*Corresponding Author's Email: inesnurja@unyt.edu.al
Proceedings of The International Conference on Social Sciences and Humanities in the 21st Century
Vol. 2, Issue. 1, 2025, pp. 10-22
DOI: https://doi.org/10.33422/icsh21.v2i1.1192

ISSN: 3030-1262 online

The Impact of Vacation Length and Frequency on Enhancing Psychological Well-Being

Ines Nurja[1*] and Ilirjada Bendo[2]

[1*]University of New York Tirana, Albania

[2]Psychology Undergraduate, Albania

Abstract

This paper investigates how key indicators of psychological well-being including stress reduction, burnout, and quality of life are associated with the duration and frequency of vacations. Focusing on recovery and restoration theories, the study explores how time away from daily stressors contributes to mental health. An online survey was conducted, and a total of 200 valid responses were gathered. Participants responded to standardized measures such as the Recovery Experience Questionnaire for stress, the FAHW for well-being, the MBI-GS for burnout and the WHOQOL-100 for quality of life. Each construct was self-reported and categorized by the participants. In order to explore group differences, SPSS was utilized to analyze 8the data using non-parametric tests. Results from the tests demonstrate statistically significant differences across vacation duration and frequency, with vacations lasting 1-2 weeks providing the greatest benefits in terms of reducing stress, enhancing well-being and mitigating burnout. As for vacation frequency, participants who vacationed more frequently, especially 3-4 vacations per year, reported the lowest stress levels and greater life satisfaction. Age turned out to be an influencing factor as well, with individuals aged 36-45 experiencing the most beneficial psychological outcomes. This research highlights the importance of vacations on fostering mental well-being while emphasizing the impact of vacation duration and frequency. Implications for mental health experts and organizations include encouraging planned, consistent vacations as a preventative measure against stress and burnout.

Keywords: burnout; mental health; quality of life; stress relief; travel

1 Introduction

All humans share the fundamental desire to live a fulfilling quality life, and this desire drives the majority of human endeavors. In today's rapidly evolving world, where psychological strains like anxiety, stress and burnout are too common, finding mental well-being and happiness has become more essential than ever. As people try to achieve a balance between their personal, professional and social responsibilities, the need for productive

methods to support psychological health has increased. Vacations have emerged as a powerful tool in this regard, offering ways to enhance happiness, reduce stress and improve overall quality of life.

Vacations are especially vital for workers, as they provide much needed relief from the psychological stressors and burdens associated with everyday job demands. Studies carried out by the American Psychological Association (APA), underscore the essential function and importance that vacations play in reducing stress, emphasizing their ability to alleviate the pressures that come with one's job and fostering mental health (APA, 2017). Further supporting this, As Kang et al. (2018) highlight a growing body of research, demonstrating a positive link between vacations and happiness. Their findings show that individuals who take vacations report a greater life satisfaction, higher subjective well-being and an improved quality of life, in contrast to those who do not.

This research aimed to examine how vacation length and frequency relate to psychological well-being, focusing on stress, burnout reduction and quality of life. It is postulated that taking vacations positively affects the individual's well-being, and the longer the vacations, the greater the opportunity for individuals to gain new experiences and fully detach from daily responsibilities (Chen et al., 2012). As adults spend energy in their everyday life fulfilling duties and tasks, vacations offer a chance to reduce workload and relax. In scientific literature, this moment is often described as recovery or restoration, and it is closely linked to improvements in an individual's overall well-being. While most research has focused on vacation satisfaction, longitudinal studies that assess well-being before and after taking vacations have revealed deeper insights into how vacations might affect psychological health.

For example, a study of teachers who had completed questionnaires before and after their vacations, found that vacations reduced emotional exhaustion and increased work engagement immediately afterward, although these benefits lasted only about a month (Kuhnel & Sonnentag, 2011). Similarly, university employees showed improvements in well-being, such as fewer health complaints and less burnout, along with better self-reported test performance and effort, following their vacations (Fritz & Sonnentag, 2007).

One interesting component to be investigated from researchers is the "fade-out effect", where the beneficial effects of vacations diminish relatively quickly after returning to work. Despite this, longitudinal studies exploring the relationship between travel duration and restoration, report that vacations of moderate length tend to promote more sustained restoration as individuals had the chance to also engage in relaxing activities (Cui, 2023). Other studies indicate that even short breaks can lead to restorative benefits for cognitive capacity, although these effects tend to weaken by the second week back at work (Packer, 2021).

