

The environmental immersion and psychological healing of "the lying flat youth" in the era of stress resistance

Luo Feng^{1,3,*}, Shang Wei², Zhang Quancheng³

(1 School of Economics and Management, Sichuan Tourism College, No. 459 Hong Ling Road, Chengdu 610100, China;

2 School of Management, Chengdu University of Information Technology, No.10 Xing Fu Road, Chengdu, 610103, China;

3 Business School, Sichuan Normal University, No. 1819, Section 2, Cheng Long Avenue, Chengdu 610101, China)

ABSTRACT

A fast-paced lifestyle, characterized by rapid scientific and technological advancements, efficient logistics, binge-watching dramas, quick walks, and rapid food delivery, is more and more common. Releasing stress and how to use and design tourism to heal people's physical and mental health have become research hotspots. The idea of "lying flat" has become popularity among young people. Aiming at the phenomenon of lying flat, based on the perspective of immersion theory, this paper explores the relationship and the potential mechanism between lying flat mentality and positive emotion. The results show that the interaction between lying flat mentality and positive emotions affects positively healing, the impact of lying flat mentality on positive healing is moderated by immersive perception in the tourism environment. This study reveals the direct and indirect mechanism of action between lying flat state of mind and positive healing. Feasible suggestions are provided on how to better improve the immersive experience and positive healing of tourists.

KEYWORDS: Tourism environment; Immersive perception; Lie flat mentality; Negative features; Positive healing.

1. FOREWORD

"Recovery" and "revival" have become the key words of China's tourism industry in 2023. After three years of "travel pain", 2023 is a turning point for the tourism industry, and it is also a year of happy tourism for tourists. With the broad prospects for the revitalization and development of the tourism industry, the cross-border integration of tourism, medical care, public health and other related industries has been continuously upgraded. The tourism industry has also developed from special forces-style tourism at the beginning to sinking tourism, and has expanded to new forms such as reverse tourism, lying-flat tourism, and blind box tourism... Tourism demand has begun to recover rapidly.

Tourism experience plays an important role in promoting the physical and mental health of individuals. The five types of experience, entertainment, education, escape, beauty, and empathy, respectively create comfortable and unique physical and mental experiences for tourists^[1]. Previous studies have pointed out that the healing environment theory developed on the basis of environmental psychology plays an important role in improving human health^[4], such as the healing space environment specially designed for the physical and mental characteristics of the elderly, which can effectively alleviate the mental and behavioral symptoms of the elderly and delay the development of the disease^[5]. Different types of tourism experience can play a different role in psychological recovery. For example, health and wellness tourism, as a special vacation tourism, is usually based on good climate conditions, which can promote the physical and mental health of tourists, enhance the joy of tourists and enhance the sense of happiness of tourists^[2]; Some unique attributes of festival tourism, such as festival atmosphere, interactivity, social interaction experience, special landscape elements, etc., can enhance people's leisure experience, social experience and festival experience^[3]. Now it has begun to enter the public eye as a means of decompression and rehabilitation, which can significantly improve people's physical and mental state^[1]. The life narrative practice activates and connects emotional memory within the empathy field, and achieves psychological healing in the process of "externalization" of emotional trauma^{[2][3]}. Manual healing functions including Chinese paper-cutting,

New Year pictures, and embroidery have significant effects in many aspects such as emotional counseling, self-awareness, awareness improvement, and trauma repair [4].

Enterprises have gradually realized that the immersive perception of individuals in tourism has a positive healing effect on their bodies and psychology. The tourism industry has begun to develop various healing projects that meet people's deep-seated physical and mental needs by protecting significant natural resources such as pastoral, landscape, forest, and wilderness, or building many villages with multiple functions such as livability, leisure, and ecology. Achieve the auxiliary effect of tourism healing [5]. Tourists achieve the purpose of healing their psychological and physical diseases by participating in tourism activities [6]. By immersing themselves in the tourism environment, tourists can obtain enjoyable and relaxing situational experiences, and achieves the purpose of replacing clinical medical intervention to a certain extent. Will the mentality of tourists affect the healing effect during tourism healing? Or is the relaxed mentality of lying flat more conducive to enhancing the healing effect? If so, does this effect affect positive and negative individuals equally? Does immersive perception play a mediating or moderating role? Based on the above questions, this article will explore the impact of lying flat mentality, environmental scene and immersive perception on the positive healing of negative individuals and their internal mechanisms.

2. THEORETICAL REVIEW AND RESEARCH HYPOTHESIS

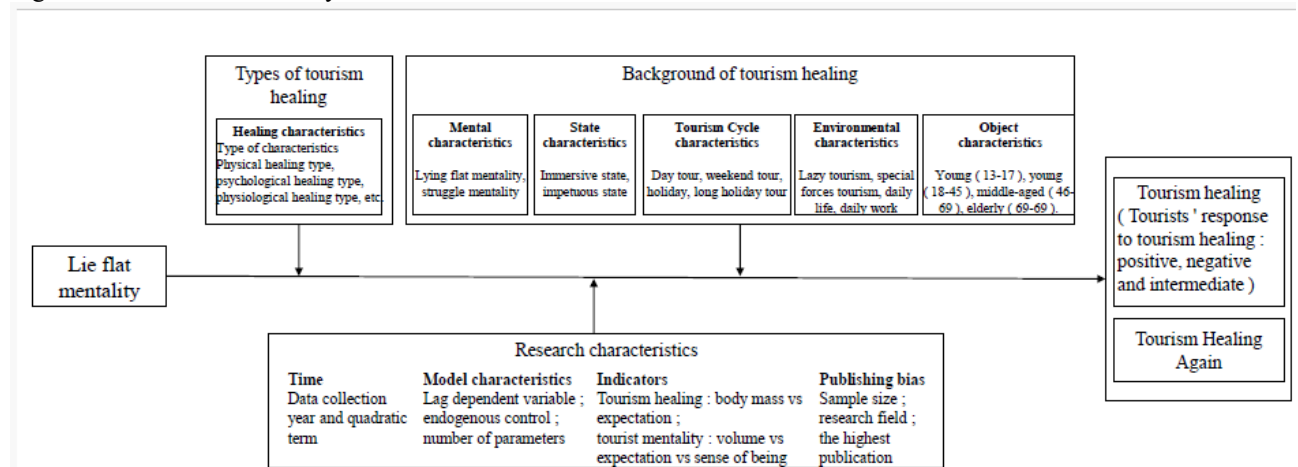
1. Traceability of tourism healing documents

Tourists travel with a lying flat mentality to achieve their own relaxation and stay away from the pressure of life and work. It is expected that traveling with a lying flat mentality can dissipate their troubles and gain pleasure. Whether the lying flat mentality can affect the physical and mental healing of tourists, and whether the lying flat mentality also has a significant impact on the positive healing of negative or active tourists.

1. Ideas of document traceability

We explain their differences from two dimensions: along the differences in environmental factors, emotional characteristics (positive, negative), background (mentality, state, cycle, environment, object characteristics, as shown in Figure 1). Based on literature traceability analysis, thousands of citations were extracted from 86 studies, involving 4 tourism cycles, 4 tourism environments, 4 life cycles, and 2 types of healing. Contrary to the traditional belief that the lying flat mentality is mainly a lazy, negative and bad state, we have observed that the lying flat mentality also has a more powerful impact on immersive perception and positive healing.

Figure 1 Literature traceability framework



2. Factors affecting healing

In order to better understand the positive healing effect of lying flat mentality (lazy tourism) on personal body and psychology in tourism, we introduced an intermediate variable, immersive perception.

(1) **Physical and mental healing** [7]: Tourism healing means that tourists achieve the purpose of healing their psychological and physiological diseases by participating in tourism activities. By participating in tourism activities, tourists are exposed to tourism scenes/environments, and they can obtain situational experiences such as pleasure, relaxation and smoothness, which improves one's own physical and mental health, and to a certain extent achieve the purpose of replacing clinical medical intervention [7].

