

TOURIST TRIPS AND THE EXPERIENCE OF CULTURAL FOOD AS A METHOD OF RECOVERY FROM STRESS AND ANXIETY

Alberta TAHIRI ¹ Idriz KOVAČI ^{2*}

¹ University “Haxhi Zeka” Peja, Faculty of Management in Tourism, Hospitality and Environment, Peja, Kosovo; alberta.tahiri@unhz.eu (A.T.)

² University of Applied Sciences in Ferizaj, Faculty of Tourism and Environment, Management in Hospitality and Tourism, Ferizaj, Kosovo; idriz.kovaci@ushaf.net (I.K.)

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Abstract: This study examines the complex relationship between tourism, travel experiences and the experience of cultural food on the level of stress and anxiety in individuals in a global context of daily life. Focusing on the importance of travel and food in the emotional and psychological health of individuals, this study uses an interdisciplinary approach to better understand the impact of these factors on human well-being and emotional stability. This design aims to discover and better understand tourist trips and multicultural food as a method of recovery from stress and anxiety, allowing for a detailed analysis of their responses. In this study, the quantitative method was applied to measure the impact of travel experiences and the experience of cultural food on the level of stress and anxiety of individuals. This study presents primary data collected through the stress measurement instrument, known as The PSS Scale, is a questionnaire used to assess individuals levels. The sample of the study included 450 tourists from different countries and the survey was done online with Google Forms. This instrument is important for research in the field of mental and social health, as it provides a standardised tool to measure and compare stress levels across time and situational changes. The findings of this study indicate that individuals who had wealthy travel experiences, including longer time as tourists, reported lower levels of stress and anxiety. On the other hand, the experience with multicultural foods showed a significant impact on the level of anxiety, but not on the level of stress. These findings suggest that exploring different cultures and getting to know new places can help reduce stress and anxiety levels in individuals. However, further research is needed to gain a deeper understanding of the potential links between cultural experiences and mental health in the context of an increasingly globalized world.

Keywords: anxiety, social health, stress, multicultural food, recovery, travel, tourist trips, travel experiences

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INTRODUCTION

In a world where life is experienced at a fast rhythm and charged with various challenges, it is difficult to avoid feeling stressed and anxious. For many people, this feeling is present for most of the day. In this context, the concepts of tourist travel and enjoying multicultural food have sparked interest, emerging as alternatives to recover spiritually and emotionally (Hottola, 2004). Tourist trips offer a precious chance to change the daily routine and explore new places, different cultures and experience extraordinary adventures. This break from the usual routine can bring a sense of freedom and euphoria, helping to dissolve heavy thoughts and reduce stress that may have accumulated during work or school time (Biran et al., 2014). At the same time, exploring multicultural foods offers a similar experience of stimulating the senses and the soul. By trying new and traditional flavors from different cultures, people become part of a special community, following a new way to connect with the world. Tasting different foods and exploring other cuisines helps ignite a sense of pleasure and satisfaction, helping to reduce anxiety and stress and creating a more relaxed environment to face life’s challenges (Finch et al., 2019). Enjoying multicultural food serves as a way to disconnect the mind and recover our energy in a world filled with endless pressures and challenges. Tasting multicultural food is a rich and stimulating experience for our senses (Reddy & Van Dam, 2020).

Different cultures have left a marked legacy in architecture, cuisine, and religion. Culture in Kosovo is rich and diverse, reflecting the history and ethnic diversity of the region. It includes a mixture of Albanian, Ottoman, and European traditions, which have deeply influenced the development of the country's cultural identity. In this context, one of the main challenges is to preserve and promote the autochthonous cultural identity in order not to lose its special values and characteristics. The influence of foreign cultures, including the global influences of media, technology, foreign fashions, and trends, brings changes in the habits, way of life, and perceptions of individuals. To address this problem, it is important to identify the necessary strategies and policies for the preservation and development of

* Corresponding author

indigenous culture in Kosovo. It is necessary to prepare measures for promoting cultural awareness, educating the population on indigenous values, and traditions, as well as supporting initiatives and projects that encourage creativity and the promotion of indigenous cultural identity (Tahiri et al., 2025). In this busy time, the situation of stress and anxiety is very common for many people, and finding effective ways to improve our emotional and physical well-being is of utmost importance. Tourist trips offer a valuable chance to change our outlook and perspective on life.

