THE RELATIONSHIP OF SPECIFIC PHOBIAS AND TRAVEL INTENTION, ACCORDING TO A AND B PERSONALITY TYPES

A Relação de Fobias Específicas e a Intenção de Viagem, segundo os Tipos de Personalidade A e B

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ABSTRACT

The purpose of this study is (a) to reveal the specific phobias that prevent individuals from participating in recreational experiences and (b) to examine the effects of these specific phobias on young people's travel intention. A total of 333 young people studying at Kırklareli University participated in the study. Descriptive statistics, Factor Analysis and model measurement with SmartPLS4 were performed in the study. According to the results of the research, 202 of 333 young individuals have type A and 131 of them have type B personality structure. According to the EFA results, 5 factor structures measuring Specific Phobias (situational1_fobia, situational2_fobia, animal phobia, clastrophobia, injury phobia) emerged. According to the model test results, it was concluded that the fact that individuals with type A personality structure have situational 2fobia affects the travel intention of type A individuals at a rate of 0.36%. For young individuals with type B personality, it was concluded that specific phobias did not have a significant effect on travel intention. It can be argued that the research will be a guide for recreation planners and tourism marketers.

KEYWORDS

Tourism; Specific Phobias; Travel Intention; Recreational Experiences; Type A and Type B Personality.

RESUMO

O objetivo deste estudo é de (a) revelar as fobias específicas que impedem os indivíduos de participar de experiências recreativas e (b) examinar os efeitos dessas fobias específicas na intenção de viagem dos jovens. Participaram da pesquisa 333 jovens que estudam na Kırklareli University. A metodologia utilizou estatística descritiva, análise fatorial e medição de modelo, realizadas com o SmartPLS4. De acordo com os resultados da pesquisa, 202 dos 333 jovens têm personalidade do tipo A e 131 têm personalidade do tipo B. De acordo com os resultados da EFA, surgiram cinco estruturas de fatores (situacional1_fobia, situacional2_fobia, fobia de animais, claustrofobia, fobia de lesões) que medem as Phobias Específicas. De acordo com os resultados do teste do modelo, concluiu-se que a fobia situacional de indivíduos com estrutura de personalidade do tipo A afeta a intenção de viagem em 0,36% dos indivíduos. Concluiu-se que as fobias específicas para jovens com personalidade tipo B não têm efeito significativo na

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intenção de viajar. Pode-se argumentar que a pesquisa também orientará os planejadores de recreação e os profissionais de marketing do turismo.

PALAVRAS-CHAVE

Turismo; Fobias Específicas; Intenção de Viagem; Experiências Recreativas; Personalidade Tipo A e B.

INTRODUCTION

The desire for excitement, adventure and new recreational experiences is a fundamental desire for all people. Exploring new situations can be realized through climbing, snowmobiling, mountain climbing, traveling and through creative activities, painting and other art branches and recreational experiences (Kılbaş, 2010, p.162). Recreation is the activities that an individual performs in his/her free time, voluntarily and voluntarily, individually or with a group (Sevil et al., 2012, p. 21). Recreation is the activities that bring happiness, satisfaction, spiritual balance, character, competitiveness, spiritual serenity, freedom, physical and social activity and intellectual perspective to the participants (Gül, 2014, p. 11).

The phenomenon of recreation is classified in terms of different recreational activities. This classification is made according to the forms of participation in the activities, in terms of the place preferences of the participants, according to the number of participants, in terms of the ages of the participants, in terms of the cultural values of the recreational activities, in terms of the nationalities of the participants, in terms of the time preference of the participants, in terms of functional recreation and A-Typical leisure behaviour (Kocaeski et. al., 2012). Recreation activities are activities that provide physical and especially mental renewal in the time period when the person is completely free, except for compulsory needs (Karaküçük & Akgül, 2016).

Nowadays, the routine lifestyle affects the work efficiency, health and psycho-social levels of the employees who are worn out in the face of the difficulties brought by stressful living conditions and intense working life (Hazar, 2014, p. 12). A study shows that the use of physically active leisure time reduces the mortality rates of these activities by 50% on health (Blair & Connelly, 1996). For individuals who make up the society to participate in recreational activities, there are other factors such as sufficient leisure time, sufficient economic power, the existence of areas where recreational activities will be carried out, recreational organizations or services, and the overcoming of specific phobias (Hazar, 2014, p. 61). The term phobia comes from the

Greek ‘phobos’. Phobos means 'flying, panic, terror'. The term phobia, which was used for the first time in 1801, is the state of feeling permanent and intense fear of an object, even if it is not a source of danger (Özen, 2020, p.7).

People have different personality types. The type and dimensions of these personality traits determine the individual's ability to adapt to change. Individuals with high adaptability to new situations have higher resistance to stress, anxiety and fears, and therefore lower levels of stress and anxiety (Ardahan & Kalkan, 2017: 74). How a person perceives his/her environment and how he/she reacts to environmental changes and relationships is related to his/her personality. The person's structure, gender, showing an emotionally introverted or extroverted structure, displaying a supportive or competitive attitude in terms of relationships, being emotionally vulnerable, resistance to negativity and the need for success in general are sources of stress. People are categorized as type A and type B personality types (Okutan & Tengilimoğlu, 2002).

Anxiety, depression and phobias are psycho-pathological conditions that arise as a result of stress. These pathological conditions may increase or decrease when combined with personality traits (Ercan & Şar, 2004). The aim of this study is to reveal the specific phobias that may occur within the scope of individuals' participation in recreational experiences and to examine the effects of these phobias on young individuals' travel intentions. It can be argued that this research will be a guide for recreation planners and tourism marketers.

A/B PERSONALITY TYPES AND THE CONCEPT OF SPECIFIC PHOBIAS

The concept of personality comes from the Latin word ‘persona’. The original meaning of the word persona is ‘mask’. During theatre plays, various speeches or songs come out from under the mask used. In this way, the word "persona" was used to describe the difference between people (Yanbastı, 1990). Type A and Type B personality were first observed by two cardiologists Meyer Friedman and Rosenman. Based on clinical practice, Friedman and Rosenman concluded that their patients exhibited two very different types of behaviour models, in other words, Type A and Type B personality examples (Moorhead & Griffin, 2014, p. 183).

