

## **The Impact of Visiting Nature Tourism on Tourists' Mental Health and Revisit Intentions**

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### **Abstract**

Mental health has become an important issue in today's society, and many people are looking for ways to restore it. One common option is visiting nature tourism, as natural environments are believed to provide peace and reduce stress. This study aims to analyze the impact of visiting nature tourism on mental health and how improved mental health influences revisit intention. The research used a quantitative approach with data collected from 253 respondents who had visited Taman Hutan Raya Ir. Djuanda. The data were analyzed using SmartPLS 4.0 to examine the relationships among variables. The results show that visits to nature tourism significantly improve tourists' mental health, where the natural atmosphere helps to reduce stress and anxiety. Improved mental health also has a significant effect on revisit intention. Different from previous studies, this research highlights not only the effect of nature tourism on mental health but also how the improvement in mental health motivates tourists to return. These findings suggest that nature tourism managers should maintain the natural environment, provide relaxation facilities, and promote the positive benefits of nature tourism for mental health.

**Keywords:** Nature Tourism, Mental Health, Revisit Intention

### **A. INTRODUCTION**

In recent years, attention to mental health has increased along with the increasing life pressure and the demands of fast-paced lifestyle. This condition causes various psychological problems such as stress, mental fatigue, and anxiety disorders, which are widely experienced by the community. One solution that is now widely used to relieve these problems is recreation in an open natural environment.

Various studies have shown that nature tourism could have a significant positive impact on mental health, including helping to reduce anxiety, giving a sense of peace, and restore the clarity of mind (Han & Hyun, 2019; Lackey et al., 2021; Krishna et al., 2023; Buckley, 2020; Sohaib et al., 2022).

As revealed by previous studies, hotels that implement Nature Based Solutions actually affect the perception of well-being and satisfaction of their visitor. Nature Based Solutions can also improve and/or enhance the visitor's mental health (Han et al., 2020; Han & Hyun, 2019; Sohaib et al., 2022).

In other studies, it is also stated that the natural environment has various benefits for physical and mental well-being (Parashar & Agarwal, 2024). One study states that visiting nature can really help visitor to disconnect themselves and relieve stress, because when they are in nature, all they can feel is peace and quiet (Cooper & Buckley, 2022). Meanwhile, other study with findings on the mental health benefits of nature-based recreation revealed that nature-based recreation can reduce anxiety and symptoms of depression (Lackey et al., 2021).

Although the benefits of nature tourism on psychological well-being have been widely recognized in various studies, studies that specifically explore the effect of nature tourism on mental health and its impact on tourists' revisit intentions are still very limited. Most previous studies such as those conducted by Lackey et al., 2021, Krishna et al., 2023, and Sun et al., 2022 have focused more on the aspects of the benefits of the natural environment on reducing stress or improving general quality of life, without directly

examining the relationship between mental health improvement gained from nature tourism experiences and the tourists' desire to revisit.

This study was conducted to understand the effect of nature tourism visits on mental health and how improved mental health affects tourists' revisit intentions by adopting research (Han et al., 2020). Natural environments such as green scenery, fresh air, and a calm atmosphere are considered to be able to provide effects to reduce stress and improve psychological well-being. Tourists who experience mental health benefits during visits to nature tourism tend to feel more satisfied with their travel experiences, which ultimately encourages the intention to revisit the same destination. Considering this background, the research is directed to answer the following questions:

1. Do visits to nature-based tourism significantly affect tourists' mental health?
2. Does improved mental health influence tourists' revisit intentions?

Therefore, this study is relevant and important to be carried out in order to provide new scientific contributions. This research is expected to provide a deeper understanding of the role of nature tourism not only as a means of mental recovery but also as a factor that encourages tourist loyalty to return to the destination.

## **B. LITERATURE REVIEW**

### **Nature Based Tourism**

#### *Green Space*

Green space in nature tourism areas plays an important role in supporting the physical and mental health of the community. Research shows that the presence of green spaces, such as parks and forests, provides significant benefits for visitors. Twohig-Bennett and Jones (2018) found that exposure to green space is associated with a reduced risk of depression, anxiety, and stress disorders. A calm and natural green environment can create an atmosphere that can help individuals recover from mental fatigue due to daily routines. In addition, the presence of green space has also been shown to increase physical activity, such as walking or trekking, which provides health benefits.

Green space in nature tourism areas also has a positive impact on the tourist experience. The beautiful view and peaceful atmosphere offered by green space provide a deeper experience for visitors, thus creating an emotional connection with nature. This experience not only helps to increase visitor satisfaction but also encourage their interest to revisit. Research by Liu et al. (2019) also revealed that well-managed green space can create a strong sense of place, where visitors feel emotionally connected to the destination. In addition, the presence of green space elements, such as trees, waterfalls, or other plants, can enhance the tourists' experience.