The association between vacations and happiness can also be influenced by personality traits and social norms (Yan et al., 2023). For example, a study examining health and well-being reported that during vacations, participants experienced improvements in five key indicators: health status, mood, tension, energy level and satisfaction (De Bloom et al., 2010). However, these components had returned to pre-vacation levels within the first week back at work. Similarly, in another study, reduction in burnout levels was observed shortly after vacations, but it reverted back to baseline approximately four weeks later (Westman & Etzion, 2001). Interestingly, the effects of annual vacations on work stress and burnout were found to be similar whether the vacation was shorter (7-10 days) or long (more than 10 days) (Etzion, 2003). Although longer vacations often require better financial resources and comfort, and psychological well-being is known to be linked to economic well-being, it raises the question of whether individuals who vacation for longer also tend to have better economic

status (Lahi & Nurja, 2022). This would be especially relevant as perceptions of psychological and mental health issues are strongly connected to income levels (Lahi & Nurja, 2022).

Research findings from a representative sample in the Netherlands indicate a significant correlation between vacation frequency and key principles of happiness within the subjective well-being framework. Specifically, higher frequency of vacations is linked to increased life satisfaction and diminished negative effects at the individual level. Additionally, individuals who engage in more vacations annually tend to report enhanced life satisfaction and greater positive effects in the subsequent year (Mitas & Kroesen, 2020).

Building on the literature above, researchers identified the following research objectives, including the need to identify the possible psychological benefits that come as a result of vacation; and study the relationship between recovery from stress/ stress reduction, burnout reduction, quality of life, vacation duration and vacation frequency. The research focused on three main research questions. Firstly, the study aimed to explore whether the duration of a vacation impacts a person's mental health—specifically their stress levels, burnout, and overall life satisfaction. Secondly, whether the number of vacations people take per year makes a difference. And finally, whether different age groups respond differently to vacations—whether there are certain life stages where time off has a greater psychological impact.

2 Methods

For measuring the individuals' respondance from vacations in order to explore the research questions, a survey was designed and conducted online. The research instrument was used to reach massive numbers of participants who would voluntarily complete the survey allowing the researchers to explore different perspectives and experiences related to vacations in relation to demographic factors as well, considering the participants convenience to answering online. Ethical principles of privacy, confidentiality and anonymity were respected and the survey was mostly shared personally to the participants and through social media platforms as well. The survey was available online for approximately 7 days, from the 31st of May to the 6th of June 2024. There were 203 responses collected in total, and out of which 200 were later deemed valid and acceptable for the study. Data was analyzed via SPSS utilizing qualitative statistical analysis.

2.1 Survey development

The participants were first introduced to the survey through an introduction message which made them aware of the purpose of research that they were about to participate in. At the beginning of the survey they were asked if they have ever gone in vacation and given Yes/No options for their answer- this was done as a way of filtering responses and only analyzing the participants that have gone on vacation and experienced the therapeutic benefits of it. Then they were asked "How long are most of your vacations?" as a way to measure vacation duration and then test for differences between durations. The answer options were categorized as "1-3 days", "3-6 days", "1-2 weeks" and "more than 2 weeks". The options for vacation duration were based on the legal vacation days in Albania, where the survey was distributed, which at the time of conducting this survey stands at 21 vacation days per year, according to the Labour Code in Albania (World Bank, 2022).

The survey consists of five items that were shaped to align with the specific aims of this study, particularly in exploring the psychological effects of vacation. While the questions were not taken or borrowed from previous instruments, their development was informed by the key constructs and thematic focuses found in the existing literature. For quality of life,

five items were developed by referring to the Quality of Life instrument found in the widely popular WHOQOL-100 questionnaire developed by the World Health Organization (2012), four items were developed for burnout inspired by MBI-GS (Schaufeli et al., 2009), four items were developed for stress reduction by referring to Kühnel and Sonnentag (2011). The well-being construct was measured through 4 items which were developed while referring to the German FAHW (Wydra, 2014) (Der Fragebogen zum allgemeinen habituellen Wohlbefinden) scale. Items related to stress reduction were designed and inspired by the recovery experience questionnaire (REQ) by Sonnentag & Fritz (2007) which was developed and validated for the purpose of recuperation and unwinding from work assessment. The three Future Intention items were developed referring to the Theory of Reasoned Action considered as the model that explains the intention to participate in an action. The items were inspired by the Bayih & Singh (2020) survey which explores motivations, satisfaction and tourist behavioural intentions and Bianchi et al. (2017) which looks into understanding travelers' intentions to visit a vacation destination. Overall, the survey items were developed for the aim of the study referring to standardized measures, shaped to capture the psychological dimensions most relevant to the research objectives.

