

생애사 관점에서 바라본 신중년 기혼 여성의 여행 경험

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Travel Experiences of “New Mid-life” Married women from a Life Course Perspective

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Abstract

This study aimed to understand the characteristics of the life cycle process from the perspective of travel experiences among “new middle-life” married women aged 50 to under 69. Interviews were conducted in person or online from November 5 to December 8, 2023, with the intention of achieving a profound understanding through a structured framework. Mandelbaum’s (1973) life history methodology was applied. The interview data were analyzed using a three-stage structured framework of life history analysis: dimension of life, turning point and adaptations. The research results are as follows. First, the subcategories of dimension of life in the travel experiences of new middle-life married women include ‘family’ and ‘economic activities’. Under ‘family’, it was further divided into ‘household chores’ and ‘raising children and supporting parents’. Second, the subcategories of turning point regarding the travel experiences of new middle-life married women are ‘changes in family composition’ and ‘deterioration of health’. Third, the subcategories of adaptations related to the travel experiences of new middle-life married women include ‘escaping from daily life’, ‘life recovery through travel’, ‘seeking travel in daily life’, and ‘sense of solidarity with family or friends through travel’. Based on the research results, suggestions were made to expand travel voucher programs, conduct travel weeks, and establish specific support measures, such as promotions and campaigns related to accommodation facilities, to enhance the travel activities of new middle-life married women.

Keywords: New mid-life, Travel experience, Biographical study, Mandelbaum, Lifecourse epidemiology