In addition to health benefits and tourist experiences, green spaces also contribute to environmental conservation. Green spaces in nature tourism areas help to improve air quality, reduce environmental temperatures, and provide habitats for various flora and fauna (Liu et al., 2019). Thus, green spaces not only provide direct benefits to visitors but also support ecological functions that are important for sustainability.

#### *Environment Condition and Values*

The natural environment of a tourist destination can affect how tourists view and feel comfort. The main attraction for tourists to visit natural destinations often comes from the natural beauty and well-maintained environmental conditions. This shows that a beautiful and natural environment plays an important role in shaping tourists' perceptions of the quality of the place. The presence of green open spaces that are free from pollution provides a calming and comfortable experience for visitors, while

strengthening the positive impression of the destination (Adiyoso, 2022). This condition is further strengthened by various supporting facilities that show the management's concern for the environment.

Environmental conditions and values in nature tourism areas play an important role in attracting visitors and supporting the sustainability of the ecosystem. A well-maintained environment, that are clean, beautiful, and has rich biodiversity, increases tourist appeal and provides a satisfying experience for tourists. However, increased tourism activities can also have a negative impact on the environment if not managed properly. Problems such as littering, damages to flora and fauna, and pollution can threaten the sustainability of nature. Therefore, tourism management with an environmental conservation perspective is very important. This approach emphasizes the balance between tourism development and environmental conservation, so that economic benefits can be achieved without sacrificing ecosystem quality (Sudini & Arthanaya, 2022).

## **Mental Health**

### *Perception Of Tourists' Well-Being*

Visiting nature tourism destinations can have a positive impact on visitors' health. Tourists' motives in choosing a destination are often influenced by the appeal of "nature," which is a significant factor in their decision. This suggests that exposure to natural environments while traveling has the potential to have a positive impact on overall health and well-being (Krishna et al., 2023). In nature tourism, visitors can experience these health benefits through various physical activities such as walking, trekking, cycling, picnic, and other physical activities.

The serenity and peace of nature provide a break from the intense demand of modern life, allowing visitors to relax and relieve their stress. Immersive experiences in nature, such as hiking in the forest, exploring caves, or simply enjoying the atmosphere of a park, can provide psychological benefits. Studies have shown that being in a natural environment can improve focus, reduce feelings of sadness or fatigue, and foster emotional balance (Han et al., 2020). These restorative effects contribute to improved mental well-being, helping individuals regain balance and clarity of mind.

A study showed that people feel happier after traveling in nature (Buckley, 2020). Nature-based tourism offers opportunities for relaxation, stress reduction, and emotional recovery (Pessot et al., 2021). Exposure to green areas can improve concentration, reduce sadness and fatigue, and improve positive mood. These benefits help individuals achieve better emotional balance and well-being, which strengthens their mental stability.

Nature is an important attraction in tourism, bringing people to natural environments that can improve their mental health (Cooper & Buckley, 2022). Nature-based destinations offer an escape from the daily pressures of individuals, especially for individuals who live or reside in urban areas (Lee et al., 2020). Nature tourism provides a valuable opportunity to escape from the daily routine and improve mental health. Literature sources emphasize the importance of natural environment therapy, especially in terms of reducing stress and anxiety levels.

### *Mental Health Assesment (Self-Rated)*

Research has indicated that spending time in nature can have positive effects on mental and emotional health, resulting in improved overall well-being (Han et al., 2020). Exposure to green spaces, both indoor and outdoor, has been shown to be associated with reduced stress and anxiety and improved mood (Lackey et al., 2021). Being in natural environments such as parks, forests, areas with fresh air, and quiet, pollution-free areas can improve individuals' perceptions of their mental health and subjective well-being. These mental health benefits are influenced by several factors, including increased focus and decreased feelings of sadness and fatigue. In addition, natural settings can reduce physiological stress and increase positive emotions and feelings.

Today, many people are facing psychological challenges such as stress, anxiety, and depression. However, research suggests that participating in tourism, especially nature tourism, can help address these issues. A study using data from the Chinese Family Panel Studies found that families who allocated a budget for travel showed a lower risk of experiencing negative emotions (Sun et al., 2022). These findings support the idea that tourism can be an effective method for improving mental health, with exposure to natural environments being able to reduce stress and anxiety levels (Krishna et al., 2023). Natural environments provide opportunities for relaxation and enjoyment, which support a better sense of overall well-being.

