

Personality, Sensation Seeking and Holiday Preference

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Abstract

The objective of this study was to analyse the correlations between Personality (Neuroticism and Conscientiousness of the Five Factor Model, measured with the IPIP), Sensation Seeking (measured with the BSSS by Hoyle et al., 2002), and Holiday Preferences (as suggested by Eachus, 2004: Beach, Adventurous, Cultural, and Indulgent Holidays). The three scales were combined and set online. 226 subjects invited by email filled in the survey. The correlations between Sensations Seeking and the Holiday Preferences allowed suggesting descriptions of the four different types of tourists. Only N5 Immoderation, Conscientiousness, C1 Self-Efficacy, C4 Achievement-Striving, and C6 Cautiousness were significantly correlated with Holiday Preferences. Furthermore it was found, that even if the total Neuroticism score did not correlate with Sensation Seeking and its subscales, the N-facets N1 Anxiety, N4 Self-Consciousness, at least when controlled for age, and N5 Immoderation did all correlate significantly. The fact that the correlations were positive for N1 and N4, and negative for N5 explains why earlier studies did not find significant correlations for the total dimension of Neuroticism. Conscientiousness correlated negative with Sensation Seeking, which was reflected mainly in its subscales Thrill and Adventure Seeking, Disinhibition, and Boredom Susceptibility. Only C1 Self-Efficacy did not correlate significant with Sensation Seeking. The Five Factor Model is criticized for its claim of independence of the Big Five, which is questioned by several findings of this study.

1. Introduction

Tourism seems to be one of the major growth areas in worldwide economies, and there seems to be a relation between someone's Personality and his Holiday Preferences. The present research was conducted on the relation between personality and tourism. The main objective of this study is to look for the relationship between Personality, Sensation Seeking and Holiday Preferences. Personality as measured in this study was presented through Neuroticism, and Conscientiousness. Another objective of this study was to examine the relationship between Sensation Seeking, its subscales and the facets of Neuroticism and Conscientiousness.

At first the various models with the function for measuring Personality and Holiday Preferences are introduced, as well as the instruments used for its assessment. As a next step the studies which have already investigated these relationships are laid out. Following that, hypotheses concerning the correlations which are the subject of this study are specified

1.1 Personality, Sensation Seeking and Holiday Preferences

"The personality of an individual can be described as a set of psychological traits and mechanisms within the individual which are organized and relatively enduring and influence his or her interactions with, and adaptations to, the environment (including the intrapsychic, physical and social environments)" (Larsen & Buss, 2002, p. 8). There are numerous different theories about the main psychological traits differentiating individuals from each other and how these traits are organized. One of the most accepted existing models is the Five Factor Model (FFM) or the Big Five. It was developed through a combination of the lexical and the statistical approach by Costa and McCrae. The Five Factor Model describes the individual differences by means of five broad, bipolar dimensions (Pervin et al., 2005). These dimensions are named Extraversion (E), Agreeableness (A), Conscientiousness (C), Openness to Experiences (O) and Neuroticism (N) or emotional stability.

Sensation Seeking (SS) is a trait which has been described by Zuckerman within his work on bio-psychological personality research. According to Zuckerman, Sensation Seeking related behaviours are due to biochemical reactions in the brain (Larsen & Buss, 2002). It is defined by "the seeking of varied, novel, complex, and intense sensations and experiences, and the willingness to take physical risks for the sake of such experiences" (Zuckerman, 1994, p.27). Sensation Seekers accept risks as a possible outcome for attaining arousal, which relates this trait to several behavioural expressions generally described as risky, such as alcohol usage, substance usage, high risk sports, risky sexual situations, gambling and stimulating vocations (Roberti, 2004). The trait can be partitioned into four dimensions: Thrill and Adventure Seeking (TAS), Disinhibition (DIS), Boredom Susceptibility (BS), and Experience Seeking (ES).

The disposition of Sensation Seeking shows relations to several preferences for adventurous and risky behaviour patterns as well as the implementation of such behaviours (Schneider & Rheinberg, 1996). Questionnaires which are supposed to measure the temperament of a person, like Sensation Seeking, instead of his or her personality have indeed been found to deal with exactly the same part of a personality which is assessed by the Big Five (Angleiter & Ostendorf, 1991). The main part of the variance of such traits in temper can be explained by the Five Factor Model (Bartussek, 1996). There seems to be a relationship between the Five Factor Model and the construct of Sensation Seeking. For example Franken et al. (1992) found that people who score high on Sensation Seeking, especially on Thrill and Adventure Seeking and Experience Seeking, perceive the world as less threatening than people who score low on these scales. This suggests a correlation between Sensation Seeking

and the Five Factor Model dimension Neuroticism, in which Anxiety (N1) is one of the subscales. The dimension of the Five Factor Model Conscientiousness is found to be a valid and positive predictor of performances in all occupations that have been studied (Kaplan & Saccuzzo, 2005). It could be expected that people who score high on Sensation Seeking, especially on Boredom Susceptibility will have problems in the execution of tasks which lack alternation. Would it be possible for someone who is not willing to execute 'boring' tasks to achieve a high performance in their occupation, like people who score high on Conscientiousness do? The expected answer to this question would be no, but there are few studies which investigate the correlation between Sensation Seeking and the dimensions of the Five Factor Model, especially Neuroticism, and Conscientiousness.

It seems to be of interest to look for this relation, especially concerning the third variable namely Holiday Preferences. Few studies have considered the relationship between personality and tourist behaviour (Frew & Shaw, 1999). Pizam and Calantone (1987) described tourist behaviour to form part of an individual's overall lifestyle. Ross (1994, p.31) suggested that as the study of personality is still evolving, there couldn't be "a more appropriate or useful study than personality as this illuminates tourist behaviour". Several studies found correlations between Sensation Seeking, adventurous recreational and holiday preferences (Zuckermann, 1994; Wagner & Houlihan, 1994; Malkin & Rabinowitz, 1998; Gilchrist, 1995; Eachus, 2004). The relations between Sensation Seeking and the Big Five as a measure for personality are expected to be reflected in the relationship between Sensation Seeking and Holiday Preferences as well as in Personality and Holiday Preferences.

Another issue concerning the relationship between the Five Factor Model, Sensation Seeking and Holiday Preferences is, that the five dimensions of the Five Factor Model are described to be conceptually independent from each other (Hoekstra, 1996). This presumes that someone's position on one of the five dimensions gives no information about his or her position on one of the other four dimensions. As Costa & McCrae (1992) report about a study on the correlations of the scales, a quite clear factor structure has been found, because every facet loads high on the factor to which it belongs, concerning the Five Factor Model, and few facets have been found which load on other factors as well. On the other hand Amelang and Bartussek (2001) argue that several experiments had failed to confirm the factorial structure of the Five Factor Model measured by the NEO Personality Inventory-Revised (NEO-PI-R) (Costa & McCrae, 1992). Hoekstra (1996) criticizes the factorial structure of the Five Factor Model, because correlations between the different Big Five dimensions and the facets have been found, although the discovered correlations are relatively low (.10, - .40). If this study finds relationships between different dimensions of the Five Factor Model with Sensation Seeking, it would also raise concerns about the factorial structure of the Five Factor Model. The hypothesis of this research will be that, there are significant correlations between certain scales of the trait of Sensation Seeking and the dimensions of Neuroticism, and Conscientiousness as part of the Big Five. These relations can be seen again in the correlations regarding the Holiday Preferences.

1.1.1. Assessment of the Big Five

The Big Five is usually measured by the NEO-PI-R which attempts to provide a multipurpose inventory for predicting interests, health and illness behaviour, psychological well-being, and characteristic coping styles (Kaplan & Saccuzzo, 2005). The NEO-PI-R is a commercial test, which has high reliability (between $r = .68$ and $r = .86$), and is provided with norms for several age groups. (Amelang & Bartussek, 2001). Another way of measuring the Big Five is to use the items corresponding to the NEO-PI-R items available at the International Personality Item Pool (IPIP) (<http://ipip.ori.org>). The IPIP items are free, and the

authors allow to use them in any one wants. The IPIP website is supposed to provide rapid access to measures of individual differences, all in the public dimension, a project to be developed conjunctively amongst scientists worldwide (Goldberg et al., 2006). The IPIP website provides Preliminary IPIP Scales measuring similar constructs as the NEO-PI-R does. The average correlation between the 30 facet scales of the NEO-PI-R and the corresponding IPIP scales is .73 (.94 after correcting for attenuation due to unreliability) (Goldberg, 1999).

As earlier described, the Big Five, underlying the Five Factor Model, contain five dimensions. Each of the five dimensions is measured by six specific facets. The Neuroticism scale is defined primarily by anxiety and depression, with the six facets of: Anxiety, Anger, Depression, Self-Consciousness, Immoderation, and Vulnerability. Here it has to be mentioned, that the NEO-PI-R measures Impulsiveness as its fifth facet, while the IPIP measures Immoderation. The correlation between these two facets is .73 (IPIP, 2007a), but it remains questionable if they measure the same underlying constructs. The scale for Extraversion measures the degree of sociability or withdrawal a person tends to exhibit, with the six facets of: Warmth, Gregariousness, Assertiveness, Activity, Excitement Seeking and Positive Emotions. Openness refers to breadth of experience to which a person is amenable and is distinguished into the sixth facets of: Fantasy, Aesthetics, Feelings (openness to feelings of self and others), Actions (willingness to try new experiences), Ideas (intellectual curiosity) and Values. The Conscientiousness scale measures the degree to which a person is organized, persevering and motivated in goal directed behaviours. Its six facets are: Self-Efficacy, Orderliness, Dutifulness, Achievement-Striving, Self-Discipline and Cautiousness. Agreeableness relates to the quality of interpersonal orientation, containing the facets of: Trust, Straightforwardness, Altruism, Compliance, Modesty and Tender-Mindedness. The IPIP Scale corresponding to the NEO-PI-R comprises 10 tests for each facet which counts for a total of 300 items for taking the whole test (Goldberg, 1999). The items are statements in the first person singular, which have to be rated on a five point Likert scale ranging from 'strongly agree' to 'strongly disagree'. For an overview on the dimensions and scales, see Appendix 1 Table A1 .

1.1.2. Assessment of Sensation Seeking

Sensation Seeking is most often measured through the Sensation Seeking Scale (SSS-V) developed by Zuckerman (1979). Thrill and Adventure Seeking is reflected in items that ask about desire for outdoor sports or activities involving elements of risk, such as flying, parachute jumping and mountain climbing. Experience Seeking is measured by items that refer to seeking of new sensory or mental experiences through unconventional or nonconforming lifestyle choices. Disinhibition is reflected in items indicating a preference for getting "out of control" or an interest in wild parties, gambling, and sexual variety. Boredom Susceptibility is measured by items that refer to a dislike for repetition, routine work, monotony, predictable and dull people, and a restlessness when things become unchanging. The scale comprises 40 items, 10 for each of the four constructs (Zuckermann, 1979).