(2) **Lie flat mentality**: This is a buzzword on the Internet, specifically referring to a state in which no matter wh

at the external pressure is, the person concerned has no fluctuations in his heart and does not want to take any action, reflecting a passive and negative attitude towards life. Catchphrases such as "lying flat is happy" and "I don't want to work hard anymore; I just want to lie flat" have increasingly become their philosophy of life in pursuit of individuality [8]. At present, lying flat has extended more positive modes such as receiving services, relaxing and recovering, reading quietly, communicating peacefully, relieving emotions, charging the brain, returning to their hometown to visit relatives, etc.

(3) **Immersion state:** Immersion means focusing on the current target situation, making people feel happy and satisfied, and forgetting the real world situation, including watching movies, exhibitions, competitions, parks, vacations, sports, shopping, etc. Taking the health and wellness tourism experience as an example, through the immersive experience of health and wellness for tourists, they can meet the psychological and physical needs brought by health and wellness tourism [9].

Through the research of a large number of tourism materials on the Internet, it is found that the healing effect of tourists is affected by various tourists' mentality, participation states, tourism environment, tourism objects and cycles, among which the characteristics of tourism emotions (lying flat mentality, immersion state) are less related to research. Through combing and tracing the tourism-related literature, recent studies (shown in Table 1) have investigated positive healing across different settings.

Table 1 Tourism healing extracted from literature

Research Topics	Author	Healing Type	Output variable	Healing type		Influencing factors					Environment		Healing Object	Healing Period	Tourism Form
				Positive healing	Negative healing	Lie flat Mentality	Struggle Mentality	Immersion Status	Impetuous state	Tourism	Lifestyle				
The relationship between new dietary practices and cultural healing in the Internet	Fung Chi Ming	Physical healing	Diet videos, bodily sensation, mirror world, bodily healing	√		√		√				√	Teenagers	Indeterminate	Lazy tourism
The Healing Effect of Tourism Experience on the Psychological Problems of the Elderly	Lui Hing Yeung	Psychological healing	Psychological healing, well-being, memory therapy, past travel experiences	√			√				√		Old age	Indeterminate	Sinking tourism
Effects of Tai Chi on Physical and Mental Health of the Elderly	Cai Xiaomeng	Physical and mental healing	Assembly Theory, Healing Landscape, Tai Chi Healing, Active Desire	√		√		√			√		Indeterminate	Indeterminate	Sinking tourism
The Positive Role of Reading in Healing	Xu Yan	Psychological healing	Reading Healing, Emotional Healing, Book Services	√				√			√		Indeterminate	Indeterminate	Immersive tourism
Homestay tourists solve their physical and mental health	Xu Yemin	Physical Psychology	Natural Environment	√		√		√			√		Young, middle-aged	Weekend tour	Lie flat type
Forest health and wellness relieves the pressure of modern	Li Jiarun	Body Psychology	Green Plant Experience	√		√		√			√		Middle-aged, old	Holiday tour	Reverse, sinking

society																
Health and Healing of Primitive Space Environment	Liu Binyi, Liang Jing	Physiology and Spirituality	Natural primitive space environment	√		√		√		√		Indeterminate	Indeterminate	Reverse, sinking		
The Influence of Tourism Activities on Tourists' Quality of Life	Yang Zhenzhi, Sha Sha	Physiology	Tourism services, tourism activities	√		√		√		√		Indeterminate	Indeterminate	Blind box		
Study on Forest Healing Base Suitable for the Elderly	Jiang Xuwan, Yu Shuhan	Body	Landscape resources, environmental quality, facility resources	√			√		√		Old age	Long vacation tourism		Reverse, sinking		
The Influence of Perceived Benefits of Forest Health Tourism on Tourists' Consumption Willingness	Zhou Bin, Siyuan, Yu Hu, et al.	Psychology	Attitude towards environmental protection, attitude towards health and tourism development, and perceived benefits of tourism	√			√		√		Youth	Holiday		Reverse, sinking		
Residents' Perceived Value Affects Health Tourism Behavior	He Mang, Zhang Ziya, et al.	Psychology	Perceived Value, Supportive Behavior, Positive Emotions, Prior Knowledge	√		√	√		√		Youth	Holiday		Routine		
Tourism, health care and well-being drive industrial innovation	Xu Hong, Yu Hui, et al.	Body and mind	Beautify the body, cultivate the mind and nature, and care for the environment	√			√		√		Youth	Long vacation tourism		Sinking		
Features of products supplied by forest health and wellness bases in China	Xie Yifan, Xiongwei	Body	Region, scale, operating entity, performance	√			√		√		Youth	Long vacation tourism		Reverse, sinking		
The relationship between elderly care resources, information platforms and smart health and wellness	Liu Yidang, Ji Maoli, Wang	Physical and mental	Allocation of elderly care resources and the value of smart health and wellness	√			√		√		Old age	Long vacation tourism		Sinking		
Analysis on the Problems and Path of Forest Park Ecotourism	Guo Qi, Li Mingli, et al.	Physical and mental	Government-led model, dynamic measurement	√			√		√		Youth	Holiday		Blind box, sinking		
Tourism Space Production of Leisure and Healthy Ethnic Villages	Zeng Peng, Wang Yue	Psychology	The Attraction of Villages and the Development of Ethnic Cultural Tourism	√		√		√			Indeterminate	Short-term	Short-term tourism, reverse tourism			

Development, Limitation and Prospect of Rural Residence and health and wellness	Li Qidao, Zhao Rao Tianyu	Indeterminate	Integration of health and wellness of tourism, rural comfort-driven	√		√		√		√	Tick	Middle-aged and elderly	Long-term	Rural tourism
Construction of Forest Health Index System	Zhou Ruyi, Wang Li, et al.	Physical Psychology	Forest health index system	√		√		√		√	Tick	Indeterminate	Short-term	Blind box travel
Spatial Suitability Evaluation of Forest Healthy Tourism	Liu Nan, Wang Jie, et al.	Physical Psychology	Transformational development and high-quality development of rural tourism	√		√	√	√		√		Indeterminate	Short-term	Rural tourism, reverse
Study on Environmental Influencing Factors of Grassland Healthy Function	Dong Shuang, Zhang Xingwei, etc.	Physical Psychology	Demand fulfillment	√		√		√		√		Indeterminate	Long-term	Blind box
Study Tourism Realizes Educational Function	Bai Changhong	Psychology	Advantage Action, Positive Psychology	√				√				Youth	Long-term	Special Forces Tourism
Virtual Tourism Planning Combined with Cyberspace Technology	Wang Lu, Wu Hui, Tecuayi	Physical, mental	Cyberspace; Technical support; Virtual tour	√		√						Indeterminate	Indeterminate	Cyber tourism

Remarks: Healing type: physical, psychological, physiological, social healing; Healing objects: youth (13-17), adolescents (18-45), middle-aged (46-69), elderly 69 ~; Healing cycle: one-day tour, weekend tour, holiday tour, 1 long holiday tour.

In healing, in order to distinguish the two types of healing effects, that is, by accurately dividing the content provided to positive tourists and negative tourists, in order to better understand the differences and commonalities of the healing environment. Table 2 provides examples of the positive and negative healing effects of tourists' lying flat mentality in different scenarios.

