
Self-Continuity Nostalgia and Psychological Well-Being in Tourism Psychology: A Survey

www.surveyx.cn

Abstract

This survey paper presents an interdisciplinary framework that examines the interconnectedness of self-continuity, nostalgia, psychological well-being, tourism psychology, creative tourism, and emotional influence. It highlights how nostalgic experiences reinforce self-continuity, contributing to psychological well-being, and explores their application within tourism psychology. The paper investigates the role of creative tourism in fostering culturally immersive experiences that evoke emotional responses, enhancing tourists' well-being and identity. Empirical evidence supports the significance of nostalgia as a psychological resource that bolsters resilience and motivation, crucial for identity formation. The integration of creative industries and tourism is shown to enrich visitor experiences and support local economies. Future research should focus on developing holistic frameworks that incorporate determinants of subjective well-being, and explore the cognitive mechanisms underlying nostalgia. By addressing these gaps, the paper suggests that sustainable tourism strategies can be developed to enhance personal identity and well-being across diverse contexts.

1 Introduction

1.1 Structure of the Survey

This survey presents an interconnected framework that encompasses self-continuity, nostalgia, psychological well-being, tourism psychology, creative tourism, and emotional influence. The introductory section outlines the framework's significance in understanding personal identity and continuity. Subsequent sections elaborate on the background and core concepts, detailing each component and their interrelations, which serve as the foundation for the analysis.

The theoretical foundations section investigates psychological well-being, emphasizing its relationship with self-continuity and nostalgia. Following this, nostalgia's psychological functions and their effects on personal identity and emotional experiences are explored. The analysis then shifts to tourism psychology and creative tourism, illustrating their contributions to the interdisciplinary framework.

In the third section, the relationship between self-continuity and nostalgia is examined, highlighting how nostalgia reinforces self-continuity and shapes personal identity over time. This includes an exploration of nostalgia's impact on social identity and the role of narratives in sustaining self-continuity, as well as the neurological aspects of nostalgia and their implications for self-continuity.

The survey further investigates psychological well-being theory, presenting empirical evidence and discussing practical implications related to self-continuity. The exploration of future self-continuity reveals its substantial influence on health behaviors, suggesting that a stronger connection to one's future self can align daily actions with personal values, thereby enhancing psychological well-being. Engaging with one's future self, such as through letter writing, has been shown to increase participation in health-promoting activities like exercise. This connection underscores the importance of recognizing that core values endure over time, encouraging individuals to consider how current

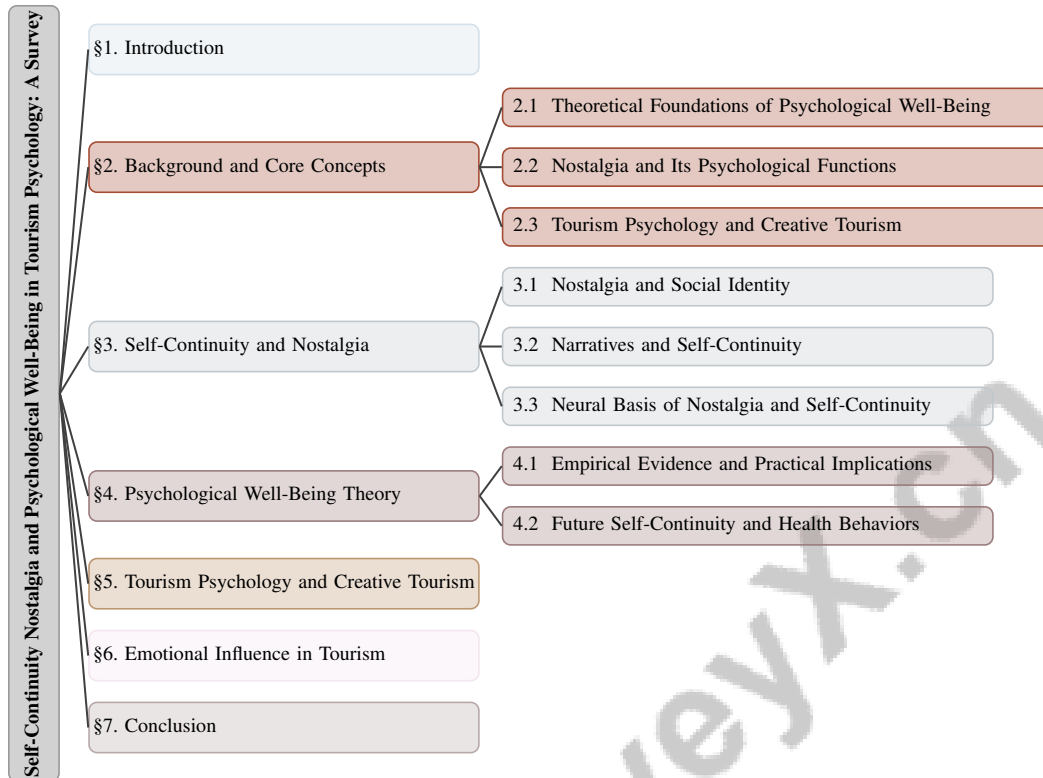


Figure 1: chapter structure

choices affect their future selves. Thus, fostering future self-continuity may be a crucial mechanism in interventions aimed at improving health behaviors and overall well-being [1, 2, 3, 4, 5].

The application of the interdisciplinary framework within tourism psychology is analyzed, particularly in the context of creative tourism. This section discusses how creative tourism experiences elicit emotional responses that enhance psychological well-being, as well as the role of culturally immersive activities and community engagement in fostering self-continuity and nostalgia [6].