Many individuals find relief from anxiety through connection with nature. Nature-based tourism, especially in places such as national parks and forest parks, can provide an opportunity to escape the monotony of everyday life (Musa & Qamari, 2020). Exposure to natural settings offers the opportunity to connect with the calming aspects of nature. These experiences provide a sense of refreshment and relief that can alleviate symptoms of anxiety.

Previous research has also shown that natural environments improve self-rated mental health, which is an individual's reflection of their mental state. People who spend time in nature often report feeling more confident in their daily lives, experiencing less stress and anxiety, and feeling higher levels of self-worth (Han et al., 2020). Nature-based environments create a safe and calming atmosphere, reducing stress and fostering feelings of peace (Krishna et al., 2023). In addition, nature-based tourism provides opportunities for adventure, joy, and inspiration, which increase happiness and strengthen life purpose (Cooper & Buckley, 2022). A study of wellness tourism in South Korea supports these findings, highlighting that individuals who engage in nature tourism report feelings of happiness, greater self-acceptance, and positive self-perceptions (Rezaei et al., 2021).

**H1:** Visiting nature tourism has a significant effect on tourists' mental health.

### *Affective Assessment*

Affective commitment refers to the emotional attachment and special bond that a person builds with a particular place or environment. This attachment is not just a feeling of liking, but also involves a deep and emotional connection that arises from positive experiences and satisfaction felt while in the place (Han et al., 2020). In the context of tourism, positive emotions felt by visitors, such as satisfaction, comfort, and happiness, can strengthen this attachment and build a deep impression. When visitors experience memorable moments, such as enjoying the refreshing beauty of nature or quality service, they tend to develop a strong emotional connection to the destination. This affective commitment can then be a driving factor to revisit, creating strong loyalty to the place.

A well-maintained natural environment has the potential to strengthen affective commitment, which is the emotional bond felt by visitors to a location. The presence of green spaces and natural atmosphere in tourist destinations has a significant impact on the psychological well-being of visitors. This is because natural scenery can trigger positive emotions, such as calmness, awe, and happiness, which strengthen satisfaction and increase the desire to return. These enjoyable experiences not only form positive memories but also foster a strong sense of connection with the destination (Han et al., 2020). These factors, when combined with quality services and supportive facilities, directly contribute to visitor retention and encourage repeat visits.

Furthermore, tourists' emotional attachment to a destination can be strengthened through satisfying experiences during their visit. Visitor satisfaction levels are known to have a significant impact on visitor retention (Han et al., 2020). When tourists enjoy positive experiences, such as well-maintained environments, enjoyable recreational activities, and adequate services, they are more likely to develop loyalty to the destination (Pestana et al., 2020). Thus, these positive experiences not only increase the likelihood of repeat visits but also form a lasting, memorable relationship between visitors and the destination.

## **Revisit Intention**

### *Visitor's Satisfaction*

Positive experiences in the natural environment can strengthen tourists' attachment to the destinations they visit. Visitors look forward to a well-maintained environment, clean facilities, and well-maintained paths. With a variety of attractions in one location, nature tourism areas could successfully meet the needs of visitors (Adiyoso, 2022). When a tourist destination is able to satisfy visitors' expectations, this can increase satisfaction and form strong loyalty (Pestana et al., 2020). The positive impact is not only repeat visits, but also good recommendations from visitors to other potential tourists.

The existence of a well-maintained natural environment is a major factor in increasing tourist satisfaction. When visitors come to a natural destination, they want natural scenery, a well-maintained ecosystem, and a calm atmosphere (Musa & Qamari, 2020). By maintaining the authenticity of nature, destinations can create a more authentic and satisfying experience for visitors, which has an impact on positive reviews and repeat visits. In Tahura Djuanda, efforts to maintain cleanliness and management that are carried out as well as possible are one of the factors that increase tourists' positive perceptions of the quality of the park (Syawalina et al., 2022). Neglected or poorly maintained environments can actually reduce tourist satisfaction and create negative perceptions of the destination. Therefore, the sustainability of this good experience is an important aspect in attracting visitors.

Tourists tend to be more satisfied with experiences in natural destinations that provide tranquility and help them relieve stress. Many tourists visit these places to seek tranquility and relaxation, and destinations that successfully meet these expectations will increase overall visitor satisfaction. Several strategies can be implemented to enhance the visitor experience, such as playing calming music or providing greater access to natural scenery, thereby increasing relaxation and reducing stress (Rezaei et al., 2021). When tourist expectations are met through satisfying experiences that support well-being, loyalty and the likelihood of repeat visits are greater.