Table 2 Cases of immersive perception with different lying-flat mentality in different scenarios

The Healing Role of Tourism	Tourism		Life and work	
	Lazy tourism	Special Forces Tourism	Life	Work
Positive	China Youth Daily: "It is good to travel to famous mountains and rivers, but I prefer to slow down, catch my breath in the busy life, and feel the tranquility of the years. This is the true meaning of travel."	New hot spot college student special forces travel is a life exodus. College student special forces travel refers to college students' retaliatory travel by punching in and excessively exerting physical strength. The significance of punching in traveling or starting for the sake of departure, it	Hot spots in current affairs: 30-year-old master holds 1 million "lying flat pension" According to a report by Orange Persimmon Interactive on March 2, a 30-year-old youth with master's degree took a pr	Xiaohongshu: Involved in posture, flat in mentality. Yu Minhong once said: Lying flat has two meanings. One is to rely on parents and others, and lie flat without thinking about making progress; The other is to lie flat in mind, which can maintain a peaceful mind, without sensitivity, and without internal friction. At work, everyone has unsatisfactory times, and it is futile to compete with emotions. Loosening the mentality and focusing on more important things is the work concept that mature people should have.

		<p>s a confrontation: endless, trivial life confrontation and exodus.</p>	<p>incipal of 1 million yuan and lived a "lying-flat at pension" life in Yunnan. By sharing his pension experience, He created an elderly care area on a platform, named B Zhan, and it has attracted the attention of many young people.</p>	
	<p>China Youth Daily: "This kind of relaxing travel is a low-cost pastime for us, including low emotional cost, which can obtain the greatest happiness at the lowest cost."</p>	<p>Xiaohongshu: Turkey travel strategy saves money and it is fun. You must code the lyrics and say: "I want to take you to romantic Turkey."</p>	<p>@ Shanfei sunny feel Lying flat is sometimes the antidote to life. The pace of the world is too fast, and our lives are often torn into messy pieces, entangled in trivial matters, and stress follows closely. At this time, why not choose to lie flat, lying flat can also be an antidote to life.</p>	<p>Xiaohongshu: First of all, What is Bailan which is a Chinese slang term that refers to someone who is lazy and unmotivated. When the work is overwhelming me, Bailan can help mediate my emotions and state, so that I will not collapse because of work.</p>
Negative	<p>Financial gossip: Young people like Liu Ang are more and more fond of "Bailan" in travel. The daily travel is to stay in the hotel and sleep until you wake up naturally, eat takeaway when you are hungry, watch variety shows when you are bored, go out for a stroll when you feel rested enough, drink coffee and do SPA in unfamiliar cities.</p>	<p>Baidu: Using militarized methods such as "special forces" in tourism may pose a threat to the personal safety of oneself and others, and may easily cause panic and social unrest. In addition, this method may violate local tourism regulations and cultural habits, affecting tourism image and market reputation.</p>	<p>Life Daily: Say no to lying flat! Can lying flat really solve the immediate difficulties? Perhaps young people who are "lying flat" on the Internet probably also feel that this is a kind of "romantic fantasy".</p>	<p>The Spring Festival Gala program "Keng" in 2023, "Keng" means cheating was well received by the audience. On January 22, the website of the Central Commission for Discipline Inspection and the National Supervisory Commission released a quick review "Don't let the" lying cadres "deceive people again"</p>
	<p>Chen Hongjin, general manager of the domestic vacation business department of the large travel website "Lvmama", told reporters that there are more and more "lazy people" nowadays, and "lazy travel" has become a new situation in current</p>	<p>Baidu: Special Forces-style tourism is actually overdrawing life. "Hu Shuiqing, a doctor at Xuanwu Hospital of Capital Medical University, pointed out in</p>	<p>Chinese Debate Competition: Be realistic, you will find that all the arguments of the other party presuppose</p>	<p>Interview hotspot: What do you think of small fried dough stick cadres? Its essence is an alternative expression of lying flat, not thinking about making progress, and being passive and powerless. It is characterized by being young but unwilling to do things and do not</p>

	<p>tourism. Although these tourists are very "lazy", their requirements for tourism quality are not low.</p>	<p>an interview with a reporter from Science and Technology Daily: "Special forces-style tourism is actually overdrawing life." High-intensity sports increase the burden on organisms, coupled with lack of sleep, lack of recovery time for physical functions, and it is easy to induce a variety of diseases.</p>	<p>ose a premise, that is, resources are unlimited. Once resources are limited and the cake is limited, it is actually a problem of the distribution system at this time. You want to create value, but who gives you the resources and conditions to create value, embarrassed to screen.</p>	<p>want to do anything. It believes in the Tai Chi philosophy that everything has nothing to do with itself, and if things are related to oneself, we must work together. If it is not corrected in time, the negative mentality will spread, which will affect the style of the entire team and damage the interests of the Party and the people.</p>
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3. Characteristics of tourism patterns

The tourism environment includes lazy travel (slow pace: in-depth travel), special forces travel (fast pace: group travel), etc., while life and work include leisure life (slow pace: coffee bar, tea house), stressful life (fast pace: fast food, overtime), etc. The lying flat mentality of tourists during tourism will have different immersive perceptions of tourists, and immersive perceptions are more likely to occur during tourism than in life and work.

2. Tourism mentality and physical and mental healing

The pace of life in modern society is getting faster and faster, and we are facing more and more pressures, not only from work, study, family, etc., but also from our own hearts. These pressures need appropriate healing to resolve. Various traveling sports can not only enhance our physical strength and endurance, improve the body's immunity, but also get rid of stress, relax the body and mind. At the same time, the healing of tourism to individuals may also appear in cognition, mindfulness, or positive emotions. Healing in tourist destinations or natural healing mainly refers to the healing method based on natural resources, physical and psychological treatment as the main functions^[10]. This kind of healing not only provides material, social and psychological multiple resources, but also can release stress and relieve depression, ultimately reduce personal anxiety, reduce the risk of depression of tourists, etc.^[11]. Recalling past travel experience also has a good healing effect on the psychological problems of the elderly^[12]. Therefore, we make the following hypothesis:

Hypothesis H₁ : In the tourism environment, the interaction between lying flat mentality and positive emotions affects positive healing. Specifically, only for non-active individuals, the lying flat mentality significantly affects positive healing.

According to the survey conducted by the World Tourism Organization on a global scale, in the next 15 years, people participating in social work will spend more than 50% of their time on leisure every year^①. According to data from Meituan and Dianping, after the epidemic was released, searches related to Lying flat travel increased by 50% compared with the same period last year, young searchers aged 30 accounted for more than 70%^[13]. The data shows that more and more people are beginning to pay attention to inner relaxation and rest, rather than external scenery and experience. Putting comfort and dedication first is the main purpose of lying-flat tourism. Many hotels cooperate with nearby scenic spots so that guests can have an unforgettable vacation experience without exhaustion^[14]. From reverse tourism to flat tourism and even cyber tourism, the new generation of tourists has created a variety of new travel modes. Subtracting travel does not give too much meaning to travel, and it is easier to enjoy the immersive value of travel itself^[15]. Therefore, we make the following hypothesis:

Hypothesis H₂ : The interaction between the lying flat mentality and the environment affects the current immersive perception. The lying flat mentality is more likely to generate immersive perception in the tourism environment than in life and work.

^① <http://www.ctdsb.net/>

3. Positive physical and mental healing

An immersive atmosphere can bring an immersive and authentic travel experience. At the same time, digital technology is also emerging in tourist attractions and tourist destinations for future generations to enjoy and experience [16]. In addition, the literature on emotion induction methods can find that immersive technology or immersive senses can create a more immersive environment, resulting in a more intense physical and mental healing effect of tourism [17]. Therefore, we make the following hypothesis:

Hypothesis H₃: Immersive perception, the impact on positive healing is modulated by positive emotions. Immersive perception significantly increased the positive healing of non-active tourists, but had no significant impact on the positive healing of active tourists.