Walking in new places, we break away from the daily routine and experience new emotions and unprecedented adventures. This detachment gives us the opportunity to reflect on our lives, to experience other cultures and traditions, and to experience unforgettable moments that charge us with positivity and energy (Sotomayor, 2021).

The operation of the tourism activities and tourist activities during travel and placement in touristic placement, is potentially considered that might be a subject of various risks. The sources of these risks may be, above all, means of transport, increased physical activities in different climatic conditions, bodily injuries etc. For reasons of mentioned risks, insurance contracts have a special relevance for the progress of tourist activities, namely the fact that aims to achieve the tourists' integrity and personality by ensuring an effective and quality treatment. The contract on insurance may be entered by the tourist himself or by the tourist agency on his/her behalf (Krasniqi, 2010).

Many developing countries have focused on tourism to promote economic growth in economically depressed regions and to improve the socio-economic well-being of their people. Although these countries are economically poor, they are characterized as culturally rich destinations with many ethnic groups, traditions, religions and languages, which constitute a major attraction for millions of tourists. However, when people's private community and sacred spaces are open to the masses of tourists, these places can experience negative consequences. Most of these consequences or impacts related to heritage tourism are the same in the developed and developing world. However, they tend to be more pronounced in less developed parts of the world (Tahiri et al., 2024).

On the other hand, tourism is in a position to foster multi-cultural and inter-faith tolerance and understanding, laying the foundation for more peaceful societies. In general, tourism encounters between people of different nations and backgrounds (cultural, religious, ethnical) and different places around the world (Tahiri et al., 2022).

In this context, the aim of this study is to explore the relationship between tourism travel, the experience of enjoying multicultural food, and recovery from stress and anxiety. By focusing on this topic, we seek to understand how these experiences can affect the emotional and psychological health of individuals and provide guidance to better manage stress and anxiety and promote a more stable and healthy attitude towards life. Through this research, we aim to shed light on effective ways to improve emotional well-being and better cope with the challenges of everyday life.

LITERATURE REVIEW

Heritage is considered a common value. As such, preservation and sustainability of intangible and material cultures, objects and places of art bring positive value to communities and benefit everyone. Thus, heritage has an impact on the formation of both individual and community identities; yet it also has to do with local residents and communities, often resulting in social inconsistencies. Kosovo's cultural heritage encompasses the historical, cultural and artistic traditional heritage developed over the years and centuries. It is a treasure that incorporates historical, aesthetic, cultural, traditional and artistic values, including a rich archaeological heritage and other cultural landscapes.

Like other Southeastern European countries, Kosovo has not built a proper system, in line with international standards, for the protection and conservation of cultural heritage (Meha et al., 2020).

Based on the Constitution of the Republic of Kosovo and systematised by law and other acts, cultural heritage is divided into five categories (Tahiri & Kovaçi, 2020).

1. Archaeological heritage;
2. Architectural heritage;
3. Movable inheritance;
4. Intangible/spiritual heritage;
5. Cultural landscapes

These five categories belong to two groups of inheritance: material and immaterial. Material heritage includes: archaeological, architectural and cultural landscapes, while intangible heritage includes: movable and spiritual heritage. Depending on their potential expressed through quantity and quality and according to the treatment that people do, each of these categories can be more or less touristy (Tahiri & Kovaçi, 2020).

Findings from an ethnographic study of international postgraduate students' adjustment journeys through life in England illustrate the transformative potential of international student accommodation. It is shown that leaving the family home environment gave students freedom from cultural and family expectations and the opportunity to discover themselves, while exposure to a new culture offered them the opportunity to improve their intercultural communication skills (Brown, 2009).

Chen et al. (2014) suggest that taking an enjoyable trip provides opportunities for relaxation, disengagement, mastery experience and personal control. This research examines the role of tourism experiences as a stress reliever, focusing specifically on hidden psychological experiences associated with recovery. Also, this research examined how these recovery experiences during an enjoyable trip affect perceived life satisfaction after the trip. All four dimensions of tourism recovery experiences were found to have positive effects on life satisfaction. The results also found that even a weekend getaway can help people recover from work stress, while longer trips offer more opportunities for recovery experiences.