2.2 Results

To examine the relationship between vacation patterns and psychological well-being, several non-parametric tests were conducted. Specifically, Kruskal-Wallis tests were developed to assess potential differences across stress reduction, burnout reduction, quality of life, well-being and future intention, based on vacation duration, vacation frequency and age groups. The results demonstrated several significant differences across these outcomes, as presented in the following tables.

Details of the Kruskall-Wallis test and statistical analysis are summarized below:

Vacation Duration

Table 1: Vacation Duration and stress reduction, quality of life, burnout reduction, wellbeing.

Ranks

	How long are most of your vacations?	N	Mean Rank
Stress reduction	1- 2 weeks	90	115.59
	1-3 days	16	61.19
	3-6 days	66	91.04
	more than 2 weeks	28	96.77
	Total	200	
Quality_of_Life	1- 2 weeks	90	113.12
	1-3 days	16	62.00
	3-6 days	66	92.55
	more than 2 weeks	28	100.66

	Total	200	
Burnout_reduction	1- 2 weeks	90	114.01
	1-3 days	16	54.03
	3-6 days	66	90.32
	more than 2 weeks	28	107.63
	Total	200	
Well_Being	1- 2 weeks	90	108.28
	1-3 days	16	55.84
	3-6 days	66	96.83
	more than 2 weeks	28	109.66
	Total	200	

Test Statistics[a,b]

	Stress Reduction	Quality_of_Life	Burnout_reduction	Well_Being
Kruskal-Wallis H	15.955	12.919	18.332	12.528
Df	3	3	3	3
Asymp. Sig.	.001	.005	.000	.006

a. Kruskal Wallis Test

b. Grouping Variable: How long are most of your vacations?

Kruskal-Wallis tests were conducted to examine whether the length of vacations had any relationship with the four psychological outcomes: stress reduction, quality of life, burnout reduction and overall well-being. The independent variable was vacation duration, which was categorized as: 1-3 days, 3-6 days, 1-2 weeks, and more than 2 weeks.

Regarding Stress Reduction: A statistically significant difference was found in stress reduction across vacation duration. According to the data analysis, the 1-2 weeks vacations had the highest mean rank, which indicates that individuals taking 1-2 week breaks experienced the greatest stress reduction, whereas the 1-3 day breaks reported the lowest mean rank, suggesting minimal stress relief from very short vacations.

Regarding Quality of Life: Data analysis also reported significant difference in quality of life where 1-2 week vacation group again, had the highest mean rank, followed by the more than two weeks group, which indicates that longer vacations may be potentially associated with better perceived quality of life. Again, the 1-3 day vacation group reported the lowest mean rank. The insights underline the importance of mental health resilience. Longer

vacation not only foster immediate stress relief but may also enhance an individual's overall life satisfaction and psychological flexibility following the break.

Regarding Burnout Reduction: Burnout reduction also shows statistically significant relationship where participants who took 1-2 week vacations reported the greatest reduction in burnout, followed by the more than 2 weeks group. And again, 1-3 day vacation group had the lowest mean rank. The results suggest that extended vacations (more than 1 week) contribute positively to burnout reduction, which is critical for maintaining occupational health and preventing chronic stress-related issues.

Regarding Well-Being: Significant differences were also reported in overall well-being as well, where participants that were part of the more than 2 weeks group and those part of 1-2 weeks group reported the highest levels of well-being.

Summary: Data analysis shows that individuals taking vacations lasting 1-2 weeks consistently exhibit the highest mean ranks across all categories, suggesting that the longer vacations can be more effective in promoting stress reduction, enhancing quality of life, mitigating burnout, and improving overall well-being. Vacations lasting between 1-2 weeks were consistently associated with the most beneficial psychological outcomes in terms of psychological constructs such as stress reduction, quality of life, burnout reduction and well-being. While, on the other hand, very short vacations, like 1-3 days, were associated with the least psychological benefits. These findings suggest that relatively long vacations, especially lasting from 1-2 weeks, may offer the optimal psychological recovery window.

