

Wellness Tourism in the Qin Mountains Based on Influencing Factors

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Abstract For wellness tourism destinations, the spatial distribution pattern is influenced by economy, natural environment, as well as other social factors. This study used questionnaire survey to investigate and count the factors influencing the spatial distribution of wellness tourism destination, and tried to analyze the effect of social and natural factors on the benefits of health care center and personnel rehabilitation through Excel. The result showed that the rehabilitation influences of wellness tourism destinations with different spatial distribution advantages on psychiatric patients are significantly different; if there is more investment in material resources, the rehabilitation of patients is comparatively better. The natural environment and humanistic environment have the best effect on the convalescence of psychiatric patients. Therefore, the humanistic factors and natural environment should be given priority during the construction of rehabilitation center, improving the rehabilitation efficiency of patients and reducing the investment cost of rehabilitation center.

Keywords Social psychiatry, Wellness tourism, Spatial distribution, Influencing factor

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With the rapid rise of the Qin Mountains' scientific and technological level and productivity, social problems such as sub-health, population aging and mental health have become increasingly prominent. Among them, psychological problems have a very serious impact on people's life. In this context, wellness tourism to improve the quality of national life and spirit has become a very popular project^[1-3]. At this stage, the state has taken advantage of relevant policies to develop the construction of medical tourism, but there are still many problems, especially the unsatisfactory health care effect, non-prominent characteristics, low environmental utilization rate and unreasonable spatial layout of tourism destinations. The main reasons for these imaginations are that there is no actual research on the needs of medical and health care personnels and the spatial distribution of medical and wellness tourism destinations in the Qin Mountains. In this context, this paper studied and constructed a spatial distribution pattern of wellness tourism destinations from the perspective of social psychiatry, and analyzed the influencing factors affecting the spatial distribution of wellness tourism destinations.

1 Spatial distribution pattern of wellness tourism destinations in the Qin Mountains from the perspective of social psychiatry

1.1 Spatial distribution pattern of wellness tourism destinations under social psychiatry

Social psychiatry is a hot subject in the field of medicine. Its main research purpose

is to prevent mental diseases. The concept identification of social psychiatry has been given in the medical field. It is a discipline to analyze the ecological, cultural, social, psychological and other factors and action laws in the occurrence and development of mental disorders^[4-6]. Mental disorder can be understood as the disorder of brain functional activities, which is manifested in different degrees of mental activity disorders such as will, behavior, emotion and cognition. The common types of mental disorders are brain organic mental disorders and affective mental disorders. The possible pathogens have been determined because of social environmental factors, organic factors, physical factors, personality characteristics and congenital inheritance. Most patients with mental diseases can see hypovolemia, strange behavior, talking to themselves, impermanence of crying and laughing, emotional disorders, hallucinations, delusions and so on. The common mental diseases in clinic are paranoid mental disorder, climacteric mental disorder, manic depressive mental disorder, schizophrenia, organic disease with mental disorder, etc.^[7-9]. From the perspective of social psychiatry, the spatial distribution of wellness tourism destinations should not only pay attention to the medical level and social material level, but also pay attention to the dual experience of environment and material^[10-12]. For patients with social mental illness, improving their mental outlook will help to improve their health level.

According to different types, wellness tourism destinations can be divided into humanistic wellness tourism destinations and natural

wellness tourism destinations. Humanistic wellness tourism destinations include health care towns (villages and districts), health industrial park structure or structure; Natural wellness tourism destinations mainly include landscape wellness tourism destinations, plant wellness tourism destinations, mountain wellness tourism destinations, etc. The study pointed out that the influencing factors of tourism regional distribution are cultural level, economic development level, transportation capacity, tourism level, potential healthy population and natural resource endowment, but whether these influencing factors will affect the spatial distribution across the country needs to be further confirmed. The factors affecting the classification and spatial distribution pattern of wellness tourism destinations are shown in Table 1. To study and construct a spatial distribution pattern of Chinese wellness tourism destinations combined with social psychiatry. Under the national scale spatial analysis, tourist destinations have spread throughout the Karst Plateau, Guizhou Chongqing Sichuan border area, the Taihang Mountain, Henan Shanxi Hebei border area and the Yangtze River Delta urban agglomeration. Among them, the high-density core area is the Yangtze River Delta urban agglomeration, and the other two areas are sub density core areas. According to the regional scale analysis, wellness tourist destination can be divided into 6 types: dense and uniform type, dense and concentrated type, general agglomeration type, general uniformity type, sparse uniformity type and sparse random type. Generally, the uniform type covers 30% of