The study by Wang et al. (2021) investigates the role that travellers' psychological comfort with local food plays in influencing their development of empathy with a destination. The study used survey data from Korean and American

travellers who had visited China and found that travellers' empathy was positively and significantly influenced by psychological comfort with food, interaction with service providers, and atmosphere. The findings also reveal that Korean and American travellers differ in the degree to which comfort affects their empathy. These and other study findings draw attention to the comfort factor of the traveler's food experience, thus complementing previous research that has tended to emphasize the value of local cuisine innovation.

An essay written by Wise (2011) is based on the results of three research projects carried out in Australia in the period 2002-2007. These projects have examined how people experience everyday diversity in different urban, rural and commercial environments. In particular, studies showed that the moments when people enjoyed food were important to their experiences in a multicultural environment. The consumption of food can not only lead to experiences of anxiety and cultural separation, but also create opportunities for expressing simple, shared human emotions. The research also analyzes the ways in which sitting at the table with other people can reinforce or mitigate differences between cultures.

The study by Türker & Süzer (2022) investigates the dynamic changes in the food and beverage consumption habits of tourists today, a phenomenon that is influenced by the development of consumption behaviors, advanced technologies, globalization, and an increased demand for innovation.

Through a questionnaire, a survey was made with 271 local tourists visiting Safranbolu. The results show that tourists are not willing to consume molecular and fusion cuisine, but prefer foods that represent local culture. In addition, a significant difference in tourists' perceptions of molecular and fusion cuisine is revealed according to demographic variables such as gender, marital status, educational level, age and occupation.

The study of Ljubičić et al. (2023) identified the links between food consumption, emotional eating behavior and emotional states such as stress, depression, loneliness, boredom, maintaining vigilance and alertness, and emotional involvement in food satisfaction. For this purpose, a Questionnaire Motivations for Food Choices (Eating Motivations, EATMOT) was used to assess the emotional aspects of food consumption in 9052 responses from 12 European countries from October 2017 to March 2018. Ordinal linear regression analysis was used to identify associations between emotional eating behavior and emotional states. The study confirmed significant links between food consumption, emotional states and emotional eating behavior. Specifically, associations were found between emotional eating behavior and stress, depressed mood, loneliness, boredom, and emotional comfort seeking.

Also, emotional eating behavior was associated with efforts to improve physical and psychological well-being, such as controlling body weight, keeping awake and alert, and consuming to feel good.

Standen et al. (2022) investigated the effectiveness of healthy and unhealthy food to improve psychophysiological recovery from stress in a group of low-income individuals from African American and Latino communities. Participants were randomly divided into three groups, with each group assigned to consume one type of food - a healthy food group (eg. grapes), an unhealthy comfort food group (eg. chips), and a group that did not consume any food after exposure to a stressor in the laboratory. During the study, participants' psychophysiological stress responses were monitored, including self-reported stress, level of rumination, autonomic nervous system activity (including electrodermal activity and heart rate variability), and neuroendocrine responses (including salivary cortisol level). Compared to the food groups, no significant differences were detected in stress recovery trajectories, including self-reported stress, electrodermal activity, heart rate variability, and salivary cortisol level. Although no difference was found, the results of this study are important because they cast doubt on the widely accepted belief that comfort foods help reduce stress.

The study of Kandiah et al. (2006) aimed to understand the effect of stress on appetite and eating habits, related to multicultural foods, in a population of university students. 272 female university students (aged 17-26) from the Department of Family and Consumer Sciences at a university in the middle of the country participated in the study.

A 45-question survey posted online was used to measure eating-related stress. When under stress, 81% (n = 221) of subjects reported a change in appetite, and of these, 62% (n = 139) experienced an increase in appetite when under stress. No relationship was found between age and changes in appetite during normal and stressful situations.

Under normal conditions, 80% (n = 218) of subjects reported making healthy food choices; however, only 33% of them continued to eat healthy when under stress. When under stress, subjects with an increased appetite chose significantly more types of sweet foods and mixed dishes. The most common sweet foods eaten were cakes, chocolates/biscuits, candies, ice cream, muffins/sweet breads, and fresh or canned fruit, while the most common mixed dishes eaten were hamburgers or meat products, pizza, casseroles, tacos, ethnic foods and fast foods. Interestingly, the variety of foods chosen in each category decreased under stress conditions. In this study, no significant difference was found in appetite levels during stress and normal conditions between control and non-control eating subjects.

