often gain time and space for independence, freedom and responsibility, authenticity and harmony, which are important to them. Through travelling, you can

reflect on yourself, re-understand yourself correctly, improve your self-efficacy, and gain self-development. It is very possible.

Understanding traveller identity through educational psychology. Traveler identity is a complex construct that encompasses an individual's sense of self and belonging through experiences and interactions within the travel context. Educational psychology plays a vital role in understanding the formation and development of Traveler identity. Educational experiences during travel have a significant impact on the formation of a traveller's identity. Smith (2018) found that educational activities such as guided tours and cultural immersion programs help develop travellers' cultural awareness and appreciation [4]. These experiences provide individuals with opportunities to learn about different cultures, languages, and histories, thereby shaping their identity as travellers. Educational institutions such as schools and universities also play a crucial role in shaping traveller identity. Johnson (2019) explored the impact of study abroad programs on college student traveller identity and found that these programs enhanced cultural competency and global awareness [5]. Exposure to diverse educational environments and interactions with students from diverse backgrounds contributes to a more inclusive and open traveller identity.

Psychological factors play an important role in the development of a traveller's identity. Brown (2017) conducted a study on the relationship between personality traits and traveller identity and found that individuals with higher openness to experience and extraversion tend to have stronger traveller identity [6]. These personality traits promote a willingness to explore new environments, engage in cultural interactions, and embrace diverse travel experiences, ultimately shaping their traveller identities. Social influences such as family, peers and social media also contribute to the development of a traveller's identity. Johnson (2019) studied the role of social media in shaping traveller identity and found that exposure to travel-related content on platforms such as Instagram and YouTube affect individuals' perceptions and desires about travel [5]. Social media is a source of inspiration and information, shaping individuals' travel preferences and helping to develop their traveller identity.

Tourists' self-development path process. In the process of tourists' self-development, people introspect and reflect on their inner psychological and external behavioural performance during travel to achieve self-development. Tourists' introspection will be affected by tourists' perception of situational factors, emotional processes, and volitional processes in tourism situations. The perception of situational factors not only has a direct impact on introspective behaviour but also indirectly affects introspective behaviour through emotional processes. Travel motivation will indirectly affect tourists' introspective behaviour through emotional processes and volitional processes respectively. Tourists will observe changes in themselves in different dimensions through introspective behaviour. Once these changes are formed, some of them will become stable components of the self and exist for a long time. This change process is the self-development of tourists.

During the travel process, tourists may consciously ask themselves to do something that they have never done before or that is challenging [7]. If successful, the tourist will improve their self-efficacy. Tourists can also learn more about the diversity of the world and their limitations by communicating with others they meet while travelling, re-evaluating themselves, and being willing to make changes and breakthroughs. During the tourism process, tourists' attitudes and behaviours will change with the environment and state of mind, that is, tourists realize the diversity of themselves. At the same time, self-development is also reflected in the improvement of cognitive and behavioural abilities and the updating of values.

Finally, research on the impact of cultural and social factors on travellers' self-development remains understudied. Examining how cultural norms, values, and social expectations contribute to an individual's traveller self-development will contribute to a more complete understanding of this complex construct [8]. Fatima et al. (2017) researched the role of innovativeness and self-efficacy in tourism mobile learning (m-learning); they found out that the previous researchers argued that

technology usage was critical in education and concluded that self-efficacy study was investigated for determining behavioural intention in different contexts; m-learning might be beneficial, particularly, for gender education because due to some factors female learners have got the limited opportunity to travel to remote places; and in this case, m-learning gains more benefits to teaching girls with the latest apps and enables female learners to get that feeling as they have travelled by using mobile technologies [9].

VR technology and hybrid tourism. Virtual reality (VR) technology is transforming the travel industry by delivering immersive experiences and transforming marketing. VR can capture travel destinations in a unique and immersive way, allowing viewers to explore 360-degree scenes. VR headsets provide users with the most realistic virtual reality travel experience and are becoming increasingly popular [10]. Compared with traditional tourism, virtual reality tourism has unique advantages and disadvantages. While virtual tours can provide an immersive feeling, they can sometimes only accurately represent a destination [11]. For example, they may not capture the current state of a place, or they may not fully reproduce the sensory experiences of being there in person, such as smells, sounds, and touch.