Table 1 Factors affecting the classification and spatial distribution pattern of wellness tourism destinations

Type	Specific categories	Influence factor
Natural wellness tourism destination	Landscape wellness tourism, plant wellness tourism and mountain wellness tourism	Cultural level, economic development level, transportation capacity, tourism level, potentially healthy population and natural resource endowment
Humanistic wellness tourism destination	Wellness (village, district), health industrial park structure or structure	Cultural level, economic development level, transportation capacity, tourism level, potentially healthy population and natural resource endowment

provinces and cities; the dense and concentrated type covers about 20% of provinces and cities; the dense and uniform type covers Jiangsu, Hainan and Guizhou provinces and cities; these models are concentrated in Tibet, Tianjin and Gansu.

1.2 Questionnaire design of influencing factors of spatial distribution pattern

In order to analyze the effect of the spatial distribution pattern of different wellness tourism destinations on the rehabilitation of psychiatric patients, the psychiatric patients in different health care centers were selected for investigation through a self-made questionnaire. The data analysis used was Excel software. The survey results expressed the rehabilitation of psychiatric patients through 5 levels. Level 1 indicates no recovery, 2 indicates slight recovery, 3 indicates recovery, 4 indicates obvious recovery, and 5 indicates significant recovery. To avoid the interference of personal subjective influence on the results in the evaluation process, the average value of the research object is selected and the data after rounding is taken as the final result. The total number of questionnaires recovered is 200, the number of valid questionnaires is 181, and the effective recovery rate is 90.50%. The survey recovery of the research object is shown in Table 2.

Kmo (Kaiser Meyer Olkin measure of sampling adequacy) test was used to analyze the correlation coefficient and partial correlation coefficient between the original variables. When the value of the test result is closer to 1, it indicates that the questionnaire is very suitable for factor analysis.

$$KMO = \frac{\sum_{i \neq j} r_{ij}^2}{\left(\sum_{i \neq j} r_{ij}^2 + \sum_{i \neq j} a_{ij}^2 \right)} \quad (1)$$

In formula (1), 1 is the simple correlation coefficient and 2 is the partial correlation coefficient.

2 The effect of the spatial distribution pattern of wellness tourism destinations in Qin Mountains on the rehabilitation of patients with mental diseases

The result of Kmo test is 0.968, so the questionnaire analysis result has high reliability. Fig.1 shows the rehabilitation effect of the influencing factors of the spatial distribution

pattern of the four rehabilitation centers on male patients with mental diseases. For male patients with mental illness, among the 4 health centers, education level and natural resource endowment have obvious effects on rehabilitation, with the effect value of 4–5. The effect of economic development level, transportation capacity, tourism level and potentially healthy population on rehabilitation is not particularly obvious, and the range of action value is 2–3. This shows that there are significant differences in the rehabilitation effect of rehabilitation tourism destinations with different spatial distribution advantages on psychiatric patients.

Fig.2 shows the effect of the influencing factors of the spatial distribution pattern of the

4 rehabilitation centers on the rehabilitation of female patients with mental diseases. Among the 4 health care centers, cultural level and natural resource endowment have obvious effects on rehabilitation, with the effect value of 4–5. The effect of economic development level, transportation capacity, tourism level and potentially healthy population on rehabilitation is not particularly obvious, and the range of action value is 2–3. In the rehabilitation center with the advantages of natural environment and cultural level, the rehabilitation level of psychiatric patients is 4–5, and the rehabilitation effect is the best. In the health care center where the economic development level, transportation capacity, tourism level, potential healthy population