4. Immersive perception

In recent years, Immersive experience is all-encompassing and has become a hot word. Immersive cultural tourism projects, such as immersive museums, immersive theme parks, immersive shopping, immersive reading, etc., have received more and more attention from ordinary people [18]. Residents with higher health and wellness tourism knowledge (that is, previous knowledge) have a stronger impact on positive emotions [19]. Immersive experience is a new business formed by the integration of today's culture and technology, it is an experience activity with high space creation as the core format [20]. Health and wellness tourism mainly focuses on people's body, spirit, and quality of life. Health and wellness tourism for the purpose of health preservation meets the needs of the public and has become a tourism method that effectively relieves pressure and promotes physical and mental health. Studies have shown that attitude perception, anticipatory emotion, and perceived behavioral control can better induce positive desires [21]. Therefore, we make the following hypothesis:

Hypothesis H₄: In the tourism environment, the impact of lying flat mentality on the positive healing of non-active tourists is mediated by immersive perception.

3. RESEARCH METHODS

1. Summary of research contents

In order to verify the hypothesis, four studies were carried out in this paper. In the first study, on the base of the students of tourism-related majors in Tourism College as the subjects, the author used laboratory experiment method to test the main hypothesis (H₁), that is, **the impact of lying flat mentality on the positive healing of tourists with low positive level**. Study 2 enhanced the robustness of the conclusions of Study 1 by conducting a post-tourism online survey on actual tourists who had just returned from vacation, starting from their actual positive healing behavior rather than college students' healing willingness (increasing external validity), and expanded the sampling range. Study 3 adopts an inter-group design of 2 (non-lying-flat mentality and lying-flat mentality) × 2 (daily life, work and tourism environment) × continuous (positive traits) to test whether the current effect only occurs in the tourism environment, and only for negative tourists, and by examining the mediating role of immersive perception, so as to reveal the mechanism of action behind the lying-flat mentality effect. Finally, Study 4 enhanced the validity and robustness of the conclusions by conducting a post-tourism online survey of post-COVID-19 pandemic tourists and examining their actual positive healing. Details of each study are shown in Table 3.

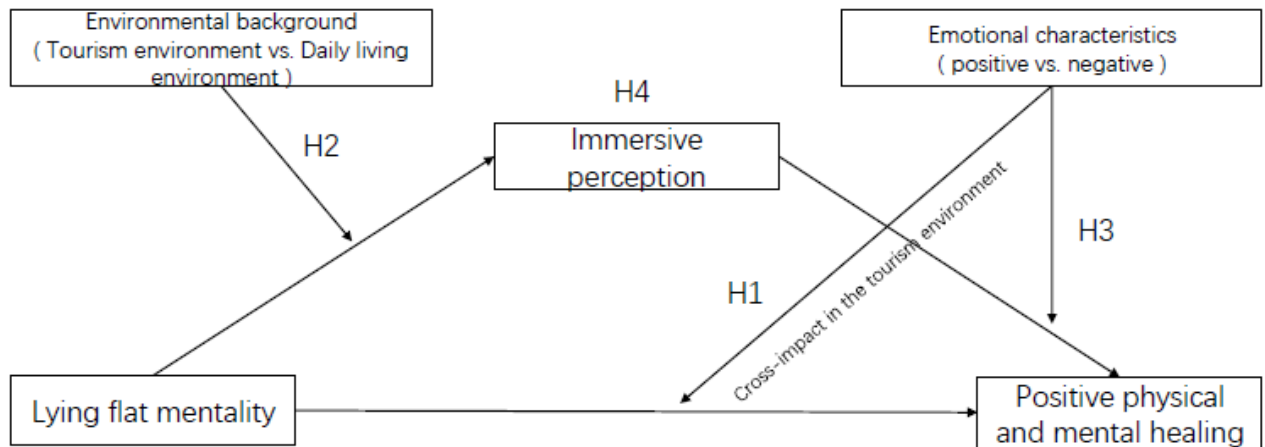
Table 3 Summary of the four studies

Research	Sample	Purpose	Verification
Study 1	Students majoring in tourism related from two universities in Southwest China (150)	H1 (in tourist settings)	Mann-Whitney U-test and Hayes PROCESS plug-in model
Study 2	Tourists (N = 142) (post-tourism survey);		Hayes PROCESS plug-in model
Study 3	Students majoring in tourism at a university (N = 128);	H2 H3 (in tourist settings) H4 (in tourist settings)	Hayes PROCESS plug-in model Hayes PROCESS plug-in model Hayes PROCESS plug-in model
Study 4	Tourists (N = 127) (post-tourism survey);	H4 (after the pandemic) (in the tourism environment)	Hayes PROCESS plug-in model

2. Research models and assumptions

According to the literature review and research content, the following theoretical model assumptions are proposed, as shown in Figure 2 below:

Figure 2 Hypothesis diagram of theoretical model



STUDY 1: EXPERIMENTAL TEST MAIN IMPACT

1. Research design

To test the hypothesis H_1 , Study 1 used a laboratory experiment with a 2 (non-lying flat state and lying flat state) × continuous (positivity trait) intergroup design. Through the internal information system of the university where the researcher works, college students are recruited as subjects. Participants from Chengdu were invited to a behavioral laboratory at campus to participate in the experiment. The methods used are as follows.

First, all participants were randomly assigned to either the non-lying-flat mentality group or the lying-flat mentality group. They were then asked to watch an approximately 2-minute video of what it was like to be in a tourist environment. This video shows the lying-flat tourism of Fuxian Lake in Yunnan, and people lying flat group to watch the lake and the sunset, the blue sky and the water, the ecology and the lotus, the hotel and the amusement facilities, etc. See the picture below for the screenshot of the video (choose Fuxian Lake in Yunnan for avoiding visual interference). Forecasts show that participants can clearly distinguish the tourist environment of Fuxian Lake from their daily living and working environment.

Next, a picture of the tourist environment is presented to all participants, followed by a text description. "You are browsing the local scenery and interacting with nature, and you are more concerned about the follow-up itinerary and travel connection," wrote the non-lying-flat mentality group. "You are browsing the local scenery and interacting with nature, and you are not very concerned about the follow-up scenic spot arrangement, transportation connection, hotel accommodation, etc." wrote the lying-flat mentality group. Then, the participants answered, "How much do you think you care about itinerary-related matters during the travel process, such as itinerary transportation, itinerary accommodation, itinerary time planning, itinerary ticket purchase, etc.?" [22] (1-7 points, the higher the score, the higher the degree of concern about itinerary-related matters)".

Third, positivity healing is measured by a simple question: "During the tour, you find a good therapeutic pedicure program, which can not only relax the tired body, but also treat skin and arthritis, etc., however there may be better spa programs in the follow-up itinerary, but it will be more troublesome. How much do you want to actively carry out the current pedicure? Please point out the possibility of your participation in this program." Participants produced answers on a 7-point basis, 1 = very do not want to, while 7 = very want to [23]. The selected items used for this measure were obtained from predictive feedback from 84 students, who were asked in the predictions about actual and expected healing items in travel ($M_{\text{Expected project}} = \text{spa}$; $M_{\text{Actual project}} = \text{pedicure}$).

Finally, participants reported their demographic details and completed the Positive Characteristics Scale. Positivity was measured according to a 17-item scale provided by Lei Yu (2016) [24]. Each item was rated from 1 to 7 (1 = very inconsistent, 7 = very consistent) (see Table 4 for details). Those individuals whose positivity scores were below average were considered negative [25].