Another possibility to measure Sensation Seeking is to use the Brief Sensation Seeking Scale (BSSS), developed by Hoyle et al. (2002). They had serious critics on the SSS-V when used with surveys in research, especially in survey research involving adolescents and young adults. According to Hoyle et al. the traditional SSS-V contained too many items and the items were not worded in a contemporary way familiar to young adults. The BSSS is described to be a reliable scale (Hoyle et al., 2002; Eachus, 2004) which measures the four primary subscales of Sensation Seeking by using eight items, two for each subscale. The items use terminology familiar to contemporary adolescents and young adults (Hoyle et al., 2002). Following Hoyle et al. (2002) in contrast to the SSS-V, the psychometric characteristic

of the BSSS makes no differences as a function of sex. Internal consistency of the scale is sufficient to conclude that items are good indicators of the Sensation Seeking construct (Hoyle et al. 2002). It has to be mentioned here that the BSSS is a very short instrument, and that results from such a short measure have to be handled with care. Even though Hoyle et al. suggest that the measure should work equally well for respondents regardless of sex, age, or ethnicity, it should be mentioned here that the sample of their research on the reliability of the scale contained subjects between the age of 13-17. Age seems to be a factor strongly related to Sensation Seeking, which typically declines with rising age. This is true for nearly all subscales of the SSS-V. Only the subscale of Boredom Susceptibility represents Sensation Seeking preferences that are not susceptible to age related changes (Roberti, 2004). Sex is described as another factor related to Sensation Seeking measured by the SSS-V, with men scoring generally higher than women. These relations are found back on the Thrill and Adventure Seeking scale and the Disinhibition scale (Roberti, 2004). The BSSS did not account for such sex related differences on the subscales (Hoyle et al. 2002).

1.2 Relationships between Sensation Seeking and the Five Factor Model

The relations between Sensation Seeking and the Five Factor Model had been examined in few studies. Those which examined a relation between these constructs most often used the dimensions of the Big Five. At first the results of those studies will be introduced, and after that, the only existing study on Sensation Seeking and two dimensions of the Five Factor Model measured by the facet scales will be described.

1.2.1 Sensation Seeking and the dimensions of the Five Factor Model

Zuckerman et al. (1993) conducted a study in which they tried to investigate the relationship between three widespread structural models for personality; Eysenck's Big Three, Costa and McCrae's Big Five and Zuckerman and Kuhlman's Alternative Five. In their study, containing a sample of $n=157$ students, they compared as well five dimensions of the NEO-PI-R with the total and the subscales of the SSS-V. Because of the relation between age and Sensation Seeking as described by Roberti (2004), the representative nature of students as research sample is questionable. So the study has to be evaluated with regard to this problem.

The outcome showed a significant ($p<.05$) negative correlation between the dimensions of the Five Factor Model Conscientiousness (-.47), Agreeableness (-.37) and the total as well as the subscales of Sensation Seeking. A positive correlation had been found for the dimensions of Extraversion and Openness, whereas only that to Extraversion was significant. No relation was found between the total scale of Sensation Seeking and Neuroticism. But the Sensation Seeking subscale Thrill and Adventure Seeking was significantly negative related to Neuroticism, while Disinhibition was found to be significantly positive related to Neuroticism (see Table 1).

Table 1

Correlations between NEO-PI-R and SSS-V (Zuckerman et al., 1993)

	NEO-PI-R				
SSS-V	N	E	C	A	O
Total	.05	.21*	-.47**	-.37**	.13
TAS	-.24**	.30**	-.26**	-.09	.02
Dis	.21*	.13	-.41**	-.40**	.02
BS	.07	.07	-.23**	-.48**	-.14
ES	.09	.07	-.37**	-.04	.43**

Note. N = Neuroticism, E = Extroversion, C = Conscientiousness, A = Agreeableness, O = Openness to Experience; SSS-V = Sensation Seeking Scale, TAS = Thrill and Adventure Seeking, Dis = Disinhibition, BS = Boredom Susceptibility, ES = Experience Seeking.

* $p < .05$, two-tailed test.

** $p < .01$, two-tailed test.

Aluja et al. (2002) made another study which investigated the relations between the dimensions of the NEO-PI-R and the Zuckerman-Kuhlman Personality Questionnaire (ZKPQ-III-R, Zuckerman et al., 1993). The ZKPQ-III-R measures an alternative Five Factor Model developed by Zuckerman and Kuhlman. Within this scale Impulsive Sensation Seeking (ImpSS) is one of five dimensions, and loads high on Sensation Seeking. But it has to be seen as a broader construct than that of Sensation Seeking alone (Amelang & Bartussek, 2001). Aluja et al. (2002) found in their study that Impulsive Sensation Seeking is significantly ($p < .001$) related to the dimensions of the NEO-PI-R: Extraversion (.37), Openness (.34), Agreeableness (-.25), and Conscientiousness (-.53). The most widespread and obvious fact about the relation between Sensation Seeking and the Five Factor Model is, that Sensation Seeking seems to be related to the fifth facet of Extraversion: Excitement Seeking (E5) (Hoekstra et al., 1996). Following Costa & McCrae (1992). E5 Excitement Seeking is explicitly intended to measure the construct of Sensation Seeking. People who score high on Excitement Seeking are searching for arousal, stimulation and action, they like light colours, loud environments and stimulating sensations (Hoekstra et al., 1996). High Sensation Seekers are described to seek varied, novel, complex, and intense sensations and experiences, and by the willingness to take physical risks for the sake of such experiences (Zuckerman, 1994, p.27). But as the description of Sensation Seeking already shows, this construct seems to entail much more than Excitement Seeking alone. While Excitement Seeking has been found to be positively related to all the dimensions of Sensation Seeking (Aluja et al., 2003), it is not the only facet of the Big Five to which Sensation Seeking is significantly correlated (Aluja et al., 2002; Zuckerman et al., 1993).

The most recent study on the relation between the Five Factor Model and Sensation Seeking has been carried out by Dahlen and White (2006). They investigated the utility of Zuckerman's SSS-V scale, the Big Five Personality factors and the trait driving anger in predicting unsafe driving behaviour and crash-related outcomes. Concerning the lack of reliability of the other two scales of the SSS-V in this study, only Thrill and Adventure Seeking and Disinhibition were used. This study found a significant ($p < .01$) positive correlation between Disinhibition and Extraversion, and a significant negative correlation between Disinhibition and Agreeableness. Another recent study has been conducted by Schwebel et al. (2006). They examined the roles of Sensation Seeking, Conscientiousness, and Anger/Hostility in predicting risky driving behaviour. While Conscientiousness had been measured with the Big Five Inventory (BFI, Benet-Martinez & John, 1998), an instrument that yields to score on each of the Big Five Personality traits. Another instrument, not based on the Five Factor Model, was used to measure anger/hostility. Sensation Seeking had been

measured with the SSS-V (Zuckerman et al., 1994). Because the objective of this study was to predict driving behaviour, Schwebel et al. (2006), did not correlate the traits they measured, but they analysed the correlation between the traits and the measures for risky driving. An interesting finding is, that for all measures of risky driving, where Conscientiousness and risky driving had a negative correlation, the same measure of risky driving showed a positive correlation with Sensation Seeking as well as both of its subscales which had been taken (Disinhibition and Boredom Susceptibility). The same direction had been found in the correlations between the anger/hostility measure and those of risky driving. Thus, the direction of the relation between anger/hostility and the measures of risky driving had been the same way as that between Sensation Seeking and risky driving. This outcomes suggest, that the relation between Conscientiousness and Sensation Seeking would be negative, and the relation between anger (which one of the facets of Neuroticism) and Sensation Seeking would be positive.

1.2.2 Sensation Seeking and the facet scales of the Five Factor Model

Aluja et al. (2003) investigated the relation between Sensation Seeking and two of the dimensions of the Five Factor Model: Extraversion and Openness and their facets. Within the Extraversion dimension E5 Excitement Seeking had indeed been the only facet which was found to be significantly correlated to Sensation Seeking and its Subscales except Boredom Susceptibility (See Table 2).

Table 2

Correlations between Extraversion with SSS-V (Aluja et al., 2003)

	NEO-PI-R						
SSS-V	E1	E2	E3	E4	E5	E6	E
Total	.08	.11	.18	.24	.58	.16	.34
TAS	.15	.08	.14	.21	.53	.16	.30
ES	.14	.07	.15	.14	.36	.16	.25
Dis	.04	.16	.12	.17	.49	.11	.27
BS	-.08	-.00	.10	.17	.20	-.01	-.09

Note. E = Extraversion, E1 = Warmth, E2 = Gregariousness, E3 = Assertiveness, E4 = Activity, E5 = Excitement Seeking, E6 = Positive Emotions; SSS-V = Sensation Seeking Scale, TAS = Thrill and Adventure Seeking, ES = Experience Seeking, Dis = Disinhibition, BS = Boredom Susceptibility.

All coefficients $\pm .10$ significant at the .01 level (two-tailed).

Correlations greater than $\pm .30$ are in bold face.

In the study conducted by Aluja et al. in 2003, there were found significant correlations between Sensation Seeking and its subscales and the facets of the Five Factor Model dimension Openness. This means that E5 Excitement Seeking is not the only facet which relates to Sensation Seeking. In Table 3 the results from Aluja et al (2003) are presented. Sensation Seeking was found to be positively correlated to the following facets of Openness at a level of significance of $p < .01$: Fantasy, Feelings, and Actions as well as to the total Openness score. The Sensation Seeking subscale Experience Seeking showed the highest positive correlation to Openness (.50). This correlation was most reflected in the Openness facets of: Aesthetics, Actions, and Ideas.

Table 3

Correlations between Openness with SSS-V (Aluja et al., 2003)

	NEO-PI-R						
SSS-V	O1	O2	O3	O4	O5	O6	O
Total	.32	.15	.30	.32	.21	.11	.37
TAS	.26	.10	.19	.24	.16	.02	.26
ES	.29	.32	.28	.42	.32	.26	.50
Dis	.23	.03	.22	.13	.07	.09	.20
BS	.10	.01	.15	.13	.06	-.07	.10

Note. O = Openness to Experience, O1 = Fantasy, O2 = Aesthetics, O3 = Feelings, O4 = Actions, O5 = Ideas, O6 = Values; SSS-V = Sensation Seeking Scale, TAS = Thrill and Adventure Seeking, ES = Experience Seeking, Dis = Disinhibition, BS = Boredom Susceptibility.

All coefficients $\pm .10$ significant at the .01 level (two-tailed).

Correlations greater than $\pm .30$ are in bold face.

1.2.3 Hypothesis for the relationships between Sensation Seeking, Neuroticism, and Conscientiousness

Most of the existing studies had been looking for a relation between Sensation Seeking and the dimensions of the Five Factor Model. Only one study examined facet scales of the dimensions, which had been Aluja et al. (2003). As the studies of Dahlen and White (2006), Schwebel et al. (2006), and Zuckerman et al. (1993) suggest, relationships between the Sensation Seeking construct and the dimensions of the Five Factor Model Neuroticism, and Conscientiousness are probable to exist as well. Even if some studies investigated the relationship between Sensation Seeking and constructs which are related to the facets of Neuroticism and Conscientiousness, up to now no study examined the relation between Sensation Seeking and the facet scales of Neuroticism, and Conscientiousness.

In the following part the relationships between Sensation Seeking, its Scales, and Neuroticism and Conscientiousness found in the existing literature are presented. The hypothesis following these relationships are described as well as those which are expected for the relations which had not been examined until today. For a summary of these Hypothesis Table A2 is available in the Appendix A.