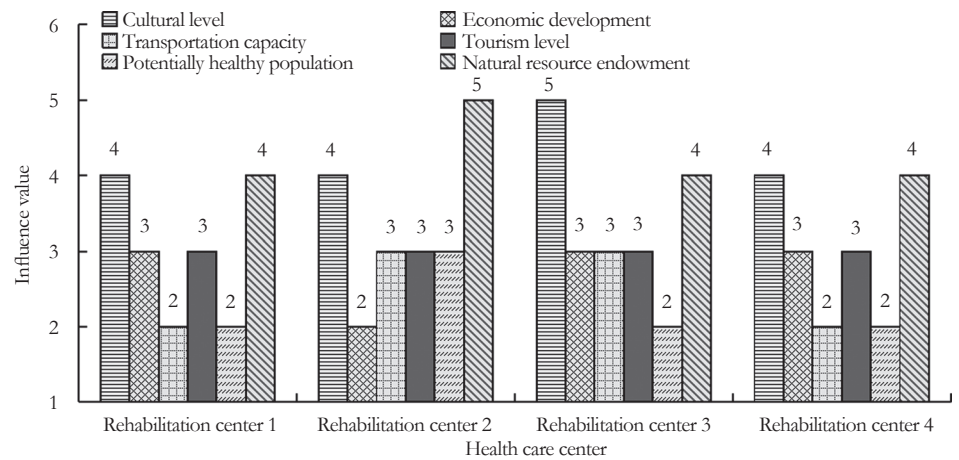


Fig.1 Effect of spatial distribution pattern and influencing factors of 4 rehabilitation centers on the rehabilitation of male patients with mental diseases

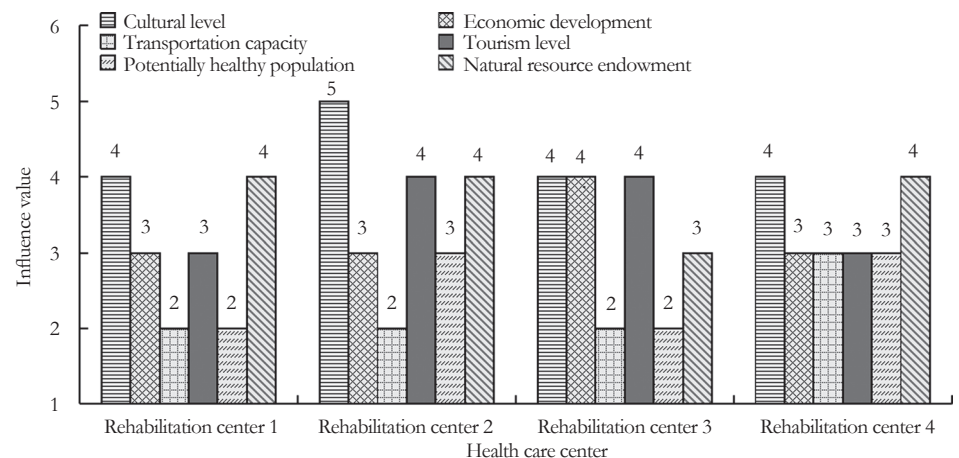


Fig.2 Effect of spatial distribution pattern and influencing factors of four rehabilitation centers on the rehabilitation of female patients with mental diseases

Table 2 Investigation and recovery of research objects

Rehabilitation center	Male	Female	Age//year	Quantity sent//copy	Effective recycling quantity//copy
Rehabilitation center 1	24	26	26.35 ± 2.36	50	45
Rehabilitation center 2	22	28	32.12 ± 2.54	50	45
Rehabilitation center 3	23	27	28.68 ± 2.36	50	45
Rehabilitation center 4	26	24	29.66 ± 2.64	50	46

and other factors are the main advantages, the rehabilitation effect of psychiatric patients is not particularly ideal.

3 Conclusion

In view of the fact that the patients in most medical centers in the Qin Mountains do not have a good recovery effect, this paper proposed a spatial distribution pattern of wellness tourism destinations combined with social psychiatry, and analyzed the influencing factors of the spatial distribution pattern of wellness tourism destinations through a questionnaire. Among the 4 health care centers, environmental quality and natural resource endowment have obvious effects on the rehabilitation of patients with mental diseases, with the effect value of 4–5. The constructed wellness tourism center has various resource advantages such as good facility conditions, tourism investment advantages and good economic level. The rehabilitation of patients is closely related to humanistic factors and natural environment. In the subsequent development of the Qin Mountains' wellness tourism destination space, more efforts can be devoted to these 2 aspects to reduce the investment cost and improve the rehabilitation efficiency of patients.

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