



The Influence of Tourist Motivation on Psychological Well-Being at the Curug Gorobog Nature Tourism Destination Sumedang

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ABSTRACT

This study examines the impact of tourist motivation on psychological well-being at Curug Gorobog, a natural tourist destination located in Citengah Village, South Sumedang, Sumedang Regency. Employing a quantitative approach with a survey-based methodology, the research utilized primary data as the principal source of information. Respondents were selected through simple random sampling, specifically targeting individuals who had previously visited Curug Gorobog. The final sample comprised 396 participants. Data analysis was conducted using simple linear regression. The findings indicate that tourist motivation exerts a positive and significant influence on the psychological well-being of visitors at Curug Gorobog. This relationship is substantiated by a t-statistic of 22.802 with a significance level of $p < 0.05$. Furthermore, the coefficient of determination (R^2) of 0.569 suggests that tourist motivation accounts for 56.9% of the variance in psychological well-being, while the remaining 43.1% is attributable to other factors beyond the scope of this study.

Keywords: Tourist Motivation; Psychological Well-Being; Nature Tourism; Tourist Destination; Curug Gorobog

ABSTRAK

Penelitian ini bertujuan untuk menguji pengaruh motivasi wisatawan terhadap *psychological well-being* di destinasi wisata alam Curug Gorobog Sumedang, yang terletak di Desa Citengah, Sumedang Selatan, Kabupaten Sumedang. Penelitian ini menggunakan metode penelitian kuantitatif dengan metode survei, dimana data primer dijadikan sebagai sumber utama dalam proses pengumpulan data penelitian yang dilakukan. Pemilihan sampel dilakukan menggunakan teknik *simple random sampling*, dengan kriteria responden yaitu wisatawan yang pernah berkunjung ke destinasi wisata Curug Gorobog. Jumlah partisipan dalam penelitian ini berjumlah 396 orang partisipan. Analisis data dilakukan menggunakan analisis regresi linear

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sederhana. Hasil penelitian menunjukkan bahwa motivasi wisatawan berpengaruh positif dan signifikan terhadap *psychological well-being* wisatawan di destinasi wisata Curug Gorobog. Hal ini ditunjukkan oleh nilai t hitung sebesar 22,802 dengan tingkat signifikansi $< 0,05$. Selain itu, nilai koefisien determinasi (R^2) sebesar 0,569 menunjukkan bahwa motivasi wisatawan mampu menjelaskan *psychological well-being* sebesar 56,9%, sedangkan sisanya dipengaruhi oleh faktor lain di luar penelitian ini.

Kata Kunci: Motivasi Wisatawan; Kesejahteraan Psikologis; Wisata Alam; Destinasi Wisata; Curug Gorobog

1. Introduction

Tourism constitutes a vital pillar of national development, playing a strategic role in stimulating economic growth, fostering employment opportunities, facilitating socio-cultural interactions, and reinforcing national identity within the global arena (Novarlia, 2022). By 2024, the global tourism industry contributed approximately 10% to the world's Gross Domestic Product (GDP) (Vanga et al., 2025) as such, it is increasingly recognized as a cornerstone of sustainable development. The significance of tourism in regional and national trajectories particularly within the economic sphere continues to escalate. Beyond its capacity for labor absorption, the sector acts as a catalyst for the advancement of both national and regional economies (Fadilla, 2024). Consequently, the Indonesian government has designated tourism as a developmental priority, leveraging the country's diverse potential, which spans natural, cultural, culinary, and man-made attractions. Indonesia's extensive natural wealth, in particular, offers immense global appeal, positioning the nation as a competitive destination in the international market.

Beyond its function as an economic catalyst, tourism serves as a vital medium for fostering social cohesion and facilitating cross-cultural exchange between regions and nations. Through tourism activities, local communities derive substantial economic benefits while simultaneously gaining opportunities to safeguard the traditions, arts, and indigenous wisdom that define national identity. Consequently, tourism emerges as a strategic instrument for the preservation of cultural heritage, providing a resilient buffer against the homogenizing pressures of globalization (Novita et al., 2024).

Furthermore, tourism acts as a primary driver for the development of infrastructure and public services, encompassing transportation networks, accommodation facilities, telecommunications, and other essential amenities (Lestari et al., 2023). These infrastructural advancements extend beyond supporting tourism operations; they yield significant positive externalities for the general public. Consequently, the strategic development of tourism facilitates an enhanced quality of life while simultaneously bolstering regional competitiveness on both national and international scales (Tioputri et al., 2025).