Vacation Frequency

Table 2: Vacation Frequency and variables

	Vacationfreq	N	Mean Rank
Stress	Rarely (I go on vacation once every two years)	10	68.60
	Sometimes (I go on vacation once a year)	64	97.27
	Often (I go on vacation twice a year)	75	96.55
	Always (I go on vacation almost every season)	50	114.94
	Total	199	
Future_Intention	Rarely (I go on vacation once every two years)	10	61.25
	Sometimes (I go on vacation once a year)	64	92.46
	Often (I go on vacation twice a year)	75	102.85
	Always (I go on vacation almost every season)	50	113.12

	Total	199	
Quality_of_Life	Rarely (I go on vacation once every two years)	10	66.65
	Sometimes (I go on vacation once a year)	64	94.45
	Often (I go on vacation twice a year)	75	102.87
	Always (I go on vacation almost every season)	50	109.46
	Total	199	
Burnout_reduction	Rarely (I go on vacation once every two years)	10	78.30
	Sometimes (I go on vacation once a year)	64	96.96
	Often (I go on vacation twice a year)	75	99.33
	Always (I go on vacation almost every season)	50	109.23
	Total	199	
Well_Being	Rarely (I go on vacation once every two years)	10	68.60
	Sometimes (I go on vacation once a year)	64	95.39
	Often (I go on vacation twice a year)	75	99.53
	Always (I go on vacation almost every season)	50	112.88
	Total	199	

Test Statistics[a,b]

	Stress	Future_Intention	Quality_of_Life	Burnout_reduction	Well_Being
Kruskal-Wallis H	7.006	9.445	5.621	3.000	6.091
df	3	3	3	3	3
Asymp. Sig.	.072	.024	.132	.392	.107

a. Kruskal Wallis Test

b. Grouping Variable: How often do you go on vacation?

Kruskal-Wallis tests were conducted to explore whether vacation frequency has any relationship with psychological outcomes, which are as follows: stress, future intention, quality of life, burnout, well-being. The frequency of vacations was categorized as Rarely (once every two years), Sometimes (once a year), Often (twice a year), Always (almost every season).

Regarding Stress Reduction: There was significance reported from individuals who took vacations almost every season (Always), indicating the greatest stress reduction, while those who rarely vacationed had the lowest mean rank.

Regarding Future Intention: Participants who always vacationed had the highest mean rank, suggesting greater proactive planning for future vacations. The lowest mean rank was found among those who rarely vacationed.

Regarding Quality of Life: Even though differences in quality of life did not reach statistical significance, the pattern was similar. The "Always" group had the highest mean rank, followed by "Often", and "Sometimes". Again, the "Rarely" group reported the lowest mean rank.

Regarding Burnout Reduction: Even though no statistical significance was found, the patterns still remained similar; more frequent vacationers tended to report higher burnout reduction levels.

Regarding Well-Being: The highest mean rank was observed in the "Always" group and the lowest in "Rarely" group, suggesting that frequent vacations may be associated with enhanced well-being.

Summary: Consistent patterns were reported across all psychological outcomes, with Future Intention construct being the most statistically significant. Individuals who vacation more frequently, report higher levels of stress reduction, quality of life, burnout reduction, and well-being. In contrast, those who vacation less, report lower psychological benefits. These findings suggest that regular, seasonal breaks may offer better maintained mental health benefits, with a particular emphasis on motivational benefits for future vacations.

Age Group Differences

Table 3: Age Group Differences Results

Ranks

	What is your age?	N	Mean Rank
Burnoutreduction	18-24	107	90.95
	25-35	46	107.18
	36-45	22	129.75
	46-55	15	96.47
	56-65	10	113.60
	Total	200	
	18-24	107	95.57

QualityoflifeQoL	25-35	46	97.00
	36-45	22	127.75
	46-55	15	89.07
	56-65	10	126.55
	Total	200	
Wellbeing	18-24	107	98.05
	25-35	46	94.30
	36-45	22	125.23
	46-55	15	97.73
	56-65	10	105.00
	Total	200	
Futureintentions	18-24	107	99.21
	25-35	46	97.39
	36-45	22	120.89
	46-55	15	82.73
	56-65	10	110.40
	Total	200	

Test Statistics[a,b]

	Burnoutreduction	QualityoflifeQoL	Wellbeing	Futureintentions
Kruskal-Wallis H	10.085	8.643	4.994	5.184
df	4	4	4	4
Asymp. Sig.	.039	.071	.288	.269

a. Kruskal Wallis Test

b. Grouping Variable: What is your age?