1.2.3.1 Sensation Seeking in a general sense

Neuroticism: None of the mentioned studies have found a significant correlation between the total score of Sensation Seeking and the Five Factor Model dimension of Neuroticism. What have been found were positive directions for the found correlations (Zuckerman, 1993; Dahlen, 2006; and for Impulsive Sensation Seeking Aluja, 2002). Because the facets of Neuroticism measure very different parts of the Sensation Seeking construct, it is suggested that there will be found different directions of correlations between the facets and the subscales of Sensation Seeking. For example would someone who scores high on Sensation Seeking be expected to score low on Anxiety (N1), but high on Immoderation (N5).

Conscientiousness: The relation between Sensation Seeking and Conscientiousness has been found to be significantly negative (-.47, Zuckermann, 1993). A negative direction of the relation was as well found by Stacy, Newcomb & Ames (2000), and Dahlen & White (2006). Impulsive Sensation Seeking was in the study conducted by Aluja et al. (2002) also significantly negative correlated to Conscientiousness (-.53) with a level of significance of $p < .001$. These findings are expected to be found back in the present study.

1.2.3.2 Thrill and Adventure Seeking

Thrill and Adventure Seeking has been described to be reflected in the seek stimulation through thrill and adventure by taking risky actions (Amelang & Bartussek, 2001).

Neuroticism: The relation between Thrill and Adventure Seeking and Neuroticism was found to be negative, $-.24$ ($p < .01$) by Zuckerman et al. (1993). This relation can be explained in that people who are willing to take risky actions for the sake of their stimulation will not be very anxiously, worried and discouraged, which are parts of the constructs of Neuroticism. It has been found by Franken et al. (1991), that high Sensation Seekers perceive the world as less threatening than low Sensation Seekers. This relation was mainly reflected by the Thrill and Adventure Seeking scale. Dahlen & White (2006) found a negative correlation, although the correlation had not been found to be significant. The facets of Neuroticism in which this relation is likely to be reflected are Anxiety (N1), and Vulnerability (N6), while Immoderation (N5) would be likely to be positive related to Thrill and Adventure Seeking.

Conscientiousness: Conscientiousness was found to be negatively related to Thrill and Adventure Seeking with a correlation of $-.26$ ($p < .01$), by Zuckerman et al. (1993). Dahlen and White (2006) which had a larger sample could not find a significant correlation, but the direction has been negative. People who score low on Conscientiousness can be described to be careless, imprudent, and irresponsible (Amelang & Bartussek, 2001), which are all traits related to risky behaviour as measured by the Thrill and Adventure Seeking construct. The facets of Conscientiousness in which these traits are assumed to be found back are Orderliness (C2), Dutifulness (C3), Self-Discipline (C5), and Cautiousness (C6).

1.2.3.3 Disinhibition

The Disinhibition scale measures an individual's tendency to get stimulation through social activities, getting 'out of control' through drinking or through sexual variety (Amelang & Bartussek, 2001).

Neuroticism: The relation between Disinhibition and Neuroticism is likely to be positive. This can be explained through the emotional instability which is reflected by the construct of Neuroticism. It could be that people who feel anxious, worried and discouraged need the stimulation of alcohol or sexual activities to feel more self-conscious in social situations. The correlation which has been found by Zuckerman et al. (1993) is positive (.21) but only at a level of significance of $p < .05$. The results of Schwebel et al. (2006) suggest a positive correlation between Anger (N2) and Disinhibition. Other facets of Neuroticism in which this relation is suspected to be reflected are Anxiety (N1), Self-Consciousness (N4), and perhaps Vulnerability (N6).

Conscientiousness: As people low on Conscientiousness are described to be careless, imprudent, and irresponsible this construct is likely to be negatively related to the construct of Disinhibition. This relation has indeed been found by Zuckerman et al., who found a correlation of $-.41$ ($p < .001$), Dahlen et al. (2006) and Schwebel et al. (2006) found as well negative correlations. The related facets of Conscientiousness in which this relation is expected to be reflected are Self-efficacy (C1), Dutifulness (C3), Self-Discipline (C5), and Cautiousness (C6).

1.2.3.4 Boredom Susceptibility

The Boredom Susceptibility scale measures an individual's intolerance to repeating experiences of every nature, and to people perceived as boring, and thus his tendency to be bored very easily (Amelang & Bartussek, 2001).

Neuroticism: The correlations which have been found in the existing studies are all positive (Schwebel et al., 2006; Zuckerman, 1993). The correlation between Boredom Susceptibility and Anxiety found by Franken et al. (1992) was positive for men and negative for women, but not significant. It would be expected that people who are anxious will not like much variety, thus anxious people would be low on Boredom Susceptibility. For Anger a positive relation is suggested by the results of Schwebel et al. (2006). While self-consciousness (N4) is expected to correlate negative with Boredom Susceptibility (N4).

Conscientiousness: How could someone bored by repeating tasks be able to follow an organized, careful, planned, and precise work? The intolerance for these tasks would lead to an ineffective outworking, thus the opposite of how someone high on Conscientiousness would perform. A negative relation has as indeed been found by Zuckerman et al. (1993), with a correlation coefficient of $-.23$ on a significance level of $p < .01$. This correlation is expected to be found back in the facets Orderliness (C2), Dutifulness (C3), Achievement Striving (C4), Self-Discipline (C5), and Cautiousness (C6).

1.2.3.5 Experience Seeking

The construct of Experience Seeking measures an individual's desire to make new impressions and experiences, through situations like travelling as well as meeting interesting people (Amelang & Bartussek, 2001).

Neuroticism: Neuroticism and Experience Seeking would be expected to be negatively correlated, because anxiety would hinder people to make new experiences and impressions. Franken et al. (1991) found a significant negative correlation between Anxiety and Experience Seeking for males as well as for females, while Zuckerman (1993) found no correlation between the constructs of Neuroticism and Experience Seeking. The facets of Neuroticism in which the negative correlation could be reflected are Anxiety (N1) and Self-Consciousness.

Conscientiousness: The relation between Experience Seeking and Conscientiousness has been found by Zuckerman et al. (1993) to be negatively related with a correlation of $-.36$ ($p < .01$). This can be explained by the description of low scorers of Conscientiousness to be careless, imprudent, and irresponsible which could be related to the life style of high Experience Seekers: much travelling, meeting unusual people, and a nonconforming life-style (Amelang & Bartussek, 2001). Dutifulness (C3), Self-Discipline (C5), and Cautiousness (C6) are supposed to be the facets of Conscientiousness in which this relation is reflected.

1.3 Relationships between Personality, Sensation Seeking and Holiday Preferences

1.3.1 Assessment of Holiday Preferences

The first person who conducted research on the relation between personality and tourist behaviour is suggested to be Plog in 1972 (Frew & Shaw, 1999). Plog introduced a continuum for personality types which lasts from psychocentrism to allocentrism. People who score high on psychocentrism were described to be inhibited, nervous, non-adventurous and constricted,

while allocentrics had the traits of being self-confident, more adventurous and successful in most areas of their life. The holiday choices for psychocentrics had been expected to include safe travel destinations, staying with other tourists, avoiding natives, and staying in higher class hotels. For allocentrics the preferred holiday would be to exotic destinations, unstructured vacations and more involvement with local cultures. Plog's theory had been criticized (Frew & Shaw, 1999) in that several studies had not been able to support the theory. Hoxter and Lester (1998) even had results which indicated an opposite direction to that, which had been predicted by Plog. As Eachus (2004) suggests, the predictive validity of the allocentric-psychocentric dimension of personality is rather ambiguous. A newer typology for tourist personality had been introduced by Jackson (2001), where four distinct types of tourist personalities are described: The Explorer, the Adventurer, the Guided and the Groupie. The Model for this typology is based on the two dimensions of extraversion/introversion and allocentrism/psychocentrism. Regarding the aim of this study, a typology was needed in which the personality is less involved and the preference plays a major role. Such a typology had been developed by Eachus (2004). In the research conducted by Eachus (2004) Jackson's typology was modified so that, rather than looking at tourist personality a more objective measure of tourist choice had been introduced. The Holiday Preference Model (HPM) from Eachus is shown in Figure 1.

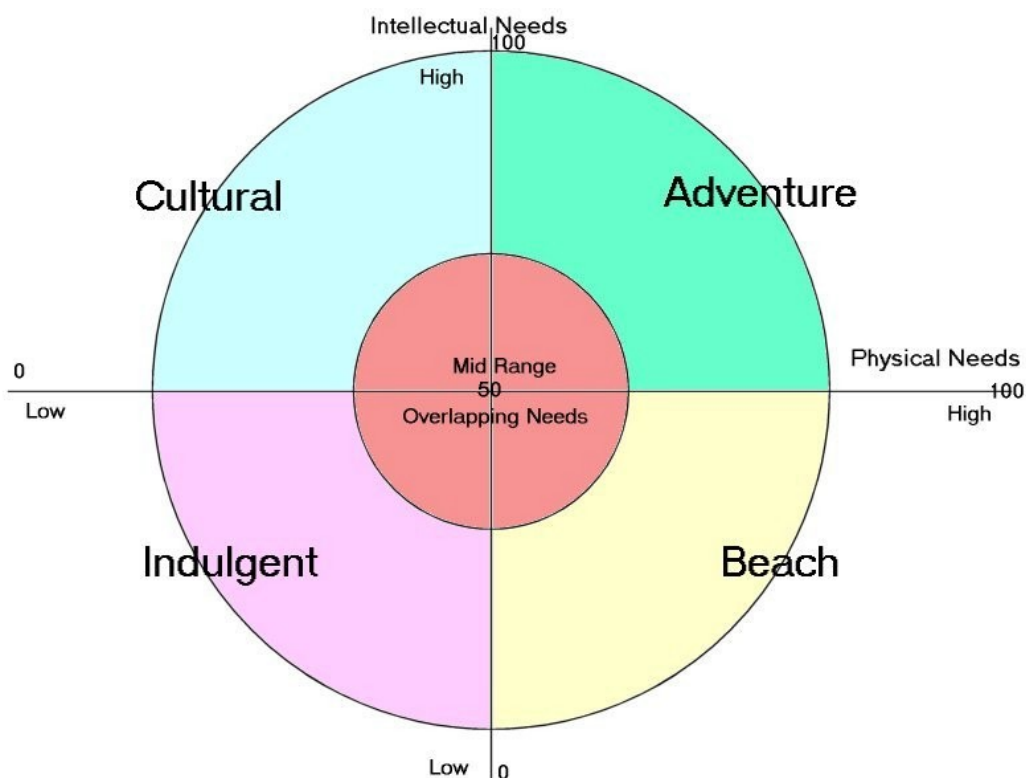


Figure 1
Holiday Preference Model (Eachus, n.d.)

Eachus created a scale based on this model through which four types of tourist choices can be measured:

Adventurous preference: People who prefer adventurous holidays are likely to be independent travellers, like to be doing active things when on holiday, don't mind roughing it, and prefer remote and unusual places to the more "touristy" destinations.

Beach preference: Beach people are looking for a holiday in which they spend a great deal of time lying in the sun not doing very much at all. They like to be part of a crowd, want a holiday with lots of action and nightlife. Their holiday has probably been booked through a travel agent or tour operator.