Moreover, Indonesian tourism possesses substantial potential for sustained growth, underpinned by a wealth of natural and cultural capital that remains unparalleled globally (Rahma, 2020). The nation's strategic geographical positioning, favorable tropical climate, and diverse landscape ranging from montane regions and pristine coastal areas to historic urban centers establish Indonesia as a multifaceted tourism destination. If managed through professional and sustainable frameworks, these competitive advantages will further solidify the sector's contribution to long-term national development.

Nature-based activities have transcended their role as mere recreational options to become a strategic business pillar within the contemporary global tourism industry. This shift reflects a collective response to the escalating pressures of modern lifestyles, demographic density, and urban pollution, all of which have exacerbated stress levels among urban populations (Karacaoğlu, 2023; Parra-Sánchez & Viviescas-Jaimes, 2026). Consequently, the tourism paradigm has evolved beyond leisure and entertainment, increasingly prioritizing experiences

that yield substantial benefits for both physical and psychological health (Lau et al., 2025; Zhao & Li, 2024). This trajectory aligns with modern lifestyle trends, where society is becoming progressively conscious of the necessity for work-life balance and mental well-being (Yunaida et al., 2025).

The emergence of the wellness tourism trend provides empirical evidence of the current evolution in travel behavior, where journeys are intentionally undertaken to optimize physical, mental, emotional, and spiritual health (Ashqar & Ramos, 2024; Gkinton et al., 2023; Kandan Parakkal et al., 2024; Ulya et al., 2024). Within the Indonesian context, this potential is further augmented by the optimization of natural destinations as therapeutic instruments for psychological recovery (Susanti, 2022). The Indonesian Ministry of Tourism and Creative Economy (KEMENPAR, 2024) projects that health and wellness tourism will undergo significant expansion, with visitor interest anticipated to rise by 56.41%. This trajectory underscores that nature-based destinations possess a distinct appeal, serving as vital catalysts for both sustainable tourism development and the enhancement of tourist psychological well-being.

From a scientific perspective, interaction with nature is capable of eliciting a restorative effect, defined as the capacity of natural environments to rejuvenate cognitive fatigue and enhance attentional focus (Zhou et al., 2023). Nature-based tourism can foster emotional affinity and reflective responses, both of which serve as manifestations of psychological well-being (Novianti et al., 2020). Within the framework of positive psychology, Psychological Well-Being (PWB) encompasses six core dimensions: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (D. Ryff & M. Keyes, 1995). Engaging with "green" environments or "blue" spaces such as waterfalls is theorized to satisfy these dimensions by facilitating relaxation and positive affective experiences (Sekar Ayu et al., 2025). Prior research indicates a robust correlation between tourist motivation and positive emotions. Tourists with well-defined objectives whether seeking relaxation or the pursuit of novelty tend to engage in activities that yield higher satisfaction levels (Saari et al., 2023). These positive emotions function as critical indicators of PWB, as they are intrinsically linked to happiness and overall life satisfaction (Kondja et al., 2024). Consequently, motivation serves as a pivotal variable in elucidating the mechanisms through which tourism impacts an individual's psychological well-being.

The implementation of these concepts has gained significant momentum in Sumedang Regency, which is strategically repositioning itself as a "Tourism Regency" (Novarlia & Sukirman, 2024). This transition coincides with the inauguration of the Jatigede Dam area, a project anticipated to catalyze tourist arrivals and subsequently stimulate the local economy (Sumedang.go.id, 2019). The region's topographies, characterized by stunning natural landscapes, hilly contours, and a temperate climate, offer extensive tourism potential, further augmented by a unique cultural heritage and targeted development initiatives (Nurhidayat et al., 2022). Furthermore, the regency is widely recognized as a bastion of Sundanese culture, offering a diverse portfolio of attractions that range from natural landscapes and historical heritage sites to niche special-interest tourism and traditional performing arts. Collectively, these assets constitute a robust foundation for Sumedang's formal establishment as a dedicated tourism-centric regency.

Analysis of tourist arrivals in Sumedang Regency from 2020 to 2024 reveals a trajectory of significant volatility followed by a robust recovery. The initial contraction in visitor numbers during 2021 reflects broader global travel constraints; however, the subsequent surge in 2022 and 2023 underscores the region's resilient appeal and the successful activation of its tourism potential. Although growth stabilized by 2024, the slight downturn in early 2025 despite seasonal spikes during the Eid al-Fitr period suggests a shifting behavioral pattern among visitors that warrants deeper psychological investigation (Nugraha, 2025).

This fluctuating growth is inextricably linked to the regency's natural capital. Characterized by a diverse hilly topography, Sumedang's numerous waterfalls (curug) serve as primary conduits for nature-based tourism. Among these, Curug Gorobog has emerged as a flagship destination, distinguished by its pristine environment and its capacity to facilitate restorative experiences.

