

STUDY ON TRAVEL HABITS AND LEISURE ACTIVITIES IN THE LIGHT OF COVID-19 TRIGGERED CHANGES IN ROMANIA AND HUNGARY

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Abstract: Tourism is a widely known concept as it is part of our modern lifestyle that we opt for useful and quality free time that provides us with the opportunity to relax and boost our energy. Our research focused on travel habits and the leisure activities people undertake during their trips, relying on answers provided by respondents aged 18-55. Most of the respondents said that they quite like to go on recreational journeys /tourism trips, with the most popular activities being nature walks, hiking, visiting places of historic interest, and viewing architecture and buildings. A quintessential role during these trips is played by relaxation and recharge, as well as restoring capacity for work. The most popular destinations in descending order were domestic attractions, neighboring countries, and other countries in Europe. Covid-19 had a major impact on destination choice; the number of outbound trips decreased, and beside the lowering frequency of inbound trips their length also shortened. As traveling is a popular holiday activity, it is particularly important to pay due attention to tourists' travel motivations, assess their needs and habits so that they can be provided with the best possible experiences during their trips, and can return well rested and with renewed vigor to face their everyday challenges.

Key words: travel, leisure, recreation activities, Covid-19

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INTRODUCTION

Free time is a crucial and valuable factor in everyone's life, and people want to spend it doing various activities. Leisure time has been widely researched starting from the 1950's (Pieper, 1952; Dumazedier, 1959; Murphy, 1981) through our era (Tibori, 2002). Several Hungarian (Lengyel, 2016; Lenténé et al., 2018a; Lenténé et al., 2018b; Bocsi, 2019; Szépné et al., 2019; Laoues et al., 2019;) and international (Verghese et al., 2003; Fletcher et al., 2003; Law et al., 2006; Agahi and Parker, 2008) theme-specific studies were conducted about various ways of spending free time. People perform a variety of active (Lengyel, 2015; Bíró et al., 2015; Váczai et al., 2015) and passive (Bácsné et al., 2019; Balogh et al., 2019; Herpainé et al., 2019) recreational activities in their free time that play a proven role both in relaxation and skills development. Since we live an accelerated, performance-based, and work-centered modern life characterized by lack of time, we feel compelled to recharge rapidly, and be able to meet the expectations as soon as possible. Thus, we prefer recreational activities focusing on recreation, relaxation, leisure, prevention and health preservation, activities that facilitate stress relief, and physical and mental well-being (Müller et al., 2009; Molnár, 2012; Müller et al., 2013; Sörös and Pető, 2015; Szántó and Boda, 2016; Bíró and Müller, 2017; Lengyel, 2019, 2020). Ensuring relaxation and leisure, recreation has become one of the most attractive factors in tourism, as it can provide useful and meaningful ways to spend our free time, and it also highly affects our quality of life (Sörös, 2013; Tütümkov et al., 2021). In addition, tourism and recreation play a major part in skills development (Dávid et al., 2007; Bujdosó and Remenyik, 2008; Bujdosó, 2016). Recreational sports were also closely investigated in several studies due to their leading role in prevention and health preservation (Bendíková et al., 2018; Lubkowska et al., 2018; Váradi et al., 2019; Kinczel, 2021).

The Covid-19 pandemic has brought changes whose various effects and consequences have already been dealt with by several researchers (Lesser and Nienhuis, 2020; Schuchat, 2020; Chen et al., 2020; Poór et al., 2021; Hossain, 2021; Spence et al., 2021), but we still need to deal with this topic. Both Hungarian and international research was carried out during the pandemic into how people spend their free time (Gösi and Magyar, 2020; Murtaza et al., 2021), as well as into tourism in general, a number of which present Covid-19 as a global crisis (Brouder, 2020; Kock et al., 2020; Rogerson and Baum, 2020; Zenker and Kock, 2020; Assaf et al., 2021; Mattei et al., 2021; Persson-Fischer and Liu, 2021; Rogerson and Rogerson, 2021). Iliés et al. (2018) recommend nature sports like walking, running, cycling and Nordic walking in Natura 2000 protected areas, which have health benefits and environmentally friendly recreational activities, which are excellent sports activities for Romanian people during Covid. Several studies conducted in a number of countries confirmed that the corona virus pandemic made most international tourists avoid outbound trips; therefore, the tourism sector concentrated on domestic demands (Falk et al., 2021; Pramana et al., 2021; Sukaatmadja et al., 2022). This proved to be a reasonable step as