Hypotheses

H1. Individuals who have rich experiences with tourist travel and multicultural food are expected to have a lower level of stress compared to those who have more limited experiences in these aspects.

H2. Individuals who have rich experiences with multicultural travel and food are expected to have a lower level of anxiety compared to those who have little or no experience in the field of travel and food of different cultures.

Research Methodology

The purpose of this study is to understand and analyze in detail the role and impact of tourist travel and enjoying multicultural food on recovery from stress and anxiety. By focusing on these two aspects of human experiences, we aim to discover how tourist travel and enjoying multicultural food can affect emotional well-being and the ability to better

manage feelings of stress and anxiety. Our study aims to carry out a detailed analysis about tourist trips and multicultural food as means of recovery from stress and anxiety, focusing on primary and secondary data. To achieve the goals of the study and to ensure a reliable analysis, we have defined a structured methodological plan that includes the use of different methods. In the context of primary data, two questionnaires were applied, one measuring stress and the other anxiety among tourists. The use of a quantitative methodology will enable the analysis of data statistically, bringing a clear and objective perception about the subject of our study (Creswell, 2003).

On the other hand, secondary data will be collected from various literary and electronic sources, including books, scientific articles, and official documents dealing with tourism developments and tourist expectations in cultural destinations. This part of the study aims to provide a broad and documented context around the topic, integrating existing knowledge and previous research in the field of cultural tourism. An analysis of these collected data will provide a rich and in-depth perspective on tourism travel, and multicultural food as a method of recovery from stress and anxiety. The methodology of this study will contribute to a deeper understanding of the expectations and perceptions of tourists, serving as an important resource for the development of cultural tourism in Kosovo and similar destinations.

Research design

The study design is exploratory and quantitative, using a combination of survey data collection methods. This design aims to discover and better understand tourist trips and multicultural food as a method of recovery from stress and anxiety, allowing for a detailed analysis of their responses. The exploratory methodology will enable the identification of the main elements of interest and perception of tourists, while the quantitative aspect will provide the opportunity for statistical analysis of the collected data. The questionnaire will include structured questions related to Tourism and multicultural food as a method of recovery from stress and anxiety. This research design will provide a clear perspective on Tourism and multicultural food as a method of recovery from stress and anxiety, bringing an important contribution to the development of knowledge in the field of tourism and culture in the country.

Measuring stress and anxiety

The stress measurement instrument, known as The PSS Scale, is a questionnaire used to assess individuals levels. This questionnaire was standardised by Cohen et al. (1983) and is widely used in scientific research to assess the stress of individuals in different situations. The PSS Scale contains 10 closed-ended questions, which are rated on a scale of 5, with possible responses “never,” “rarely,” “masterfully,” “often,” and “always.”

These questions ask for answers about individuals' feelings and thoughts during the past month.

This instrument is important for research in the field of mental and social health, as it provides a standardised tool to measure and compare stress levels across time and situational changes.

Its use can help in understanding the impact of stress on the health and well-being of individuals and can be used to develop strategies for managing stress in the context of scientific research and professional practice.

Beck's Anxiety Inventory - According to Beck (1988), The Beck Anxiety Inventory is a validated self-report instrument measuring anxiety in adults and divorced couples that is used in both clinical and research settings. Respondents are asked to report the degree to which they are anxious of each about the 21 symptoms in the week before including the day of their completion of the BAI. Each symptom unit has four possible response options: Not at all; Mild (Didn't bother me too much); Moderately (It was very uncomfortable, but I could bear it), and; rough (I could barely stand it). The researcher assigns the following values to each response: Not at all = 0; Soft = 1; Moderately = 2, and; Severe = 3. Scores for each item/unit are summed to give an overall or total score for all 21 symptoms that can range from 0 to 63 points. An overall score of 0 - 7 is interpreted as a “Minimal” level of anxiety; 8 - 15 as “mild”; 16 - 25 as “Moderate”, and; 26 - 63 as “Severe”. Researchers examine unit-specific responses to determine whether the symptoms elicited are primarily subjective, neurophysiological, autonomic, or panic-related.