Table 1. Total of Tourist Arrivals in Sumedang Regency

Year	Number of Tourist	Percentage	Change (%)
2020	881.822	13.70%	
2021	648.004	10.07%	-3.63%
2022	1.292.992	20.09%	10.02%
2023	1.803.403	28.02%	7.93%
2024	1.810.983	28.13%	0.12%
2025	1.464.771	18.54%	-9.59%

Source: Sumedang Regency Tourism, Youth, and Sports Office (Disparbudpora), 2025

Despite the site's popularity, a critical research gap persists: current literature on Psychological Well-Being (PWB) in tourism is disproportionately concentrated on major international destinations. Investigating a localized site such as Curug Gorobog is essential to expand empirical understanding of how motivational factors operate within smaller-scale, community-integrated settings. This study, therefore, not only contributes to the theoretical discourse on PWB but also provides actionable insights for formulating sustainable management strategies that leverage Sumedang's unique natural assets.

The urgency of this research is further underscored by the evolving characteristics of tourism in Sumedang, which has begun to transform into a space for psychological restoration for the surrounding urban populations. Empirically, visitors to Sumedang's natural destinations exhibit a tendency to seek dimensions of environmental mastery and autonomy through interactions with its pristine green landscapes. This phenomenon reflects that the aspect of Psychological Well-Being (PWB) in Sumedang's local tourism is no longer merely viewed as a byproduct of recreation; instead, it has become a primary necessity for individuals striving to achieve self-acceptance and personal growth amidst the pressures of daily routines.

This article seeks to address a gap in the literature regarding local tourism in Sumedang by examining how specific attributes, such as environmental tranquility and the integration of local values, serve as catalysts for enhancing visitors' psychological well-being. By providing an in-depth exploration of these PWB dimensions, this study establishes a new foundation for the development of wellness tourism in Sumedang a field that has been predominantly occupied by macro-economic and infrastructural analyses, often overlooking the essential psychological experiences of tourists.

2. Literature Review

2.1. Tourist Motivation

Motivation constitutes an inherent internal condition that governs an individual's behavioral patterns and daily activities (Dwi Putri Meilani et al., 2024). Within the tourism context, it is a primary psychological determinant that compels individuals to undertake travel (Hosany et al., 2020). This motivational framework is understood as a synthesis of fundamental human needs and the aspiration to acquire transcendent experiences (Gusti et al., 2025). Broadly defined, motivation serves as the drive directing individuals toward specific objectives. Budaya et al. (2022) characterize it as a state of mobilization, while Malik Ibrahim et al. (2020) conceptualize it as an energy shift manifested through the emergence of affective responses toward a goal. Furthermore, Asrori (2020) posits that motivation functions as a catalyst for action, a determinant of behavioral direction, and a selective mechanism for conduct.

In an applied context, tourist motivation is frequently bifurcated into two primary dimensions: internal (push) and external (pull) factors a classification corroborated by extensive empirical research (Afriesta, 2020; Ramazannejad et al., 2021). Push factors originate from intrinsic desires, such as the need to escape routine, seek relaxation, or enhance social prestige. Conversely, pull factors pertain to the external attributes of a destination, including its natural aesthetics, infrastructural facilities, and cultural distinctiveness (Dann, 1981). The interplay between these dimensions establishes the foundation for destination selection and subsequent tourist behavior. Grounded in Maslow's A Theory of Human Motivation, this drive is rooted in innate needs that necessitate fulfillment (McLeod, 2025). Moreover, Azman & Elsandra (2020) delineate seven indicators of push motivation: escapism, self-exploration and evaluation, relaxation, prestige, nostalgia, kinship strengthening, and social interaction. Elucidating these motivational dynamics is essential for understanding divergent tourist preferences and enabling destinations to tailor development strategies effectively (Savitri & Susanti, 2024).

The conceptualization of tourist motivation is intrinsically linked to theories of human needs, most notably Maslow's Hierarchy of Needs (McLeod, 2025). From this perspective, travel serves not only to satisfy basic physiological requirements such as rest and safety but also to fulfill higher-order psychological needs, including the cultivation of social belonging, the attainment of self-esteem, and the pursuit of self-actualization (Goutama & Sri Puspawati, 2024). Furthermore, tourism increasingly functions as a medium for spiritual fulfillment, where the travel experience is interpreted as an existential quest for meaning and life balance (Saari et al., 2023). Consequently, tourist motivation transcends material consumption; rather, it reflects a complex interplay of psychological and existential dimensions. Adopting this multi-layered framework allows tourism research to capture the profound depths of the human experience within the mobility context.