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a number of countries saw a rise in local tourism demand. A study into 250 frequently traveling Nigerians demonstrated that due to the fear of Covid-19 infection most tourists preferred to choose a domestic destination, and visit local culture spots including theaters, cinemas, or do sports in a local facility (Umokora et al., 2020). A study undertaken to examine Hungarian travel habits also showed that there was a shift in the tourism model with more holiday-takers choosing to travel in small groups, going on longer trips, preferring domestic destinations and nature-based activities (Kupi and Szemerédy, 2021; Ernszt and Marton, 2021), just like in sport (Ke and Wagner, 2020; Raiola and Di Domenico, 2021). During the pandemic, when the Norwegian city Oslo was closed, outdoor recreational activity increased by 291% during lockdown relative to a 3-year average for the same days, especially walking, running and cycling (Venter et al., 2020).

MATERIALS AND METHODS

Our research aimed to examine travel habits and recreational activities undertaken as part of trips; besides, we also considered it important to map the changes caused by Covid-19. Our research objective was to examine the travel habits of Hungarians living in two neighboring regions of Hungary and Romania, respectively, based on their destination choice and recreational activities. We also tried to explore how their trips had been influenced by the Covid-19 pandemic, and what similarities and differences the answers of the respondents from the two different countries exhibit. We formulated two hypotheses related to the research questions. H1: Recreational activities aiding relaxation, recreation and recharge are a top priority for tourists. H2: Covid-19 has had a significant impact on travel; tourists traveled less, and preferred shorter distances and domestic destinations in the examined period. To achieve our objective, we employed both primary and secondary research methodologies. Our primary research method consisted of an online questionnaire survey filled in by Hungarian citizens and ethnic Hungarians aged 18 to 55. The questionnaire had three parts, with the first asking about travel patterns, the second about recreational activities, and the third concentrating on socio-demographic data. The survey responses came from the Northern Great Plain region of Hungary and the North-West region of Romania (N=271).

The survey questions sent to different leisure time groups were answered on online platforms by respondents. Our results were obtained using basic statistical methods to calculate frequency, and chi-square test and paired t test were also used to analyze the correlations. The objective of the secondary research was to confirm our results with as many domestic and international data as possible, and provide support for the importance and relevance of our research.

Presentation of the test sample

Our research processed and analyzed the responses of 271 study participants, who were aged 18-55. The responses were provided by Hungarian citizens and ethnic Hungarians living in Hungary and Romania, respectively.

Table 1. The Respondents' Characteristics (Source: Own editing)

Criteria		Hungary		Romania		Total	
		Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Education	8th grade	3	1.9%	2	1.7%	5	1.8%
	Vocational school	0	0.0%	6	5.1%	6	2.2%
	High school/ Grammar school (school leaving exam)	98	63.6%	51	43.6%	149	55.0%
	Higher professional qualifications	5	3.2%	2	1.7%	7	2.6%
	College/University	48	31.2%	56	47.9%	104	38.4%
Occupation	Student	106	68.8%	45	38.5%	151	55.7%
	Blue-collar worker	1	0.6%	11	9.4%	12	4.4%
	White-collar worker	30	19.5%	27	23.1%	57	21.0%
	Manual and intellectual worker	7	4.5%	17	14.5%	24	8.9%
	Housewives	0	0.0%	4	3.4%	4	1.5%
	Manager	3	1.9%	3	2.6%	6	2.2%
	Self-employed	6	3.9%	5	4.3%	11	4.1%
	Unemployed	1	0.6%	4	3.4%	5	1.8%
Pensioner	0	0.0%	1	0.9%	1	0.4%	
Age-based Group	18-24 year	108	70.1%	62	53.0%	170	62.7%
	25-39 year	34	22.1%	30	25.6%	64	23.6%
	40-54 year	10	6.5%	24	20.5%	34	12.5%
	55+	2	1.3%	1	0.9%	3	1.1%
Sex	Male	52	33.8%	30	25.6%	82	30.3%
	Female	102	66.2%	87	74.4%	189	69.7%