The researcher can then further evaluate using DSM criteria to arrive at a specific diagnostic category and plan interventions that target the underlying cause of the respondent's symptomatology and/or anxiety diagnosis.

Sample selection

Our study has a representative inclusion of foreign tourists. The study sample was carefully selected to reflect an accurate and representative image. The sample of the study included 450 tourists from different countries and the survey was done online with Google Forms. The study sample included participants with different demographic characteristics, integrating data such as age, gender, ethnic origin, and previous tourism experience.

This diversity in demographic characteristics makes the sample more representative and rich in information, helping to expand a broad perspective in the analysis of the study results.

Data analysis

After the data were collected, a database was created for our study using the statistical program IBM SPSS version 25. The statistical process involved several steps to ensure an accurate and reliable analysis:

First, the collected data (questionnaires) were reviewed to identify any potential problems and to verify that the data were filled in correctly. Subjects creating a disproportion in the homogeneity of the sample were eliminated to ensure a consistent database. Data were then coded to ensure they were in the correct format for statistical analysis.

The database was organised in a format suitable for analysis. Descriptive analysis was used to organise and summarise the data of all respondents, including characteristics such as age, gender, workplace, job position, and others.

To test the study hypotheses, ANOVA analysis was used. Hypotheses were carefully tested using specialised statistical methods to determine if there is a positive relationship between these variables, as formulated in the study's hypotheses.

RESULTS

Demographic data

A total of 450 respondents participated in the study. Of these, 240 were women, representing 53.3% of the total, while 210 were men, representing 46.7% of the total. This breakdown shows a good representation of both sexes in the study. Data on the age of 450 respondents shows a different age distribution.

The minimum age value was 1.00 and the maximum value was 7.00, with a mean of 3.7378 and a standard deviation of 1.61498. This shows that there is a considerable diversity of ages among the respondents.

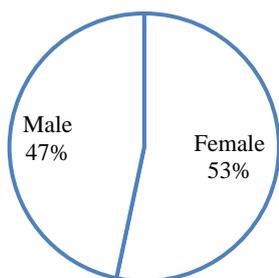


Figure 1. Gender of respondents

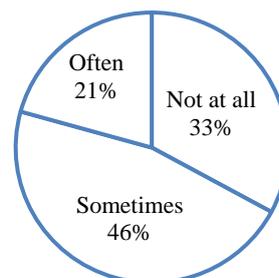


Figure 2. Have you tried multicultural foods in the last month?

Regarding experience with multicultural foods in the last month, 148 respondents (32.9%) reported that they had never tried multicultural foods, while 209 respondents (46.4%) said they had ever tried and 93 respondents (20.7%) often tried multicultural foods. Regarding the time spent as a tourist in the last month, 7 respondents (1.6%) reported that they had not been tourists at all, 237 respondents (52.7%) said they had been up to 3 days, 149 respondents (33.1%) had spent up to 7 days as tourists, 50 respondents (11.1%) reported that they had been tourists for up to 10 days, and only 7 respondents (1.6%) said that they had spent more than 10 days as tourists.

This shows that most of the respondents had spent up to 3 days as tourists during the last month.

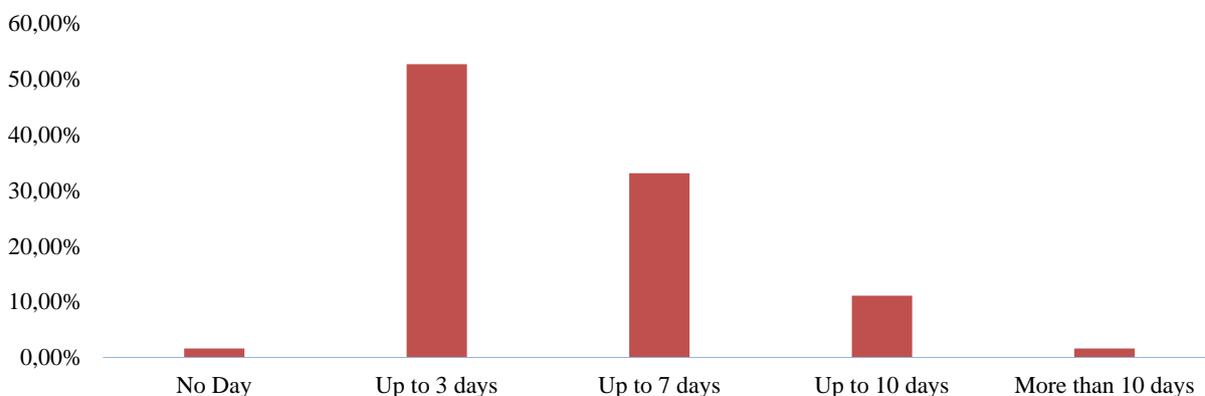


Figure 3. How long have you been a tourist in the last month?