Table 4 Measured variables

Variable	Variable Definition and Measurement Items	Research
Lie flat mentality	<p>Variable definition: Active relaxation patterns such as receiving services, relaxing and restoring, peaceful communication, relieving emotions, brain charging, etc., lifestyle, loving tranquility and slow pace.</p> <p>(1) The non-lying flat mentality group wrote: "You are browsing the local scenery and interacting with nature, and you are more concerned about the follow-up itinerary and travel connection."</p> <p>(2) The Lying Flat Mentality Group wrote: "You are browsing the local scenery and interacting with nature, and you don't care much about the follow-up scenic spot arrangements, transportation connections, hotel accommodation, etc."</p> <p>(1) How much do you think you care about itinerary-related matters during the travel process, such as itinerary transportation, itinerary accommodation, itinerary time planning, itinerary ticket purchase, etc.? (1 = small proportion 7 = large proportion)</p> <p>(2) In a current healing such as a pedicure, do you want to continue the current healing when you don't care about the subsequent itinerary? (1=limited extent, 7=large extent)</p> <p>(1) The lying flat mentality group read these words: "Please imagine that you are resting at Fuxian Lake/COTTI in Yunnan, and you don't care much about the follow-up itinerary and travel connection."</p> <p>(2) Non-lying flat mentality group reading: "Please imagine that you are resting at Fuxian Lake/COTTI in Yunnan, and you are more concerned about the follow-up itinerary and travel connection."</p>	<p>Research 1 (Sailesh A etc P S. 2023)</p> <p>Research 2 (Wei Ding 2023)</p> <p>Research 4 (Jamison C J. 2019)</p> <p>Research 3 (Xiaoxuan Guo 2023)</p>
Enthusiasm Emotional characteristics	<p>Variable definition: Also known as active initiative, from the source, it refers to the motivation for the unity of individual willingness and overall long-term goals and tasks, and active initiative is the performance of morale.</p> <p>To what extent do you think the description of the following words corresponds to your daily behavior? (1 = very inconsistent, 7 = very consistent).</p> <p>(1) enthusiasm; (2) vitality; (3) enthusiasm; (4) optimistic; (5) Confidence; (6) brave; (7) firm; (8) Aggressive; (9) Innovation; (10) Passion; (11) Do your part; (12) Take the lead; (13) scrambling; (14) Attention; (15) Forgetting to eat and sleep; (16) Concentration; (17) Single-minded</p>	<p>Research 1 (Sailesh A etc P S. 2023)</p> <p>Research 2 (Wei Ding 2023)</p> <p>Research 3 (Yu Lei 2016)</p> <p>Research 4 (Natalja M. 2023)</p>
Enthusiasm Healing	<p>Variable definition: Positive healing refers to achieving the purpose of psychological and physical health through self-active regulation and self-active treatment.</p> <p>During the trip, you find a good thermostatic pedicure project. This project can not only relax the tired body, but also treat skin and arthritis, etc., but there may be better spa projects in the follow-up itinerary, but it will be more troublesome. How much do you want to actively engage in current pedicure healing? (1 = definitely not, 7 = likely)</p> <p>(1) After a day's journey, due to fatigue, I will arrange sufficient time in advance for physical relaxation. (1 = strongly disagree, 7 = strongly agree)</p> <p>(2) After a multi-day trip, the physical relaxation brought by a pedicure program is far more than I imagined. (1 = strongly disagree, 7 = strongly agree)</p>	<p>Research 1 (Sailesh A etc P S. 2023)</p> <p>Research 3 (Tugade et al 2007)</p> <p>Research 2 (Yu Qinchen.2023)</p> <p>Research 4 (Dong Chen et al. 2023)</p>
Immersion Perception	<p>Variable definition: Complete involvement in the situation, concentration, and filtering out all irrelevant perceptions.</p> <p>Under the current situation, how much will you focus on this matter, such as enjoying the scenery or slowly sipping coffee? (1 = very common, 7 = very rare)</p>	<p>Research 3 (Yu Lei 2016)</p> <p>Research 4 (Dong Chen et al. 2023)</p>
Cognitive bias	<p>After your post-epidemic trip, how far did you feel from your expectations? (1 = very low, 7 = very high)</p>	<p>Research 4 (Pingping Cao et al., 2023)</p>
Interference problem	<p>For your post-epidemic trip, how much negative factors (traffic jams, poor service, poor environment) have interfered with your travel experience? (1 = very low, 7 = very high)</p>	<p>Research 4 (Ying Li, 2008)</p>

2. Research results

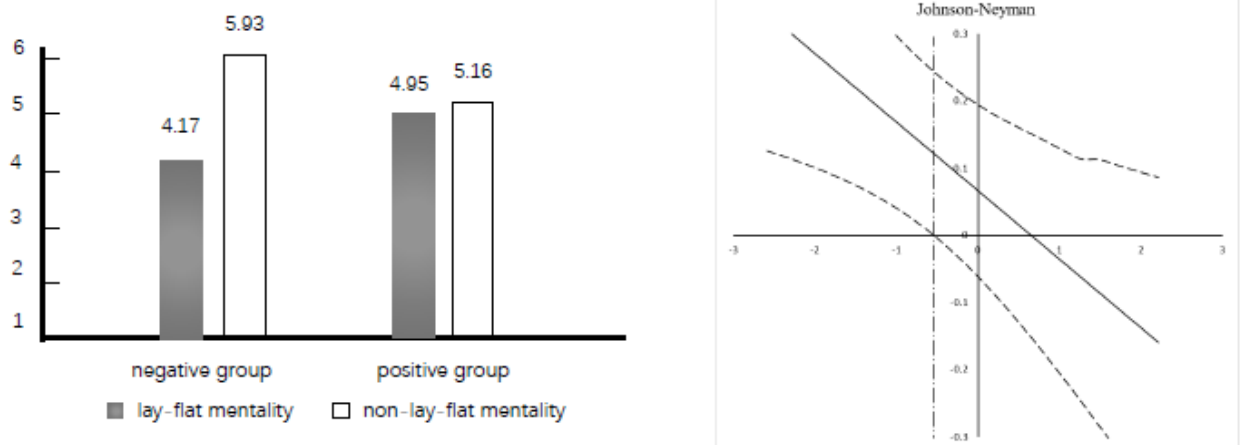
Study 1 enrolled 164 subjects. Among them, those who answered the questionnaire incomplete, answered less than 30 seconds in total, filled out non-compliant, and repeated their answers in consecutive items were excluded. A total of 150 valid samples were used to validate the hypothesis, 27.3% were men and 72.7% were women; 18.2% were sophomores, 61.7% juniors and 9.3% postgraduates. Two-thirds of the respondents (70.67%) had an average monthly living expenses of 1200-1550 yuan.

This paper uses the t-test to verify whether the lying-flat mentality has been successfully manipulated. With perceived lying-flat mindset as the dependent variable, the effect of lying-flat mindset is significant ($M_{\text{non-Lying flat mentality}}$)

= 3.213, $M_{\text{Lying flat mentality}} = 5.653$), $t(1,150) = -8.741$, $p = .000$). This confirms that the factor of lying flat mentality is effectively controlled.

For tourists with negative emotions, the lying flat mentality significantly affects positive healing. First, according to previous studies [26][27], positivity features were treated as dichotomous variables based on the positivity mean score (mean = 3.873). Samples were divided into two groups. Individuals who scored below the mean for positive characteristics were assigned to the negative group. Others were assigned to the positive group. There were no significant differences between the two groups in terms of sex ($p = .302$), age ($p = .5$) and monthly living expenses ($p = .241$). The Mann-Whitney U-test (non-parametric test) showed significant differences ($p = .000$) between the lie-flat and non-lie-flat mentality groups for the negative group (< 3.873); For the positive group (> 3.873), there was no significant difference between the lay-flat and non-lay-flat mentality groups ($p = .667$). Mean values for each group are shown in Fig. 3a.