The emotional influence of tourism experiences is examined, focusing on how emotions triggered by tourism activities impact psychological well-being and identity. The interplay between emotions, behavior, and identity in tourism contexts is analyzed, alongside the effects of collective nostalgia on consumer preferences [7].

The conclusion synthesizes the survey's key findings, underscoring the significance of the interdisciplinary framework and identifying potential avenues for future research. This structured approach enables a thorough examination of the complex relationships among self-continuity, nostalgia, and psychological well-being within tourism. By integrating findings from diverse cultural contexts, such as Greece, and employing varied methodologies to assess nostalgia's influence, the research enhances our understanding of how nostalgia fosters social connectedness, thereby promoting self-continuity and contributing to psychological adjustment during experiences like repatriation [8, 9]. The following sections are organized as shown in Figure 1.

2 Background and Core Concepts

2.1 Theoretical Foundations of Psychological Well-Being

Psychological well-being is intricately linked to self-continuity and nostalgia, both crucial for sustaining a coherent identity over time. Self-continuity, the perceived connection between past and present selves, is fundamental to psychological health [8]. Wellness tourism exemplifies this by enhancing physical and mental health, life satisfaction, and social interactions, thus fostering a more integrated self [10]. Psychological well-being encompasses hedonic and eudaimonic dimensions, focusing

respectively on pleasure and meaning [4]. This duality is essential for a holistic understanding of well-being.

The framework incorporates Freudian and Maslowian concepts, such as the iceberg analogy and the hierarchy of needs, to elucidate motivations in travel decisions [11]. These constructs highlight self-continuity's role in decision-making, where perceived continuity with past selves influences emotions and investments [12]. Nostalgia serves as a psychological resource, linking past experiences with current identity, reinforcing self-continuity across cultures [13]. Holistic thinking, emphasizing connections among past, present, and future selves, contrasts with analytic thinking in this context [9].

The Future Self-continuity model, based on Construal Level Theory, suggests psychological distance affects decision-making and well-being [14]. Engaging with one's future self enhances connectedness and vividness, promoting future self-continuity [15]. A strong continuity between present and future selves correlates with healthier decisions, underscoring its importance for long-term well-being [2]. Emotions significantly influence behavior and well-being; accepting negative emotions, as explored in positive psychology, shapes emotional responses to stressors and affects psychological health [16]. Establishing a strong connection with future selves is vital for mental health, emphasizing the need for a robust sense of self-continuity [17].

2.2 Nostalgia and Its Psychological Functions

Nostalgia, once seen as longing for a lost past, is now recognized as a complex emotional experience with significant psychological functions. It serves as a powerful emotional resource, enhancing resilience and motivation [18]. This aligns with subjective well-being (SWB) theories, which include fulfillment, engagement, and emotional theories, highlighting their interconnections [19]. Nostalgia fosters global self-continuity, linking past, present, and future selves [9], essential for psychological well-being, enhancing life satisfaction, optimism, and meaning [4]. Its psychological functions involve autobiographical meaning-making processes, enabling individuals to weave past experiences into a coherent self-narrative, reinforcing self-continuity and identity [20].

Nostalgia influences the social dimension, affecting collective memory and innovation [21]. As a historical emotion, it bridges personal and cultural identity [22], enhancing self-continuity and aiding psychological adjustment, especially in cross-cultural contexts [8]. Its societal implications are profound, shaping consumer behavior and preferences; collective nostalgia can drive preferences for local products, evoking shared identity and heritage [23]. Food-evoked nostalgia highlights sensory experiences' role in eliciting nostalgic feelings [24].

Despite its benefits, nostalgia's dynamic nature presents challenges in assessing its impact across contexts [25]. Innovative approaches, such as perspective-taking in virtual reality, offer promising avenues for enhancing nostalgic experiences [15]. These methods align with the need for mindful engagement with nostalgia, as advocated in conscious travel and regenerative tourism contexts [11].

2.3 Tourism Psychology and Creative Tourism

Tourism psychology and creative tourism are integral to an interdisciplinary framework connecting self-continuity, nostalgia, and psychological well-being. These fields offer insights into designing tourism experiences that enhance personal identity and continuity while eliciting emotional responses. Creative tourism, characterized by active participation and local engagement, merges cultural and experiential tourism, creating immersive experiences resonating deeply with tourists [26].

The creative industry and creative tourism are symbiotic, each enhancing the other's potential. Frameworks categorizing creative tourism into models—such as stand-alone offers, series of activities, localized networks, small-scale festivals, and creative accommodations—highlight the cultural creative industry's role in enriching tourism experiences, particularly where sustainable development is crucial [27]. Post-pandemic, there's a focus on well-being, responsible tourism, and community engagement, aligning with creative tourism principles [28]. This fosters deeper tourist-community connections through co-creation and immersive experiences [28], enhancing tourist experiences and benefiting local economies, catering to travelers seeking culturally rich encounters [29].

Integrating tangible and intangible heritage is vital for maximizing tourism potential, necessitating a revised framework capturing these elements [30]. Community-based approaches differentiate creative

tourism from traditional tourism by prioritizing local development and engagement. Initiatives like Querença illustrate community-driven projects promoting sustainable development and enriching regional cultural fabric [31]. 'Artisan entrepreneur-mediators' play a crucial role, connecting traditional artisans with the tourism industry, integrating local craftsmanship into the tourism experience [32].

Tourism solidarity, emerging in response to the industry's challenges during COVID-19, emphasizes understanding consumer attitudes and fostering community within the sector [33]. This aligns with advocacy for regenerative tourism, focusing on creating sustainable conditions for thriving destinations [11].