The study of tourist motivation is fundamental to understanding visitation patterns at localized destinations, such as Curug Gorobog in Sumedang. Natural attributes including panoramic waterfall vistas, pristine ecosystems, and temperate climates trigger nature-based motivations rooted in the intrinsic need for stress alleviation and tranquility (Sekar Ayu et al., 2025). Moreover, pragmatic factors such as geographic proximity and affordability serve as significant "pull" factors that bolster the appeal of Curug Gorobog for domestic travelers. Analyzing motivation at the local level carries substantial practical implications, providing a strategic foundation for destination management ranging from infrastructural enhancement and targeted promotion to environmental conservation. Therefore, motivational analysis is not only theoretically significant but also instrumental in fostering tourism management that is sustainable and responsive to the evolving psychological needs of contemporary travelers.

2.2. Psychological Well-being

Psychological Well-Being (PWB) is conceptualized as the pursuit of self-fulfillment and human flourishing, with a primary focus on eudaimonic happiness, life satisfaction, and positive affect (Ryff, 2013). It represents a multifaceted state of psychological wellness that reflects an individual's overall quality of life (Kim, 2024). Within the tourism discourse, PWB transcends the mere absence of mental pathology; rather, it constitutes a broader condition encompassing life-enriching positive experiences. Tourism activities play a pivotal role in fostering PWB through two primary mechanisms: the mitigation of psychological distress and the provision of a temporary hiatus from personal burdens. These mechanisms position tourism as a strategic intervention for addressing contemporary mental health challenges (Hanna et al., 2019). Within this framework, PWB is frequently associated with travel experiences that elicit positive emotions, cultivate social connectedness, and facilitate opportunities for self-reflection (Ulya et al., 2024). Consequently, tourism acts as a natural intervention that supports emotional regulation, enhances life satisfaction, and enables the construction of meaningful memories

(Konstantopoulou et al., 2024), thereby serving as a holistic strategy for psychological optimization.

The theoretical underpinning of PWB is heavily informed by Ryff's multidimensional model, which identifies six fundamental pillars: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (D. Ryff & M. Keyes, 1995). This model has been extensively utilized to elucidate how various life domains, including leisure and travel, support psychological wellness (Ryff, 2013). Tourism, in particular, offers a unique environment for individuals to explore self-identity, expand social capital, and navigate novel challenges that bolster their capacity for environmental mastery (Iacob et al., 2025). Accordingly, tourism activities function as a catalyst for self-actualization, where the six dimensions of PWB can be naturally integrated and realized through the travel experience.

Green and natural environments have been empirically demonstrated to reduce stress levels, alleviate mental fatigue, and enhance relaxation (Sekar Ayu et al., 2025). Exposure to nature facilitates the restoration of cognitive capacities depleted by taxing daily routines; furthermore, direct engagement with natural settings fosters an emotional affinity with nature, which significantly bolsters an individual's psychological well-being (Ahn & Kim, 2024). In this context, nature-based destinations such as Curug Gorobog provide therapeutic experiences that strengthen mental resilience while simultaneously eliciting positive affective states (Singh et al., 2022).

Psychological well-being maintains a profound correlation with systemic mental health (Jenkins et al., 2022). Extensive research indicates that tourism activities can mitigate the risks of depression, anxiety, and occupational burnout by providing recreational spaces that facilitate a sustainable work-life balance (Indrianty et al., 2025; Singh et al., 2022). Furthermore, the physical exertion inherent in travel such as walking, hiking, or swimming stimulates the release of endorphins, which function as natural mood enhancers (Sekar Ayu et al., 2025). Consequently, tourism transcends mere entertainment; it operates as a proactive strategy for promoting public mental health on a broader societal scale.

Studies concerning Psychological Well-Being (PWB) in tourism suggest that its effects vary significantly depending on the specific typology of the travel experience. Cultural tourism, for instance, is predominantly associated with the fulfillment of cognitive needs and the reinforcement of social identity. In contrast, nature-based tourism emphasizes relaxation, spiritual connectedness, and inner tranquility (Lim et al., 2016; Ryff, 2013). Moreover, wellness tourism is increasingly evolving as a structured modality for mental recovery, employing holistic health-centric approaches (Gan et al., 2023). Elucidating these variations is essential when analyzing the impact of nature-based destinations like Curug Gorobog on PWB, as it enables the formulation of destination development strategies tailored to the specific psychological requirements of tourists.

2.3. Correlation Between Tourist Motivation and Psychological Well-being

Tourist motivation serves as a fundamental driver that significantly influences psychological well-being (Saari et al., 2023). Travelers possessing robust motivations are more predisposed to achieving positive outcomes, as internal psychological drives function as a perceptual lens through which tourism activities are evaluated (Singh et al., 2022). Furthermore, motivation is inextricably linked to travel satisfaction; individuals propelled by intrinsic desires to fulfill emotional or cognitive needs are more likely to report profound and meaningful experiences (Gan et al., 2023). Consequently, motivation acts not merely as a catalyst for travel behavior but as a vital determinant of the quality and depth of the resulting psychological well-being (Saari et al., 2023).