As regards the gender ratio of the participants, 69.7% (189 persons) were female, and 30.3% (82 persons) were male. In terms of age groups, respondents were divided into the following categories: 62.7% (170 persons) were aged 18-24, 23.6% (64 persons) were aged 25-39, and 13.6% (37 respondents) were aged 40-55. Analyzing our respondents' domicile, we saw that nearly half of the participants lived in towns, as according to the figures 26.2% (71 persons) had their domicile in a village or municipality, 45.8% (124 persons) lived in a town, 22.1% (60 persons) were residents of a county seat, and 5.9% (16 persons) lived in the capital. The data on the highest educational attainment of participants show that 1.8% (5 persons) completed only grade 8 of primary education, 2.2% (6 persons) completed a vocational school, 55.0% (149 persons) passed the secondary school leaving exam, 2.6% (7 persons) completed non-tertiary post-secondary education, and 38.4% (104 persons) obtained a tertiary (college/university) degree. Of all the respondents,

4.4% (12 persons) preferred not to answer my question on their financial situation, 22.5% (61 persons) had no income, 1.1% (3 persons) regularly faced financial problems, 15.5% (42 persons) could hardly make a living, and 15.1% (41 persons) could make a good living from their income and could also put some of it aside. Analyzing our participants' core activities, we found they could be grouped into the following categories: 55.7% (151 persons) were students, 4.4% (12 persons) had a blue-collar job, 21.0% (57 persons) had a white-collar job, 8.9% (24 persons) had a both manual and intellectual job, 4.1% (11 persons) were self-employed, 2.2% (6 persons) were managers, 1.5% (4 persons) were housewives, 1.8% (5 persons) were unemployed, and 0.4% (1 persons) were pensioners receiving incapacity benefit.

The ethnic Hungarians who filled in our survey represented 43.2% of our sample (117 persons), with most of them living in the North-West region of Romania. The rest of the participants, i.e. 56.8% (154 persons) were Hungarian citizens, with the majority of them living in the Northern Great Plain region of Hungary. This means that the majority of our respondents live in two neighboring regions, as the North-West region of Romania is adjacent to the Northern Great Plain region of Hungary. Since we received a number of responses from each country separately, and there is not a big difference between these numbers (56.8% of the participants were from Hungary, and 43.2% were from Romania), we considered it worth investigating the results of certain questions from this aspect as well. Among the respondents from Hungary 33.8% (52 persons) were male, and 66.2% (102 persons) were female. Among those from Romania the gender ratio was as follows: 25.6% (30 persons) were male, while 74.4% (87 persons) were female. In terms of age we can see that we had more respondents in the 18-24 age group among those from Hungary, and aged 40-55 among those from Romania. Village or municipality residents accounted for 8.4% (13 persons) of the sample from Hungary, compared to 49.6% (58 persons) of the one from Romania. Town dwellers were represented almost in the same ratio: 48.1% (74 persons) from Hungary and 42.7% (50 persons) from Romania live in towns. More of our Hungarian citizen respondents (33.1%, 51 persons) live in a county seat, compared to participants from Romania (7.7%, 9 persons). Some of our respondents from Hungary live in the capital; they accounted for 10.4% (16 persons) of the sample. Roughly 63.6% of our respondents had a secondary school leaving exam, and 68.8% of them still study.

RESULTS AND DISCUSSION

The exploration of travel patterns focused on what tourist destinations were the most popular among respondents. We used a 5-point Likert scale (1=not typical at all, 5=absolutely typical) to assess how frequently the participants tended to choose the following tourist destinations: domestic attractions, neighboring countries, non-neighboring European Union countries, non-EU countries, other continents. Nearly half of our respondents (40.2%, 109 persons) proved to prefer domestic destinations, as this is the category that got most 5's. Figure 1 clearly shows that domestic destinations were dominant among the 4's as well, with 31.4% of the answers in this category (85 persons). Other continents were the least frequently chosen destination among most respondents: 68.6% chose option 1 for this category (186 persons). Non-EU countries were also less popular spots: a high rate of participants, i.e. 55.4% (150 persons) chose option 1 for this category.