A series of Kruskal-Wallis tests were developed to examine whether psychological outcomes differed across age groups. The independent variable was age, which was categorized into five groups (18-24, 25-35, 36-45, 46-55, and 56-65), and the dependent variables were burnout reduction, quality of life, well-being and future intention. Results show that there is a strong relationship between stress reduction, quality of life, burnout and age. The group age with the lower level of stress is 36-45 years of age. The group age with the highest level of stress is 18-24 years old. Referring to the Quality of life : the group age with the best quality

of life is being reported from the group age 36-45 dhe and the lowest one is 46-55 years old. Burnout reduction is properly seen in the age group of 36-45, and is represented with high levels in the age group of 18-24 years old.

The statistically significant difference in burnout reduction was found across age groups, and the observation of mean ranks indicated that participants who were part of the 36 to 45 age group reported the highest perceived burnout reduction, followed by age groups 56-65, 25-35, 46-55 and 18-24. These results suggest that midlife individuals may potentially benefit more from breaks. The Kruskal-Wallis test also reported significance for quality of life, indicating a trend toward age differences, though it was not statistically significant. The highest mean ranks were again found in the age group aged 36 to 45. Overall, age was found to be an influencing factor regarding burnout reduction in particular, and quality of life as well. Although differences in well-being and future intention did not demonstrate significance, these patterns suggest a consistent trend of more beneficial psychological outcomes in older age groups, especially in individuals who are between 36 to 65 years of age.

2.3 Discussion

Participants who took vacations lasting one to two weeks consistently reported the highest levels of stress reduction, quality of life, and overall well-being. These findings reinforce existing literature suggesting that longer vacations offer greater psychological benefits, allowing individuals to disconnect from daily stressors and replenish emotional and cognitive resources (Chen et al., 2016). In contrast, very short vacations lasting one to three days were associated with minimal benefits across all psychological indicators, suggesting they may be insufficient for sustained recovery. The data showed a consistent trend across vacation frequency: individuals who vacation more frequently throughout the year tended to report better psychological outcomes than those who vacationed less often. Although not all findings reach statistical significance, the patterns are consistent with studies indicating that more regular breaks can lower chronic stress and promote long term emotional resilience (Mitas & Kroesen, 2020). The analysis by age group revealed that individuals aged 36 to 45 reported the greatest psychological benefits, particularly in terms of burnout reduction and quality of life. This may reflect the elevated stress levels experienced during midlife, when both professional and family responsibilities often peak.

From a practical standpoint, these findings have important implications for individuals, employers, policymakers, and mental health professionals. At the organizational level, employers should encourage regular time off and full allowed vacation time for employees, not only for their satisfaction but to prevent burnout and maintain productivity as well. Human resources department could utilize these findings to develop and structure vacation policies that prioritize longer, uninterrupted breaks rather than sporadic or overly short ones.

On a broader scale, public health campaigns could emphasize the psychological importance of vacations as a form of preventive mental healthcare. Mental health professionals and wellness coaches may use these findings to help clients plan more restorative and purposeful leisure activities. Additionally, travel and tourism sectors can frame vacations not just as mere luxury but as an investment in long term well-being.

As for therapy and counselling, psychologists need to be well informed regarding the clinical effects of vacations and also encourage clients to prioritize long term vacations as a plan of their mental health sustainability and promotion of happiness in life. These insights can be particularly helpful for supporting clients that are struggling with chronic stress, burnout or diminished life satisfaction. In order to assist clients comprehend the

psychological benefits of taking planned time off and to encourage them to arrange restorative and intentional vacations, therapists might use vacation planning as a psychoeducational technique during sessions. Incorporating discussion about rest and recovery into therapy plans may improve results for clients who are suffering emotional exhaustion or early indicators of burnout, particularly those in demanding professions. Counseling sessions might also examine a client's cognitive and emotional or even financial obstacles to taking the vacation, and work together to create solutions. Mental health practitioners who work with clients in high-risk age groups, such as those in their late 30s to 40s, might use these results to guide them towards sustainable self-care practices that include frequent, restorative vacations, as part of preventative interventions.