Empirical evidence suggests a positive correlation between tourist "push" factors and overall well-being (Singh et al., 2022). The mental health benefits derived from tourism are not solely a direct consequence of the activities themselves; rather, they emerge from the alignment between

personal drives and the sense of connectivity underlying participation. Push factors, such as the pursuit of tranquility or self-exploration, are capable of generating profound emotional gratification and enhancing long-term psychological well-being (Jenkins et al., 2022). When tourism activities resonate with an individual's intrinsic needs, they facilitate authentic emotional engagement and sustained happiness (Konstantopoulou et al., 2024). In the context of nature-based destinations, Curug Gorobog with its pristine atmosphere and serene environment serves as an ideal setting to fulfill these intrinsic requirements for relaxation and ecological connectivity.

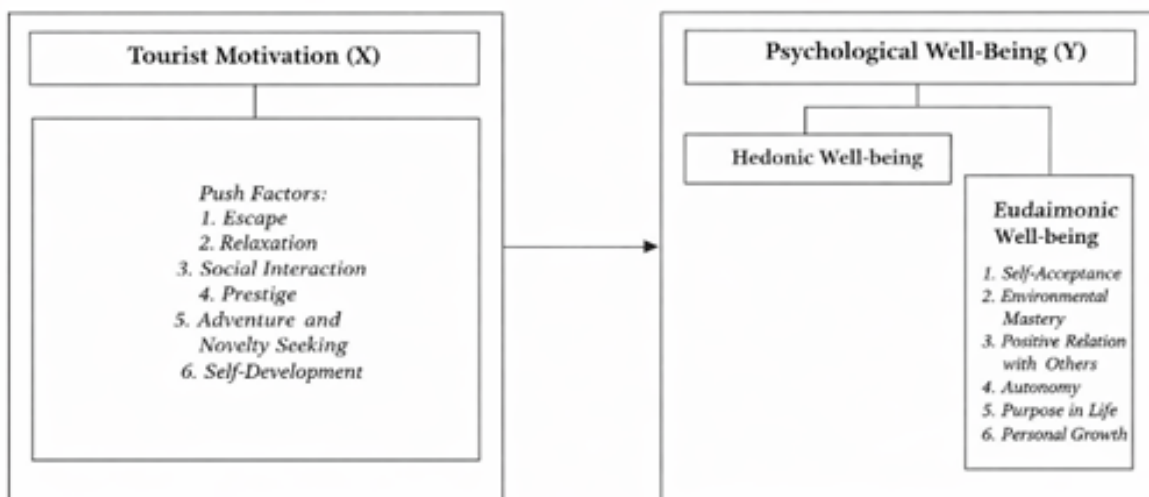
Destination-based attributes, or "pull" motivations, significantly influence the psychological well-being of tourists. External attractions encompassing landscape aesthetics, infrastructural facilities, and cultural heritage do not merely provide transient satisfaction; they possess the potential to cultivate more profound and sustainable eudaimonic well-being (Kondja et al., 2024). Satisfaction derived from these external factors often serves as a catalyst for positive affective states that imbue the travel experience with deeper meaning (Iacob et al., 2025). Thus, intrinsic and extrinsic motivations operate synergistically to shape experiences that contribute substantially to an individual's psychological flourishing.

Extant literature indicates a robust correlation between tourist motivation and positive emotional outcomes. Tourists with well-defined objectives whether seeking relaxation or the pursuit of novelty tend to engage in activities that yield higher satisfaction levels (Saari et al., 2023). These positive emotions function as critical indicators of psychological well-being, as they are intrinsically linked to happiness and overall life satisfaction (Kondja et al., 2024). Consequently, motivation is positioned as a pivotal variable in elucidating the mechanisms through which tourism impacts an individual's psychological health.

There is a pressing need for localized research to deepen the analysis of the relationship between tourist motivation and psychological well-being (PWB), particularly as the majority of existing studies remain disproportionately focused on major international destinations. Investigating a localized site such as Curug Gorobog is essential to expand empirical knowledge on how motivational factors operate within smaller-scale, community-integrated settings. Such an inquiry not only advances the theoretical discourse within tourism science but also facilitates the formulation of destination management strategies that are sustainable and deeply rooted in local potential.

To provide a comprehensive overview of the relationship between travel motivation and its impact on the psychological well-being of tourists, the following figure presents a conceptual framework linking the variables of tourist motivation and psychological well-being.

Figure 1. Theoretical Framework



Source: Processed by the researcher (2026).