Table 2. Choice of tourist destinations Based on a 5-point Likert scale (Source: Own editing)

Tourist destination	Options/Person					Total average / standard deviation	Hungarian average/ standard deviation	Romanian average/ standard deviation	
	1	2	3	4	5				
Inland	12	19	46	85	109	3.96 (sd=1.120)	4.10 (sd=1.053)	3.78 (sd=1.183)	p>0.05
Neighboring countries	23	52	93	71	32	3.14 (sd=1.119)	3.06 (sd=1.153)	3.23 (sd=1.070)	p>0.05
Non - neighboring countries of the European Union	65	65	57	45	39	2.73 (sd=1.370)	3.07 (sd=1.424)	2.29 (sd=1.160)	chi ² =28.652, df=4, p<0.001
Non-EU countries	150	63	30	15	13	1.81 (sd=1.134)	2.01 (sd=1.207)	1.56 (sd=0.978)	chi ² =15.654, df=4, p=0.004
Other continents	186	43	19	15	8	1.58 (sd=1.036)	1.69 (sd=1.106)	1.44 (sd=0.923)	p>0.05

Based on the above results, domestic destinations are the most preferred category as this had the highest mean value (mean=3.96, deviation=1.120). Mean values show neighboring countries to be the second most popular choice (mean=3.14, deviation=1.119), followed by non-neighboring EU countries (mean=2.73, deviation=1.370). Respondents tended to less frequently choose non-EU countries (mean=1.81, deviation=1.134) and other continents (mean=1.8, deviation=1.036).

There is a significant difference in the 5-point ratings provided by the respondents from the two different countries regarding destinations in non-neighboring EU countries. Compared to our ethnic Hungarian participants, a higher number of respondents from Hungary tend to choose such destinations. For this question 19.5% of our respondents from Hungary (30 persons) chose option 1; 18.2% of them (28 persons) opted for 2; 18.8% of them (29 persons) marked option 3; 22.7% (35 persons) chose option 4; and 20.8% of them (32 persons) marked option 5. At the same time, 29.9% of our respondents from Romania (35 persons) selected option 1; 31.6% (37 persons) chose option 2; 23.9% (28 persons) marked option 3; 8.5% (10 persons) chose option 4; and 6.0% (7 persons) marked option 5 (chi²=28.652; df=4; p<0.001). A further difference could be shown regarding the preference of countries outside of the European Union; our respondents from Romania were less likely to visit such destinations as 67.5% (79 persons) chose option 1 for this category, compared to 46.1% of our participants from Hungary (71 persons) (chi²=15.642; df=4; p=0.004).

Table 3 presents the ratio of day visits and overnight trips with at least one night's stay. Out of all the respondents, 15.5% (42 persons) never go on a day trip for leisure/tourism, 34.7% (94 persons) go on such trips more than 3 times a year, 21.0% (57 persons) do so 1-2 times a year, 7.0% (19 persons) take a trip like that once a year, 18.5% (50 persons) once a month, and 3.3% (9 persons) take such trips every week. At the same time, overnight trips with one to three

overnight stays are taken by 12.2% of all the respondents (33 persons) never at all; 17.0% of them (46 persons) take such trips more than 3 times a year, 38.7% (105 persons) do so 1-2 times a year, 28.4% (77 persons) go on a trip like that once a year, 2.2% (6 persons) once a month, and 1.5% (4 persons) take such trips every week.

Leisure / tourism trips with at least four overnight stays are taken by 23.2% of all the respondents (63 persons) never at all; 5.9% (16 persons) take such trips more than 3 times a year, 20.7% (56 persons) do so 1-2 times a year, 47.2% (128 persons) go on a trip like that once a year, and 3.0% (8 persons) take such trips every month.

Table 3. Duration of leisure / tourist trips (Source: Own editing)

Duration of leisure / tourist trips	Options/Person						Total average / standard deviation	Hungarian average/ standard deviation	Romanian average/ standard deviation	By t-test
	Never	Weekly	Monthly	Once a year	1-2 times a year	More than 3 times a year				
Day trips	42	9	50	19	57	94	4.19 (sd=1.813)	4.21 (sd=1.760)	4.15 (sd=1.887)	p>0.05
Trips for 1-3 nights	33	4	6	77	105	46	4.31 (sd=1.468)	4.29 (sd=1.587)	4.34 (sd=1.301)	p>0.05
Trips of 4 nights or more	63	0	8	128	56	16	3.59 (sd=1.558)	3.79 (sd=1.563)	3.33 (sd=1.520)	chi ² =18.883, df=5, p=0.002