Type A personality is motivated to overcome difficulties and achieve. They enjoy competition, power and winning, and they are quick to anger and act. They do not like to waste their time and want to do their work well as soon as possible. Type A see people who are more relaxed than they are as a source of frustration. On the other hand, type B people are more relaxed and

not in a hurry. Type B people sometimes work hard, but they are not as self- pressured as type A people. Type B people are not as competitive as type A people, they do not get angry and take action easily (Burger, 2006: 300).

The effort that type A people show in the scope of competition is higher than type B. For example, type A people are equipped with the instinct to work hard even without external pressure to complete a given task on time. Secondly, Type A people are in a race against time, whereas Type B people are prone to procrastination (Strube, 1982). Type A people show more anger and hostile behaviour than type B people when faced with an obstacle in their lives (Glass, 1977). Type A loves competition. It has been observed that when Type A people are told that they will play against someone else, their self-confidence that they will win the game is very high (Burger, 2006, p. 304). Type A people do not waste time thinking about alternative approaches or finding creative solutions to a difficult problem (Glass, Snyder, & Hollis, 1974). Type A people make more effort and are more successful than type B people. Type A measures are also correlated with measures of achievement motivation (Matthews et al., 1980). It is important to note that B-types are more successful in tasks and games that require careful thinking. On the other hand, type A is associated with some health problems (Burger, 2006).

Phobia is a type of anxiety disorder. People with phobias experience symptoms such as a significant feeling of discomfort, heart palpitations, dizziness, dry mouth, sweating, swallowing, thinking that they will die when faced with certain objects or situations. At the same time, phobic people want to quickly escape and get away from that situation in order not to experience this distress (Özen, 2020). Specific phobia can be defined as being very afraid of a specific object or situation and avoiding it (Köroğlu, 2011). When people feel a phobia, they either try to protect themselves against this danger by using all their internal resources or they try to escape from this danger and get away from it (Köroğlu, 2011).

Specific phobias are more common in women (9.8%) than men (4.9%) (Wardenaar et al., 2017). Specific phobias are focused on and limited to specific situations such as animals, heights, storms, darkness, confined spaces, airplanes, swimming, dentists or seeing blood (Özen, 2020). Specific phobias include social phobias, agoraphobia [fear of open spaces], ailurophobia [fear of cats], acrophobia [fear of heights], arachnophobia [fear of spiders], astrophobia [fear of thunder, lightning], aviophobia [fear of flying], dental phobia [fear of dentists], glassophobia [fear of speaking], etc. (Özen, 2020).

The most common specific phobias seen in DSM- IV diagnostic criteria are as follows (Köroğlu, 2011; Şahin, 2019; Özen, 2020; Çiftçi et al., 2022): *Animal phobias:* These include fear of snakes, bats, mice, spiders, bees, dogs and some other animals. *Acrophobia (fear of heights):* People with acrophobia are afraid of being on high floors of buildings or on mountains, hills or high bridges. *Elevator phobia:* In this phobia, the person is afraid of being trapped in an elevator. *Avio phobia:* This fear often includes fears that the plane will crash, that the plane will be hijacked, that the plane will be shot down, etc. About 10% of the population can never get on an airplane because of this fear, and about another 20% feel great distress when they are on an airplane. *Dental Phobia:* This fear may start with the fear of painful procedures in the examination room of a doctor or dentist. *Blood and wound phobia:*

A person may faint from the pain of seeing blood, receiving an injection or being injured unintentionally. *Phobias of the natural environment:* This includes fear of water, fire or natural phenomena such as hurricanes, earthquakes, thunder, lightning, etc. *Situational phobias:* In addition to fears of airplanes and elevators, a specific phobia can develop in response to any situation in which the person feels 'trapped'. Examples include public transportation, tunnels, bridges, highways, cinemas and theatres. *Disease phobia:* This is the fear of developing a specific disease, such as heart disease or cancer. *Other phobias:* It is a specific subtype of phobia, characterized by fear of situations that may lead to choking, shortness of breath, food, neophobia, vomiting, or becoming ill, fear of loud noises or fairy-tale characters.

Specific phobias are usually 'fears from childhood'. They can also develop as a result of 'conditioning' after a traumatizing event such as having an accident, encountering a natural phenomenon or getting sick (Köroğlu, 2011, p. 247). Specific phobia is an irrational/excessive fear of situations or objects other than those defined for social phobia and agoraphobia. Pierre Janet classified all phobias together with obsessive-compulsive disorder and other neuroses. Freud, on the other hand, proposed the name anxiety hysteria for phobias, but this name did not gain much popularity (Özen, 2020). In the DSM-IV-TR, one of the international psychiatric diagnostic classification systems, specific phobias are excessive or meaningless, marked and persistent fear that begins with the presence of a specific object or situation (for example, traveling by plane, high places, animals, injections, seeing blood) or the expectation of encountering such a situation (Özen, 2020).

The Relationship between Personality Types and Specific Phobias - Subsequent studies have

shown that Type A and Type B personality traits affect the behaviour of individuals and that there is a close relationship between personality types and stress, anxiety and fears. Type A personality is defined as ambitious and quarrelsome people who try to do the most work in the least amount of time by opposing other people if necessary. People with type B personality profile do not feel time pressure to finish the work (Okutan & Tengilimoğlu, 2002). Governments in Australia and the United States have found that individuals who visit sports clubs and exercise regularly have higher mental health, are more agile and more resilient to the stresses of modern life. Participating in recreational groups and exercising with social groups reduces stress, anxiety, various fears and depression (Ardahan et al., 2016).