Figure 3 Mann-Whitney U and Hayes Process test (a) ANCOVA analysis results plot (b) Hayes Process analysis results



Then, the Hayes (2013) PROCESS model was used to test the hypotheses. Positive characteristics were used as continuous variables in Model 1. The results confirmed that the main effect of lying-flat mentality on positive healing was significant: $\beta = 0.49$, lower bound CI (LLCI) = 0.33, upper bound CI (ULCI) = 0.79 (i.e. 0 was not within the 95% confidence interval, indicating significance). The cross-effect of lying-flat mentality and positive traits was also significant: $\beta = -0.39$, LLCI = -0.81, ULCI = -0.17. Next, to reveal the specific values of the moderating variable (positive trait), where the role of the focal explanatory variable (lying-flat mentality) on the explained variable (positive healing) was significant [28], Johnson-Neyman floodlight analysis technique was used to find a significant area of the impact of lying-flat mentality on positive healing [29][30]. Consistent with Hypothesis 1, a significant area was found. Only for participants with a positive trait score lower than 3.873 (mean = 3.873, SD = 0.83; 26.9% of participants), lying-flat mentality had a significant positive effect on positive healing. In addition, **the lower the positive trait score, the more significant the role of lying-flat mentality on positive healing.** The hypothesis H_1 was validated. The results are shown in Fig. 3b.

3. Research and discussion

Study 1 verified the hypothesis that in a (simulated) tourism environment, **for tourists with negative emotions, the lying flat mentality significantly increased the positive healing effect, but the impact on tourists with positive emotions was not obvious.** One advantage of laboratory experiments is that the order of independent variables is explored and then the dependent variable is measured, which allows us to test causality [31]. In addition, using uniform samples and random assignment, the laboratory environment can also better control the influence of exogenous variables. However, in the lab, positive healing is measured as a willingness, which may not accurately reflect actual positive healing behaviors [32]. In addition, the student sample is not representative of the public sample. Therefore, in order to improve the validity and robustness of this study, a post-travel survey was used to investigate the actual positive healing behavior of different tourist samples.

STUDY 2: POST-TOURISM SURVEY

1. Research design

In Study 2, respondents were recruited by a professional travel agency (with more than 10 million travel members). First, before the formal survey, participants were asked to recall their last travel experience in the past two years and answered: "Did you travel in the past two years? What kind of the way of travel did you choose on your last trip? (group tour, self-guided tour, self-driving tour, family tour, other methods)? Did you feel better during the trip? (Stress relaxed, mood improved, etc.)" Only participants who had traveled in the past two years and were physically and mentally healed could continue to answer the following questions: "How many trips have you traveled per year on average in recent years?" The destination and retention time were also recorded. The study was in May 2023.

Second, respondents were asked to recall details of their healing experience during the journey. Then, the perception of lying flat during the travel and positivity healing processes was measured sequentially. Two items measured the lying flat mentality: "When you feel good during the trip, how much do you care about the follow-up itinerary, including accommodation, transportation or queuing?", the respondents gave a score of 1-7, the higher the score, the greater the proportion of the lying flat mentality; "Would you want to continue a pedicure during a pedicure when you don't care about the subsequent itinerary?", this one is also labeled 1-7, with a higher score indicating more proactive^[33]. Positive healing is also measured by two items: "After a one-day trip, I will arrange sufficient time in advance for physical relaxation because of fatigue", "After a multi-day trip, the physical relaxation brought by a pedicure program far exceeds my imagination" These two items are rated on a scale of 1-7 points, and the higher the score, the more you agree with this statement^[34].

Finally, participants reported their demographic information and completed the positivity scale (same as in study 1).

2. Research results

Study 2 Sample characteristics. A total of 149 respondents with travel experience took part in the survey. These questionnaires were completed within 60 seconds, those who answered the questionnaires were incomplete, or the total time to answer was less than 30 seconds, or those who filled out non-compliant, or repeated their answers in consecutive items were excluded, and the remaining 142 valid questionnaires were used for data analysis (95.3%). Of the participants, 26.06% were men; 52.82% were 20-30 years old.

The results show that the reliability and validity of the whole model meet the requirements ($\chi^2/df = 3.53 < 5$, CFI = 0.88, IFI = 0.93, RMSEA = 0.05). The average extracted variance value (AVE) of all variables is greater than 0.50, which shows that the convergent validity of the components is appropriate. Cronbach's alpha value is greater than 0.70; the composite reliability of all components is higher than 0.75, indicating internal consistency.

For tourists with negative emotions, the impact of lying flat mindset on positive healing. Similarly, we used the Hayes PROCESS model1 to validate H_1 . Gender, age, monthly income and travel frequency are the covariates that affect positive healing. The main impact of lying flat mentality on positive healing is significant; Beta = 0.17, LLCI = 0.06, ULCI = 0.25. The interaction between lying-flat mentality and positivity emotions was also significant: $\beta = -0.14$, LLCI = -0.21, ULCI = -0.06. For those participants whose positive emotional characteristics were less than the average (mean = 6.05, SD = 0.69, 61.27%), the lying flat mentality significantly affected positive healing. In the tourism environment, **for tourists with negative emotions**, the lying flat mentality increases the positive healing behavior. Thereby H_1 was verified.

3. Research and discussion

The results of Study 1 and Study 2 are consistent to prove **the impact of lying flat on positive healing for tourists with negative emotions in the tourism environment**. Replication increases the validity and robustness of this study. However, **for negative emotional tourists, the underlying mechanism between lying flat mentality and positive healing has not been tested**. Laboratory experiments can be effective in evaluating potential mechanisms, as they allow researchers to set the order of priming and measuring variables. Therefore, study 3 was used to validate the mediating effect and explain the entire model.

STUDY 3: EXPERIMENTS REVEAL THE MECHANISM OF ACTION BETWEEN ENVIRONMENTAL FACTORS AND POSITIVE HEALING

1. Pre-test

Prior to formal studies, pretests were used to examine manipulation of daily living and tourism environment; The pictures used can stimulate the participants' environmental perception of the daily living environment and the tourist environment. Participants were recruited from universities and randomly divided into two groups (daily life group and tourism environment). At the same time, they saw video pictures in Study 1, which opened up the perception of tourism environment, and saw pictures from a music coffee bar COTTI (a music coffee bar near the school gate) to open up the perception of daily life. Then both groups read: "Do you think the situation shown in the following picture is more like your environment (daily living environment or tourist environment)?" Finally, demographic characteristics were measured. The picture is shown in Figure 4.

76 students participated in the pretest, In the daily living group, 93.9% of the participants considered the situation as a scenario of the daily living group. In the tourism environment group, 99.2% of participants considered the situation as a scenario of the tourism environment. The results show that the manipulation of the situation is successful and it can be used to open the participants' perception of the daily life and the tourist environment.

Figure 4 Environmental perception manipulation map (a) Fuxian Lake picture and (b) COTTI coffee bar picture



2. Research design

To test the mediating effect and the entire model, Study 3 used laboratory experiments, namely a 2 (non-lying state of mind and lying state of mind) \times 2 (daily life and tourism environment) \times continuous (positive) intergroup design. Participants were recruited from universities, and the process was consistent with that of Study 1. College students from Yunnan Province were excluded from the sample.

First, all participants were randomly divided into four groups (2: non-lying flat mentality and lying flat mentality \times 2: daily life and travel environment), and their positivity was measured on the Lei Yu Scale.

Second, activate the lying state of mentality and situational perception. The operation of lying flat mentality is the same as that of Study 1. The initiation of the perception of the tourist environment and daily life is the same as the pre-test procedure. Specifically, participants in the Tourism Environment Group were asked to read "Please Imagine You Are Traveling to Fuxian Lake in Yunnan" and were shown pictures cut from the video from Study 1. Participants in the Everyday Living group read "Please Imagine You in the Environment of the COTTI Coffee Bar" and showed pictures of the mall environment as well as coffee products inside the coffee bar. Next, the lying flat mentality is activated. The lay-flat mentality group reads these words: "Please imagine that you are resting at Fuxian Lake/COTTI in Yunnan, and you don't care much about the follow-up itinerary and travel connection." The non-lay-flat mentality group reads: "Please imagine that you are resting at Fuxian Lake/COTTI in Yunnan, and you are more concerned about the follow-up itinerary and travel connection."