If we split out the results by countries, we can conclude that 20.1% of the respondents from Hungary (31 persons) never go on overnight trips of at least four overnight stays, 40.9% of them (63 persons) take such a trip once a year, and 27.9% of them (43 persons) will do so 1-2 times a year. In comparison, 27.4% of the respondents from Romania (32 persons) never take such a trip, 55.6% of them (65 persons) take such a trip once a year, and 11.1% of them (13 persons) will do so 1-2 times a year (chi²=18.883; df=5; p=0.002). Our survey also included research into the recreational activities tourists undertake as part of their trips. In this part we again used a 5-point Likert scale (1=not typical at all, 5=absolutely typical) to assess what leisure activities are the most frequently undertaken during our respondents' trips. The most popular activities done at the destination were nature walks and hiking (mean=4.11, deviation=1.034), and exploring sites of historic interest and architectural spots (mean=3.49, deviation=1.188). Recreational activities designed to provide relaxation and recharge also proved to be in demand, with the use of wellness services (mean=3.38, deviation=1.369), and leisure, relaxation, meditation, and yoga being the most popular (mean=3.37, deviation=1.280). In the studied sample the activities that got neglected or failed to receive attention during trips were surfing the Internet, and playing telephone/online games (mean=2.26, deviation=1.239), or trying extreme sports (mean=2.35, deviation=1.387).

Table 4. Percentage distribution of recreational activities used during the trip (Source: Own editing)

Recreational activity:	Options	Percentage	Person	Total average/ standard deviation	Hungarian average/ standard deviation	Romanian average/ standard deviation	By t-test
Nature walks and hiking at the destination	1	1.9%	5	4.11 (sd=1.034)	4.08 (sd=1.067)	4.16 (sd=0.991)	p>0.05
	2	6.3%	17				
	3	18.1%	49				
	4	25.9%	70				
	5	47.8%	129				
Exploring sites of historic interest and architectural spots	1	7.0%	19	3.49 (sd=1.118)	3.54 (sd=1.225)	3.42 (sd=1.139)	p>0.05
	2	13.0%	35				
	3	28.1%	76				
	4	28.1%	76				
	5	23.7%	64				
Use of wellness services	1	12.9%	35	3.38 (sd=1.369)	3.42 (sd=1.361)	3.34 (sd=1.384)	p>0.05
	2	14.0%	38				
	3	23.6%	64				
	4	20.7%	56				
	5	28.8%	78				
Resting, relaxation, meditation, yoga	1	8.5%	23	3.37 (sd=1.280)	3.33 (sd=1.250)	3.42 (sd=1.321)	p>0.05
	2	19.3%	52				
	3	24.4%	66				
	4	22.6%	61				
	5	25.2%	68				
Surfing the Internet, and playing telephone/ online games	1	35.4%	96	2.26 (sd=1.239)	2.44 (sd=1.303)	2.03 (sd=1.114)	t=2.726, p=0.007
	2	27.3%	74				
	3	19.9%	54				
	4	10.3%	28				
	5	7.0%	19				
Trying extreme sports	1	40.2%	102	2.35 (sd=1.387)	2.47 (sd=1.401)	2.19 (sd=1.358)	p>0.05
	2	19.2%	52				
	3	16.2%	44				
	4	14.4%	39				
	5	10.0%	27				

These results let us conclude that our first hypothesis assuming that during trips activities that aid relaxation, recreation and recharge are a top priority for tourists is only partially right. These types of free time activities are a clearly important part of holiday-takers' trips; however, tourists also have a strong liking for nature walks and visiting historic sites. Leisure activities done in nature, including hiking, have become a stronger tourist motivation during the pandemic (Campisi, 2020; Kupi and Szemerédy, 2021; Ernszt and Marton, 2021); these have been markedly important before the occurrence of the virus, though (Nagy, 2016; Csapó and Gonda, 2019). At the same time, there has been a rise in the demand for tourist products and services that make it possible for tourists to keep physical distance without physical distancing being at the expense of the experience itself. Such products are the ones used in active tourism, as well as in destinations with a low population density in the countryside (Raffay, 2020). The amount of time spent surfing the Internet or playing telephone/online games was higher among respondents from Hungary ($t=2.726, p=0.007$).