It is thought that the complex interaction of genetic predisposition, personality traits, temperament, environmental conditions and individual experiences play a role in specific phobias such as social phobia, disgust, nomophobia [fear of being away from mobile phones] (Davey et al., 1993, De Jong & Merckelbach 1998, Muris et al., 1999; Demir, 2009: 116; Bekaroğlu & Yılmaz, 2020: 131). Specific phobias have been proven to be more common in women than men (Wardenaar et al., 2017). According to Karen Horney's Personality Theory, anxiety and fear play an important role in shaping an individual's personality. Because anxiety and fear can guide an individual's behaviour. These behaviours reflect which personality traits the individual has (Zel, 2006). In this respect, the way of overcoming fear and anxiety reflects personality traits (Özsoy, 2013: 21). Identifying the personality type will help the individual in determining his/her options and making decisions throughout his/her life. In this way, the individual will have an important advantage in getting to know himself/herself better, establishing good relations with the environment, and directing his/her attitudes and behaviours (Durna, 2005).

The Relationship between Specific Phobias and Travel Intention - Despite all the technological advances in favour of humanity to promote travel, people are experiencing a growing fear of traveling or flying (Korstanje, 2011). The preferred means of transportation seems to be extremely important for understanding one's trauma with the way one chooses to travel. People who have experienced traumatic events as accidents on the road are more afraid of traveling on stormy days when safety or visibility is reduced (Hidalgo- Villodres, 1998).

Fear is an emotion that can manifest in different ways and at different stages during travel (Fennell, 2017). A tourist's hesitation to participate in different activities [recreational

experiences such as parasailing, parachuting, etc.] in the place where they go on vacation due to fear of heights, another tourist's spending time at the seaside because they cannot go to the sea due to fear of drowning, and the inability of a person with claustrophobia to see the underground city on a tour even though it is subject to the tour fee can be listed in terms of behaviours that affect the quality of the tourist's holiday and seem important and come to mind first (Baran & Özoğul, 2018: 45).

Flight phobia, which is one of the specific phobias, is also formed through classical conditioning and can also become just an extreme fear (Bogaerde & Raedt, 2013). In addition, a different concept called "Tourophobia" only tries to identify why individuals find it difficult to travel. Participating in touristic and recreational activities and avoiding travel are uncomfortable for individuals with Tourophobia. Tourophobic individuals can also be used to refer to tourists who are concerned about traveling to destinations (Çakar, 2021). Onat et al. (2021); Polat et al. (2021) wanted to reveal the effect of fear of Covid-19 on travel intention. As a result of the analysis, they found that fear of Covid-19 has a significant and negative effect on travel intention.

Baran and Özoğul (2018) proposed a model for travel agencies on the way to specialization in their research. The model covers 3-day tour activities in Fethiye for phobic tourists with fear of swimming by a newly established travel agency that carries out diving sports activities. The agency organizes a tour where phobic tourists will spend their other holidays in a more comfortable and happy way as a result of their recovery with behavioural therapy. In addition, expert support makes a difference in terms of the development of the individual and its contribution to tourism. Since these phobias can be treated with behavioural therapy, this can turn into a touristic product.

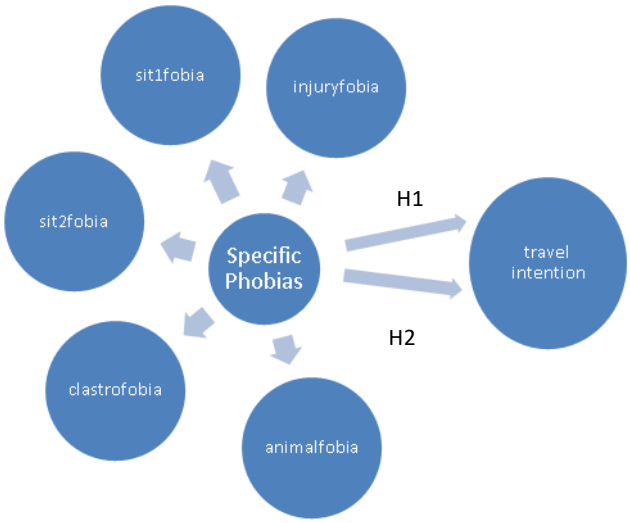
METHODOLOGY

The purpose of this study is (a) to reveal the specific phobias that prevent individuals from participating in recreational experiences and (b) to examine the effects of these specific phobias on young people's travel intention. In this study, university students representing the younger generation, who are more interested in recreational experiences today and adopt a more entertainment-based lifestyle, were included in the scope of the research. Investigating the specific phobias that may prevent young individuals who fulfil factors such as sufficient free

time, economic power, and desire to participate in recreational activities from having recreational experiences adds originality to this study. In line with the results of this research, it is important in terms of planning more programmed recreational activities that will help them overcome their phobias in accordance with their personality structures on or off campus by revealing their specific phobias and directing them to the necessary trainings and seminars in order to get rid of these specific phobias that may have an impact on their future travel intentions. On the other hand, it can be argued that this research will also provide guidance to recreation planners and tourism marketers.

Research Model and Hypotheses - In the study, the relationships between specific phobias and travel intentions according to personality traits A and B in young individuals' participation in recreational experiences were examined. Bootstrapping method was used to test the significance of the coefficients in the structural model. The measurement model consists of 53 indicators in total.

Figure 1. Research Model and Hypotheses on the Relationship between Specific Phobias and Travel Intention according to Type A and Type B personality types



Source: Elaborated by the authors (2024).

Below are the main hypotheses and sub-hypotheses within the scope of the relationship between specific phobias and travel intention according to personality types A and B.

H1: Specific phobias and travel intention of individuals with type A personality structure are related

H1a: Situational1phobia and travel intention of individuals with type A personality structure are related ; H2a: Situational2phobia and travel intention of individuals with type A personality structure are related ; H3a: Animal phobia and travel intention of individuals with type A personality structure are related; H4a: Clastrophobia and travel intention of individuals with type A personality structure are related; H5a: Injuryphobia and travel intention of individuals with type A personality structure are related.

H2: Specific phobias and travel intention of individuals with type B personality structure are related

H1b: Situational1phobia and travel intention of individuals with type B personality structure are related; H2b: Situational2phobia and travel intention of individuals with type B personality structure are related; H3b: Animal phobia and travel intention of individuals with type B personality structure are related; H4b: Clastrophobia and travel intention of individuals with type B personality structure are related; H5b: Injury phobia and travel intention of individuals with type B personality structure are related

Universe and Sample - The aim of this research is to examine the effects of specific phobias on the recreation experiences of young individuals according to their A/B personality structures and to investigate the effects of these phobias on their travel intentions. The study population consists of 333 young students studying at Kırklareli University in the 2022-2023 academic year. The data for the research is limited to the dates between November 7, 2022, and February 3, 2023. Questionnaires were applied face-to-face to young individuals reached by convenience sampling method. Convenience sampling is the inclusion of only those who are accessible to the people who are planned to be selected into the sample (Gegez, 2007).