### *Revisit Interest*

When tourists have a positive experience at a destination, they tend to develop positive emotions and memories associated with the place. These positive emotions can improve their well-being and overall satisfaction with the destination (Pestana et al., 2020). Studies show that tourism, especially nature-oriented tourism, is increasingly recognized as an effective way to support mental health (Peng et al., 2023). Destinations that successfully provide experiences that support well-being tend to build loyalty among their visitors. Visitors who experience these benefits are not only more likely to return to the destination but also to recommend it to others, helping the destination build a strong reputation in the long term.

Nature-based tourism is now increasingly in demand because it offers the opportunity to improve mental health and provide an escape from the busy city life. Destinations such as Taman Hutan Raya Ir. Djuanda, for example, provide a variety of natural attractions such as waterfalls, caves, and forests that provide a refreshing and unique experience. However, several sources emphasize the importance of maintaining the environmental quality in these destinations as an effort to retain tourists in the long term (Ardyanty et al., 2023; Nuriyah et al., 2021; Syawalina et al., 2022). When tourists feel connected to a place and have positive memories of their visit, they are more likely to return or provide positive recommendations, which will increase the attractiveness of the destination (Peng et al., 2023).

Nature-Based Solutions (NBS), such as green spaces in natural surroundings, have been shown to contribute significantly to improving visitors' mental health and ultimately increasing customer loyalty and retention (Han et al., 2020). One study stated that NBS has the ability to heal the mental and emotional aspects of an individual's health (Han et al., 2020). Exposure to green areas and natural environments has been shown to improve concentration, reduce feelings of sadness and fatigue, and improve positive mood and emotions. The benefits obtained from NBS not only create perceptions of well-being and satisfaction,

but also play an important role in forming visitors' affective commitment, namely emotional attachment to the destination, which supports long-term loyalty and retention (Han & Hyun, 2019).

**H2:** Improved mental health significantly affects tourists' revisit intentions.

### *Customer Loyalty*

Customer loyalty in nature-based tourism is formed through memorable experiences and deep emotional attachments. Destinations that offer a variety of experiential attributes, such as nature-based tourism, have a greater potential to trigger emotional responses from visitors (Pestana et al., 2020). Positive emotions that arise from vacation experiences not only improve personal well-being but also contribute to overall life happiness, which in turn strengthens the attraction and motivation to revisit. These enjoyable experiences strengthen the bond between tourists and the destination, creating a sense of attachment to the place (Pestana et al., 2020). This attachment, built through positive experiences, is crucial in driving customer loyalty, as more tourists return and recommend destinations that have a positive impact on their well-being (Peng et al., 2023).

Consistent and high-quality experiences play a vital role in building trust and creating positive emotional connections with customers. When customers have positive memories and emotions connected to a destination, they are more likely to develop strong loyalty. In the context of nature-based tourism, these emotional connections can be even more intense because the experiences provided are often very unique and leave a lasting impression (Sohaib et al., 2022). Therefore, destinations that consistently exceed customer expectations by providing memorable experiences can foster greater customer loyalty. This relationship fosters the likelihood of positive recommendations from satisfied visitors, which helps strengthen the destination's reputation (Pestana et al., 2020).

Customer loyalty in nature-based tourism destinations can be significantly enhanced by the support of positive recommendations from previous visitors. Positive emotions, which are often the main driver of loyalty in tourism, play a key role in this process (Pestana et al., 2020). Tourists who experience positive experiences and increased well-being during their visit are more likely to recommend the destination to others (Dam & Dam, 2021; Sohaib et al., 2022). By encouraging satisfied tourists to share their experiences, nature-based tourism destinations can build a stronger reputation and expand their loyal customer base.

Although many studies have explained the benefits of nature tourism for reducing stress, improving mood, and supporting well-being (Lackey et al., 2021; Buckley, 2020; Krishna et al., 2023), only a few have discussed how these improvements in mental health are connected to revisit intention. In addition, the role of mental health as a link between visiting nature tourism and the desire to revisit has not been studied in depth. Therefore, this research aims to fill that gap by not only analyzing the effect of nature tourism visits on mental health, but also examining how the improvement of mental health can encourage tourists to return. This makes the study more complete, as it shows the importance of nature tourism both as a way to restore mental health and as a factor that strengthens tourist loyalty.

### **Hypotheses Development**

Previous studies have highlighted that visiting natural environments provides significant benefits for reducing stress, improving mood, and supporting psychological well-being (Han et al., 2020; Lackey et al., 2021; Buckley, 2020). Green spaces, environmental quality, and restorative natural experiences are strongly associated with improved perceptions of mental health and emotional balance (Cooper & Buckley, 2022; Krishna et al., 2023). Based on this evidence, it can be assumed that nature tourism positively affects tourists' mental health.