Covid-19 has had an impact nearly on everything, including travel habits. Out of all the respondents, 29.5% (80 persons) were partly, and 53.1% (144 persons) were absolutely influenced by the pandemic when making their travel plans. To study the effects of Covid-19 on respondents' travel-related activities, we provided various statements regarding which respondents could choose from three options: false, partially true, and wholly true. Our hypothesis assuming that people were more cautious due to the pandemic and preferred domestic trips instead of outbound travel, was wholly true for 41.3% of our respondents (11 persons), partially true for 32.8% (89 persons), and false for 25.8% (70 persons). We found it to be wholly true for 49.8% of the respondents (135 persons) that they got vaccinated to be able to travel, partially true for 18.8% (51 persons), and false for 31.4% (85 persons). In the present pandemic situation not so crowded tourist destinations were absolutely preferred by 33.9% of our respondents (92 persons), and partially preferred by 34.7% (94 persons). Due to Covid-19, it was wholly true for 21.4% of the participants (58 persons) that they chose nearby destinations and traveled there for a shorter stay but more times, and the same statement was partially true for 35.8% (97 persons).

Table 5. Effects of Covid-19 on travel (Source: Own editing)

Statement	Options/Person			Total average/ standard deviation	Hungarian average/ standard deviation	Romanian average/ standard deviation
	False	Partially true	Wholly true			
More cautious due to the pandemic and preferred domestic trips instead of outbound travel	70	89	11	2.45 (sd=0.733)	2.41 (sd=0.764)	2.50 (sd=0.690)
Got vaccinated to be able to travel	85	51	135	2.18 (sd=0.884)	2.26 (sd=0.877)	2.09 (sd=0.886)
Preferred non-crowded tourist destinations.	85	94	92	2.03 (sd=0.809)	1.96 (sd=0.808)	2.11 (sd=0.807)
Travelled nearby destinations for shorter stay but more times	116	97	58	1.79 (sd=0.774)	1.79 (sd=0.800)	1.79 (sd=0.741)

In the two years preceding Covid-19 (2018, 2019) 5.9% of the respondents (16 persons) did not take a domestic trip, 19.9% (54 persons) had such a trip once a year, 39.9% (108 persons) did so 2-3 times a year, and 34.3% (93 persons) took an inbound trip more than 3 times a year. During the pandemic (2020, 2021) these rates changed, and as many as 21.4% of the respondents (58 persons) failed to take a domestic trip, 32.1% (87 persons) had such a trip once a year, 28.8% (78 persons) traveled 2-3 times a year, and 17.7% (48 persons) went on an inbound trip more than 3 times ($t=11.235, p<0.001$). In the two years preceding the pandemic, 18.5% of the respondents (50 persons) did not go on an outbound trip, 50.9% (138 persons) had such a trip once a year, 22.9% (62 persons) traveled abroad 2-3 times a year, and 7.7% (21 persons) went on an outbound trip more than 3 times a year for touristic purposes. The number of people who did not go on an outbound trip in 2020 and 2021 increased greatly to give a percentage of 60.1% (163 persons). In these years, (2018, 2019) 25.1% of the respondents (68 persons) went on an outbound trip once a year, 12.5% (34 persons) had such a trip 2-3 times a year, and 2.2% (6 persons) chose an outbound destination for touristic purposes more than 3 times a year ($t=12.826, p<0.001$).

Table 6. Travelling before and after Covid-19 (Source: Own editing)

Statement		Options	Frequency	Percentage	Total average/ standard deviation	Hungarian average/ standard deviation	Romanian average/ standard deviation	By t-test
Before Covid-19	Inland	Not once	16	5.9%	3.03 (sd=0.884)	2.99 (sd=0.897)	3.07 (sd=0.868)	t=11.235 p<0.001
		Once a year	54	19.9%				
		2-3 times a year	108	39.9%				
		More than 3 times a year	93	34.3%				
During the pandemic	Inland	Not once	58	21.4%	2.43 (sd=1.015)	2.40 (sd=1.032)	2.46 (sd=0.996)	
		Once a year	87	32.1%				
		2-3 times a year	78	28.8%				
		More than 3 times a year	48	17.7%				
Before Covid-19	Abroad	Not once	50	18.5%	2.20 (sd=0.828)	2.16 (sd=0.820)	2.25 (sd=0.840)	
		Once a year	138	50.9%				
		2-3 times a year	62	22.9%				
		More than 3 times a year	21	7.7%				
During the pandemic	Abroad	Not once	163	60.1%	1.57 (sd=0.795)	1.49 (sd=0.786)	1.68 (sd=0.797)	
		Once a year	68	25.1%				
		2-3 times a year	34	12.5%				
		More than 3 times a year	6	2.2%				