Data Collection Tool - The data were obtained through face-to-face collection from young people with a questionnaire form. The questionnaire consists of 4 sections. The first part of the questionnaire includes demographic variables, the second part includes statements measuring A/B personality traits, the third part includes statements about specific phobias that prevent recreational experiences, and the last part includes statements measuring travel intention for recreational experiences. The scales measuring these factors are as follows; A/B personality scale consists of 7 statements; this scale is a personality inventory first developed by Friedman and Rosenman and cited from Aktaş (2001).

Specific phobias in recreation experiences (42 items); these scale items were obtained from the studies of Ovanessian et al. (2018); Geer, (1965); Radomsky et al. (2001). Travel Intention Scale for recreation experiences (3 items); this scale was produced by Chi et al. (2020). The statements

for the A/B personality inventory are a Likert Type 8-point scale. The other scales obtained from the studies, phobias scale and travel intention scale items were measured with 5-point Likert Type. The scales were revised by 3 faculty members to make them more understandable and faster to perceive. Thus, the content validity of the scale was ensured (Ural & Kılıç, 2013). The data for the study were collected from young people studying at Kırklareli University between November 7, 2022, and February 3, 2023.

Data Analysis - Quantitative research methods were used in the study. The methodology part of the research includes determining the population and sample, testing the validity and reliability of the data collection method and technique, descriptive statistics, Factor Analysis, and path analysis with Smart PLS4. Frequency, reliability analysis and factor analysis of the data obtained by quantitative research method were performed with SPSS (22.0) package program.

To evaluate the suitability of the factors for parametric analysis, it was examined whether the items exhibited a normal distribution. Skewness and kurtosis values of each item were examined and it was decided that each item exhibited a normal distribution since the Z score range accepted in n>100 samples was in the range of -4-+4 (Mertler & Vannatta, 2005; Curran et al., 1996). A/B personality inventory aims to determine personality type. A high score on the scale indicates type A personality trait. The total score obtained from the scale is multiplied by 3 (the highest score is 168 and the lowest score is 21).

If the scores are more than 100, it is decided to be a type A personality, and if the scores are less than 100, it is decided to be a type B personality (Aktaş, 2001: 35). The total score obtained from 333 people was multiplied by 3 with the same method and it was determined that 202 people with a score greater than 100 had type A personality and 131 people with a score less than 100 had type B personality structure. In the SPSS 22 package program, the data were divided into two according to personality types A and B, and the data sets specific to type A people and type B people were analysed in SmartPLS4. SmartPLS4 program was used in the measurement of the research model. Partial least squares is established with SEM. This method is reliable if the sample size is small, if the theoretical model is small in practice, if accurate estimation is crucial, and if the correct model cannot be provided (Ringle et al., 2014).

For the structural equation model to work properly, the sample is expected to be large (n<250), whereas in small samples, it is possible to obtain a structural model by choosing the partial least squares method (PLS) (Kandemir, 2016: 311). Since PLS gives more successful results in smaller

sample sizes, this method was preferred (Bontis, 1998: 66). Based on this, it can be argued that sampling adequacy is ensured. The first of the two stages in the partial least squares analysis is the reliability and discriminant validity of the structural model, and the second is the evaluation of the measurement model. The most important criteria for construct reliability are Cronbach's alpha and composite reliability (CR). For convergent validity, a mean variance extracted (AVE) of ≥ 0.50 at the construct level and ≥ 0.70 at the item level is statistically significant.

Discriminant validity is examined by comparing the correlation between the construct under investigation and all other constructs and the square root of AVE. Cronbach's Alpha and CR coefficient should be ≥ 0.70 and AVE should be ≥ 0.50 (Hair et al., 2010; Peng and Lia, 2012). According to Hair et al. (2010), if the AVE and CR coefficients of the variable with indicators with factor loadings between 0.40 and 0.70 reach the threshold value, these indicators are not removed from the measurement model. If AVE and CR are below the threshold value, indicators with factor loadings between 0.40 and 0.70 are removed from the measurement model.

ANALYSIS AND FINDINGS

Of the young people who participated in the study, 50,5% (168) were female, 48,6% (162) were male, and 0,9% (3) were missing data. Among the age groups of the young people, 85.6% (285) were between the ages of 18-22, 12.6% (42) were between the ages of 23-27, 0.6% (2) were between the ages of 28-32, and 1.2% (4) were between the ages of 33-36. While 12,9%(43) of the young people were 1st grade, 45,0% (150) were 2nd grade, 20,7% (69) were 3rd grade, 15,9% (53) were 4th grade and 4,5% (15) were from other grades and 0,9% (3) were missing data. According to the answers of the young people about which department they are in, 25,5% (85) are Tourism Management, 32,7% (109) are Tourism Guidance, 32,7% (109) are Gastronomy, 0,3% (1) are other and 2,4% (8) are missing data.

Explanatory Factor Analysis - The data collected from 333 young people who are students at Kırklareli University were evaluated with the help of SPSS for Windows 22 program. The aim of this study is to determine which specific phobias they have in their participation in recreational experiences according to A/B personality typologies and how effective these specific phobias are on young people's travel intentions. Principal Component Analysis was used to reveal the factor structures of specific phobias and Varimax was chosen as the rotation method.

As a result of the Factor Analysis for specific phobias, out of 42 items, items below 0.40, overlapping items and items that did not give a loading value (42, 35, 29, 31, 37, 39, 6, 13,1 9, 16, 27, 17, 40, 4, 18) were excluded from the analysis and 27 items including 5 factor dimensions [situational1 phobia, situational2 phobia, animal phobia, clastrophobia, injury phobia] were left (Çokluk et al., 2010; Alpar, 2011). The contribution of these 5 factors to the variance is 60,876%. It was accepted that the sample size was suitable for factor analysis with a KMO value of 0.856 (Alpar, 2011) and as a result of the Bartlett Sphericity test, x^2= 595.041, df:10 data were accepted to come from a normal distribution (Şencan, 2005). It is seen that the contribution of the 3 factors that constitute travel intention to the variance is 74,960%.