Hybrid tourism refers to the integration of virtual and physical travel experiences that include virtual reality and other technologies to create immersive and interactive travel experiences and blend virtual and physical elements in the tourism industry [12]. Figure 1 describes hybrid tourism according to the research conducted by Bassyiouny and Wilkesmannn (2023). The authors studied the working conditions after the outbreak of COVID-19 and concluded that work and travel are a new type of workstations which became popular during the COVID-19 pandemic with the help of digital technologies [10]. The concept is gaining attention for its potential to offer unique and sustainable travel experiences, reduce the environmental impact of over-tourism, and provide inclusive and accessible travel opportunities.

VR is currently most useful in destination and hotel marketing, where it can be used to create virtual tours, hotel reviews and cultural/educational experiences to support decision-making. VR tourism allows travellers to explore destinations before booking travel through a travel agency. VR technology can also create travel experiences that don't require travellers to go anywhere, providing a more realistic and immersive experience than ever before [13].

Furthermore, VR travel experiences can include virtual tours of hotels, attractions and destinations and virtual booking interfaces that allow users to book vacations while wearing a VR headset. The technology is also used to create sustainable travel experiences by reducing the environmental impact of over-tourism and enabling educational and cultural experiences not possible in the real world [14]. VR headsets like the Oculus Rift and HTC Vive are becoming increasingly popular for travel experiences, and the number of people who own VR headsets is growing rapidly. Travel agencies are also using the technology to offer in-store virtual travel experiences, and airlines are using it to offer virtual in-flight experiences. As VR technology continues to develop and become easier to use, it is expected to play an increasingly important role in the travel and tourism industry, providing immersive experiences that are more engaging and realistic than ever before.
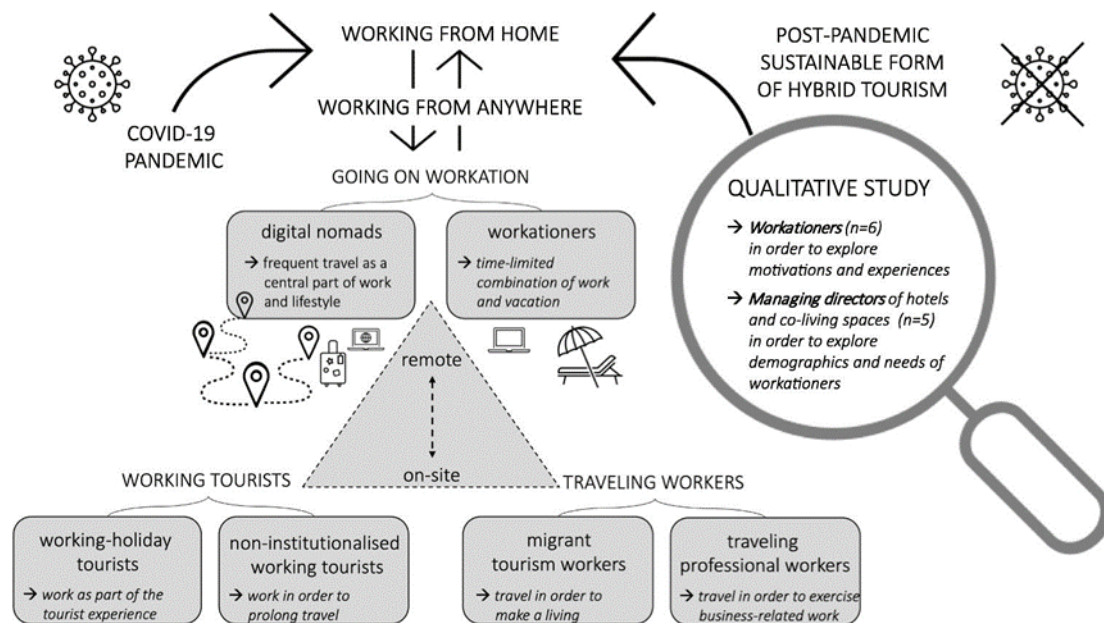
Figure - 1. Hybrid tourism [10]

The responsible use of virtual reality in travel and tourism is critical to ensuring that the benefits of the technology are equitably spread across society and that travel and tourism remain sustainable and enriching for all. Some key considerations for responsible VR use in travel include:

• Potential adverse effects on local communities, the environment, and the economy;