Cultural Preference: People who express a cultural preference are likely to want to learn something new on their holiday. This might involve visits to museums or art galleries, but it might also be more "hands on", as in learning a new skill like painting or music. They see holiday as a cultural experience and as such will always try to make the most of it, e.g. meeting locals, trying to speak the language, and trying local food.

Indulgent preferences: For some people holidays should be about being pampered. Those with Indulgent preferences want the best they can afford in every respect, hotels, food, resort. They almost certainly eat and drink too much while on holiday, but see that as an integral part of the holiday experience. While the person with Cultural preferences might want to spend time in a gallery or at the opera, the indulgent person is more likely to be found shopping!

Eachus (2004).

At the beginning of the 21st century global tourism represents one of the major growth areas in the economies of both the developed and the developing world (Eachus, 2004). As such it seems to be an area through which people all over the world are concerned. Tourist behaviour is part of an individual's overall lifestyle (Pizam, 1987), and there seems to be a relation between someone's Personality and his Holiday Preferences. Regarding this assumed relation there had been made remarkably little research on the personality of tourism (Eachus, 2004). A relation between Sensation Seeking and travel had earlier been described by Zuckerman (1994). He found that high Sensation Seekers travel more and to less familiar places.

1.3.3 Holiday Preferences and Neuroticism and Conscientiousness

For the relations between the facets of Neuroticism and Conscientiousness and the Holiday Preferences, no study had been conducted earlier. Höft (2006) examined the correlations between the Holiday Preferences of the Holiday Preference Model and the dimensions of the Five Factor Model. That study found neither Neuroticism nor Conscientiousness to correlate with any of the Holiday Preferences. Nevertheless does this study have presumptions about the relationship between Holiday Preferences, Neuroticism and Conscientiousness and the facet scales.

The research done by Eachus (2004) found that the BSSS is only successful in predicting Beach and Adventurous Holiday Preferences. But it seems interesting to look for the relations between Indulgent and Cultural Preferences and the dimensions Neuroticism and Conscientiousness, and its facets

1.3.3.1 Beach Preferences

It could be that people high in Neuroticism will be more open for Beach Holidays because there they are entertained by the rest of the group. This relation is very interesting to be investigated. Anxiety could be a facet which reflects a negative correlation, while Self-Consciousness and Immoderation would be expected to be positively correlated.

Lying on the beach and not doing much at all seems obviously to be negatively related to Conscientiousness, because in this way nothing can be achieved. But perhaps it is a welcome time-out for those kinds of people to lie on the beach, just doing nothing. Here the relation to Self-Discipline is very interesting.

1.3.3.2 Adventurous Preferences

Neuroticism would be expected to correlate negative with Adventurous Preferences, especially on Anxiety, Self-Consciousness and Vulnerability. Because people who are anxious, not much self-conscious and vulnerable does not seem to be able to travel on their own, and to unusual places.

Conscientiousness is expected to have a negative correlation with this Holiday Preference, because people who prefer travelling alone does not seem have a high need of Cautiousness and Dutifulness. But it remains questionable if Adventurous Travellers have as well low Self-Efficacy, Self-Discipline, and are not much Achievement-Striving, because these are traits which are useful for these kinds of holidays.

1.3.3.3 Cultural Preferences

People preferring Cultural Holidays are described to be interested in learning something new, being culturally interested, and to learn new skills. This seems to be positively related to the Big Five dimensions of Extraversion, Agreeableness and especially Openness. While Neuroticism and Conscientiousness does not seem to be related to this preference. The only facets which could have a relation are Achievement-Striving and Self-Discipline of the Conscientiousness dimension.

1.3.3.4 Indulgent Preferences

The description of people preferring Indulgent Holidays suggests a positive relation with Neuroticism, as people who are more anxious would prefer safer places and holidays. Immoderation is a facet of Neuroticism which could reflect the Indulgent description of being pampered.

The relation between Indulgent preference and Conscientiousness is expected to be positive for Self-Discipline and Achievement-Striving and negative for Dutifulness.

1.3.2 Holiday Preferences and Sensation Seeking

Two studies have been conducted on Sensation Seeking and Holiday Preferences. The first, by Eachus (2004), used the BSSS to predict Holiday Preferences according to the Holiday Preference Model in a sample of 111 participants (17-75 years). Eachus found significant correlations between the BSSS scales and preferences for Adventurous, Beach and

Indulgent Holidays. Because Sensation Seeking seems to be effected by age the partial correlations controlled for age are given in the following part describing the findings. The other study was a bachelor thesis one the University of Twente conducted by Höft (2007). This study correlated Eachus' Holiday Preferences to the BSSS and to the NEO-PI-R, measuring the dimensions of the Five Factor Model.

1.3.2.1 Beach Preferences

Eachus (2004) found that preference for Beach Holidays was significantly ($p < .01$) positive correlated with Thrill and Adventure Seeking (.25) and Disinhibition (.30), while Boredom Susceptibility was found to be negatively correlated (-.26). According to Eachus Beach Tourists can be described to be high on Disinhibition and Thrill and Adventure Seeking, while they are not easily bored. Höft (2007) found Beach Tourists to be high on Boredom Susceptibility (.25) and Disinhibition (.30).

On the grounds of these results the following relations are hypothesized. Beach Preferences are expected to correlate positive with Thrill and Adventure Seeking and Disinhibition. The relations with Boredom Susceptibility is difficult to presume. On the one hand lying on the Beach every day can be very boring, on the other hand there are some beaches which offer a lot of action and where a lot of people can be met. Indeed different directions of correlations were found by the two existing studies.

1.3.2.2 Adventurous Preferences

Adventurous Travellers can be described as Sensation Seekers as well, with as strongest subscale Experience Seeking, but also Thrill and Adventure Seeking and Disinhibition. The significant correlations which were found are for Sensation Seeking (.53), for Experience Seeking (.57), for Thrill and Adventure Seeking (.42), and for Disinhibition (.27). The only significant correlation which was found by Höft (2007), was .38 with Experience Seeking. The result is a description of the Adventurous Tourist to be Sensation Seeker, to seek for experiences, for thrill and adventure and to be disinhibited.

Following these outcomes the following suggestions are made. Adventurous Tourists are expected to score high on Sensation Seeking, and especially on Experience Seeking, because Experience Seeking is the only subscale of Sensation Seeking which was found to be significant in both studies. But Adventurous Holidays are described to be preferred by independent travellers, which like to do be active and experience adventure when on holiday. Concerning this description Thrill and Adventure Seeking is expected to correlate positive with this Holiday Preference as well.

1.3.2.3 Cultural Preferences

For People preferring Cultural Holidays only low significant correlations ($p < .05$) had been found by Eachus (2004) with Experience Seeking (.18) and a negative correlation with Disinhibition (-.18). Otherwise Höft (2007) found a significant correlation with Experience Seeking (.25) but not for any other subscale. Following this Cultural Tourists can be described to be Experience Seeking but not much disinhibited.

Following the results of the earlier studies Cultural Tourists are expected to be high on Experience Seeking. A negative correlation with Disinhibition is presumed, because this was

found by one study. This could be explained by Cultural Preferences not offering much opportunities for extremenesses like 'getting out of control' through alcohol.

1.3.2.4 Indulgent Preferences

A negative significant ($p < .01$) correlation was found by Eachus (2004) for Indulgent Holiday and Sensation Seeking (-.25), Experience Seeking (-.42) and Thrill and Adventure Seeking (-.17) as well, while the latter was only significant at a level of $p < .05$. Which implies that Sensation Seekers, which especially prefer social experiences, thrill and adventures are not preferring holidays where they are pampered. However the only significant correlation which was found by Höft (2007) was negative with Experience Seeking (-.31). That study implies Indulgent Tourists to be Experience Seeking.

Based on the results of the earlier studies the following relationships are hypothesized. Indulgent Tourists are assumed to be low Sensation Seekers. Because when on Holiday at for example a wellness farm, for a Sensations Seekers there is nothing exciting to experience. On Indulgent Holidays Sensation seekers cannot fulfil their needs. The subscale in which this seems to be strongest reflected is Experience Seeking, which was found by earlier studies.

2. Method

2.1 Design

The present study used a cross-sectional research design. The data was collected at one point of time for each individual, through an online-survey.

2.2 Participants

The scale was online for eight weeks. The invitation to take part on the study was sent to as much people as the author knew, with the request to ask as much people as the recipient knew. 226 subjects filled in the survey completely. 52 of them filled in the Dutch version and 174 filled in the German version. The gender split for the whole sample was 132 females and 94 males, which is around 60% females and around 40% males. This had been true for the German as well as the Dutch sample. The age range of the sample was 13-69 years with a mean of 30,37 and a S.D. of 11.02 years. The age range of the German did not meaningfully differ to the age range of the Dutch sample. The German group had followed a higher education than the Dutch sample. 80,6% of the German sample followed higher education, while only 46,2% of the Dutch sample did. 34,6% of the Dutch sample had middle education and 7,7% lower education. For the German sample this had been 6.3% middle education and 1,2% for lower education. Four subjects chose 'other' to describe their education, and no one had no education at all. It has to be mentioned that through the difference in educational systems in both countries the measures for education were not exactly the same, but similar.

2.3 Scales

To examine the correlations between Personality, Sensation Seeking, and Holiday Preferences the following scales were used. To measure Personality the items which are free available from the IPIP homepage were used. The BSSS was used to measure Sensation Seeking and its subscales. For measuring the Holiday Preferences a new scale, based on Eachus' Holiday Preference Scale was introduced.

All scales which were used had been translated into Dutch and German from the original English versions. Only for the IPIP scale many earlier translated items were used (Hendriks, 1997), but only half of the items were available translated, so the other half was translated as well. All scales and items can be found back in the Appendix, in both languages.

2.3.1 IPIP scale: Neuroticism and Conscientiousness

The items from the IPIP were used to measure the two dimensions Neuroticism and Conscientiousness of the Five Factor Model. These items are provided free by the IPIP homepage (IPIP, 2007b). Each of the dimensions consists of six facets. And each facet is measured by ten items. So a total of 120 items was used to measure Neuroticism and Conscientiousness. The maximum score for a facet scale and for the total scale was 50, and the minimum for the facets and the totals was 10.

The Correlations between Neuroticism and Conscientiousness and its facets will be described at this place because they were found to be remarkably high. The Big Five personality dimensions, which are measured by the IPIP Items, are claimed to be independent

constructs. This would suggest that they do not correlate with each other. Earlier studies already found correlations between both constructs (Aluja et al., 2003). The correlations found in the present study are presented in Table 4. It was described above that earlier studies found correlations between the dimensions of the Five Factor Model as well, but these relations were described to be rather low. While in the present study some very significant correlation were found: Neuroticism correlated negative with C1 Self-Efficacy ($r=-.65$; $p<.001$), this was true for N4 Self-Consciousness ($r=-.60$; $p<.001$) and N6 Vulnerability ($r=-.63$; $p<.001$) as well. C6 Cautiousness correlated negative with N5 Immoderation ($r=-.61$; $p<.001$).

Table 4

Correlations between Neuroticism and Conscientiousness facets of the IPIP.