Analysis for the verification of hypotheses

H1. Individuals who have rich experiences with tourist travel and multicultural food are expected to have a lower level of stress compared to those who have more limited experiences in these aspects.

Table 1. Age e respondentëve

	N	Minimum	Maximum	Mean	Std. Deviation
Age	450	1.00	7.00	3.7378	1.61498
Valid N (listwise)	450				

Table 2 describes the average levels of stress depending on the time spent as a tourist during the last month. The results show that respondents who were not tourists at all have a stress average of 3.1000, while those who have been tourists for up to 3 days have a slightly lower average of 3.0527. The stress mean drops to 3.0356 for those who have spent up to 7 days as tourists and continues to drop to 2.9440 for those who have been tourists up to 10 days. Respondents who spent more than 10 days as tourists report a lower stress mean of 2.3000. This suggests that there is a tendency for a lower level of stress in those who have spent more days as tourists. The overall stress average for all respondents is 3.0767.

Table 2. Descriptive data related to tourist trips and the experience of stress among the respondents

	N	Mean	Std. Deviation
No day	7	3.1000	.00000
Up to 3 days	237	3.0527	.36944
Up to 7 days	149	3.0356	.43435
Up to 10 days	50	2.9440	.59493
More than 10 days	7	2.3000	.00000
Total	450	3.0767	.43306

Table 3 shows the results of the ANOVA analysis comparing stress levels between different groups of respondents based on time spent as tourists. The results show that there is a statistically significant difference between the groups ($F = 9.663$, $p = 0.000$). This means that the duration of tourist trips has a significant impact on the stress level of the respondents.

Table 3. ANOVA analysis related to tourist trips and the experience of stress among the respondents

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	6.730	4	1.682	9.663	.000
Within Groups	77.475	445	.174		
Total	84.205	449			

Table 4 describes mean levels of stress depending on experience with multicultural food during the last month. Respondents who have not tried multicultural foods at all have a stress mean of 3.0811. Those who have ever tried multicultural foods report a stress mean of 2.7180, while those who often try multicultural foods have a lower stress mean of 2.0667. This indicates that more frequent experience with multicultural foods is associated with lower levels of stress. The overall stress average for all respondents is 3.0767.

Table 4. Descriptive data related to multicultural food and experiencing stress among respondents

	N	Mean	Std. Deviation
Not at all	148	3.0811	.42239
Sometimes	209	2.7180	.43423
Often	93	2.0667	.45141
Total	450	3.0767	.43306

Table 5 shows the results of the ANOVA analysis comparing stress levels between different groups of respondents based on experience with multicultural foods. The results show that there is no statistically significant difference between the groups ($F = 0.000$, $p = 1.000$). This means that the experience with multicultural foods does not have a significant impact on the stress level of the respondents. From the above analyses, we can conclude that hypothesis H1, which suggests that individuals with rich experiences with tourist travel and multicultural food are expected to have a lower level of stress, is partially confirmed. Tourist trips show a significant impact on stress reduction, while experience with multicultural foods does not show a statistically significant impact.

H1. Individuals who have rich experiences with tourist travel and multicultural food are expected to have a lower level of anxiety compared to those who have more limited experiences in these aspects.

Table 5. ANOVA analysis related to multicultural food and the experience of stress among the respondents

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.000	1	.000	.000	1.000
Within Groups	84.205	448	.188		
Total	84.205	449			

Table 6 presents the average levels of anxiety depending on the time spent as a tourist during the last month. The results show that the respondents who have not been tourists at all have an average anxiety of 2.6810. Those who have been tourists for up to 3 days have an average anxiety of 2.3631, while those who have spent up to 7 days as tourists have an average of 2.3091. Mean anxiety drops to 2.0138 for those who have been tourists for up to 10 days and further drops to 1.8619 for those who have spent more than 10 days as tourists. The overall mean of anxiety for all respondents is 2.4309. This shows a tendency for lower levels of anxiety in those who have spent more days as tourists.

