

EUDAIMONIA AND TOURISM

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Abstract: Since theories of existential-humanist psychology and its clinical approaches began to focus on optimal human functioning in “Post-War Psychology”, the study of well-being and the realization of human potential gained scientific status, finding inspiration in the Aristotelian concept of eudaimonia. In the early 2000s, the new field of Positive Psychology incorporated the various scientific contributions on the well-being and optimal human functioning accumulated over almost four decades. Guided by different conceptualizations on eudaimonia, different theories in this field were applied to leisure studies, eventually arriving at tourism. However, the term eudaimonia still promotes controversy among scholars and this is reflected in studies in the tourism field. Furthermore, the use of the term and its related adjective (eudaimonic) seems to be still in the process of being accepted in academia. Some basic theories support the majority of most important studies and some authors stand out.

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