The exploration of self-continuity and nostalgia reveals intricate relationships that significantly influence social identity and narrative construction. As illustrated in Figure 2, this figure depicts the hierarchical structure of the concepts associated with self-continuity and nostalgia, detailing their profound impact on social identity, the pivotal role narratives play in sustaining self-continuity, and the underlying neural mechanisms that govern these interactions. By visualizing these connections, we gain a clearer understanding of how nostalgia intertwines with social identity, thereby enriching our comprehension of the psychological processes involved in narrative formation and self-perception.

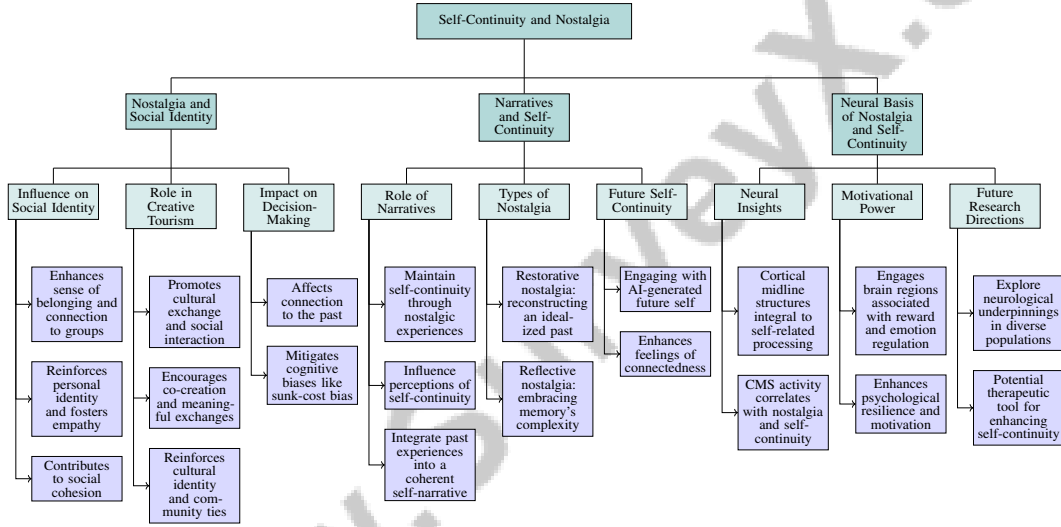


Figure 2: This figure illustrates the hierarchical structure of the concepts related to self-continuity and nostalgia, detailing their influence on social identity, role in narratives, and neural basis. It highlights the interactions between nostalgia and social identity, the role of narratives in maintaining self-continuity, and the neural mechanisms underlying these processes.

3 Self-Continuity and Nostalgia

3.1 Nostalgia and Social Identity

Nostalgia significantly influences social identity by enhancing individuals' sense of belonging and connection to cultural and social groups, reinforcing personal identity, and fostering empathy, thus contributing to social cohesion [22]. By linking personal and collective experiences, nostalgia strengthens social connectedness and motivation [18]. In creative tourism, nostalgia's interaction with social identity is evident, promoting cultural exchange and social interaction between tourists and locals, encouraging co-creation and meaningful exchanges, and reinforcing cultural identity and community ties [31]. Artisan entrepreneur-mediators are crucial in integrating local craftsmanship into tourism, enhancing artisans' social identity and sector engagement [32]. The creative tourism framework emphasizes creativity in developing memorable experiences that strengthen social identity, highlighting nostalgia's role in fostering a shared sense of identity and belonging [30].

To illustrate this multifaceted impact of nostalgia on social identity, Figure 3 provides a visual representation that highlights its role in enhancing social connection, fostering creative engagement,

and influencing decision-making processes. Nostalgia also influences decision-making by affecting one's connection to the past, potentially mitigating cognitive biases like the sunk-cost bias, illustrating the complex interplay between nostalgia, identity, and decision-making [12]. Innovative approaches, such as virtual reality environments, enhance future self-continuity, showcasing nostalgia's ability to bridge past, present, and future selves [15].

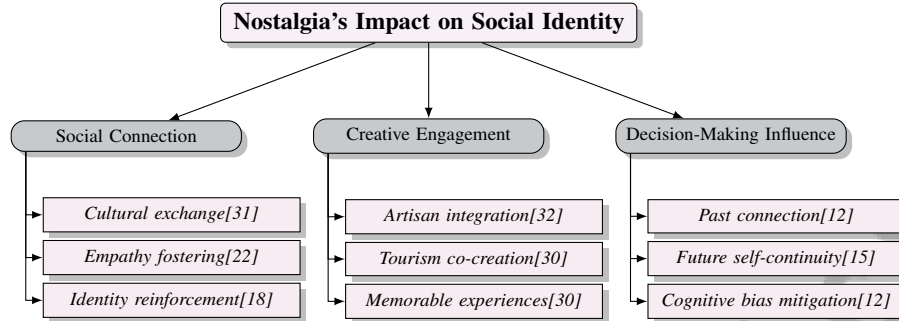


Figure 3: This figure illustrates the multifaceted impact of nostalgia on social identity, highlighting its role in enhancing social connection, fostering creative engagement, and influencing decision-making processes.

3.2 Narratives and Self-Continuity

Narratives play a crucial role in maintaining self-continuity, especially through nostalgic experiences. Constructing narratives around self-disruptive events—emphasizing stability, change, and event connections—significantly influences perceptions of self-continuity, allowing individuals to integrate past experiences into a coherent self-narrative, thus reinforcing their identity over time [3]. Nostalgia serves as a narrative tool and coping mechanism, alleviating psychological discomfort and enhancing motivation [18]. Engaging with narratives that evoke nostalgic memories fosters a sense of continuity between past and present identities. This continuity is enriched by the dual framework of nostalgia, which distinguishes between restorative nostalgia—focused on reconstructing an idealized past—and reflective nostalgia, which embraces memory's complexity and ambivalence [22]. Both forms contribute to a nuanced understanding of self-continuity, enabling individuals to navigate identity changes with resilience. Narratives also extend to future self-continuity, where engaging with a relatable, AI-generated version of one's future self enhances feelings of connectedness without requiring deep reflection or embodiment [17]. This innovative approach underscores narratives' potential to preserve past identities while fostering commitment to future selves, promoting responsible behavior and decision-making [14].