It was accepted that the sample size was suitable for factor analysis with a KMO value of 0.915 (Alpar, 2011: 286) and as a result of Bartlett Sphericity test, x^2= 2287,102, df= 231 data came from a normal distribution (Şencan, 2005). Reliability coefficient (Cronbach's Alpha) is between 0 and 1 and reliability increases as this value approaches 1 (Ural & Kılıç, 2013: 280; Coşkun et al., 2015). Reliability values of the factors in Table 1 are between 0.631-0.678. According to Alpar (2011), it can be said that the reliability coefficient is quite reliable. Factor loadings of 0.60 and above can be defined as high; loadings between 0.30-0.59 can be defined as moderate magnitudes (Büyüköztürk, 2002).

When Table 1 is examined, it is seen that the factor loading values are between 0,410-0,830. Within the scope of specific phobias, *Situational 1 phobia* dimension explained the highest variance with 12.659% and was formed by the combination of 5 items.

Table 1. Factor Analysis for Specific Phobias and Travel Intention Dimensions

FACTORS	FactorLoad.	Total Variance Exp.	Mean	Std. Dev.	Cronbach. Alpha
SITUATIONAL-I PHOBIA		**12,659**	**1,1093**	**0,99578**	**0,655**
rec14 . Swimming in the pool scares me	**,830**				
rec15 . Swimming in the pool scares me	**,819**				
rec22. Swimming in a lake/sea **scares** me	**,780**				
rec12. The thought of drowning in the sea/ocean scares me	**,675**				
rec34.snorkeling in a safe practice tank for 15 minutes would scare me	**,583**				
SITUATIONAL-II PHOBIA		**11,044**	**1,0474**	**0,81729**	**0,634**
rec1 Heights/high places in recreational experiences such as mountaineering, rock climbing, balloon tours scare me	**,736**				
rec9 Riding a roller coaster (roller coaster in an amusement park) scares me					
rec20 I experience vomiting during extreme experiences such as paragliding, underwater diving, skydiving, etc.					
rec3 Birds scare me during experiences such as ornithology (bird watching), photo safari, nature trips					
rec2 Darkness scares me during caving, diving etc. experiences					
rec26 Looking out of a window on the top floor of a tall building scares me					
rec21 Swimming in a lake/sea **scares** me	**,429**				
ANIMAL FOBIA		**12,296**	**1,3036**	**0,95135**	**0,650**
rec30 Rodents (e.g., mice, rats) scare me during experiences such as hiking, camping, wildlife, etc.	**,766**				
rec11 Bees or wasps scare me during experiences such as hiking, camping, wildlife, etc.	**,756**				
rec36 Insect bites scare me during experiences such as hiking, camping, wildlife, etc.	**,702**				
rec38 Worms scare me during experiences such as hiking, camping, wildlife, etc.	**,639**				
rec8 Foreign dogs scare me during activities such as camping, hiking, mountaineering etc.	**,462**				
CLASTROFOBIA		**10,170**	**1,1076**	**1,02509**	**0,631**
rec23 An elevator stopping on the ground floor with the doors closed scares me					
rec28 Elevators scare me	**,725**				
rec41 I would be afraid of a power cut in the elevator at a time when there is a high probability of a power cut					
rec32 Thunder, lightning, thunderstorms scare me	**,613**				
INJURY FOBIA		**9,638**	**0,5627**	**0,65710**	**0,678**
rec7 Driving on highways scares me	**,733**				
rec5 Being a passenger in a car scares me	**,714**				
rec33 Driving in new places/destinations scares me	**,603**				
rec10 Crowded places in amusement parks, shopping malls, etc. scare me					

rec25 Driving in bad weather conditions scares me	**,428**				
rec24 Standing in the middle of the third row at a full concert scares me					
Travel Intention**		**74,960**	**3,9287**	**0,85737**	**0,832**
yzn1 I may revisit a destination for different recreational	**,883**				
yzn3 I want to revisit a destination for different recreational experiences	**,860**				
yzn2 I plan to revisit a destination for different recreational experiences next year	**,854**				

*(In the specific phobias scale; principal components analysis with Varimax rotation. Total variance explained: 60,876%; KMO Sampling Adequacy; 0,856; Bartlett Sphericity Test: X^2 :595,041, df:10, p<0,05). *(Travel Intention Scale; Principal component analysis with Varimax rotation. Total variance explained: 74,960%; KMO Sampling Adequacy: 0,915; Bartlett Sphericity Test: X^2 :2287,102, df:231, p<0,05).

Evaluation of the Measurement Model - Internal consistency was evaluated to assess whether the measurement model of specific phobias was appropriate. For this, Cronbach Alpha and combined reliability [CR] coefficients were utilized (Fornel &nd Larcker, 1981). It was tried to determine that all constructs had a Cronbach Alpha value greater than 0.40 (Afthanorhan, 2013) and a combined reliability value greater than 0.70 (Hair et al. 2010).

Test Results of the Measurement Model of Specific Phobias According to Type A Personality Regarding Travel Intention - In the tables below, external model statistics for specific phobias according to type A personality, internal relationship coefficients with Fornell-Larcker Criterion for discriminant validity, external model statistics and path coefficients for specific phobias [animalfobia, sit1fobia and sit2fobia] according to type A personality and hypothesis results are presented.

Table 2. External Model Statistics for Specific Phobias and Travelintention by Type A Personality (N= 202)

	Cronbach's alpha	Composite reliability (rho_a)	Composite reliability (rho_c)	Average variance extracted (AVE)	R^2
TRAVELINT	0.818	0.898	0.888	0.726	0,067
Animalfobia	0.788	0.728	0.824	0.493	
Clastrophobia	0.820	-0.962	0.536	0.291	
Situational1_fobia	0.864	0.885	0.879	0.594	
Situational2_fobia	0.802	0.984	0.837	0.436	
Injuryfobia	0.717	0.639	0.781	0.383	

Source: Elaborated by the authors (2024).