**H1.** Visiting nature tourism has a significant effect on tourists' mental health.

Furthermore, literature on revisit intention suggests that improved well-being and satisfaction are important drivers of tourists' loyalty and return behavior (Pestana et al., 2020; Sohaib et al., 2022). When

tourists experience better mental health during their visits, they are more likely to revisit the destination, as the positive psychological outcomes strengthen emotional connections and satisfaction (Peng et al., 2023).

**H2. Improved mental health significantly affects tourists' revisit intentions.**

By testing these hypotheses, this study contributes to the understanding of how nature tourism impacts mental health and how the improvement in mental health serves as a key factor influencing tourists' loyalty and intention to revisit.

### C. RESEARCH METHOD

The data obtained in this study are quantitative data collected from people who have visited Tahura IR. Djuanda at least once. The data collected serves to measure the influence of nature tourism on mental health (self-rated) and the interest in repeat visits of tourists. Variables are measured on a scale from strongly disagree (1) to strongly agree (7). The scale and items used in this study are sourced from previous studies (Han et al., 2020; Han & Hyun, 2019). Details of the variables and corresponding items/indicators can be found in Table 1.

**Table 1. Research Variables and Indicators**

Variable	Code	Indicators
Visit to Nature Tourism	KA1	I can see various plants and trees along the Tahura.
	KA2	I can find various flowers, trees, and natural plants near the facilities (eatery, field, playground) in Tahura.
	KA3	There are a lot plants and trees in Tahura.
	KA4	Tahura is located near other natural environments (ex; other forests, cliff, etc.).
	KA5	The weather in Tahura is very nice (temperature, humidity).
	KA6	Air quality in Tahura is very good. (No pollution)
	KA7	In my opinion, doing activities in Tahura doesn't cause pollutions.
	KA8	In my opinion, Tahura environment is one with the natural environment.
	KA9	In my opinion, Tahura is an effort to protect the environment.
Effects on Mental Health	KM1	I feel healthy and happy when visiting Tahura.
	KM2	I feel emotional when visiting Tahura.
	KM3	Tahura has a role in making me feel relaxed.
	KM4	I feel thankful to Tahura because the place made me feel calm and peaceful.
	KM5	Tahura has a role in making me feel alive again.
	KM6	Visiting Tahura can reduce my anxiety/stress.
	KM7	Visiting Tahura can increase my self-esteem.
	KM8	Visiting Tahura make me feel that I have a nice value.
	KM9	I feel emotionally attached to Tahura.
	KM10	Tahura has its own meaning for me.
	KM 11	I like Tahura.
Revisit Intention	KU 1	Overall, I am satisfied with my visit to Tahura.
	KU2	My choice to visit Tahura is a correct one.
	KU3	Compared to other nature tourism places, I feel happier when I visit Tahura.
	KU4	My visit meets the expectation.
	KU5	If I go to Bandung, I will visit Tahura again.
	KU6	Tahura will be my first choice if I go to Bandung.
	KU7	I recommend Tahura to people I know (friends, families, etc.).
	KU8	I will give positive review to Tahura.

This study used a quantitative approach because it allows the testing of relationships between variables with a sufficiently large sample. The measurement items were adapted from previous studies (Han et al., 2020; Han & Hyun, 2019) to ensure content validity. In addition, construct validity and reliability were evaluated using several criteria, namely factor loadings, Cronbach's alpha, composite reliability (CR), and Average Variance Extracted (AVE), to confirm the accuracy and consistency of the measurement model (See Table 2).

**Table 2. Reliability and Validity of Measurement Constructs**

Construct	Code	Loadings	Cronbach's Alpha	CR	AVE
Visit to Nature Tourism	KA1	0.669	0.885	0.907	0.521
	KA2	0.698			
	KA3	0.686			
	KA4	0.706			
	KA5	0.783			
	KA6	0.750			
	KA7	0.657			
	KA8	0.774			
	KA9	0.763			
Effects on Mental Health	KM1	0.659	0.926	0.937	0.578
	KM2	0.620			
	KM3	0.794			
	KM4	0.774			
	KM5	0.791			
	KM6	0.790			
	KM7	0.816			
	KM8	0.792			
	KM9	0.764			
	KM10	0.781			
	KM11	0.756			
Revisit Intention	KU1	0.753	0.913	0.929	0.622
	KU2	0.818			
	KU3	0.829			
	KU4	0.772			
	KU5	0.839			
	KU6	0.738			
	KU7	0.798			
	KU8	0.757			

The data collected in this study were analyzed using SmartPLS 4.0, which is an application based on Partial Least Squares Structural Equation Modeling (PLS-SEM). In the analysis process, testing of all indicators was carried out to ensure that each indicator met the specified validity and reliability criteria. The validity of the indicator was measured using the loading factor, where a value of  $>0.70$  was considered valid (Hair et al., 2021), while a value between 0.60 and 0.70 was still acceptable (Vinzi et al., 2010). Meanwhile, to test reliability, two measurements were used, namely Cronbach's alpha and composite reliability, where both values must exceed 0.70 for the indicator to be declared reliable (Hair et al., 2021). In addition, the Average Variance Extracted (AVE) was also examined, with a value of  $>0.50$  indicating that the model has adequate quality (Vinzi et al., 2010).