• Mitigating the negative impacts of VR on over-tourism by showcasing lesser-known destinations and diversifying tourist traffic;

• Educating travellers about the impact of their travel choices and promoting sustainable and responsible tourism practices;

• Ensuring that VR technology is accessible to all travellers, regardless of socioeconomic status or physical abilities;

• Using VR to create immersive and interactive experiences that are not possible in the physical world, such as exploring distant galaxies or visiting historical sites;

• Encouraging more inclusive and accessible travel experiences, such as virtual tours for people with disabilities or those who cannot travel physically;

• Providing real-time data on a destination's environmental and social sustainability efforts, helping tourists make informed decisions about their travel choices; and

• Using VR to connect people with other travellers and locals, fosters a sense of community and empathy [15].

By considering these factors and using VR responsibly, the travel and tourism industry can continue to revolutionize the way people experience and explore the world, making travel more accessible, more sustainable and more enriching for all.

Boztug et al. [16] have conceptualized the idea of a "hybrid tourist" who engages in both virtual and physical travel experiences, and this highlights the potential of VR to revolutionize the way people experience and explore the world. VR in tourism can provide immersive and realistic experiences, enable virtual booking interfaces, and contribute to sustainable travel by reducing the environmental impact of over-tourism. Additionally, VR can create educational experiences and offer a more personalized and interactive travel planning and booking process.

VR technology-supported in education. In recent years, digital technologies such as VR have emerged as a budding tool in the field of education, particularly in language learning. With its

immersive capabilities and other benefits, VR offers unique opportunities to enhance English instruction by providing learners with engaging and interactive experiences.

According to cognitive theories of learning, immersion and active participation are considered to be essential parts of effective language acquisition [17]. VR provides an immersive environment where students can be engaged with authentic language contexts, facilitating learning through meaningful interaction and experiences. Moreover, as sociocultural theories emphasise the importance of social interaction in language development [18], VR-supported English instruction can simulate real-life communication scenarios, allowing learners to interact with virtual characters or peers, thus fostering social interaction and collaborative learning. Since, the two key concepts of VR- theory are immersion and presence [19]. VR technology may provide a novel and engaging learning experience that tends to attract learners' attention and motivation [20]. Immersed in virtual environments, students are more likely to stay concentrated and actively engaged in the language learning process. VR simulations can recreate authentic language contexts, such as conversations in everyday settings or professional scenarios [21]. This exposure to real-life language practice can enhance learners' comprehension skills and cultural awareness.

Nowadays, different VR platforms can adapt to individual learning needs and preferences, therefore providing customized learning experiences for each student [22]. Through interactive exercises and activities and adaptive instant feedback, learners are supported to develop their language proficiency. Moreover, VR technology engages multiple senses, including sight, sound, and sometimes touch, facilitating multimodal learning experiences [23], thereby helping to enhance vocabulary retention and overall language comprehension. Another benefit of VR is its facility to provide a safe space for students to practice speaking and listening skills without fear of embarrassment or judgment [24]. This lowers affective filters and encourages risk-taking, leading to greater language fluency over time.

While VR-supported English instruction offers numerous benefits, several challenges and considerations, such as technical requirements, content development, pedagogical integration, accessibility and equity must be addressed. VR implementation in educational settings requires adequate hardware and software resources, which may cause some logistical and financial challenges for institutions with limited resources [25]. Creating high-quality VR content for language instruction demands significant time, expertise, and investment [26]. Teachers need access to well-designed, pedagogically grounded VR applications or programs aligned with language learning objectives. Furthermore, ensuring equitable access to VR technology is essential to prevent the exacerbation of educational disparities [27]. Lastly, effective integration of VR into English instruction requires the organization of teacher training courses and ongoing support [28]. Since proficient educators can facilitate language learning and address diverse learner needs.