Third, immersive perception measurement, using a single measurement item "Under the current situation, how much will you focus on this matter, such as enjoying the scenery or slowly tasting coffee.", the score is 1-7 points, the higher the score, the higher the degree of immersion in experience perception (Chen Dong et al. 2023) [35].

Finally, positivity healing was measured through a single question (same as Study 1). Demographic characteristics measures are the same as in Study 1.

3. Results of the research

Sample characteristics of study 3. Study 3 recruited 141 participants. Those who answered the questionnaire incomplete, or answered the total time less than 30 seconds, or filled in non-compliant, or repeated their answers in consecutive items were excluded. As a result, 128 valid samples were used to verify the hypothesis, of which men accounted for 25.78%, and those aged 20-30 accounted for 78.12%; 71.2% of individuals have an average monthly expenditure budget of 1,250-1,500 yuan.

Lie flat mentality manipulation test. The t-test confirmed the successful manipulation of the lying-flat mentality. When lay-flat mentality perception was the dependent variable (same as in study 1), the effect of the lay-flat mindset group was significant ($M_{\text{non-Lying flat mentality}} = 5.304$, $M_{\text{Lying flat mentality}} = 4.942$, $t(1,128) = -1.257$, $p = .000$). This confirms the effective manipulation of the lying-flat mentality.

Interaction of lying-flat mentality and environment on immersive perception. Similarly, Model 1 was used to examine the moderating effect of the environment. Sex, age and monthly living expenses were covariates. Only the interaction effect of lying flat mentality and environment is significant: $\beta = 0.84$, LLCI = 0.401, ULCI = 1.371. More specifically, only in tourism environment did the lying-flat mentality increase participants' perception of immersion: $\beta = 1.09$, LLCI = 0.692, ULCI = 1.413. In daily life (COTTI stimulation), the effect of lying flat mentality on immersive perception was not significant: $\beta = 0.17$, LLCI = -0.156, ULCI = 0.515 (that is, 95% confidence interval inclusion value is 0), H_2 was verified (see Table 5).

Table 5 Output I of Study 3 Model 14

Output	Adjustment	Action	SE	t	Sig.	95%CI	
						LLCI	ULCI
Immersive Perception (H2)	Lay flat mentality * environment	0.76	0.26	3.662	0.0001	0.401	1.371
	Tourism environment	1.15	0.18	6.117	0.0000	0.692	1.413
	Daily environment	0.24	0.17	1.052	0.1998	-0.156	0.515

In addition, as a complementary finding, 100 participants were assigned to the daily living group for separate analysis. Model 1 shows that the interaction effect of lying flat mentality and positive emotional characteristics is significant: $\beta = 0.77$, LLCI = 0.46, ULCI = 1.13. Compared with the tourism environment, the response value in the daily environment, **for non-active emotional tourists, the lying flat mentality significantly reduces the positive healing effect** ($\beta = -0.73$, LLCI = -1.13, ULCI = -0.22). This finding further proves that for non-active people, the mechanisms behind their life behavior patterns and daily environment are completely different from those in the tourist environment.

Interaction of immersive perception and positive emotional characteristics on positive healing. According to H_2 , it is only in a tourist environment that lying flat mentality will increase the immersive perception of participants. Therefore, the responses of 100 participants in the Tourism Environment Group were used for this analysis. T-tests showed there was no statistically significant differences in demographic characteristics between the two groups ($p_{\text{sex}} = 0.244$; $p_{\text{age}} = 0.537$; $p_{\text{monthly living expenses}} = 0.212$).

Firstly, the positivity characteristics are treated as binary variables. Personnel were divided into two groups according to the mean score of motivation characteristics (mean = 4.023). Those with lower-than-average positivity scores belonged to the negative group, while others were assigned to the positive group. There was no significant difference in gender ($p = 0.211$), age ($p = 0.914$) and monthly income ($p = 0.164$) between the two groups.

Secondly, the positivity characteristics are treated as continuous variables. Model 1 was used for validation H_3 . The impact of immersive perception on positive healing is significant: $\beta = 0.37$; LLCI = 0.23, ULCI = 0.61. The interaction between immersive perception and positivity was also significant: $\beta = -0.24$; LLCI = -0.39, ULCI = -0.04. For those with a positive characteristic score of less than 4.023 (median = 4.023, SD = 0.61; 57.81%), immersive perception had a significant positive effect on positive healing. The lower the positive characteristic score, the more obvious the positive effect. H_3 was verified.

Taking it a step further, models 1-4 validate immersive perception and the entire model. The results show that the interaction between lying flat mentality and the environment affects the positive healing of non-active tourists through immersive perception. All in all, **for tourists with non-positive emotional characteristics, the impact of lying flat mentality on positive healing is moderated by immersive perception** in the tourism environment (see Table 6). Therefore, H_4 was verified.

Table 6 Output II of Study 3 Model 1-4

Output	Variable	Action	SE	t	Sig.	95%CI		
						LICI	UICI	
Positive healing	Lie flat mentality	0.91	0.15	5.799	0.0000	0.63	1.19	
	Immersive Perception * Positive Emotional Features	-0.24	0.10	-2.461	0.0161	-0.43	-0.05	
	Immersive perception	Less positivity (-1 SD, 2.83);	0.56	0.17	-	-	0.31	0.87
		Moderately positive (M, 3.39);	0.29	0.13	-	-	0.17	0.61
	More positivity (+1 SD, 4.16);	0.13	0.14	-	-	-0.12	0.41	

STUDY 4: POST-TRAVEL SURVEY BEFORE AND AFTER COVID-19 PANDEMIC

Data from the first three studies were collected before the pandemic, and to further explore whether the pandemic would affect the model and enhance the robustness of the conclusions, we added a post-travel survey. Because we would be able to travel in one to two months after the pandemic is completely relaxed, the tourism industry should be able to return to the pre-epidemic mode after the "May 1st" in 2023. Therefore, we take after May 1, 2023 as the watershed for the survey.

1. Research design

In Study 4, respondents were recruited through a professional travel agency company (same as in Study 2). First, before the formal survey, participants were asked to recall their last trip before the pandemic and write down the destinations and dates they had visited. Second, the interviewee was asked to recall the details of his healing during his journey. Then, during the healing process, the lying-flat state of mind is perceived, and immersive perception and positivity healing are measured one after another. In addition, this study also measures cognitive bias and negative interference problems (see Table 3). Expectation and disappointment are two complementary decision-making attributes. In the context of considering the decision-maker's disappointment-joy perception, the introduction of disappointment theory to modify the decision value preference value can solve the risk-based multi-attribute decision-making problem [35]. The exploratory-utilization learning tension will affect employee flexibility and breakthrough innovation investment [36]. Compared with tourists' expectations of the destination and their actual perception after arriving at the destination, they will form a biased feeling state of pleasure or disappointment [37].

Finally, participants reported their statistics and completed a positivity scale (Rayu Scale).

2. Research results

A total of 136 questionnaires were collected in Study 4. People who traveled before the epidemic, had no shopping experience, completed the questionnaire within 60 seconds, and incomplete and consecutive repeated answers were excluded. There were 127 valid questionnaires (93.38%). Among the participants, women account for 59.06%; Among them, those aged 20-30 accounted for 49.61%; The majority of respondents (79.4%) earn between 5000-9500 yuan a month.

The reliability and validity of the whole model were satisfactory ($\chi^2/df = 2.17 < 3$, CFI = 0.93, IFI = 0.96, RMSEA = 0.05). The mean variance extraction value (AVE) of all variables was greater than 0.52, indicating that the convergent validity of the component was appropriate. The Cronbach's alpha values were all greater than 0.72, and the composite reliability of each component was all greater than 0.71, and the components had internal consistency. In addition, the square root value of AVE was higher than the correlation between variables, indicating a good discrimination validity.