To collect data, a Google Form questionnaire containing 28 statements/indicators was used and distributed through WhatsApp groups, personal contacts, Twitter (X), and Instagram. Respondents were provided with clear instructions regarding the scale before completing the questionnaire. Prior to answering the items, respondents were asked to fill in demographic data including age, gender, status (student/worker), and number of visits to Tahura Ir. Djuanda. A total of 253 valid responses were obtained, and the questionnaire took about five minutes to complete. Data collection was conducted from October 2024 to November 2024.

**Table 3. Respondent Demographics**

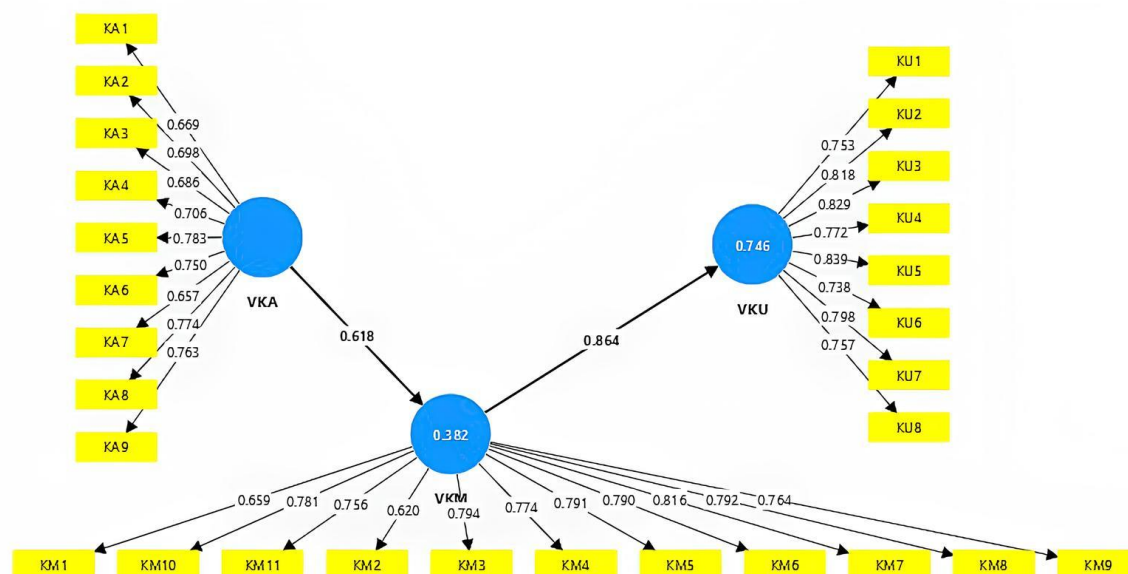
<b>Variable</b>	<b>Frequency</b>	<b>Percent</b>
<i>Gender</i>		
Women	182	71.9%
Men	71	28.1%
<i>Age</i>		
≤20	104	41.1%
21 – 30	137	54.2%
31 – 40	5	2%
>40	7	2.8%
<i>Occupation</i>		
Student	203	80.2%
Working	50	19.8%
<i>Domicile</i>		
Greater Bandung Area	136	53.8%
Jabodetabek	63	24.9%
Outside Greater Bandung Area and Jabodetabek	54	21.3%
<i>Number of Visits</i>		
Once	83	32.8%
2 – 3 Times	127	50.2%
4 – 5 Times	26	10.3%
>5 Times	17	6.7%

The table 3 outlines the demographic characteristics of the respondents, including gender, age, current status(jobs), domicile, and number of visits. The majority of respondents are women, with a most aged between 21 - 30 years. Most participants are student. In terms of location, most respondents are based in Greater Bandung Area while the most common frequency of visits to Tahura Ir. Djuanda is two to three times.