Additionally, employers can support their workforce by managing workloads and deadlines, allowing employees to take vacations without the stress of returning to an overwhelming backlog of tasks. This approach can foster a positive workplace culture that values work-life balance and incentivizes employees to take leave through recognition programs or bonuses that prioritize their well-being. Furthermore, organizations might also consider implementing wellness programs focused on mental health and well-being through training sessions and seminars.

In terms of the methodology used, though it is constructive and well oriented, researchers suggest that in the future research work, other innovative approaches could further enhance its contribution. In this regard, other more advanced analysis such as Structural Equation Modeling (SEM) could be used to test complex relationships between latent constructs. Researchers consider that in the coming research work, these models would allow the usage of mediation and moderation analyses allowing the provision of testing mechanisms through which vacations affect well-being, and whether this impact depends on factors such as age, gender or employment status. This would make an original contribution to the field, moving research from a descriptive analysis towards a more in-depth and coherent theoretical perspective.

Researchers suggest that, considering the methodology has a few limitations, including the selection of the sample, which was based on self-reported data of participants completing an online survey voluntarily, which may have limited the representation of the population. However, online surveys are the most convenient ones to gather data voluntarily and fast considering the major usage of technology from people. Secondly, researchers consider that since the data relies on self-report declarations, social desirability on changes related to the effects of vacations may contain also some bias in individual level. However, this limitation is present in all tests, including the psychometric tests with reliability and validity. Another limitation is seen in terms of measurement of the data: the current study relies on one time of measurement. Other longitudinal studies could be suggested to further assess and measure the effects of vacation on the individuals' wellbeing. Other factors like family situations, health status, job position or characteristics could further be used as other potential factors to assess and see whether they influence and to what degree they do influence wellbeing. The use of longitudinal analyses and structural equation modeling in future research may help address these limitations and enhance the understanding of the relationship between vacations and psychological well-being. By incorporating these suggestions into the research, the article could better address the complexities surrounding vacation impacts on mental well-being, making the findings more applicable across various demographics and organizational contexts.

3 Conclusions

These findings provide compelling evidence that the duration and frequency of vacations play an important role in enhancing several scopes of psychological welfare, including stress reduction, burnout reduction, quality of life and overall well-being.

Vacations lasting more than a week were consistently associated with the highest psychological benefits, suggesting that this length may represent an optimal recovery phase, while very short vacations were found to provide the least beneficial outcomes. Furthermore, individuals who vacation more frequently, especially those who take breaks every season of the year, had a consistent pattern of reporting higher levels of psychological well-being and burnout and stress reduction in comparison to those who vacationed rarely or less often. While not all differences had statistical significance, the overall trend suggests that regular and fairly long vacations, contribute positively to mental health. These results advocate the broader value of planned time off and reinforce the practical implications as discussed above, especially in therapeutic and occupational contexts.

Practitioners in Psychology would benefit from the research work and findings to understand the relationship between the variables and wellbeing and address them in different contexts, such as: in organizational and human resources management that promotes regular vacations and time off can enhance employee productivity and engagement, to prevent burnout by recognizing the importance of vacation frequency and duration, to foster healthier work and life balance by supporting employees in taking vacations. In the clinical context clinicians can incorporate vacation planning as part of therapeutic interventions for individuals experiencing stress, anxiety, or burnout. By advocating for regular vacations, therapists can help clients prioritize self-care and recovery. In terms of personal wellbeing, people can understand the significance of taking vacations, seeing them as essential for psychological health and promoting a better quality of life, better managing their emotions and stress. Overall, the data advocates for the necessity of understanding how time away from daily stressors and responsibilities can significantly influence mental health outcomes, highlighting the importance of taking sufficient time for recovery and rejuvenation.