3.3 Neural Basis of Nostalgia and Self-Continuity

The neural basis of nostalgia and its impact on self-continuity is a burgeoning research area, revealing insights into the cognitive and emotional processes underlying these experiences. Brain imaging studies show that cortical midline structures (CMS) are integral to self-related processing, with spontaneous activity in these regions correlating with nostalgia and self-continuity maintenance [34]. This suggests that the CMS plays a crucial role in integrating past experiences into a coherent self-narrative, reinforcing personal identity over time. Nostalgia's motivational power is linked to its neural underpinnings, engaging brain regions associated with reward and emotion regulation. Activation of these areas during nostalgic reflection enhances psychological resilience and motivation, supporting individuals' ability to maintain a continuous sense of self across life stages [18]. Understanding these neurological mechanisms is vital for appreciating nostalgia's emotional and cognitive benefits. Future research should explore nostalgia's neurological underpinnings in diverse populations, including those with cognitive impairments [18]. Such studies could illuminate how nostalgia might serve as a therapeutic tool to enhance self-continuity and psychological well-being in these groups. Advancing our understanding of nostalgia's neural correlates will deepen our appreciation of its role in fostering a stable and coherent sense of identity, essential for psychological health and adaptive functioning.

4 Psychological Well-Being Theory

4.1 Empirical Evidence and Practical Implications

Research into psychological well-being theory highlights the interplay between nostalgia, self-continuity, and emotional resilience, underscoring their collective impact on psychological adjustment and motivation. The distinction between hedonic and eudaimonic well-being is crucial, as these dimensions enhance health outcomes by fostering identity coherence over time [4]. Nostalgia is a key emotional experience that sustains this coherence, enhancing resilience and motivation [22].

Evidence shows a positive correlation between nostalgia and self-continuity, which supports psychological adjustment and stable identity [8]. This underscores the need for further empirical studies to clarify the health benefits of self-continuity [10]. These findings are particularly relevant in tourism, where collective nostalgia can boost community support and engagement, especially in creative tourism. This sector requires comprehensive models to address marketing challenges and sustain initiatives, particularly in rural areas [27]. Future research should integrate local perspectives and assess the cultural and economic impacts of creative tourism [6].

As illustrated in Figure 4, which depicts the interplay between nostalgia, self-continuity, and their practical implications in creative tourism, the relationships highlighted in this figure emphasize the significant impacts on psychological well-being. Quantitative analyses indicate that gratitude and nostalgia jointly predict well-being, offering a framework for narrative-based interventions and creative tourism strategies to promote psychological health [35]. Additionally, future self-continuity significantly influences health behaviors, with studies showing that envisioning a future self improves adherence to health practices, such as COVID-19 safety measures [17].

The acceptance of negative emotions is vital for emotional regulation and psychological health [16]. This aligns with subjective well-being theories advocating for criteria to enhance empirical research comparability [19]. Individuals with low past-self continuity are less likely to adhere to inferior past decisions after significant investments, highlighting self-continuity's role in decision-making [12].

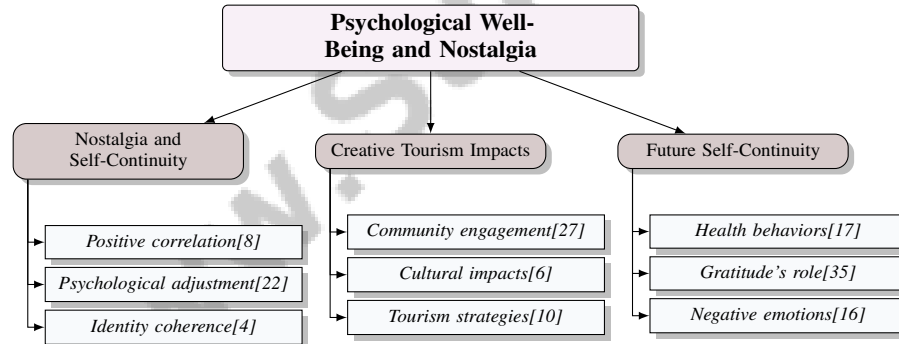


Figure 4: This figure illustrates the interplay between nostalgia, self-continuity, and their practical implications in creative tourism and future self-continuity, highlighting key relationships and impacts on psychological well-being.

4.2 Future Self-Continuity and Health Behaviors

Future self-continuity, the perceived link between present and future selves, is a key determinant of health behaviors and psychological well-being. Strengthening this continuity encourages healthier behaviors, improving health outcomes and adherence to practices like COVID-19 safety measures. The vividness of one's future self influences decision-making, promoting future-oriented behaviors. Studies reveal that increased future self-continuity, fostered through exercises like writing to one's future self or virtual reality perspective-taking, aligns current actions with core values and highlights long-term impacts on well-being [2, 15].

Despite its importance, current methods for enhancing future self-continuity are often ineffective, necessitating innovative approaches to strengthen emotional connections to one's future self [15]. Narrative-based interventions utilizing nostalgia offer a promising path for reinforcing continuity

between present and future identities. Such interventions can employ AI-generated characters to mitigate negative emotions like anxiety and enhance future self-continuity, as demonstrated by the Future You intervention [17].