Combating Burnout at Work with tourism. Various problems in the world cause the human race to be depressed and have a professional burnout. Here are some trending strategies for managing and overcoming burnout in the tourism industry by C. Gajadhar [29]. One of the strategies is that the use of digital technology based on artifial intelligence helps to automate academic tasks and reduce the mental load of employees. Technologies such as VR can be used to train, save supervisors time and increase the self-efficacy.
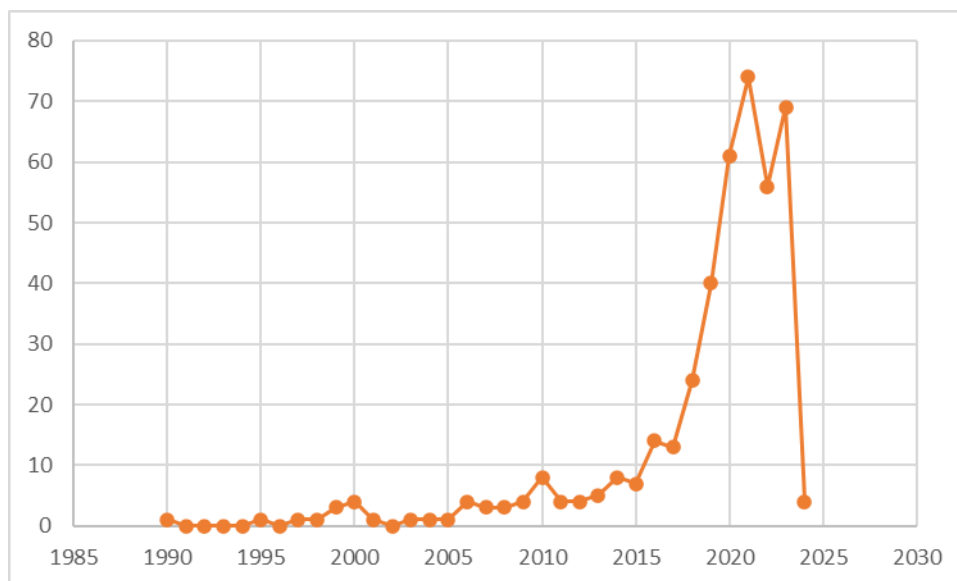
Line graph - 1. Published article results according to PubMed Database

Professional burnout means human feelings about the workplace. No wonder that nowadays educational sector belongs to the most stressed area because of constant metal cognitive engagmement [30]. People suffering from burnout feel drained and emotionally exhausted, unable to cope with certain situations, constantly tired, frustrated and lacking energy [31]. However, this phenomenon seems to have increased in the last few years, including in the international development sector. Let us have a look the line graph 1. It gives information about the published articles on occupational burnout from 1990 to the present, with a specific focus on the years 1990, 1995, 2000, 2005, 2010, 2015, 2020, 2025, and 2030. It can be seen that the problem of professional burnout has been getting relevant since 2019 and atrracted researcher's attention to study this area. As a results, authors published more and more research articles from year to year. This findings reveal that the occupational burnout study is today significant.

Conclusion. Travelling can not only broaden your horizons, increase your knowledge, and improve your cognitive abilities, but also update tourists' values. Tourists can achieve self-development through introspective behaviour. By reflecting on the changes in values, personality traits, behavioural intentions, etc. during the travel process, as well as the improvement in cognitive and behavioural abilities brought about by travel, tourists strengthen their understanding of themselves, enhance their self-identity, and then Achieve self-development. Tourists who seek self-realization and compensatory experiences as their travel motivations will consciously adjust and control their psychology and behaviour during the travel process to achieve their travel purposes and ultimately promote self-development. Tourism advantages for a traveler is huge and might have a therapeutic effect on humans. Since burnout is an important issue that can affect any sector, tourism should take advantage of VR technology in coping with it. Only then, employees can be proactive, healthy and resilient against pressure.

The integration of VR and other technologies in education is seen as promising and innovative to continue to develop. It is expected to produce more innovative and engaging VR travel experiences in the future. VR technology-supported education can hold substantial promise for enhancing language learning outcomes through immersive and interactive experiences. By providing authentic language contexts, personalized learning opportunities, and multi-sensory engagement, VR technology has the potential to transform English instruction and enable students to develop greater fluency and proficiency in the language education.

Research recommendations. While existing research provides valuable insights into the formation and development of traveller identity through educational psychology, there remain several research gaps that warrant further research. First, more research is needed on the long-term impact of educational experiences on traveller identity. While most research focuses on short-term effects, it would be beneficial to understand how these experiences shape an individual's traveller identity over time. Secondly, there is a need for a standard questionnaire with data support, a questionnaire on the self-efficacy of travellers before and after travel, to scientifically determine the impact of travel on self-efficacy. Research can quantify self-efficacy and scientifically study the role of travel on self-efficacy.

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