For the reliability and validity of the model, the CA, CR and AVE values in the table above were

analyzed. While the CA coefficients were above ≥0.70, the CR coefficients of clastrophobia and injuryfobia did not exceed the threshold value of ≥0.70. At the same time, the AVE values of these two latent variables could not exceed the threshold value of ≥0.50. Although the indicators with low loadings were eliminated one by one, these two latent variables [clastrophobia and injuryfobia] were excluded from the model since they were far below the threshold value and it was decided to continue the analysis with the other three variables (animalfobia, situational1fobia and situational2fobia).

Table 3. Internal Correlation Coefficients with Fornell-Larcker Criterion for Discriminant Validity (N= 202)

	TRAVELINT	Animalfobia	Clastrophobia	Situ1_fobia	Situ2_fobia	injuryfobia
TRAVELINT	0.852					
Animalfobia	-0.084	0.702				
Clastrophobia	0.101	0.175	0.539			
Situational1_fobia	-0.092	0.518	0.308	0.771		
Situational2_fobia	-0.165	0.532	0.244	0.488	0.660	
Injuryfobia	-0.146	0.442	0.396	0.462	0.490	0.619

Source: Elaborated by the author (2024).

According to the table 4, discriminant validity of the latent variables in the model is ensured and VIF values are between 1.232-2.780 and all of them are below 5. According to Table 3, discriminant validity is ensured.

Table 4. External Model Statistics of Specific Phobias (Animalfobia, Situationa11fobia and Situationa12fobia) According to Type A Personality According to Travelintention (N= 202)

	Cronbach's alpha	Composite reliability (rho_a)	Composite reliability (rho_c)	Average variance extracted (AVE)	R^2
TRAVELINT	0.818	0.876	0.888	0.727	0,036
Animalfobia	0.708	0.726	0.835	0.628	
Situational1_fobia	0.826	0.912	0.871	0.628	
Situational 2_fobia	0.702	0.855	0.862	0.759	

Source: Elaborated by the authors (2024).

For the reliability and validity of the model, the CA, CR and AVE values in the table 5 were analyzed. The CA and CR coefficients are above ≥0.70 and AVE ≥0.50. Accordingly, it can be argued that reliability and validity are ensured.

Table 5a. Results of the Measurement Model for Specific Phobias (Situational1fobia, Animalfobia and Situational2fobia) and Travelintention (N= 202)

Structure and Indicators	Factor Loadings	T value	Cronbach Alpha (CA)	Composite Reliability (CR)	Average Variance Extracted (AVE)
PRIMARY LEVEL					
TRAVELINT			0.818	0.876	0.727
YZN1	0,869	9.550			
YZN2	0,788	8.620			
YZN3	0,897	12.979			
Situational 1 phobia			0.826	0.912	0.628
Rec12	0,861	2.475			
Rec14	0,768	2.666			
Rec22	0,749	2.583			
Rec34	0,787	2.407			
Animalfobia			0.708	0.726	0.628
Rec30	0,784	2.622			
Rec36	0,845	2.523			
Rec8	0,744	2.261			
Situational 2fobia			0.702	0.855	0.759
Rec1	0,938	6.240			
Rec9	0,798	4.817			

Source: Elaborated by the author (2024).

The validity of the measurement model of the three latent variables remaining from the main variable of Specific Phobias should meet the convergent and discriminant validity criteria. For this purpose, standardized factor loadings, t values, the significance of these values and the variance values extracted are used in convergent validity assessments (Fornel & Larcker, 1981). According to Kline (2005), if there are two or more factors in the model, the rule of two indicators per factor is provided (Çokluk et al., 2010: 266; Sipahi et al., 2010).

Table 6. Internal Correlation Coefficients with Fornell-Larcker Criterion for Discriminant Validity (N= 202)

	TRAVELINT	Animalfobia	Situational1_fobia	Situational 2_fobia
TRAVELINT	0.852			
Animalfobia	-0.082	0.792		
Situational1_fobia	-0.088	0.523	0.792	
Situational 2_fobia	-0.188	0.476	0.386	0.871

Source: Elaborated by the author (2024).

According to the table above, discriminant validity of the latent variables in the model is ensured and VIF values are between 1.222-2.128 and all of them are below 5. According to this

table, it can be argued that discriminant validity is ensured.

Table 7. Path Coefficients and Hypothesis Results for Type A Personality (N= 202)

	Path Coefficients	T-value	P value	Conclusion
Animalfobia-travelint	0,021	0,206	0.837	**H3a: REJECTED**
Situational1fobia-travelint	-0,027	0,244	0.807	**H1a: REJECTED**
Situational2fobia- travelint	-0,187	2,103	0.036	**H2a: ACCEPTED**

Source: Elaborated by the author (2024).***Note**: 5000 Bootstrap samples were taken.

When Table 7a is examined, the relationship between specific phobias of people with Type A personality traits and travel intention is analysed. Clastrophobia and Injuryfobia were excluded from the model because they did not pass the reliability and validity criteria; therefore, hypotheses H4a and H5a were excluded from the study. While animal phobia and situational1 phobia variables have no predictive effect on travel intention in individuals with Type A personality structure, situational2 phobia has a [predictive] effect on travel intention. Therefore, when the above statistical values for the hypothesis that animal phobia and situational 1phobia variables affect travel intention of individuals with type A personality structure are examined, t values are not significant at α= 0.05 level. Accordingly, hypothesis H1a and hypothesis H3a are rejected and hypothesis H2a is accepted.

According to this result, among the indicators that include situational 2phobia in individuals with type A personality structure, the *statement "Heights/high places in recreation experiences such as mountaineering, rock climbing, balloon tours scare me (rec1)" and the statement "Riding a roller coaster (roller coaster in an amusement park) scares me" (rec9)* affect the travel intention of type A individuals with this type of situational specific phobia at a rate of 0.36%.The above figure shows the path coefficients of specific phobias in the internal model. Since the relationship between situational 2fobia and travel intention among the path coefficients in the internal model is between t-value -1.96 and +1.96 with 95% confidence, the relationship between them is significant (Altunışık et al. 2022: 372). When the external model statistics are examined, the factor loadings, t-statistics and p-values of each latent variable are significant. For R^2 values, it can be stated that 0.36% of the change in travel intention is caused by situational2fobia.