Integrating character strengths and future perspectives into educational interventions has been proposed to enhance subjective well-being and promote healthier behaviors [1]. This highlights the importance of considering future self-continuity across various domains, fostering holistic well-being. Future research should aim to develop standardized measures of psychological well-being and explore eudaimonic constructs to establish causal links between well-being and health outcomes [4].

The potential of nostalgic frameworks to promote sustainable behaviors and alternative energy models also merits exploration, as these can positively influence future self-continuity and well-being [21]. The long-term effects of routine disruptions on cultural consumption and emerging trends in musical preferences require investigation to understand their implications for future self-continuity [25].

Interventions using nostalgic foods to enhance well-being, while balancing indulgence with health, represent another promising research direction [24]. These strategies could leverage nostalgia's emotional and motivational benefits to encourage healthier eating behaviors and improve overall well-being.

Future research should explore these variables across diverse populations and examine potential mediating factors influencing these relationships [35]. Longitudinal studies are essential for understanding the mechanisms of acceptance, its effects on emotions, and its applicability across populations [16].

5 Tourism Psychology and Creative Tourism

5.1 Creative Tourism Experiences

Creative tourism is recognized for its potential to evoke emotional responses that enhance psychological well-being, offering a sustainable tourism model that benefits both hosts and guests and stimulates local economies. Integrating creative industries into tourism drives economic development, job creation, and cultural preservation, underscoring its significant role in regional economic growth [27]. Active engagement in cultural experiences is central to creative tourism, enabling deep connections with local cultures and traditions. This approach enriches tourist experiences and revitalizes rural communities by fostering community and cultural pride. For example, artisan entrepreneur-mediators in rural Portugal facilitate creative tourism, impacting local tourism dynamics [27].

Figure 5 illustrates the key aspects of creative tourism experiences, focusing on their economic impacts, psychological benefits, and the role of tourism solidarity during pandemic recovery. Emotional responses from creative tourism are linked to autobiographical meaning-making stages, such as nostalgic memory and coherent life narratives, contributing to self-continuity and psychological well-being. Mixed-method studies, including online surveys and in-depth interviews, reveal how these experiences evoke positive emotions, supporting the psychological benefits of creative tourism [8]. Nostalgia's framework categorizes it into psychological functions, triggers, and prevalence, highlighting its role as a social and self-relevant emotion integral to creative tourism [22]. Understanding tourism's emotional dimensions and their impact on well-being is essential.

Recent studies highlight tourism solidarity's influence on tourist behavior, suggesting it can be utilized by industry stakeholders to foster support during pandemic recovery [33]. This aligns with the shift towards regenerative tourism, aiming to create sustainable conditions for thriving destinations.

5.2 Cultural and Community Engagement

Cultural and community engagement are vital for fostering self-continuity and nostalgia, key components of creative tourism. These elements strengthen connections between tourists and local communities, enriching experiences and enhancing host regions' cultural vitality. Integrating cultural heritage into tourism activities enriches experiences and reinforces local identity and community involvement [27]. Creative tourism models prioritizing community participation and cultural heritage preservation exemplify this.

Collective nostalgia's practical implications in marketing strategies are substantial, enhancing consumer engagement by tapping into shared cultural memories and identities [23]. This is particularly

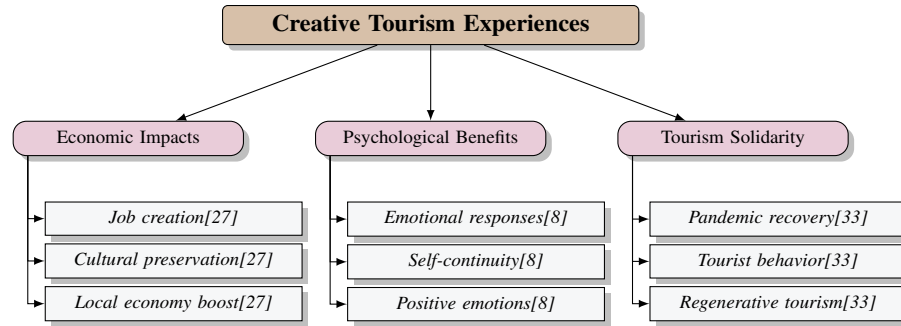


Figure 5: This figure illustrates the key aspects of creative tourism experiences, focusing on their economic impacts, psychological benefits, and the role of tourism solidarity during pandemic recovery.

effective in creative tourism, where culturally immersive activities evoke nostalgia, reinforcing self-continuity and identity. Surveys of creative tourism practices in Romania and other countries demonstrate how local creative economies and tourism dimensions in selected creative cities contribute to this process [26].

Nostalgia serves as a psychological resource for individuals facing challenges, providing emotional support and fostering continuity between past and present identities [18]. Its emotional and cultural significance is further emphasized by its potential to encourage community engagement and support for energy innovation initiatives [21]. Such initiatives can harness nostalgia's emotional resonance to motivate collective action and community involvement.

Tourism experience analysis reveals international tourists often prioritize local community engagement more than local tourists, indicating a distinct demand for authentic cultural experiences [6]. This underscores culturally immersive activities' importance in promoting nostalgia and self-continuity, facilitating meaningful interactions and deeper understandings of local cultures.

5.3 Future Directions in Creative Tourism

Future research in creative tourism should develop tailored strategies leveraging regions' unique cultural heritage, such as Romania, to maximize tourism potential [26]. As demand for culturally immersive experiences grows, exploring emerging trends to enhance creative tourism's appeal and sustainability is crucial. This includes innovative approaches to integrating local traditions and crafts into tourism experiences, fostering cultural preservation and economic growth.