#### **D. RESULTS AND DISCUSSIONS**

Based on the results of the validity test that has been conducted, the items and indicators in the Visit to Nature Tourism (VKA) variable with four items are around 0.60 and five items are around 0.70, then the indicators in the VKA variable can be said to be valid because they are still at >0.60. Similarly, the Effects on Mental Health (VKM) variable shows the results of the validity test, namely two items are around 0.60, eight items are around 0.70, and one item is more than 0.80, which indicates that the items in the VKM variable are quite strong because many items are above 0.70. While in the Revisit Interest (VKU) variable, it can be seen that the indicators in it are valid and strong, which is indicated by the factor loadings of each

item which is  $>0.70$ . In addition, the results of the Average Variance Extracted (AVE) test in this study also show that its convergent validity is proven to be adequate, indicated by the AVE value of all variables which are above 0.50. Therefore, it can be said that all indicators used in this study are valid.



**Figure 1. Structural Model (PLS-SEM) Results**

In addition to the validity test, a reliability test is also needed to determine whether the indicators in a study are reliable. It can be seen in Table \_ which states that the Cronbach's alpha value for the VKA variable is at 0.885, the VKM variable is at 0.926, and the VKU variable is at 0.913, the Composite Reliability value of VKA (0.907), VKM (0.937) and VKU (0.929) can also be seen in Figure 1. With the values mentioned, it can be said that the indicators in this study are reliable because the results listed are more than the minimum number, namely 0.70. From the two tests that have been carried out (validity and reliability) it can be said that the indicators used in this study are valid and reliable, indicated by the results of values that have met/exceeded the minimum criteria.

**Table 4. Path Coefficients and Hypothesis Testing Outcomes**

Hypothesis	Path Coefficient	p-value	95% Interval Path Coefficient		f square	T statistics
			Lower Limit	Upper Limit		
H1	0.618	0.000	0.493	0.722	0.619	10.562
H2	0.864	0.000	0.816	0.904	2.940	38.522

Based on the results of the hypothesis testing above, the following is known the first hypothesis (H1) with the statement "Visiting nature tourism affects visitors' mental health." in this study can be said to be accepted because there is a significant influence between Visits to Nature Tourism on Mental Health. This is indicated by the path coefficient value of 0.618 and the p-value of 0.000, which is below the significance limit of 0.05. Thus, this relationship is statistically significant. In addition, in the 95% confidence interval, the magnitude of the influence of visits to nature tourism on mental health is in the range of 0.493 to 0.722.

Furthermore, the influence of visits to nature tourism on mental health can also be categorized as a strong influence, indicated by the f-square value of 0.619. This f-square value shows how much the

independent variable (visits to natural tourism) contributes to explaining the variance in the dependent variable (mental health).

Thus, these results indicate that visits to nature tourism have a significant and strong impact on improving the mental health of tourists. In addition, the test results also show a t-statistics value of 10,562 ( $> 1.96$ ) (Ghozali, 2016), which confirms that the identified influence is significant at a 95% confidence level. In the validity test, 2 indicators with the highest loading values were seen, namely "Visiting Tahura can increase my self-confidence" and "Tahura has a role in making me feel relaxed" which shows that visiting nature tourism really affects the mental condition of visitors. Compared with daily urban environments that are often crowded, noisy, and stressful, the natural atmosphere of Taman Hutan Raya Ir. Djuanda offers tranquility, fresh air, and greenery, which promote stress reduction and emotional recovery.

This finding is in line with previous research theories, namely (Han et al., 2020) and (Sun et al., 2022) which state that the natural environment has a positive effect on a person's psychological condition, such as reducing stress, increasing relaxation, and improving mood. Being in a beautiful and calm environment, in contrast to the everyday environment, can make the body and mind relax and unwind. However, while most earlier studies emphasized general well-being, this study highlights specific things such as self-confidence and relaxation as tangible outcomes of nature tourism visits. This adds a more contextualized understanding of how mental health benefits manifest in actual visitor experiences.

Therefore, this study supports the idea that visiting natural tourist attractions can be an effective solution in improving individual mental well-being. These results suggest that destination managers should recognize the therapeutic role of nature-based tourism. Maintaining the authenticity of the natural environment—such as preserving greenery, providing clean and pollution-free spaces, and ensuring a calm atmosphere—becomes essential. Moreover, tourism managers could design programs or activities that further stimulate psychological recovery, such as guided meditation, or wellness trails. By integrating these elements, nature tourism destinations can maximize their function as spaces for both recreation and mental healing.

The second hypothesis (H2) in this study can be said to be accepted, because there is a significant influence between Mental Health after visiting nature tourism on Revisit Interest. The results of the analysis show that the path coefficient value is 0.864 with a p-value of 0.000, which is below the significance limit of 0.05 ( $p < 0.05$ ). This indicates that the influence is significant. Furthermore, based on the 95% confidence interval, the influence of mental health after visiting nature tourism on revisit interest is in the range of 0.816 to 0.904.