Model 4 validates the entire model. The results show that **the interaction between lying-flat mentality and positive emotional characteristics affects the positive healing of tourists, especially non-active tourists** (H_1). In addition, the interaction between immersive perception and positive emotional characteristics affects the positive healing of tourists, **especially non-active tourists** (H_3). In addition, the moderating mediating role of immersive perception was also validated (H_4). To sum up, we can conclude that after five months in COVID-19 pandemic

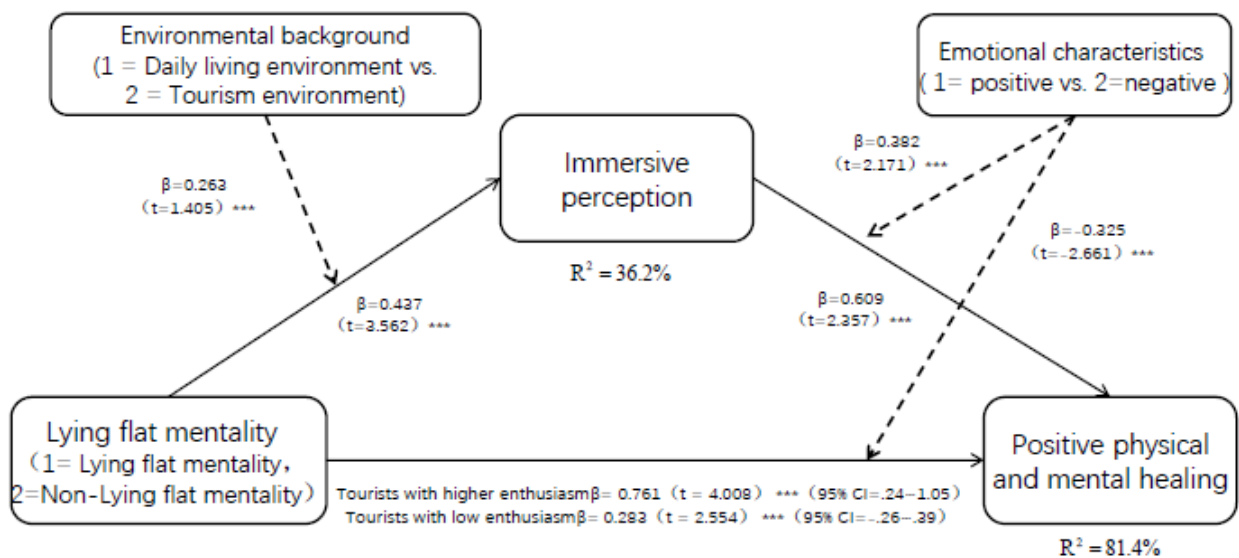
ic, for non-active tourists, the impact of lying flat on positive healing is still mediated by immersive perception (see Table 7).

Table 7 Output of Study 4 Model 14

Output	Variable	Action	SE	t	Sig.	95%CI		
						LICI	UICI	
Positive healing	Immersive Perception * Positive Emotional Features	-0.14	0.06	-2.108	0.0225	-0.23	-0.03	
	Immersive perception	Less positivity (-1 SD, 2.83);	0.12	0.04	-	-	0.06	0.17
		Moderately positive (M, 3.39);	0.05	0.02	-	-	0.02	0.13
		More positivity (+1 SD, 4.16);	0.02	0.03	-	-	-0.05	0.09

To assess the goodness of the model fit, d_{ULS} , d_G and SRMR were used as measures. The results showed that the SRMR values were 0.066, HI_{95} is 0.064, HI_{99} is 0.133, d_{ULS} is 2.807, and d_G is 0.903, all of which supported the conclusion. In addition, all measures of difference were below the 99% quantile (HI_{99}) of their corresponding reference distribution, indicating that the estimated model reached an accepted level at 1% significance. Therefore, the model fit of this paper is acceptable. This paper uses WarpPLS3.2.3 with iterative program technology for testing, and the results are shown in Figure 5. The study model explains 36.2% of immersive perception and 81.4% of positive recuperation.

Figure 5 Model test calculation results (Figures in the figure are correlation coefficients, t values, and significance.)



Emotional characteristics significantly modulated the effect between lying-flat mindset and positive healing ($\beta = 0.325$, $t = 2.661$) and, therefore, H_1 was supported. Environmental context significantly modulated the effect between lying-flat mindset and immersive perception ($\beta = 0.263$, $t = 1.405$) and, therefore, H_2 was supported. Emotional characteristics significantly modulated the effect between immersive perception and positive healing ($\beta = 0.382$, $t = 2.171$) and, therefore, H_3 was supported. In addition, lying-flat mentality had a positive and significant effect on immersive perception ($\beta = 0.263$, $t = 1.405$), immersive perception had a positive and significant effect on positive healing ($\beta = 0.609$, $t = 2.357$), and lying-down mentality had a positive and significant effect on positive healing ($\beta = 0.761$, $t = 4.008$), thus, H_4 was supported. These results show that an increase in the level of lying flat mentality will lead to an increase in immersive perception, and at the same time, the environmental background will increase the impact intensity of lying flat mentality on immersive perception to a certain extent. The improvement of immersive perception level leads to the increase of positive healing. At the same time, emotional characteristics, especially positive emotional characteristics, will increase the impact of immersive percept

ion on positive healing to a certain extent. In particular, **for negative individuals, the impact of lying flat mentality on positive healing has both a direct impact and an indirect impact through the intermediary of immersive perception.**

4. DISCUSSION

1. Main findings

The study revealed two main findings. First, **tourism environment and lying flat mentality can significantly increase the positive healing behavior of tourists with non-positive emotional characteristics, but the impact on tourists with positive emotional characteristics is not significant.** The research results show that there are differences in the impact of lying flat mindset on the daily living environment and the tourism environment. **Only in the tourism environment, lying flat will increase the positive healing effect of non-motivated tourists.** Notably, there was no such effect in the daily living environment, and non-motivated tourists were less likely to engage in positive healing.

Second, in the tourism environment, **the lying-flat mentality enters an immersive perception through the current experience, which encourages non-active tourists to participate in a tourism behavior through an unconscious perception (that is, positive healing).** This study is mainly aimed at non-active tourists. **If the stimulation makes them feel the increased immersive value, non-active tourists may heal more positively and have better effects.**

2. Theory and practical application

In terms of physical and psychological healing for negative individuals, the results of the study have made a certain degree of contribution to the relevant theoretical literature. Previous research on tourism healing mainly focused on tourists' satisfaction with scenic spots, sense of experience, and health and wellness for the elderly. Our research is mainly to prove how to adopt tourism mode and what kind of tourism mode can encourage non-active emotional groups to actively carry out physical and psychological healing, so as to find out **how different tourism modes or health and wellness modes can better** drive non-active emotional groups to engage in positive healing.

Our findings have important implications for the tourism industry and individual tourists. The results show that when a tourist is traveling in a scenic spot, as long as his mentality is flat or soothed, he is more likely to perceive the content and services provided by the scenic spot, and is willing to further participate in tourism, so as to be more active in physical and psychological healing. Therefore, it is recommended that scenic spots provide soothing services after tourists arrive at the scenic spots, increase investment in smart scenic spots, provide more convenient and fast services, and improve customers' immersive experience of the surrounding environment.

3. Limitations and future research

This study has some limitations. First of all, this study only focuses on the antecedents of positive healing for negative emotional tourists, not the consequences of positive healing. For example, during travel, tourists without lying flat mindset usually gain more travel perception and understanding. But from the perspective of depth and perception, they may feel a little disappointed, after all, the effects of which may affect their subsequent physical and mental experience. In future research, the healing consequences of this non-sensory positive healing for tourists with negative emotional characteristics are worth exploring. Second, the sample of this study is biased towards the youth population. Therefore, in the fields of health and wellness healing, physical and mental healing, and emotional healing, future research can further explore the possible behavioral differences of tourists from different groups of people under cognitive biases.

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