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Annotation

Influence of informal learning for health behaviour in health tourism

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Continuous changes in the world create new situations and expectations in the area of learning. Nowadays, the importance of learning during leisure time activities is essential, for that the enrichment of learning environment and opportunities for informal learning are necessary. Because of the high socialization role of recreational activities, the way of spending leisure time is closely associated with our health behaviour, which have a positive or negative impact on our health. Therefore every occasion needs to take an advantage that carries out the mediation of health by the either nonformal or informal way.

In my study, my aim is to prove the assumption of that if tourist trips can affect the every-day activities, they can appear in the attitude to health, intention and changing of behaviour.

For verification, I explored and analyzed concepts - closely connected to three areas of science. I demonstrated and systematized coherences, I made and validated a surveying instrument (questionnaire), I made database and I represented the presence of informal learning and its effect on opinion, attitude and, behaviour of health.

By my results, I would like to contribute to the exploration and extension of the theoretical background of the topic, and I'd like to take part in practical utilization of it from the economic, social and academic point of view.

By my results informal learning's importance and influence of health tourism activities are obvious. It has become certain that the way of spending leisure time, more precisely health tourism travelling, over institutional frameworks depending on the available or acquired abilities and skills have an effect on the process of creating a healthy lifestyle. Assumptions described in my introduction have proved true. It is confirmed that available and utilized health tourism services offer informal contributions to new knowledge acquisition, supplementation, to attitudes and behavioural intentions, and informally it contributes to the individual's health behaviour.

With my theses I have explored utilizable information and future recommendations that can be useful for health tourism industry, health education and informal learning experts equally.