References

American Psychological Association. (2017). *Stress in America: The state of our nation.* https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf

Bayih, B. E., & Singh, A. (2020). Modeling domestic tourism: Motivations, satisfaction and tourist behavioral intentions. *Heliyon,* vol. 6(9). https://doi.org/10.1016/j.heliyon.2020.04839

Bianchi, C., Milberg, S., & Cúneo, A. (2017). Understanding travelers' intentions to visit a short versus long-haul emerging vacation destination: The case of Chile. *Tourism Management,* vol. 59, pp. 312–324. https://doi.org/10.1016/.tourman.2016.08.013

Chen, C.-C., & Petrick, J. F. (2012). Vacation recovery experiences on life satisfaction. *Travel and Tourism Research Association: Advancing Tourism Research Globally.* https://scholarworks.umass.edu/ttra/2012/Oral/29

Cui, R. (2023). Travel duration and the restorative effects of holiday experiences: An inverted U-shape. *Tourism Review,* vol. 78(5), pp. 1244–1264. https://doi.org/10.1108/TR-06-2022-0268

De Bloom, J., Geurts, S. A. E., Taris, T. W., Sonnentag, S., de Weerth, C., & Kompier, M. A. J. (2010). Effects of vacation from work on health and well-being: Lots of fun, quickly gone. *Work & Stress*, vol. 24(2), pp. 196–216. https://doi.org/10.1080/02678373.2010.493385

Etzion, D. (2003). Annual vacation: Duration of relief from job stressors and burnout. *Anxiety, Stress, & Coping*, vol. 16(2), pp. 213–226. https://doi.org/10.1080/10615806.2003.10382974

Fritz, C., & Sonnentag, S. (2006). Recovery, well-being, and performance-related outcomes: The role of workload and vacation experiences. *Journal of Applied Psychology*, vol. 91(4), pp. 936–945

Kang, S., Vogt, C. A., & Lee, S. (2018). Does taking vacations make people happy? A regional disparity perspective. *Asia Pacific Journal of Tourism Research*, vol. 23(12), pp. 1126–1138. https://www.tandfonline.com/doi/abs/10.1080/10941665.2018.1515089

Kuhnel, J., & Sonnentag, S. (2011). How long do you benefit from vacation? A closer look at the fade-out of vacation effectst. *Journal of Organizational Behavior*, vol. 32(1), pp. 125–143.

Lahi, B., & Nurja, I. (2022). Psychological assessment of the wellbeing and economic related issues of the Albanian population living in the pandemics. *ResearchGate*. https://www.researchgate.net/publication/366438096_Psychological_Assessment_of_the_Wellbeing_and_Economic_Related_Issues_of_the_Albanian_Population_Living_in_the_Pandemics

Mitas, O., & Kroesen, M. (2020). Vacations over the years: A cross-lagged panel analysis of tourism experiences and subjective well-being in the Netherlands. *Journal of Happiness Studies*, vol. 21, pp. 2807–2826. https://doi.org/10.1007/s10902-019-00200-z

Packer, J. (2021). Taking a break: Exploring the restorative benefits of short breaks and vacations. *Annals of Tourism Research Empirical Insights*, vol. 2(1). https://doi.org/10.1016/j.annale.2020.100006

Schaufeli, W. B., Bakker, A. B., & Van Rhenen, W. (2009). How changes in job demands and resources predict burnout, work engagement, and sickness absenteeism. *Journal of Organizational Behavior*, vol. 30(7), pp. 893–917. https://doi.org/10.1002/job.595

Sonnentag, S., & Fritz, C. (2007). The Recovery Experience Questionnaire: Development and validation of a measure for assessing recuperation and unwinding from work. *Journal of Occupational Health Psychology*, vol. 12(3), pp. 204–221. https://doi.org/10.1037/1076-8998.12.3.204

Westman, M., & Etzion, D. (2001). The impact of vacation and job stress on burnout. *Psychology & Health*, vol. 16(5), pp. 595–606.

World Health Organization. (2012). *WHOQOL: Measuring quality of life*. https://www.who.int/tools/whogol

Wydra, G. (2014). *The questionnaire on general habitual well-being (FAHW and FAHW-12): Development and evaluation of a multidimensional questionnaire*. Sportpädagogik Saarbrücken.https://sportpaedagogik-sb.de/pdf/FAHW-Manual.pdf

World Bank. (2022). *Strengthening quality of auditing and reporting project (SQARP): Draft labor management procedures*. Ministry of Finance and Economy of Albania. https://documents1.worldbank.org/curated/en/099720006172220670/pdf/P176084038cd3e0440a727013a8dd51177a.pdf

Yan, N., de Bloom, J., & Halpenny, E. (2023). Integrative review: Vacations and subjective well-being. *Journal of Leisure Research*, vol. 55(1), pp. 65–94. https://doi.org/10.1080/00222216.2023.2193180