Table 6. Descriptive data related to tourist trips and experiencing anxiety among respondents

	N	Mean	Std. Deviation
No day	7	2.6810	.00000
Up to 3 days	237	2.3631	.75126
Up to 7 days	149	2.3091	.53946
Up to 10 days	50	2.0138	.58539
More than 10 days	7	1.8619	.00000
Total	450	2.4309	.66160

Table 7 presents the ANOVA analysis to compare anxiety levels between different groups of respondents based on time spent as tourists. The results show that there is no statistically significant difference between the groups ($F = 2.003$, $p = 0.093$). This means that the duration of tourist trips does not have a significant impact on the level of anxiety of the respondents at a statistically significant level.

Table 7. ANOVA analysis related to tourist trips and the experience of anxiety among the respondents

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3.476	4	.869	2.003	.093
Within Groups	193.057	445	.434		
Total	196.533	449			

Table 8 describes mean levels of anxiety depending on experience with multicultural food during the past month. Respondents who have not tried multicultural foods at all have an average anxiety of 2.7059. Those who have ever tried multicultural foods report a mean anxiety of 2.2067, while those who often try multicultural foods have a lower mean anxiety of 1.9564. The overall mean of anxiety for all respondents is 2.4309. This suggests that more frequent experience with multicultural foods is associated with lower levels of anxiety.

Table 8. Descriptive data related to multicultural food and the experience of anxiety among respondents

	N	Mean	Std. Deviation
Not at all	148	2.7059	.50001
Sometimes	209	2.2067	.73579
Often	93	1.9564	.54574
Total	450	2.4309	.66160

Table 9 shows the results of the ANOVA analysis comparing anxiety levels among different groups of respondents based on experience with multicultural foods.

The results show that there is a statistically significant difference between the groups ($F = 24.998$, $p = 0.000$). This means that the experience with multicultural foods has a significant impact on the anxiety level of the respondents.

Table 9. ANOVA analysis related to multicultural food and the experience of stress among the respondents

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	19.770	2	9.885	24.998	.000
Within Groups	176.762	447	.395		
Total	196.533	449			

From the above analyses, we can conclude that hypothesis H2, which suggests that individuals with rich experiences with tourist travel and multicultural food are expected to have a lower level of anxiety, is partially confirmed. Tourist trips show a tendency to decrease anxiety, but this effect is not statistically significant. On the other hand, experience with multicultural foods has a significant and statistically significant impact on anxiety reduction.

DISCUSSIONS AND CONCLUSIONS

This study sought to explain the relationship between tourism travel experiences and multicultural food consumption with stress and anxiety levels in individuals. The results of the analysis showed some interesting things.

It was found that those who had richer travel experiences, including longer time as tourists, reported lower levels of stress and anxiety. This finding suggests that exploring different cultures and getting to know new places can help reduce stress and anxiety in individuals. On the other hand, experience with multicultural foods showed a significant impact on the level of anxiety, but not on the level of stress. This result can be interpreted as an interesting conclusion from this study. In an increasingly globalized world, experiencing different foods can bring a sense of openness and acceptance of other cultures, contributing to lower anxiety levels.

However, it is important to note that these results should not be treated as fully validated conclusions, but as part of a wider dialogue in the field of mental health. Future studies could explore more deeply the potential links between cultural experiences and mental health, including other factors such as cultural context, social expectations, and the psychological impacts of traveling and exploring different cultures.

In conclusion, the findings of this study provide an important perspective for understanding the links between cultural experiences and mental health. These results can be used to develop strategies and policies that promote recognition and understanding of different cultures as a means to improve the well-being and mental health of individuals in our diverse society. The results show that interaction with other cultures can foster personal development, knowledge of different cultures, travel experiences, adaptation to different environments, thus contributing to sustainable psychological and emotional well-being.

Although the study includes a sizable sample, some limitations exist, such as the self-reported nature of the data and the lack of in-depth measurements of other factors that may influence tourists' perceptions.

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