In addition, the magnitude of the influence can also be seen from the f-square value of 2.940, which indicates a strong influence. With this value, it can be concluded that Mental Health has a crucial role in increasing tourists' Revisit Interest. This is also reinforced by the t-statistics value of 38.522 ( $> 1.96$ ), which shows that the relationship between variables is significant at a 95% confidence level.

This finding suggests that psychological benefits are an important determinant of visitor loyalty. Tourists who feel their stress reduced, their moods lifted, and their emotional well-being restored are more likely to perceive the destination positively and develop a desire to return. This aligns with Han & Hyun (2019), who emphasized that mental health improvement through nature-based experiences repeat visitation. What distinguishes this study is its ability to empirically confirm that mental health is not only an outcome but also a mediating mechanism that connects the experience of nature tourism with behavioral intentions.

Theoretically, these findings strengthen the argument that the value of nature-based tourism goes beyond aesthetics and physical activities. Psychological recovery becomes a central factor that transforms a one-time visit into an intention to return. Compared with other studies that focus on satisfaction or service quality as the main reason of loyalty, this research highlights the unique role of mental health as a reason of revisit intention.

From a managerial perspective, this finding emphasizes that tourism managers should invest in strategies that highlight the mental health benefits of nature tourism. For example, promotional campaigns could focus on communicating how visiting the destination helps reduce stress and restore emotional balance. Additionally, facilities such as relaxation zones, quiet areas, and wellness-oriented services can be provided to ensure that tourists consistently gain psychological benefits during their visits. By doing so, destinations can differentiate themselves and build stronger competitive advantages in attracting loyal visitors.

#### *Overall Implications*

The results of this study make both theoretical and practical contributions. From the theoretical side, this research adds to the existing knowledge by placing mental health as a key link between visits to nature tourism and revisit intention. Previous studies mostly focused on showing that natural environments can reduce stress or improve mood, but often stopped there. This study goes further by proving that the psychological benefits of visiting nature do not end at improving mental health, but also continue into real actions, such as tourists' willingness to return to the destination. In this way, the study provides a new perspective in tourism research, showing that psychological well-being is not only an outcome but also an important factor that drives tourist behavior.

From the practical side, the findings highlight the importance of sustainable tourism management. Destination managers should focus on preserving the natural environment, maintaining cleanliness, and creating experiences that support stress recovery. By doing so, they not only improve tourists' well-being but also encourage loyalty and positive recommendations, which in turn strengthen the long-term sustainability of the destination.

By deepening the understanding of how nature tourism, mental health, and revisit intention are connected, and by offering practical suggestions for destination management, this study makes a contribution to both academic research and tourism practice, showing how nature tourism can support visitor well-being while also enhancing destination sustainability. Context also plays a role in these findings; for example, the preserved natural setting of Taman Hutan Raya Ir. Djuanda may provide stronger positive effects on mental health compared to destinations that are more commercialized or artificial.

## **E. CONCLUSION**

This study shows that visits to nature tourism have a significant positive effect on tourists' mental health, such as reducing stress and improving emotional well-being. Improved mental health was also found to significantly influence revisit intentions, showing that positive psychological experiences encourage tourists to return. These findings highlight the importance of managing nature tourism destinations by maintaining comfort, tranquility, and a supportive natural environment. Theoretically, this research contributes by linking the effect of nature tourism not only to mental health improvement but also to revisit intention, an area that has been less explored in previous studies. Practically, the results provide recommendations for nature tourism managers to focus on maintaining environmental sustainability, offering relaxation facilities, and promoting the mental health benefits of nature tourism as a strategy to increase tourist loyalty. Although this study has limitations, such as the diverse characteristics of respondents, future research is expected to examine specific visitor groups and expand research indicators to provide deeper insights into the long-term effects of nature tourism on mental health and behavioral intentions.

This study has several limitations that need to be considered. The research was conducted only in Taman Hutan Raya Ir. Djuanda, which may reduce the generalizability of the findings to other nature

tourism destinations with different characteristics. The respondents were also not categorized by age, making it difficult to identify which visitor groups are more strongly affected by the benefits of nature tourism. The measurement of mental health relied solely on quantitative questionnaires, which may not fully reflect the depth and variety of individual experiences. In addition, the study did not take the duration and frequency of visits, nor did it distinguish between short-term and long-term benefits that visitors might experience. Future research could expand on these aspects to provide a more comprehensive understanding of the role of nature tourism in supporting mental well-being and sustainable tourism development. Despite these limitations, this research contributes by highlighting the significant role of nature tourism in improving mental health and fostering revisit intention.

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