A questionnaire survey conducted in 500 Hungarians who frequently travel aimed to find out whether this change in travel motivations would persist after the pandemic is over, or motivations would again be the same as previously. Research results revealed that merely 46% of the 500 Hungarian respondents are anxious about traveling abroad, and it was mainly true for female travelers that they consider inbound destinations to be safer (Ernszt and Marton, 2021).

The pandemic seems not to have had an impact on our respondents' preferences regarding outbound destinations, as the neighboring Austria, Croatia, and Italy have proved to be popular destinations again after the pandemic. This also implies that after the pandemic domestic tourism will not result in such an exponential increase as during the travel restrictions or the pandemic itself, but may return to the level before the pandemic.

CONCLUSION

The main objective of our research was to explore travel habits among holiday-takers aged 18-55. Our results demonstrate that the most preferred destination in this age group is the country of residence. Neighboring countries and other European Union member states are also in focus, but non-EU countries and overseas destinations are less favored.

It can be concluded that the majority of respondents, more precisely, 73.8% (200 respondents) usually take an overnight trip of at least four overnight stays at least once a year. In addition, 84.1% of respondents (228 persons) will also take a tourism trip of 1-3 overnight stays at least once a year. Our respondents like to undertake day visit free time activities as well; only 15.5% of them (42 persons) take no such trips.

The most popular recreational activities done during these trips are nature walks, hiking, visiting sites of historic interest and architectural spots at the destination; also, they show a liking towards activities aimed at resting, relaxation, and recharge. Our results are consistent with the research results of Hungarian and international studies alike (Kupi and Szemerédy, 2021; Ernszt and Marton, 2021; Umukroro et al., 2020; Githii, 2021). Randler et al. (2020) said that the corona virus also changed the recreational habits of people who did outdoor activities. For example, those who watched birds in their free time, they did this activity in or near their court for safety reasons. Research in 2020 has shown that people, who live in a city, during the pandemic they travelled for recreational activities for a shorter period of time (Rice et al., 2020).

Our results clearly demonstrate that Covid-19 has had an impact on travel plans: people's intention to travel either within their country of residence or abroad has decreased significantly during the years of the pandemic (2020, 2021); also, countryside destinations and active tourism have become more sought after. It can also be considered worth mentioning that travel has influenced people a lot in their vaccination decisions as being vaccinated greatly facilitates travel and tourism.

Unfortunately, modern life is loaded with stress, work and performance pressure, and tiredness accompanied by its various symptoms. Therefore, it is essential that we make time for ourselves, and spend our leisure time doing activities that facilitate resting, relaxation, and recreation (De Valck et al., 2016; Scholte et al., 2018). Leisure/tourism trips make it possible to get away from everyday life, and help focus on relaxation and rest. It is important that people consider travel and trips as a means facilitating relaxation, recreation, resting, and learning new things or skills. Covid-19 has had a considerable impact on travel habits, which are extremely important to study and analyze. The changes in recreational motivations should be carefully considered as relying on the popular recreational activities may be extremely helpful in making decisions on what opportunities to offer. A questionnaire survey conducted in 500 Hungarians who frequently travel aimed to find out whether this change in travel motivations would persist after the pandemic is over, or motivations would again be the same as previously. Research results revealed that merely 46% of the 500 Hungarian respondents are anxious about traveling abroad and it was mainly true for female travelers that they consider inbound destinations to be safer (Ernszt and Marton, 2021). The pandemic seems not to have had an impact on our respondents' preferences regarding outbound destinations, as the neighboring Austria, Croatia, and Italy have proved to be popular destinations again after the pandemic. This also implies that after the pandemic domestic tourism will not result in such an exponential increase as during the travel restrictions or the pandemic itself, but may return to the level before the pandemic.

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