Exploring new creative tourism models must consider evolving tourist expectations, particularly in the post-pandemic era, where well-being and meaningful engagement are prioritized. Research should investigate digital platforms and virtual reality capabilities to create immersive experiences complementing physical visits to archaeological sites, broadening accessibility and enriching engagement with tangible and intangible archaeological heritage. By leveraging technology, tourism providers can facilitate co-creation experiences highlighting local narratives and fostering cultural vitality, contributing to community sustainability and regeneration [27, 30].

Future studies should examine community-based tourism's role as a catalyst for sustainable practices and increased local engagement, particularly in creative tourism initiatives promoting cultural vitality and regeneration. This exploration is vital for understanding how community-driven efforts can enhance tourism destination resilience, especially amid challenges posed by conventional tourism models and disruptions from the COVID-19 pandemic. By investigating various community-based tourism strategies, researchers can identify effective methods for fostering local collaboration and creating authentic experiences benefiting travelers and host communities [26, 11, 27]. Engaging local communities in co-creating tourism experiences ensures equitable tourism benefits distribution, empowering and developing these communities.

6 Emotional Influence in Tourism

6.1 Emotional Responses and Well-Being

Tourism activities significantly affect psychological well-being and personal identity through emotional responses, with nostalgia serving as a potent motivator that enhances generalized, localized, and action-oriented motivations [18, 29]. This emotional engagement is pivotal in shaping travel preferences and experiences. Nostalgia's role in promoting resilience and psychological health is evident in diverse populations, such as refugees, indicating its contribution to emotional resilience and identity stability in challenging situations [36].

As illustrated in Figure 6, the hierarchical structure of emotional responses and well-being in tourism emphasizes the multifaceted role of nostalgia, the shifts in tourism preferences prompted by safety concerns, and the emotional influences that shape decision-making. This figure also highlights advancements in emotion detection models, which are crucial for understanding these dynamics.

Safety and health concerns, accentuated during the COVID-19 pandemic, have shifted travel preferences, underscoring the need to understand emotional influences on decision-making and identity formation [29]. Nostalgia's impact on global self-continuity (GSC) reinforces connections between past and present selves, as shown in holistic interactional causality studies [9]. Despite challenges in elucidating the neuronal mechanisms linking cortical midline structures (CMS) to self-continuity, understanding these processes could offer insights into how tourism-induced emotions contribute to identity coherence and well-being [34].

Models like E-USIM+ enhance our ability to predict emotions in response to tourism by analyzing influential patterns, allowing for tailored experiences that align with individual emotional needs [7]. Automatic sentiment detection through facial expressions further illustrates the potential to leverage emotional cues to enrich tourist experiences [37].

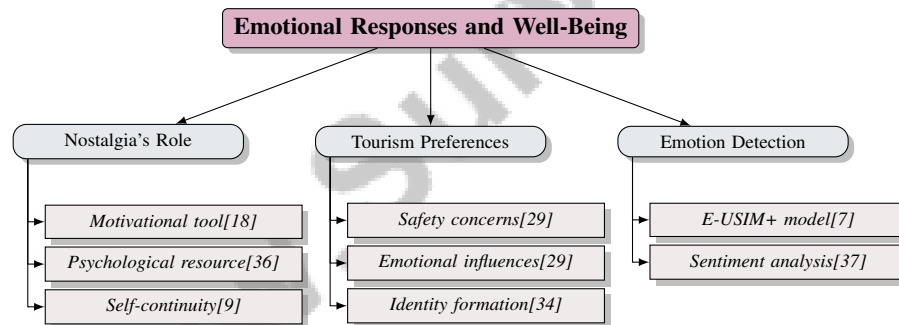


Figure 6: This figure illustrates the hierarchical structure of emotional responses and well-being in tourism, highlighting the role of nostalgia, shifts in tourism preferences due to safety and emotional influences, and advancements in emotion detection models.

6.2 Emotional Influence on Behavior and Identity

Emotions significantly shape behavior and identity in tourism, affecting interactions and self-perception. Artisan entrepreneur-mediators play a crucial role in integrating local craftsmanship into tourism, enhancing artisans' identity and sector engagement [32]. This emotional connection fosters cultural pride and influences behavior and tourist interactions.

Advanced computational methods, like BERT and GRU, facilitate the analysis of emotional propagation patterns, offering insights into how emotions influence tourist behavior and identity over time [7]. By understanding these patterns, tourism providers can create emotionally resonant experiences that enhance engagement and satisfaction.

Tourists' emotional dynamics profoundly impact behavior and identity, as emotional interactions with local cultures and environments shape perceptions and preferences, contributing to psychological well-being and travel satisfaction [7, 11, 38, 39, 29]. Predicting and addressing tourists' emotional needs can enhance experiences, fostering connection and continuity with destinations and promoting sustainable tourism development through positive behavior and cultural exchange.

6.3 Collective Nostalgia and Consumer Preferences

Collective nostalgia, a shared longing for the past, significantly influences consumer preferences in tourism, enhancing the appeal of domestic products and boosting collective self-esteem [23]. This emotional phenomenon reflects cultural pride and offers strategic advantages for local economies, particularly in creative tourism.

The growth of creative tourism is linked to the integration of cultural and economic activities, fostering community and cultural identity [40]. Tourists are attracted to experiences resonating with their cultural heritage, increasing demand for authentic, locally sourced products and services. Cross-cultural studies reveal that nostalgia, while universal, varies in triggers and psychological functions across cultural contexts, emphasizing the need for culturally sensitive tourism strategies to enhance consumer engagement [41].