3. Method

This study commenced with the identification of the research problem, focusing on the phenomenon of the relationship between tourist motivation and psychological well-being among visitors to Curug Gorobog. Based on this phenomenon, a comprehensive literature review was conducted to establish the theoretical framework, formulate the conceptual model, and develop research hypotheses to be empirically tested. The researcher adopted a quantitative research design utilizing a survey method, as this approach is deemed effective for objectively explaining inter-variable relationships through numerical data analyzed via statistical techniques. The research population comprised all tourists who visited Curug Gorobog in 2025, totaling 22,792 individuals. Given the substantial population size, a probability sampling technique with a simple random sampling method was employed to ensure every population member had an equal opportunity to be selected. The sample size was determined using the Yamane formula with a 5% margin of error, resulting in a minimum required sample of 396 respondents.

Following the sample determination, a structured questionnaire was developed based on established indicators for tourist motivation and psychological well-being. The instrument utilized a five-point Likert scale to measure respondents' levels of agreement with each statement. Prior to primary data collection, the instrument underwent validity and reliability testing to ensure that each item accurately and consistently measured the intended variables. Data collection was conducted by distributing digital questionnaires via Google Forms through direct on-site interaction. The researcher personally approached tourists at the exit areas or rest zones of Curug Gorobog after they had completed their visit. This method was selected to ensure that respondents were actual visitors who had experienced direct interaction with the destination. To further enhance data validity, the instrument included a screening question at the beginning, requiring respondents to confirm their visit. Although the questionnaires were completed digitally on the respondents' own devices to improve time efficiency and data tabulation, the physical presence of the researcher served as a quality control mechanism to ensure that data were obtained from the appropriate subjects. This technique combines the flexibility of digital technology with the accuracy of field sampling, thereby minimizing the risk of respondent bias commonly associated with random online distribution via social media. Once gathered, the raw data underwent preliminary processing including editing, coding, and tabulation to ensure data completeness and readiness for further analysis.

The data were analyzed using descriptive statistical techniques to illustrate respondent characteristics and the distribution of responses for each variable. Subsequently, inferential analysis was performed using simple linear regression to examine the influence of tourist motivation on psychological well-being. Hypothesis testing was conducted through, t-tests to determine the significance of the independent variable's effect on the dependent variable; F-tests to assess the overall model fit; and the coefficient of determination (R^2) to measure the extent to which tourist motivation explains the variance in psychological well-being. The final stage of the research involved the interpretation of the results by correlating empirical findings with existing theories and prior studies. Based on these results, conclusions were drawn to address the research questions. Finally, the researcher provided theoretical and practical implications, acknowledged research limitations, and proposed recommendations for future studies.

4. Results

4.1. Respondent Characteristics

Respondent demographics are summarized in Table 2. Female participants constituted 62% of the sample, and the 21–30 age group represented the most significant proportion (76%). Most respondents were either undergraduates (56%) or high school graduates (43%). Occupationally, students were the most prevalent (58%), followed by private-sector employees (18%), with the remainder distributed across various professional sectors. Overall, the sample is characterized by

young, educated individuals, many of whom are currently enrolled in higher education or early-career roles.

Tabel 2. Respondent characteristics (n=396)

Item		Frequency	Percentage
Gender	Female	246	62%
	Male	150	38%
Age	17-20 Years Old	22	6%
	21-30 Years Old	300	76%
	31-40 Years Old	65	16%
	41-50 Years Old	6	2%
	51-60 Years Old	1	0%
	>60 Years Old	2	1%
Educational Attainment	Undergraduate Degree (Diploma/Bachelor's Degree)	220	56%
	High School	172	43%
	Junior High School	2	1%
	Elementary School	2	1%
Work	Student / Undergraduate Student	231	58%
	Government Employee	19	5%
	Private Sector Employee	71	18%
	Entrepreneur	24	6%
	Freelancer	17	4%
	Homemaker	18	5%
	Other	16	4%

Source: Processed by the researcher (2026)

4.2. Data Analysis

To evaluate the research hypothesis, a simple linear regression analysis was performed. This statistical technique is utilized to examine the predictive relationship and the magnitude of influence exerted by a single independent variable (Tourist Motivation) on a single dependent variable (Psychological Well-Being). The primary objective of this analysis is twofold: to quantify the extent to which the independent variable accounts for variance in the dependent variable and to determine the nature and direction of the observed relationship. Within the scope of this study, simple linear regression serves as the analytical framework to empirically assess how tourist motivation impacts the psychological well-being of visitors at the Curug Gorobog natural destination.