	N Total	N1	N2	N3	N4	N5	N6
C - Conscientiousness	-,49***	-,27***	-,22***	-,41***	-,35***	-,57***	-,45***
C1 - Self-Efficacy	-,65***	-,56***	-,39***	-,56***	-,60***	-,24***	-,63***
C2 - Orderliness	-,14*	,02	,02	-,10	-,06	-,42***	-,14*
C3 - Dutifulness	-,32***	-,14*	-,17*	-,25***	-,17*	-,47***	-,27***
C4 - Achievement-Striving	-,37***	-,23***	-,18**	-,29***	-,36***	-,30***	-,34***
C5 - Self-Discipline	-,47***	-,31***	-,19**	-,43***	-,38***	-,47***	-,44***
C6 - Cautiousness	-,32***	-,08	-,19**	-,26***	-,07	-,61***	-,26***

* $p<.05$ (two-tailed)

** $p<.01$ (two-tailed)

*** $p<.001$ (two-tailed)

2.3.2 BSSS

The BSSS scale as described by Hoyle et al. (2002) was used. It contains eight items which are supposed to measure the four subscales of Sensation Seeking. The maximum score was 10 for each subscale, and 40 for the total BSSS, while the minimum score was 2 for each subscale and 16 for the total scale.

2.3.3 Holiday Preference Scale

The Holiday Preference Scale contained 15 items. It is based on Eachus typology and includes items he used in his study 2004. It has been reduced from 10 items to four items per Holiday Preference. Several questions in the 40 items developed by Eachus reflected level of organization of a holiday more than Holiday Preferences. The construct of order is not included into the Holiday Preference Model. The outcome of this is an additional scale which measures Disorganization (a preference for more spontaneous holidays) and is compiled by those items which were included in Eachus' original Holiday Preference Scale. For the Holiday Preferences the maximum score was 20, and the minimum score was 4. The maximum of the Disorganization scale was five, and one was its minimum.

2.3.4 Demographical Data

All subjects had been asked for sex, age, and education. The educational classification for the Dutch and the German sample is very similar but not the same because of different educational systems. For the German sample the classification of Eirbmtter, Hahn and Jacobs (1993) as described by Amelang and Bartussek (2001) was used. The Dutch classification was

taken from the Dutch central agency for statistics, the CBS (2007). Both classifications contain five options as well as the options 'other'.

2.4 Procedure

The BSSS and the Holiday Preference Scale as described above had been combined randomly. Then the items for measurement of Neuroticism and Conscientiousness were randomly combined. Both combinations (containing 143 items) were taken together with the demographical questions to one survey called 'Mein Urlaub und Ich' or 'Mijn vakantie en ik', which means 'My holiday and Me'. This survey was set online via [surveymonkey.com](https://www.surveymonkey.com), which is a tool providing the possibility to easily set surveys online. A link for the survey was created. Emails containing an invitation were sent to around 50 people of all age. In this email, the recipients were asked to send back an email for participation on the study, and to forward the invitation email to as many people as possible. The emails were answered with an email containing further explication and the link to the survey. The answer-email explained that the survey was absolutely anonymous and that all responses would remain confidential. The filled in survey were saved via [surveymonkey.com](https://www.surveymonkey.com) and was downloaded when all surveys had been completed.

3. Results

Analysis were divided into three steps: (a) reliability analysis of the three scales; (b) examination of descriptive statistics, including nationality, gender, age, and educational effects; (c) correlations between the three scales as suggested by the reliability analysis.

3.1 Reliability

Table 5 presents the alphas found in the reliability analysis of the IPIP scales. For the whole Neuroticism scale the alpha was 0.85, and for the whole Conscientiousness scale alpha was 0.83. The reliability analysis of the IPIP items for the facet scales of Neuroticism and Conscientiousness all had alphas higher than .70 which is the through Nunnally (1978) suggested cut point for reliability of a scale. Only the Immoderation scale had a lower alpha (0.67).

Table 5 Reliability for the IPIP scales

Neuroticism	Coefficient alpha	Conscientiousness	Coefficient alpha
Total N	.85	Total C	.83
N1 – Anxiety	.82	C1 – Self-Efficacy	.75
N2 – Anger	.88	C2 – Orderliness	.88
N3 – Depression	.91	C3 – Dutifulness	.78
N4 – Self-Consciousness	.78	C4 – Achievement-Striving	.80
N5 – Immoderation	.67	C5 – Self-Discipline	.87
N6 – Vulnerability	.79	C6 – Cautiousness	.80

Alpha for the whole BSSS was 0.69. Only the Thrill and Adventure Seeking subscale reached an Alpha higher than 0.60. The Disinhibition subscale reached an Alpha of 0.55. Alpha of the rest of the BSSS subscales was unacceptable. For the correlational analysis the separate items of the Boredom Susceptibility and the Experience Seeking scale were used.

The reliability analysis showed low alphas for all Holiday Preference Scales except the Cultural Preference Scale (alpha = 0.74). For the Beach Preference Scale two items had been deleted (B3 and B4), through that an alpha of 0.75 was reached. Both scales were used for the correlational analysis, the Cultural Preference Scale as whole, and the Beach Preference scale comprising Item B3 and B4. For the Adventurous Preference Scale alpha was 0.54 as highest possible outcome. Alpha for the Indulgent Preference Scale had been 0.55, which was the highest alpha that could have been reached. The Adventurous and the Indulgent Preference Scales were used as whole for the correlational analysis because the alphas are lying very close to the minimum alpha of .60 which had been chosen to be adequate for this research. The Disorganization Scale had an alpha of 0.63 when containing two of the three items (ORG1 and ORG3).

3.2 Descriptive analysis

For all variables means are presented in Table 6 for the whole sample as well as by gender and nationality. To compare the means of males and females, and the German and the Dutch sample respectively, an independent samples T-Test has been run for all scales as test variable. Table 4 presents the mean differences between female and male, and Dutch and German respectively.

Concerning the scoring procedure it should be mentioned that the scores are summated for the Subscales of Neuroticism and Conscientiousness, as well as for Sensation Seeking,

Disinhibition and Thrill and Adventure Seeking. The total Neuroticism and Conscientiousness scores are the mean scores of the subscales. For the Holiday preference scale the mean scores had been multiplied by four, because not all scales contained four items. The Disorganization Scale was computed by the mean score.

To begin with Neuroticism, the highest mean score of the total group was reached for N5 Immoderation. (29,23) followed by N1 Anxiety (27,04). The lowest scores were found N6 Vulnerability (22,85) and N3 Depression (22,89). The total Neuroticism score was 25,05. Compared to the total Conscientiousness score (34,61) the mean score on Neuroticism is rather low. The highest scores on Conscientiousness were reached for C3 Dutifulness (39,04), and C4 Achievement-Striving (36,23). The lowest scores were found for C5 Self-Discipline (31,24) and C2 Orderliness (32,59).

The total Sensation Seeking mean score was 23,77. Disinhibition was the subscale with the highest mean score (5,43), while the lowest mean scores were found for BR1(3,60) and BR2 (2,67).

The most preferred Holiday Preference was Cultural Holidays (14,51) followed by Adventurous Holidays (14,31), while Indulgent Holidays were at least preferred (10,22) by the total sample. The total mean score of the Disorganization Scale was 3,57.

3.2.1 Effects of background variables

To look for the differences between age and educational groups a one-way ANOVA including a Post Hoc Bonferroni analysis on a significance level of ,05 was conducted for all variables with Age Classes and Education as Factor. The results are summarized in Table 7 for age effects and in Table 8 for Education. They contain the mean differences between Age classes, and for Education only the significant results.

3.2.1.1 Gender effects

No significant differences between the means of males and females were found for the total Neuroticism scale. For N1 Anxiety it was found, that males scored lower than females, with a mean difference of 2,41 ($p = ,003$). This direction was found back in N2 Anger with a mean difference of 3,00 ($p = ,001$), N6 Vulnerability with males scoring 1,82 points lower than females ($p = ,008$). For the total Conscientiousness score no significant mean differences were found. For C2 Orderliness males scored 1,98 points lower than the female scored ($p = ,038$). On C3 Dutifulness a mean difference of 2,04 ($p = ,001$) was found, with males scoring lower than females. For C5 Self-Discipline males scored 2,31 points lower than females ($p = ,012$).

Female scored lower on the Sensation Seeking total scale than males with a mean difference of 2,19 ($p = ,002$). This relation was reflected in the Disinhibition subscale with a mean difference between female and male score of 0,96 ($p = ,001$), the Thrill and Adventure Seeking scale with males scoring 1,28 points higher than females ($p = ,000$), and the second question of the Experience Seeking scale with a mean difference of ,27 ($p = ,043$).

Females preferred Indulgent Holiday. They scored 1,00 points higher than the males on this Holiday Preference ($p = ,008$).

3.2.1.2 Nationality effects

The Dutch and the German sample did not differ significantly concerning their scores on Neuroticism and Conscientiousness.

For the BSSS there had been found effects for nationality. German mean scores were higher than Dutch mean scores for Disinhibition (,072; $p = ,029$), Experience Seeking 1 (,39; $p = ,04$), and Boredom Susceptibility 2 (,82; $p = ,000$). While the Dutch mean score was higher on Thrill and Adventure Seeking with a mean difference of ,91 ($p = ,012$).

Concerning the Holiday Preference Scale the following differences were found. Generally Cultural and Adventurous Holidays were most preferred in this sample. The German Sample was found to prefer Beach Holidays when compared to the Dutch sample, with a mean difference of 1,46 ($p = ,015$). While the Dutch sample preferred Indulgent Holiday, the mean score was 1,86 points higher than the German mean score ($p = ,000$). Germans preferred as well more organized holidays, which was indicated by a 1,44 points lower score than for the Dutch sample ($p = ,000$) on the Disorganization scale.