TEST RESULTS OF THE MEASUREMENT MODEL OF SPECIFIC PHOBIAS ACCORDING TO TYPE B PERSONALITY REGARDING TRAVEL INTENTION

In the tables below, external model statistics for specific phobias according to type B personality, internal relationship coefficients with Fornell-Larcker Criterion for discriminant validity, external model statistics and path coefficients for specific phobias [clastrophobia, situational 1phobia, situational 2phobia] according to type B personality and hypothesis results are presented.

Table 1b. External Model Statistics for Specific Phobias and Travelintention by Type B Personality (N=131)

	Cronbach's alpha	Composite reliability (rho_a)	Composite reliability (rho_c)	Average variance extracted (AVE)	R^2
TRAVELINT	0.849	0.869	0.907	0.766	0,075
Animalfobia	0.779	1.330	0.782	0.433	
Clastrophobia	0.831	0.886	0.865	0.621	
Injuryfobia	0.716	0.774	0.791	0.396	
Situational1_fobia	0.810	0.826	0.859	0.553	
Situational 2_fobia	0.819	0.832	0.865	0.478	

Source: Elaborated by the author (2024).

For the reliability and validity of the model, the CA, CR and AVE values in the table above were analysed. While the CA and CR coefficients were above ≥0.70, the AVE values of the two latent variables animalfobia and injuryfobia were far below the threshold value of ≥0.50. Situational 2fobia was left in the model since it was close to the threshold value. Since animalfobia and injuryfobia latent variables, which were far below the threshold value, could not exceed the threshold value although the indicators were eliminated one by one, these two latent variables were removed from the model and the analysis continued with clastrophobia, situational1fobia, situational2fobia latent variables.

Table 2b. Internal Correlation Coefficients with Fornell-Larcker Criterion for Discriminant Validity (N=131)

	Animalfobia	Clastrophobia	Injuryfobia	Situational1fobia	Situational 2_fobia	TRAVELINT
Animalfobia	0.658					
Clastrophobia	0.375	0.788	0.630			
Injuryfobia	0.517	0.462	0.502			
Situational1_fobia	0.396	0.337	0.528	0.744		
Situational 2_fobia	0.579	0.603	-0.154	0.577	0.692	
TRAVELINT	-0.103	-0.151	0.630	-0.214	-0.254	0.875

Source: Elaborated by the author (2024).

According to the table above, discriminant validity of the latent variables in the model is

ensured and VIF values are between 1.193-2.518 and all of them are below 5.

Table 3b. External Model Statistics for Specific Phobias (clastrophobia, situational 1phobia, situational 2phobia) and Travelintention by Type B Personality (N=131)

	Cronbach's alpha	Composite reliability (rho_a)	Composite reliability (rho_c)	Average variance extracted (AVE)	R^2
Clastrophobia	0.821	0.967	0.914	0.841	
Situational1_fobia	0.774	0.795	0.869	0.690	
Situational 2_fobia	0.754	0.770	0.840	0.569	
TRAVELINT	0.849	0.873	0.907	0.766	0,079

Source: Elaborated by the author (2024).

For the reliability and validity of the model, the CA, CR and AVE values in the table above were analysed. The CA and CR coefficients are above ≥0.70 and AVE ≥0.50. Accordingly, it can be argued that reliability and validity are ensured.

Table 4b. Results of the Measurement Model for Specific Phobias (Situational 1phobia, Situational 2phobia and Clastrophobia) and Travelintention (N=131)

Structure and Indicators	Factor Loadings	T value	Cronbach Alpha	Composite Reliability (CR)	Average Variance Extracted (AVE)
PRIMARY LEVEL					
TRAVELINT			0.849	0,873	0.766
YZN1	0,887	20.720			
YZN2	0,845	14.400			
YZN3	0,892	21.104			
Situational1 phobia			0,774	0,869	0.690
Rec14	0,887	8.138			
Rec15	0,853	6.566			
Rec22	0,745	4.412			
Situational2fobia			0.754	0.84,	0.569
Rec1	0,696	4.228			
Rec20	0,774	5.196			
Rec3	0,765	6.636			
Rec9	0,779	5.144			
Clastrophobia			0.821	0.914	0.841
Rec23	0,877	5.025			
Rec28	0,956	5.260			

Source: Elaborated by the author (2024).

The validity of the measurement model of the three latent variables remaining from the main variable of Specific Phobias depends on the convergent and discriminant validity criteria. For

this purpose, standardized factor loadings, t values, the significance of these values and the variance values extracted are used in convergent validity assessments (Fornel & Larcker, 1981). According to Kline (2005), if there are two or more factors in the model, the rule of having two indicators per factor is provided (Çokluk et al., 2010; Sipahi et al., 2010).

Table 5b. Internal Correlation Coefficients with Fornell-Larcker Criterion for Discriminant Validity (N=131)

	Clastrophobia	Situational1_fobia	Situational2_fobia	TRAVELINT
Clastrophobia	0.917			
Situational1_fobia	0.266	0.831		
Situational 2_fobia	0.539	0.440	0.754	
TRAVELINT	-0.154	-0.215	-0.257	0.875

Source: Elaborated by the author (2024).

According to Table 5b above, discriminant validity of the latent variables in the model is ensured and VIF values are between 1.298-2.366 and all of them are below 5. According to this table, it can be argued that discriminant validity is ensured.

Table 6b. Path Coefficients and Hypothesis Results for Type B Personality (N=131)

	Path Coefficients	T-value	P value	Conclusion
Clastrofobia-travelint	-0,125	0.145	0.885	**H4b: REJECTED**
Situational 1fobia-travelint	-0,193	1.264	0.206	**H1b: REJECTED**
Situational 2fobia- travelint	-0,017	1.771	0.077	**H2b: REJECTED**

Source: Elaborated by the author (2024).