Table 3. Results of Simple Linear Regression Analysis

		Coefficients				
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	9.516	3.606		2.639	.009
	Tourist_Motivation	1.325	.058	.754	22.802	<.001

a. Dependent Variable: Psychological_Wellbeing

Source: Processed by the researcher (2026)

Based on the statistical output presented in Table 3, the regression analysis yielded specific coefficients that allow for the formulation of the following simple linear regression model:

$$Y = 9,516 + 1,325X + e$$

The empirical results indicate that the independent variable (X), representing Tourist Motivation, exerts a significant influence on the dependent variable (Y), Psychological Well-Being. The interpretation of the regression parameters is as follows:

1. The constant value (β_0) of 9.516 implies that if tourist motivation X is held constant or remains at zero, the predicted level of psychological well-being Y would be 9.516 units.
2. The regression coefficient (β_1) of 1.325. The coefficient of 1.325 signifies a positive relationship between the variables. Specifically, for every one-unit increase in tourist motivation, psychological well-being is expected to increase by 1.325 units. This finding demonstrates that tourist motivation serves as a positive and statistically significant predictor of psychological well-being.

Based on the results of the simple linear regression analysis, it is established that tourist motivation exerts a positive and statistically significant influence on the psychological well-being of visitors at the Curug Gorobog destination. This relationship is empirically supported by a calculated t-value of 22.802 ($p < 0.05$), leading to the formal acceptance of the research hypothesis (H1). This finding underscores that motivational drives significantly dictate the degree of psychological well-being experienced by tourists throughout their recreational engagement. The results align with the findings of Iacob et al. (2025), which posit that diverse tourist motivations such as the pursuit of relaxation, cultural exploration, and personal development act as catalysts that enhance the travel experience and bolster psychological health. Essentially, a heightened level of tourist motivation during travel is positively correlated with a more profound sense of perceived psychological well-being (Sahoo et al., 2025). This suggests that when tourists have clear, intrinsic objectives, their cognitive and emotional evaluation of the destination becomes more restorative, ultimately facilitating a greater state of mental flourishing.

Table 4. Results of the Partial Significance Test (T-test)

		Coefficients			
Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	9.516	3.606		2.639
	Tourist_Motivation	1.325	.058	.754	22.802
					Sig.
					.009
					<.001

a. Dependent Variable: Psychological_Wellbeing

Source: Processed by the researcher (2026)

Based on the regression analysis results presented in Table 4 (Coefficients), the model yielded a calculated t-value of 22.802 with a significance level of $p < 0.001$. Given that the p-value is substantially below the established alpha threshold of 0.05, it is concluded that tourist motivation exerts a statistically significant influence on psychological well-being. Furthermore, the positive regression coefficient ($\beta = 1.325$) indicates a direct relationship between the variables; specifically, as tourist motivation for travel intensifies, the perceived level of psychological well-being increases accordingly. Consequently, the null hypothesis (H0) is rejected in favor of the alternative hypothesis (H1), demonstrating that tourist motivation serves as a robust predictor of psychological well-being. This finding underscores that a higher degree of travel-related motivation is directly associated with an enhanced psychological state among tourists. These results provide empirical weight to the argument that intentionality in travel driven by specific motivational factors is a critical precursor to the restorative and well-being outcomes of the tourism experience.

Based on the ANOVA results presented in Table 5, the analysis yielded a calculated F-value of 519.913 with a significance level of $p < 0.001$. Given that this p-value is substantially lower than the alpha threshold of 0.05, it is concluded that the regression model is statistically

significant and demonstrates a high degree of "goodness of fit" for further analysis. This result indicates that the independent variable, Tourist Motivation, exerts a collective and significant effect on Psychological Well-Being within the specified model. Consequently, these findings confirm that the regression model employed is robust and sufficiently capable of elucidating the predictive relationship between tourist motivation and the psychological well-being of visitors.

Table 5. Result F-Test

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	34322.646	1	34322.646	519.913	<.001 ^b
	Residual	26010.374	394	66.016		
	Total	60333.020	395			

a. Dependent Variable: Psychological_Wellbeing

b. Predictors: (Constant), Tourist_Motivation

Source: Processed by the researcher (2026)

The results of the F-test further substantiate the findings derived from the t-test, both of which confirm that tourist motivation exerts a statistically significant influence on psychological well-being. Consequently, it is established that the regression model employed in this study serves as a robust and appropriate analytical instrument for elucidating the impact of tourist motivation on the psychological well-being of visitors. The alignment between these statistical tests underscores the internal consistency and predictive validity of the research model.