Table 6
Nationality and Gender
IPIP,BSSS,HPS

	Mean					Mean Difference	
	Total	Dutch n = 52	German n = 174	Female n = 132	Male n = 94	Dutch - German	Female - Male
N – Neuroticism	25,06	24,75	25,15	25,52	24,42	-,40	1,09
N1 – Anxiety	27,04	26,80	27,12	28,05	25,63	-,31	2,41**
N2 – Anger	25,17	24,90	25,25	26,42	23,41	-,34	3,00**
N3 – Depression	22,89	23,34	22,75	22,87	22,91	,58	-,03
N4 - Self-Consciousness	23,17	22,40	23,40	23,43	22,80	-,99	,62
N5 – Immoderation	29,23	29,07	29,28	28,72	29,95	-,21	-1,23
N6 – Vulnerability	22,85	21,96	23,12	23,61	21,79	-1,16	1,81**
C – Conscientiousness	34,61	34,93	34,52	35,08	33,96	,41	1,11
C1 - Self-Efficacy	35,82	36,28	35,68	35,78	35,88	,59	-,09
C2 – Orderliness	32,59	32,90	32,50	33,41	31,43	,40	1,98*
C3 – Dutifulness	39,04	38,61	39,17	39,89	37,85	-,55	2,04**
C4 - Achievement-Striving	36,23	37,34	35,90	36,56	35,78	1,43	,77
C5 - Self-Discipline	31,24	32,40	30,89	32,20	29,89	1,50	2,31*
C6 – Cautiousness	32,74	32,05	32,95	32,62	32,92	-,89	-,30
SS - Sensation Seeking	23,77	22,88	24,04	22,86	25,05	-1,15	-2,18**
Dis – Disinhibition	5,43	4,88	5,60	5,03	6,00	-,71*	-,96**
TAS - Thrill and Adventure Seeking	4,62	5,32	4,41	4,09	5,37	,91***	-1,28***
BS1 - Boredom Susceptibility1	3,60	2,96	3,35	3,37	3,11	-,39*	,26
BS2 - Boredom Susceptibility2	2,67	2,85	2,62	2,58	2,80	,23	-,21
ES1 - Experience Seeking 1	4,19	4,23	4,18	4,25	4,11	,05	,14
ES2 - Experience Seeking 2	4,17	3,54	4,36	4,06	4,33	-,82***	-,27*
BEA -Beach Holiday	12,12	11,00	12,45	12,51	11,57	-1,45*	,94
ADV - Adventurous Holiday	14,13	13,86	14,21	13,95	14,38	-,34	-,42
CUL - Cultural Holiday	14,51	14,28	14,58	14,79	14,12	-,29	,66
IND - Indulgent Holiday	10,22	11,67	9,78	10,63	9,63	1,88***	,99**
ORG – Disorganization	3,57	2,46	3,90	3,62	3,50	-1,44***	,11

* $p < .05$
 ** $p < .01$
 *** $p < .001$

3.2.1.3 Age effects

To examine the data for age effects three age classes had been compiled: young (14-25; $n=112$) middle (26-45; $n=79$), and old (46-69 $n=35$). Table 7 presents the means of the three different age groups and the significant test results. Age effects were found for Neuroticism

with young people scoring 2,30 points higher than old people ($p = 0,025$). People in the middle age class seem to be more self-conscious than the old people (mean difference of 2,52; $p = ,046$). For Immoderation there had been found significant differences between the means of all three age classes. The younger the group, the higher was the score on Immoderation. The mean difference between young and middle was 1,87 ($p = ,041$), between young and old 5,18 ($p = ,000$), and between middle and old 3,31 ($p = ,005$), respectively. Conscientiousness was found to be higher with rising age. A significant difference was found between the mean scores of young and middle (1,58; $p = ,028$), and young and old (2,36; $p = ,009$). The latter effect was found back in Self-Efficacy, with a mean difference of 1,63 ($p = ,042$). For Self-Discipline young people were found to score 5,22 points lower than old people ($p = ,000$).

For the BSSS were found age effects for nearly all subscales, with younger people scoring generally higher than older people. For Sensation Seeking significant differences were found between the mean scores of young and middle (3,41; $p = ,000$), and young and old (5,17; $p = ,000$) respectively. Significant mean differences were found for the Disinhibition scale between all age groups. With young people scoring ,93 points higher than people in the middle age class ($p = ,004$), young people scoring 2,22 points higher than old people ($p = ,000$), and people from the middle age class scoring 1,29 points higher than old people ($p = ,004$). For the Thrill and Adventure Seeking scale the mean differences were significant between young and middle (,90; $p = ,016$), and young and old (1,79; $p = ,000$). For the items that measured Boredom Susceptibility age effects had been found as well. For Boredom Susceptibility 1 young scored ,63 higher than middle ($p = ,001$), and ,70 higher than old ($p = ,006$). For Boredom Susceptibility 2 young scored ,34 higher than middle ($p = ,491$), and ,70 higher than old ($p = ,001$). Young people were found as well to score higher on Experience Seeking 2 than people from the middle age class, with a mean difference of 2,37 ($p = ,001$).

Beach Holiday was preferred by younger people when compared to the middle age class (mean difference of 1,63; $p = ,021$), and to the old age class (mean difference of 1,97; $p = ,041$). For Cultural Holidays there were found age effects in that older people preferred them. A significant mean difference of 1,16 was given between the middle age group and the young age group ($p = ,020$).

Table 7
Age Effects

	means			significant test results
	Young n=112	Middle n=76	Old n = 35	
N - Neuroticism	25,56	25,16	23,26	Young – Old = 2,30*
N1 - Anxiety	27,54	27,20	25,14	
N2 – Anger	24,88	25,46	25,46	
N3 - Depression	23,32	23,27	20,69	
N4 - Self-Consciousness	23,35	23,77	21,26	Middle – Old = 2,52* Young – Middle = 1,87* Young – Old = 5,18*** Middle – Old = 3,31**
N5 - Immoderation	30,70	28,82	25,51	
N6 - Vulnerability	23,57	22,44	21,51	
C - Conscientiousness	33,70	35,27	36,07	Young – Middle = -1,58* Young – Old = -2,37** Young – Old = -1,63*
C1 - Self-Efficacy	35,03	36,59	36,66	
C2 - Orderliness	31,87	33,52	32,83	
C3 - Dutifulness	38,77	39,32	39,31	
C4 - Achievement-Striving	35,58	36,73	37,23	
C5 - Self-Discipline	29,67	31,86	34,89	Young – Old = -5,22***
C6 - Cautiousness	31,28	33,62	35,49	
SS - Sensation Seeking	25,77	22,35	20,60	Young – Middle = 3,41*** Young – Old = 5,17*** Young – Old = ,90* Young – Middle = 1,79*** Young – Middle = ,93** Young – Old = 2,22*** Middle – Old = 1,29** Young – Old = ,63** Young – Middle = ,70** Young – Old = ,34* Young – Middle = ,70**
TAS - Thrill and Adventure Seeking	5,21	4,32	3,43	
Dis - Disinhibition	6,11	5,18	3,89	
BS1 - Boredom Susceptibility1	3,59	2,96	2,89	
BS2 - Boredom Susceptibility2	2,90	2,56	2,20	
ES1 - Experience Seeking 1	4,21	4,16	4,20	
ES2 - Experience Seeking 2	4,33	3,96	4,14	Young – Old = ,37*
BEA -Beach Holiday	13,00	11,37	11,03	Young – Old = 1,63* Young – Middle = 1,97*
ADV - Adventurous Holiday	14,22	14,25	13,57	
CUL - Cultural Holiday	13,94	15,10	15,06	Young – Old = -1,16*
IND - Indulgent Holiday	10,30	10,24	9,94	
ORG - Disorganization	3,71	3,39	3,57	

Note: Age Classes: Young = 14-25, Middle = 26-45, Old = 45-69;

* p<.05
** p<.01
*** p<.001

3.2.1.4 Educational effects

Educational effects were found only for the Holiday Preferences. Means of the different groups and significant test results are presented in Table 8. For Indulgent Preferences there had been found significant mean differences between the first and the second group (1,23; p = ,044), and the second and the third group (2,42; p = ,000). For both outcomes the lower educational group had higher preference on Indulgent Holiday, while higher educational groups preferred less organized holidays. The mean difference between the first and the second group was ,61 (p = ,001), and between the second and the third group ,88 (p = ,000), respectively.

Table 8
Educational effects

Holiday Preference Scale	means					significant test results
	1. Group n=143	2. Group n=44	3. Group n=29	4. Group n=6	Other n=4	
BEA -Beach Holiday	12,11	12,09	12,07	12,33	13,00	
ADV - Adventurous Holiday	14,32	14,23	13,00	14,67	13,75	
CUL - Cultural Holiday	14,85	14,18	13,59	14,33	13,50	
IND - Indulgent Holiday	9,62	10,84	12,03	10,83	11,00	1.Group – 2.Group: -1,23* 2.Group – 3.Group: -2,42***
ORG - Disorganization	3,83	3,22	2,95	2,92	4,00	1.Group – 2.Group: ,61** 2.Group – 3.Group: ,88***

Note: 1.Group = (Abi/Master,Dr), 2.Group = (Fachabi/HBO, Universiteit-Bachelor), 3.Group = (Real/Havo, VWO, MBO), 4.Group (Haupt/VMBO - LBO - MBO1).

* p<.05
** p<.01
*** p<.001

3.3 Correlation Analysis

To investigate the suggested hypotheses, the correlations between Neuroticism, Conscientiousness, Sensation Seeking and the Holiday Preference Scale were examined. At first the significant correlations between Neuroticism, Conscientiousness and Sensation Seeking are specified. Then a description of the correlations of the Holiday Preferences and the Personality measures follows. In the end the correlations between the dimensions of the Five Factor Model Neuroticism and Conscientiousness are described.

3.3.1 Correlations between the Neuroticism and Conscientiousness facets and Sensation Seeking and its subscales

Table 9 presents the correlations of Neuroticism and Conscientiousness and its facets, with Sensation Seeking and its subscales. Sensation Seeking was found to be highly effected by age. This was true for Neuroticism and Conscientiousness as well. Regarding these effects partial correlations controlled for age had been conducted for the correlations between these two constructs. For the Neuroticism scale most of the correlation were only significant when controlled for age.

It was expected that different directions of correlation would be found between the facet scales of Neuroticism and Sensation Seeking. The expectation that different direction of correlation would be found was confirmed, in that people scoring high on Sensation Seeking scored significantly low on N1 Anxiety ($r=-,19;p<,01$) and N4 Self-Conscientiousness ($r=-,20;p<,01$) when controlled for age, while they scored high on N4 Immoderation ($r=,39;p<,001$). Which implies that Sensation Seekers can be described to be immoderate, and self-conscious, but not that anxious. Concerning the relation between Sensation Seeking and Conscientiousness the expected negative correlation was found back in the present study Conscientiousness ($r=-,31;p<,001$), here significant correlations were found even when not controlled for age. The negative correlation was also found for the subscales of C2 Orderliness ($r=-,27;p<,001$), C3 Dutifulness ($r=-,22;p<,01$), C4 Achievement-Striving ($r=-,19;p<,01$), C5 Self-Discipline ($r=-,23;p<,01$), and C6 Cautiousness ($r=-,38;p<,001$). Thus can high sensation seekers be described to lack order, dutifulness, achievement-striving, self discipline, and cautiousness.

The Thrill and Adventure Seeking scale correlated significantly and negative with Conscientiousness ($r=-.26;p<.001$), C2 Orderliness ($r=-.21;p<.01$), C3 Dutifulness ($r=-.16;p<.05$), C4 Achievement-Striving ($r=-.15;p<.05$), C5 Self-Discipline ($r=-.20;p<.01$), and C6 Cautiousness ($r=-.30;p<.001$). This was expected for all the facets except for C4 Achievement-Striving. People who can be described to be reflected in the seeking of stimulation through thrill and adventure, and by taking risky actions share thus as the trait of not being much conscientious, especially concerning orderliness, dutifulness, achievement-striving, self-discipline, and cautiousness.

Thrill and Adventure Seekers were expected to score low on N1 Anxiety, and N6 Vulnerability, and high on N5 Immoderation. This expectation was not confirmed for N6 Vulnerability, which showed a not significant negative correlation, but well for N1 Anxiety ($r=-.19;p<.01$) when controlled for age, and N5 Immoderation ($r=.31;p<.001$). A significant negative correlation was as well found with N4 Self-Consciousness ($r=-.16;p<.01$). This suggests Thrill and Adventure Seekers to be immoderate and self-conscious but not anxious.