Despite the recognized influence of collective nostalgia, understanding the interaction of determinants like geography and infrastructure with subjective well-being (SWB) in tourism remains limited [19]. Addressing these gaps is essential for developing strategies that leverage nostalgia's emotional appeal while promoting sustainable tourism practices.

7 Conclusion

This survey provides a comprehensive exploration of the complex interrelations among self-continuity, nostalgia, psychological well-being, tourism psychology, creative tourism, and emotional influence, emphasizing the value of an interdisciplinary approach in comprehending personal identity and continuity. Nostalgia is revealed as a multifaceted emotion that goes beyond a simple yearning for the past, playing a pivotal role in shaping modern identity and collective consciousness. It serves as a crucial emotional tool, fostering resilience and motivation necessary for both individual and group identity development.

The integration of creative tourism within this framework offers culturally immersive experiences that deepen emotional engagement and strengthen community ties. The collaboration between creative industries and tourism not only enriches the visitor experience but also supports local economic growth, highlighting the importance of developing practical frameworks to facilitate these partnerships. Moreover, the emotional responses elicited by tourism activities have a profound impact on well-being and identity, emphasizing the need to understand consumer psychology and adapt tourism strategies to meet changing preferences.

Future research should focus on several key areas to advance the understanding and application of this interdisciplinary framework. Developing holistic models that incorporate diverse determinants and employ longitudinal designs will be vital for examining the relational dynamics between subjective well-being theories and empirical evidence. Additionally, a more integrated exploration of the health benefits of wellness tourism and the creation of innovative methodologies are essential for overcoming current research limitations.

Examining the dynamics of tourism solidarity across various cultures and contexts, especially during periods of industry challenge, presents valuable opportunities for future inquiry. Furthermore, investigating the cognitive mechanisms underpinning nostalgia and their connection to global self-continuity could offer deeper insights into the emotional and psychological processes at play. Empirical evaluation of frameworks that engage with intangible heritage and assess tourist responses will yield significant insights into the competencies required by providers in the creative tourism sector.

References

- [1] Yonghong Zhang and Mengyan Chen. Character strengths, strengths use, future self-continuity and subjective well-being among chinese university students. *Frontiers in psychology*, 9:1040, 2018.
- [2] Future self-continuity is associ.
- [3] Hsiao-Wen Liao and Susan Bluck. Recalling self-disruptive events and maintaining self-continuity in adulthood. *Psychology and Aging*, 38(1):17, 2023.
- [4] Rosalba Hernandez, Sarah M Bassett, Seth W Boughton, Stephanie A Schuette, Eva W Shiu, and Judith T Moskowitz. Psychological well-being and physical health: Associations, mechanisms, and future directions. *Emotion Review*, 10(1):18–29, 2018.
- [5] Sarah Molouki and Daniel M Bartels. Personal change and the continuity of the self. *Cognitive Psychology*, 93:1–17, 2017.
- [6] Jan-Albert Wessels and Anneli Douglas. Exploring creative tourism potential in protected areas: The kruger national park case. *Journal of Hospitality & Tourism Research*, 46(8):1482–1499, 2022.
- [7] Debashis Naskar, Subhashis Das, and Sara Rodriguez Gonzalez. Emotional sequential influence modeling on false information, 2024.
- [8] Xi Zou, Tim Wildschut, Dan Cable, and Constantine Sedikides. Nostalgia for host culture facilitates repatriation success: The role of self-continuity. *Self and Identity*, 17(3):327–342, 2018.
- [9] Emily K Hong, Constantine Sedikides, and Tim Wildschut. Nostalgia strengthens global self-continuity through holistic thinking. *Cognition and Emotion*, 35(4):730–737, 2021.
- [10] Chenmei Liao, Yifan Zuo, Shaogui Xu, Rob Law, and Mu Zhang. Dimensions of the health benefits of wellness tourism: A review. *Frontiers in Psychology*, 13:1071578, 2023.
- [11] Asif Hussain. A future of tourism industry: Conscious travel, destination recovery and regenerative tourism. *Journal of Sustainability and Resilience*, 1(1):5, 2021.
- [12] Anja D Schanbacher, Nazli Gurdamar-Okutur, and David Faro. It’s no longer “me”: Low past-self-continuity reduces the sunk-cost bias. *Journal of Experimental Social Psychology*, 95:104146, 2021.
- [13] Li-Jun Ji, Faizan Imtiaz, Yanjie Su, Zhiyong Zhang, Alexa C Bowie, and Baorui Chang. Culture, aging, self-continuity, and life satisfaction. *Journal of Happiness Studies*, 23(8):3843–3864, 2022.
- [14] A Simic, Elvis Vardo, S Solakovic, et al. Future self-continuity increases responsibility during covid-19 restrictions. *Psihologijske teme*, 30(2):205–223, 2021.
- [15] Benjamin Ganschow, Liza Cornet, Sven Zebel, and Jean-Louis Van Gelder. Looking back from the future: Perspective taking in virtual reality increases future self-continuity. *Frontiers in psychology*, 12:664687, 2021.
- [16] Brett Q Ford, Phoebe Lam, Oliver P John, and Iris B Mauss. The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Journal of personality and social psychology*, 115(6):1075, 2018.
- [17] Pat Pataranutaporn, Kavin Winson, Peggy Yin, Auttasak Lapapirojn, Pichayoot Ouppaphan, Monchai Lertsutthiwong, Pattie Maes, and Hal Hershfield. Future you: A conversation with an ai-generated future self reduces anxiety, negative emotions, and increases future self-continuity, 2024.
- [18] Constantine Sedikides and Tim Wildschut. The motivational potency of nostalgia: The future is called yesterday. In *Advances in motivation science*, volume 7, pages 75–111. Elsevier, 2020.