Table 6. Model Summary (Coefficient of Determination)

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.754 ^a	.569	.568	8.125

a. Predictors: (Constant), Tourist_Motivation

Source: Processed by the researcher (2026)

Based on the Model Summary presented in Table 6, the analysis yielded an R Square (R²) value of 0.569. This indicates that the Tourist Motivation variable accounts for 56.9% of the variance in Psychological Well-Being. The remaining 43.1% of the variance is attributable to external factors beyond the scope of the current research model, such as the quality of the travel experience, destination environmental conditions, social interactions, or other latent psychological determinants not examined in this study. Furthermore, the Adjusted R Square value of 0.568 demonstrates that after accounting for the number of predictors within the model, the capacity of tourist motivation to explain psychological well-being remains robust at approximately 56.8%. These results underscore that the research model possesses substantial explanatory power. Consequently, it is concluded that tourist motivation serves as a fundamental and significant contributor to the psychological well-being of tourists, providing a solid empirical basis for the hypothesized relationship.

5. Discussion

The findings of this study suggest that heightened levels of tourist motivation are directly associated with an increased state of perceived psychological well-being. This phenomenon can be elucidated through the framework of push motivation, which encompasses the intrinsic psychological drivers originating within an individual to satisfy specific needs through leisure engagement. As conceptualized by Crompton (1979), tourist motivation is fundamentally linked to psychological requirements, including the drive for escapism, relaxation, novelty-seeking, and the enhancement of social capital. In this context, the necessity for physical and mental rejuvenation serves as a primary antecedent; tourists predominantly select destinations capable of providing a restorative atmosphere to mitigate the cumulative stress of daily life.

Furthermore, contemporary motivational trends reflect a complex tension between the pursuit of comfort through sustainable practices, the necessity for a "digital detox" amidst hyper-connectivity, and the quest for novelty balanced against a sense of psychological familiarity (Bai et al., 2025; Lengyel et al., 2025; Ulya et al., 2024). These internal impulses compel individuals to utilize travel as a strategic medium to fulfill underlying psychological voids. Consequently, the alignment between these intrinsic push factors and the destination's attributes facilitates a state of self-actualization, thereby optimizing the individual's overall psychological well-being.

Within the specific geographical context of Curug Gorobog, tourists driven by the desire to mitigate occupational burnout, seek tranquility, and acquire novel experiences are able to realize these objectives through the diverse activities offered at the destination. The pristine natural aesthetics, the temperate and calming microclimate, and the immersive sensory experience of the waterfall provide substantial opportunities for visitors to achieve deep psychological relaxation and cognitive clarity. These findings align with Attention Restoration Theory (ART), which suggests that natural environments allow for the recovery of directed attention capacity depleted by urban stressors. Furthermore, outdoor tourism engagement facilitates interpersonal interactions with kin, peers, and fellow travelers, thereby bolstering social cohesion and emotional gratification.

The positive experiences garnered through these nature-based activities exert a profound impact on the psychological state of the visitors. Tourists who derive an enjoyable travel experience tend to report enhanced mood states, heightened levels of subjective happiness, and sustained emotional contentment post-visitation. These conditions underscore that tourism engagement at Curug Gorobog transcends mere recreation; it functions as a vital conduit for the enhancement of an individual's Psychological Well-Being (PWB) and overall life satisfaction (Bai et al., 2025).

6. Conclusions

Based on the empirical analysis and subsequent discussion regarding the influence of tourist motivation on the psychological well-being of visitors at Curug Gorobog, this study concludes that tourist motivation significantly enhances psychological well-being. The findings demonstrate a robust direct correlation, wherein a heightened level of travel-related motivation is associated with a superior degree of perceived psychological well-being. These results underscore that motivation serves as a critical determinant that compels individuals to pursue meaningful travel experiences, which subsequently yield substantial benefits to their overall psychological health and flourishing. In essence, the alignment of internal push factors with the restorative attributes of a destination like Curug Gorobog facilitates a transformative experience that supports long-term mental resilience.

Despite providing significant insights, this study is subject to several boundaries. In terms of delimitation, the scope of this research is specifically confined to visitors of Curug Gorobog in Sumedang; therefore, the generalizability of the findings may be limited to destinations with similar natural characteristics. Furthermore, a primary limitation lies in the reliance on a quantitative method utilizing self-reported questionnaires, which may introduce subjective bias. Additionally, this study focuses exclusively on tourist motivation as the primary predictor, whereas external factors such as service quality or accessibility were not incorporated into the current model.

Based on these findings, future research is encouraged to expand the variable scope by incorporating moderating factors, such as frequency of visits or duration of stay, to examine the long-term effectiveness of psychological restoration. Furthermore, employing a qualitative or mixed-methods approach through in-depth interviews is highly recommended to explore more deeply how specific interactions with Sumedang's natural elements trigger more permanent mental transformations. Lastly, future studies could conduct comparative analyses across diverse

natural tourism destinations to validate whether motivation exerts a consistent impact on psychological well-being across different types of landscapes.

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9. Conflict of Interest

The authors declare no conflict of interest.

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