Disinhibition, as described to be an individual's tendency to get stimulation through social activities, 'getting out of control' through drinking or through sexual variety was by earlier studies to be positively related to Neuroticism. This was not confirmed for total the total Neuroticism score but well for N5 Immoderation ($r=.44;p<.001$). There were found even negative correlations between Disinhibition and N1 Anxiety ($r=-.19;p<.01$) and N4 Self-Consciousness ($r=-.18;p<.01$). Individuals as described above are thus as well immoderate, self-conscious but not anxious. High scorers on Conscientiousness were expected to score low on Disinhibition, especially when they are high on Self-Efficacy, Dutifulness, Self-Discipline, and Cautiousness. This was confirmed for all six Conscientiousness facets except for Self-Efficacy. The found significant correlations with Disinhibition are $r=-.29$ ($p<.001$) with Conscientiousness, $r=-.24$ ($p<.01$) C2 Orderliness, $r=-.27$ ($p<.001$) with C3 Dutifulness, $r=-.23$ ($p<.01$) with C4 Achievement-Striving, and $r=-.22$ ($p<.01$) with C5 Self-Discipline, and $r=-.32$ ($p<.001$) with C6 Cautiousness. People scoring high on Disinhibition can thus as well be described as careless, imprudent, and irresponsible following their scores on Conscientiousness.

People scoring high on Boredom Susceptibility were expected to score as well high on Neuroticism, but no correlation was found between the two constructs. Anxious people were suggested to avoid variety, and thus score low on Boredom Susceptibility, which was confirmed for Boredom Susceptibility 2 ($r=.14;p<.05$) when controlled for age. N5 Immoderation was positive correlated with Boredom Susceptibility 2 ($r=.25;p<.001$), which implies individuals intolerant to repeating experiences of every nature, which are bored very fast can be described to be immoderate as well. Significant negative correlations between Boredom Susceptibility and Conscientiousness and its facets had been found as suggested earlier. For Boredom Susceptibility 2 significant correlations were found with Conscientiousness ($r=-.25;p<.001$), C2 Orderliness ($r=-.20;p<.01$), C3 Dutifulness ($r=-.29;p<.001$), C5 Self-Discipline ($r=-.14;p<.05$), and with C6 Cautiousness ($r=-.34;p<.001$). Boredom Susceptibility 2 was also significantly correlated to C4 Achievement-striving when controlled for age ($r=-.15;p<.05$). The only significant correlation for Boredom Susceptibility 1 was found with C6 Cautiousness ($r=-.17;p<.05$), which did not remain significant when controlled for age. This implies that to be conscientious, orderly, dutiful, self-disciplined, and cautious are traits, which are found back in people who score high on Boredom Susceptibility, especially that part of Boredom Susceptibility which is measured by Boredom Susceptibility 2.

Experience Seekers, which are described by the desire to make new impressions and experiences through travelling or meeting interesting people were expected to score low on Neuroticism, especially N1 Anxiety and N4 Self-Consciousness. The negative correlation had been confirmed between Experience Seeking 1 and N4 Self-Consciousness ($r=-.12;p<.05$)

when controlled for age, and for Experience Seeking 2 and Neuroticism ($r=-,14$, $p<,05$), N1 Anxiety ($r=-,18$; $p<,01$), and N2 Anger ($r=-,16$; $p<,05$) as well. This implies Experience Seekers to be emotional stabile, self-conscious, and not much anxious or angry. For Experience Seeking and Conscientiousness a high negative correlation had been expected, which was not confirmed. The only significant correlation was found between Experience Seeking 2 and C2 Orderliness ($-,13$; $p<,05$).

Table 9

Correlations between the Neuroticism and Conscientiousness facets and Sensation Seeking and its subscales including partial correlations controlled for age.

	SS	TAS	Dis	BS 1	BS 2	ES 1	ES 2
N - Neuroticism	,01 (-,08)	-,02 (-,09)	,04 (-,04)	,05 (-,00)	,02 (-,05)	,06 (,04)	-,14* (-,13)
N1 - Anxiety	-,10 (-,19**)	-,12 (-,19**)	-,08 (-,16*)	,05 (,00)	-,07 (-,14*)	,08 (,08)	-,18** (-,17**)
N2 - Anger	-,10 (-,10)	-,13 (-,13)	-,06 (-,06)	,03 (,01)	-,10 (-,08)	,08 (,08)	-,16* (-,15*)
N3 - Depression	,02 (-,05)	,03 (-,02)	,02 (-,04)	,04 (,00)	,07 (,01)	,05 (,04)	-,12 (-,12)
N4 - Self-Consciousness	-,08 (-,20**)	-,10 (-,16**)	-,10 (-,18**)	-,02 (-,05)	-,08 (-,12)	-,08 (-,12*)	-,09 (-,06)
N5 - Immoderation	,39*** (,30***)	,31*** (,24***)	,44*** (,36***)	,08 (,00)	,25*** (,18**)	,045 (-,02)	,01 (,03)
N6 - Vulnerability	-,01 (-,09)	-,05 (-,11)	-,00 (-,07)	,04 (,00)	-,02 (-,09)	,08 (-,07)	-,08 (-,05)
C - Conscientiousness	-,31*** (-,26***)	-,26*** (-,22**)	-,29*** (-,25***)	-,04 (,02)	-,25*** (-,22**)	,02 (,02)	-,07 (-,06)
C1 - Self-Efficacy	-,05 (-,01)	-,11 (-,08)	-,01 (-,03)	-,07 (-,09)	-,04 (-,01)	,08 (,08)	,02 (,04)
C2 - Orderliness	-,27*** (-,27***)	-,21** (-,20**)	-,24*** (-,23**)	-,00 (,02)	-,20** (-,19**)	-,08 (-,06)	-,13* (-,14*)
C3 - Dutifulness	-,22** (-,22**)	-,16* (-,16*)	-,27*** (-,27***)	-,05 (,03)	-,29*** (-,25***)	,03 (,01)	-,04 (-,04)
C4 - Achievement-Striving	-,19** (-,18**)	-,15* (-,14*)	-,23** (-,22**)	-,04 (,05)	-,12 (-,15*)	,09 (,11)	-,07 (-,06)
C5 - Self-Discipline	-,23** (-,14*)	-,20** (-,12)	-,22** (-,13*)	-,04 (,03)	-,14* (-,08)	-,06 (-,05)	-,08 (-,08)
C6 - Cautiousness	-,38*** (-,31***)	-,30*** (-,24***)	-,32*** (-,25***)	-,17* (-,10)	-,34*** (-,28***)	,03 (,04)	,06 (,09)

Note: Pearson correlations were conducted for all scales except BS1, BS2, ES1, and ES2, were Spearman correlations were conducted. Even if most of the hypothesis for the correlations were one-way, to get more clarity all correlation were conducted two-tailed. Correlations in parentheses are controlled for age.

* $p<,05$ (two-tailed)

** $p<,01$ (two-tailed)

*** $p<,001$ (two-tailed)

3.3.2 Correlations of Neuroticism and Conscientiousness and Sensation Seeking with Holiday Preferences

In Table 10 the correlations of the facets of Neuroticism and Conscientiousness, and Sensation Seeking and its subscales with Holiday Preferences are presented. The effects of Age on Holiday Preferences have been found to be rather low. Because of this no partial correlations controlled for age were conducted. Few significant correlations were found between the dimensions of the Five Factor Model Neuroticism and Conscientiousness and Holiday Preferences, but for Sensation Seeking and its subscales several significant correlations were found.

For Beach Holiday, earlier studies found significant positive correlations with Sensation Seeking, Boredom Susceptibility and Disinhibition, which was as well expected for this study. Indeed this expectation was confirmed for Disinhibition ($r=.28;p<.001$), and Boredom Susceptibility 1 ($r=.13;p<.05$), and for the total score of Sensation Seeking as well ($r=.17;p<.01$). The correlation with Experience Seeking 1 was found to be negative ($r=-.17;p<.01$). Those which prefer Beach Holidays could thus be described to be as well Sensation Seekers, in that they have high Disinhibition and Boredom Susceptibility, but they do not like making new impressions and experiences through travelling or meeting interesting people. For the Neuroticism facets low scores on Anxiety and Self-Consciousness, and high scores on Immoderation were expected, which was only confirmed for N5 Immoderation ($r=.14;p<.05$). No significant correlations were found with Conscientiousness and its facet scales.

Adventurous travellers were expected to be Sensation Seekers, which are experience seeking, and thrill and adventure seeking and score high on Disinhibition as well. The present study found significant correlations between Adventurous Preference and Sensation Seeking ($r=.32;p<.001$), Disinhibition ($r=.22;p<.05$), and Experience Seeking 1 ($r=.48;p<.001$). As further Sensation Seeking subscale Boredom Susceptibility was correlated significantly with Adventurous Preference as well, with Boredom Susceptibility 1 ($r=.17;p<.01$), and Boredom Susceptibility 2 ($r=.17;p<.05$). Thrill and Adventure Seeking was not found to be significantly correlated to Adventurous Preferences. These findings imply Adventurous Travellers to be Sensation Seekers in that they score high on Disinhibition that they like to make social experiences and in that they are become bored easily. Concerning the dimensions of Neuroticism, and Conscientiousness no significant correlations were found, even if it had been expected that Conscientiousness and C3 Dutifulness and C6 Cautiousness would correlate significantly negative, while C1 Self-Efficacy, C5 Self-Discipline, and C4 Achievement-Striving were expected to correlate positive, respectively. For Neuroticism a negative correlation was expected, but not found.

For the Cultural Preference low values on Disinhibition and high values on Experience Seeking were expected. This was confirmed for Experience Seeking 1 ($r=.42;p<.001$), and Disinhibition ($r=-.13;p<.05$), even though a significant negative correlation was found with Thrill and Adventure Seeking as well ($r=-.22;p<.01$). Which indicates Cultural Tourists to be Experience Seeking, but not Thrill and Adventure Seeking and low on Disinhibition. For Neuroticism no significant correlations were expected, but it was found that people high on N5 Immoderation do not prefer cultural preferences ($r=-.20;p<.01$). For Conscientiousness high values on C4 Achievement-Striving and C5 Self-Discipline were expected because Cultural Holiday also holds learning features. Indeed a positive correlation was found with Conscientiousness ($r=.16;p<.05$), C1 Self-Efficacy ($r=.16;p<.05$), C4 Achievement-Striving ($r=.16;p<.05$), and C6 Cautiousness ($r=.23;p<.001$). Cautious, achievement-striving, and self-effective people do thus prefer Cultural Holidays.

Indulgent Preferences were found in an earlier study to be significantly negative related with Sensation Seeking, Experience Seeking and Thrill and Adventure Seeking (Eachus, 2004). This was not confirmed by this study for Thrill and Adventure Seeking, but it was for Sensation Seeking ($r=-.15;p<.05$), Experience Seeking 1 ($r=-.20;p<.01$), and Experience Seeking 2 ($r=-.19;p<.01$). This implies that people, who like to be pampered when on holiday, are not likely to be Sensation Seekers in that they like to make new impressions and experiences through travelling and meeting interesting people. It was expected that these people would as well be anxious and immoderate. The scores on the Conscientiousness facets Self-Discipline and Achievement-Striving were expected to be negative while a positive correlation with Dutifulness was expected. None of this expectations was confirmed, in that no significant correlation with any of the facet scales of Neuroticism and Conscientiousness were found.