-
- [19] Kirti V Das, Carla Jones-Harrell, Yingling Fan, Anu Ramaswami, Ben Orlove, and Nisha Botchwey. Understanding subjective well-being: perspectives from psychology and public health. *Public Health Reviews*, 41:1–32, 2020.
- [20] Christin Camia and Rida Zafar. Autobiographical meaning making protects the sense of self-continuity past forced migration. *Frontiers in Psychology*, 12:618343, 2021.
- [21] Heather Lovell and Heather Lovell. Nostalgia. *Understanding Energy Innovation: Learning from Smart Grid Experiments*, pages 73–89, 2022.
- [22] Svetlana Boym. Mal-estar na nostalgia. *História da historiografia: international journal of theory and history of historiography*, 10(23), 2017.
- [23] Marika Dimitriadou, Boris Maciejovsky, Tim Wildschut, and Constantine Sedikides. Collective nostalgia and domestic country bias. *Journal of Experimental Psychology: Applied*, 25(3):445, 2019.
- [24] Chelsea A Reid, Jeffrey D Green, Sophie Buchmaier, Devin K McSween, Tim Wildschut, and Constantine Sedikides. Food-evoked nostalgia. *Cognition and Emotion*, 37(1):34–48, 2023.
- [25] Khwan Kim, Noah Askin, and James A. Evans. Disrupted routines anticipate musical exploration, 2023.
- [26] Diana-Cristina Pinteá and Alina Badulescu. The cultural and creative tourism–sustainable opportunity for economic development. In *Proceedings of the International Management Conference*, volume 14, pages 88–100, 2020.
- [27] Nancy Duxbury, Fiona Eva Bakas, Tiago Vinagre de Castro, and Sílvia Silva. Creative tourism development models towards sustainable and regenerative tourism. *Sustainability*, 13(1):2, 2020.
- [28] Sónia Moreira Cabeça. Post-pandemic tourism: Opportunities for creative tourism. *International Journal of Social Sciences*, 8(3):86–106, 2022.
- [29] Songshan Sam Huang, Yuhong Shao, Ying Zeng, Xinyi Liu, and Zhiyong Li. Impacts of covid-19 on chinese nationals’ tourism preferences. *Tourism management perspectives*, 40:100895, 2021.
- [30] David Ross, Gunjan Saxena, Fernando Correia, and Pauline Deutz. Archaeological tourism: A creative approach. *Annals of Tourism Research*, 67:37–47, 2017.
- [31] Felipe Borborema Cunha Lima and Yolanda Flores e Silva. “project querença” and creative tourism: visibility and local development of a village in the rural algarve. *E-review of Tourism Research*, 14(1/2), 2017.
- [32] Fiona Eva Bakas, Nancy Duxbury, and Tiago Vinagre de Castro. Creative tourism: Catalysing artisan entrepreneur networks in rural portugal. *International Journal of Entrepreneurial Behavior & Research*, 25(4):731–752, 2019.
- [33] Florian Kock, Albert George Assaf, Mike Tsionas, Alexander Josiassen, and Marion Karl. Do tourists stand by the tourism industry? examining solidarity during and after a pandemic. *Journal of Travel Research*, 63(3):696–712, 2024.
- [34] Georg Northoff. Personal identity and cortical midline structure (cms): do temporal features of cms neural activity transform into “self-continuity”? *Psychological Inquiry*, 28(2-3):122–131, 2017.
- [35] Ferhat Kardas, Zekeriya Cam, Mustafa Eskisu, and Sedat Gelibolu. Gratitude, hope, optimism and life satisfaction as predictors of psychological well-being. *Eurasian Journal of Educational Research*, 19(82):81–100, 2019.
- [36] Tim Wildschut, Constantine Sedikides, and Dalal Alowidy. Hanin: nostalgia among syrian refugees. *European Journal of Social Psychology*, 49(7):1368–1384, 2019.

-
- [37] Mina Bishay, Jay Turcot, Graham Page, and Mohammad Mavadati. Automatic detection of sentimentality from facial expressions, 2022.
- [38] Florian Kock, Astrid Nørfelt, Alexander Josiassen, A George Assaf, and Mike G Tsionas. Understanding the covid-19 tourist psyche: The evolutionary tourism paradigm. *Annals of tourism research*, 85:103053, 2020.
- [39] Paula M Niedenthal and François Ric. *Psychology of emotion*. Psychology Press, 2017.
- [40] Luiz Daniel Muniz Junqueira. Cadeia produtiva da indústria cultural criativa: Possíveis conexões com o turismo criativo/creative industry production chain: Possible connections with creative tourism. *Revista Rosa dos Ventos-Turismo e Hospitalidade*, 10(3), 2018.
- [41] Erica G Hepper, Constantine Sedikides, Tim Wildschut, Wing Yee Cheung, Georgios Abakoumkin, Gizem Arikan, Mark Aveyard, Einar B Baldursson, Olga Bialobrzeska, Sana Bouamama, et al. Pancultural nostalgia in action: Prevalence, triggers, and psychological functions of nostalgia across cultures. *Journal of Experimental Psychology: General*, 153(3):754, 2024.

Disclaimer:

SurveyX is an AI-powered system designed to automate the generation of surveys. While it aims to produce high-quality, coherent, and comprehensive surveys with accurate citations, the final output is derived from the AI's synthesis of pre-processed materials, which may contain limitations or inaccuracies. As such, the generated content should not be used for academic publication or formal submissions and must be independently reviewed and verified. The developers of SurveyX do not assume responsibility for any errors or consequences arising from the use of the generated surveys.

www.SurveyX.cn