When Table 6b above is examined, the relationship between the phobias of individuals with type B personality traits and travel intention was examined, and it was found that clastrophobia, situational1fobia and situational2fobia variables did not have a (predictive) effect on travel intention in individuals with this type of personality structure. When the above statistical values are examined for the hypothesis H4b, H1b, H2b of clastrophobia, situational1fobia and situational2fobia among specific phobias affect travel intention, it is seen that the t values are not significant at α= 0.05 level.

CONCLUSIONS AND RECOMMENDATIONS

In this study, (a) the specific phobias that prevent individuals from participating in recreational experiences were revealed and (b) the effects of these specific phobias on young people's travel intention were examined. In this study, university students who are interested in recreational experiences, seeking a fun lifestyle and more inclined to work in a mobile way were included in the scope of the research. After overcoming obstacles such as economic power and leisure time, it was examined whether specific phobias, which can be considered among the other factors that may prevent young people from having recreational experiences, and whether these phobias influence the travel intention of young individuals according to personality types A and B. In line with the results of this research, various suggestions have been developed to help young people overcome their phobias by revealing specific phobias. On the other hand, it can be argued that this research will also guide recreation planners and tourism marketers.

Important conclusions and recommendations regarding the findings of the research are given below; Specific phobias including 5 factor dimensions (situational1 phobia, situational2 phobia, animal phobia, clastrophobia, injury phobia) emerged in the participation of young individuals in recreational experiences. The specific phobia types in the study overlap with the specific phobia types in the literature (Özen, 2020; Köroğlu, 2011; Şahin, 2019).

Situational 1 phobia dimension explains the highest variance within the scope of specific phobias, and it can be argued that it is the most effective among specific phobias. Seventy-five percent of people suffering from specific phobia usually have phobia against more than one object or situation (APA, 2013).

The relationship between specific phobias of individuals with Type A personality traits and travel intention was examined. Among the items containing situational 2fobia, the *statements "Heights/high places in recreational experiences such as mountaineering, rock climbing, balloon tours scare me" and "Riding a roller coaster (roller coaster in an amusement park) scares me" affect the* travel intention of Type A individuals with such situational specific phobia at a rate of 0.36%. No significant relationship was found between other specific phobias variables and travel intention. As a result of the research, *situational phobias of* individuals with Type A personality structure have a small effect on travel intention, albeit not to a large extent.

It can be said that cognitive-behavioural therapies and EMDR [Eye Movement Desensitization and Reprocessing] are the best results in overcoming phobias. While working with phobia, EMDR targets all the factors that make up the phobia; past traumas, contextual features such as

emotions, thoughts, images, body sensations that are mapped to the phobia. In addition, additional techniques used in many therapy schools; relaxation exercises, techniques applied by visualizing the feared situations in our imagination, breathing exercises can help people at every point where anxiety begins (Özen, 2020). In addition, the compatibility of virtual reality technology with phobia diagnosis and treatment processes has allowed researchers to shift their studies in this direction (Özen, 2020; Kurtuluş, 2017).

Kurtuluş (2007), within the scope of their project (s-FoBiT), a system was developed to assist therapists in phobia diagnosis, grading and treatment processes by using virtual reality technology, which can play a supportive role as an alternative to traditional phobia diagnosis and treatment methods and at the same time in their use together. Behavioural treatments, which are widely used in anxiety disorders, are also the first choice in specific phobias (Özen, 2020).

The relationship between the phobias of people with type B personality traits and travel intention was examined, and it was found that the latent variables clastrophobia, situational1phobia and situational2phobia, which are among the Specific Phobia variables, did not have a (predictive) effect on travel intention in individuals with this type of personality structure. Since people with type B personality profile are relaxed types who do not feel time pressure to finish a job, who do not get angry as easily as type A, who do not turn competition into ambition, and who are not in a hurry, it can be argued that there is no relationship between specific phobias and travel intention of individuals with type B personality structure.

For the treatment of specific phobias, exposure-based interventions, including real-life exposure, avoidance of the source, and confrontation with visual and virtual reality, have been found to be effective for specific phobia (Moriana et al., 2017; Wolitzky-Taylor et al., 2008; Wardenaar et al., 2017). In addition, pharmacotherapy [drug treatment] (Bandelow et al., 2008), cognitive behavioural therapy (Ollendick & Davis 2013; Peñate et al., 2019; Viña et al., 2020), participatory modelling, social empowerment, psychoeducation and treatment of cognitive difficulties with an intensive intervention (Davis et al, 2019) are effective depending on the situation and age, and good nutrition, recreational activities, smoking and alcohol-free living habits have positive effects on controlling phobias (Tözün & Babaoğlu, 2016).

Currently, single-session therapies based on cognitive behavioural therapy are accepted as a quick and effective method to intervene with young people with specific phobias (Ollendick &

Davis, 2013). Individuals with phobias can also raise awareness by reading books written on these subjects. For example, The Psychology of Fear, Christophe Andre; Coping with Anxiety, Anna Williamson and Dr. Reetta Newell; Fear and Anxiety Solutions, Dr. Friedemann Schaub may be useful. The films Under Ground, 2010, Contagion, 2011, Fear of Death, 1958, The Big Bang Theory, 2007, The Monk, 2002, Specific Phobia (2022) [documentary] are also among the films that can help in this regard (https://www.dualpsikoloji.com).

There are also companies that provide different training and consultancy services on this subject. Recreation and tourism planners should consider personality types, gender, age and phobias in recreational activities. They should make sure that the recreational experiences to be chosen are meaningful for people. Experiences should be enjoyable and satisfying, and activities that will frighten people or trigger their phobias should be avoided. In addition, to ensure that people with phobias can comfortably participate in recreational experiences, they can provide a peaceful recreational experience by organizing special tour activities for different phobias with the support of experts.

Since this study mostly consisted of young individuals between the ages of 18-27, there were no significant relationships between specific phobias and travel intention according to Type A and Type B personality traits (except for the significant relationship between situational phobia and travel intention in Type A personality traits). Future research can be conducted among different age groups, especially among middle-aged and under-18s.

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