For the scale, which measured how organized people prefer their holiday, only one significant correlation was found with Experience Seeking 2 ($r=.47; p<.001$). High Experience Seekers prefer less organized holidays.

Table 10
Correlations between Holiday Preferences, facets of Neuroticism and Conscientiousness, and subscales of Sensation Seeking.

	Beach	Adventurous	Culture	Indulgent	Disorganization
SS - Sensation Seeking	,17**	,32***	-,09	-,15*	,08
TAS - Thrill and Adventure Seeking	,12	,08	-,22**	-,03	-,08
Dis - Disinhibition	,28***	,22**	-,13*	-,12	,08
BS1 - Boredom Susceptibility 1	,13*	,17**	,03	-,07	,10
BS2 - Boredom Susceptibility 2	,06	,17*	-,06	-,00	-,04
ES1 - Experience Seeking 1	-,17**	,48***	,42***	-,20**	,12
ES2 - Experience Seeking 2	-,01	,01	,01	-,19**	,47***
N - Neuroticism	-,01	-,06	-,06	,07	-,08
N1 - Anxiety	-,06	-,01	,03	,00	-,07
N2 - Anger	-,05	-,09	,00	,09	-,03
N3 - Depression	-,04	-,04	-,07	,10	-,13
N4 - Self-Consciousness	-,04	-,03	-,03	-,04	-,06
N5 - Immoderation	,14*	-,04	-,20**	,09	-,02
N6 - Vulnerability	,02	-,05	-,03	,02	-,06
C - Conscientiousness	-,02	-,04	,16*	,08	,02
C1 - Self-Efficacy	,04	,02	,16*	,07	,04
C2 - Orderliness	,02	-,11	,01	,12	-,00
C3 - Dutifulness	-,02	,03	,12	,03	,08
C4 - Achievement-Striving	-,06	-,05	,16*	,12	,02
C5 - Self-Discipline	-,00	-,02	,10	,04	-,03
C6 - Cautiousness	-,07	,01	,23***	-,05	,04

Note: Pearson correlations were conducted for all scales except BS1, BS2, ES1, and ES2, where Spearman correlations were conducted. The correlation was tested two-way, because most of the tested relation no hypothesis were made.

* $p<.05$ (two-tailed)

** $p<.01$ (two-tailed)

*** $p<.001$ (two-tailed)

4. Discussion

The objective of the present study was to examine the relationship between the facets of Neuroticism and Conscientiousness from the Five Factor Model, Sensation Seeking and Holiday Preferences. Few studies had earlier examined the relationship between the Five Factor Model and Sensation Seeking. Most of them have found significant correlations but not for Neuroticism. The present study suggested that this is due to the fact that the facets are related to Sensation Seeking in different directions. In the present study for the dimensions of the Five Factor Model Neuroticism and Conscientiousness the six facet scales for each dimension were administered, what had not earlier been done. Furthermore, this study was able to explain Holiday Preferences through background variables. Effects of age gender, nationality and education were as well found on Neuroticism, Conscientiousness and Sensation Seeking and its subscales.

At first the method of the present study and its limitations as well as the reliability of the scales are discussed. As a next step the results concerning the relationship between Personality, Sensation Seeking and Holiday Preferences are reviewed and its relations to the existing and future research are outlined. Following that the effects of the background variables are described and discussed.

4.1 Method and limitations

The Method, which was used, for the present study showed several strengths and weaknesses. Through the convenience sample, which was used to get subjects for this study, a high age range was reached. The results, which were found for the present sample are thus more representative concerning all age classes than results from student samples. In most of the studies that were made on the relations between Sensation Seeking and the Five Factor Model, college students were used as subjects. Compared to college students, the age range of the sample from the present study is more similar to the general age range. By using an online-survey as study-format, the subjects were free to fill in the survey whenever they had time. The existence of a Dutch and a German sample made it possible to look for differences between the two samples. Because of the enormous differences between the educational systems of both countries, it was very difficult to measure differences in the educational status of the two samples.

It has to be mentioned that the present study had some limitations. The sample, which was used, was of very high education and the proportion of young people was too large to be generalized. In addition reliability of the Holiday Preference Scale and the BSSS, the measure for Sensation Seeking, was low. This could be due to the fact that the translations of all three scales (the BSSS, the Holiday Preference Scale and the IPIP items) were not validated. Even if a freelance translator controlled the translations, this does not validate the items. This calls for further research on these scales, the translated and the original ones, especially on the Experience Seeking and the Boredom Susceptibility scale of the BSSS and on the HPS, which will be discussed later. Factor-analysis for the Holiday Preference Scale would make sense in order to find how the different Holidays Preferences can be divided in more independent constructs.

4.1.1 Reliability of the scales

To measure the Neuroticism and Conscientiousness, the two dimensions of the Five Factor Model, the items from the International Personality Item Pool (IPIP), which are

discretionary at the www (<http://ipip.ori.org>), were used. The reliability for the IPIP items was earlier described to be very high (IPIP, 2007a). High coefficients alpha were found for most of the facet scales. Only the N5 Immoderation scale, which is aimed to measure one facet of Neuroticism had an alpha lower than .70. Concerning the fact that N5 Immoderation was the only scale which had an alpha lower than .70 and which was found to be significantly correlated to Sensation Seeking and its subscales, concerns can be raised on the reliability of this facet.

The BSSS, comprising eight items (two per subscale), was used to measure Sensation Seeking and its subscales. Eachus (2004), and Hoyle et al. (2002) described the BSSS scale to be reliable for all subscales. This was well found back for the Thrill and Adventure Seeking scale, but not for the other three scales, which showed low alphas. Höft (2007) also found these results for the reliability of the BSSS, which suggest that the BSSS has lower reliability than described by its authors. This could as well be due to the fact that the BSSS contains only eight items which is a very short format for a Personality measure.

A Holiday Preference Scale based on Eachus' Holiday Preference Scale (2004) was used to measure Holiday Preferences. The alphas which were found for the present Holiday Preference Scale were low, except then for Cultural Preference. The high correlations between the various Holiday Preferences suggest, that the four kinds of Holidays as suggested by Eachus (2004) are not independent constructs. As Eachus (2004) noted, there is a certain degree of overlap in his typology. A study, which investigates a more reliable scale, to measure Holiday Preferences, and to show which different kinds of preferences exist, would be of high scientific value for future studies on the relation between holiday and personality.

4.2 Relationships of Neuroticism and Conscientiousness with Sensation Seeking

The present study investigated the relationships between Neuroticism, Conscientiousness and Sensation Seeking through correlating the facet scales of Neuroticism and Conscientiousness with Sensation Seeking and its subscales. The studies, which earlier examined this relationship used the dimensions of the Big Five instead of the facets of the dimensions to examine this relationship. Another study which measured facets of the Big Five dimensions and correlated them to Sensation Seeking was conducted by Aluja et al. (2003). They examined the relationship between Sensation Seeking and the Big Five dimensions Extraversion and Openness. The study significant correlations between some facets of Extraversion and Openness and several subscales of Sensation Seeking. These results indicate the importance of the facet scales when investigating relationships between the Big Five and Sensation Seeking. The present research is the first research, which examines the facets of Neuroticism and Conscientiousness and their relationship to Sensation Seeking and its subscales.

The results of the present study could raise concerns on factorial structure of the Five Factor Model. This is discussed in the following part. As a next step the results which were found for the correlations of the facets of Neuroticism and Conscientiousness with Sensation Seeking and its subscales are reviewed regarding to the existing literature and the conclusions which can be made from it. The correlations of Sensation Seeking with Neuroticism and Conscientiousness were controlled for age because Sensations Seeking is found to be highly effected by age (Roberti, 2004).

4.2.1 The Five Factor Model

The Five Factor Model aim to describe Personality through five dimensions, which are conceptually independent from each other. These five dimensions were found through factor analysis. Theoretically they are described to be independent from each other (Hoekstra, 1996). It was stated earlier in this paper, that if this study finds relationships between different dimensions of the Five Factor Model and Sensation Seeking, this would raise concerns on the factorial structure of the Big Five. Indeed, as described above, relationships between Sensation Seeking and its subscales and Conscientiousness and most of its facets and several facets of Neuroticism were found. This could imply that Sensation Seeking measures personality in another way than the Five Factor Model does. Perhaps Sensation Seeking is a construct, which is reflected, in several specific facets of the Five Factor Model. Otherwise this could imply that someone's score on Sensation Seeking gives information about his or her positions on Conscientiousness and most of its facets, as well as several facets of Neuroticism. This would be a limitation of the presumption that these two dimensions are independent from each other. As a consequence of this finding the correlations between Neuroticism and Conscientiousness and its facets were analysed additionally. As through the correlations between Sensation Seeking, Neuroticism, and Conscientiousness could already be pronounced, high correlations between the total scores and the facets scales of Neuroticism and Conscientiousness were found. All these correlations were negative. This implies conscientious people to be emotional stabile. The results about the relationship between Neuroticism and Conscientiousness could stand for an important amount of variance shared by both constructs. This suggests again that these dimensions are not independent from each other. Likewise Aluja et al. (2003) found the dimensions of the Five Factor Model Extraversion and Openness to be highly correlated with each other. They conclude as well that these two dimensions are not independent. Findings like this strongly criticize the theory of the Five Factor Model concerning the independence of the Big Five, which are presumed to measure different parts of personality, which have no relationship with each other. Following these findings further research on the independence of the Big Five is suggested. It seems to be that the theoretical presumption that the dimensions of the Five Factor Model stand for different parts of Personality that are independent from each other is difficult to be confirmed in practical research settings.

4.2.2 Sensation Seeking

Earlier studies, which investigated the relation between Sensation Seeking, and Neuroticism, did not find significant correlation between these two constructs. This was true for the present study as well. But it was suggested earlier by the present study that this is due to the fact that the facets of Neuroticism are related to various subscales of Sensation Seeking. Indeed for several of the Neuroticism facets different directions for significant correlations were found, at least when controlled for age. So did high Sensation Seekers seem to have few Anxiety, and high Self-Conscientiousness, because both facets correlated negative with Sensation Seeking. However, the facet Immoderation correlated positive with Sensation Seeking. This correlation was found to be rather high, which implies Sensation Seekers to be very extreme, which seems to be obvious concerning the description of Sensation Seeking. The different directions of the correlation, at least when controlled for age, are the reason for the non-significant correlation of the total Neuroticism score, which was found in earlier studies.

Organized, neat, orderly, practical, prompt, and meticulous are the key adjective markers through which conscientious people are described (Larsen & Buss, 2002). All studies, which investigated the relation between Conscientiousness and Sensation Seeking,

found a significant negative correlation (Zuckerman et al., 1993; Stacy, Newcomb & Ames, 2000; Dahlen & White, 2006), including the present study. Sensation Seeking was found to be highly negative correlated to nearly all facets of Conscientiousness, except then for Self-Efficacy, where no significance was reached. The highest correlations were found with Cautiousness and Orderliness. This suggests Sensation Seekers to be disorganized, disorderly, careless, sloppy and impractical. Zuckerman suggested high scorers on Sensation Seeking to “encompass seeking of novel sensations and experiences through the mind and senses, as in arousing music, art, and travel, and through social nonconformity, as in association with groups on the fringes of conventional society (e.g., artists, hippies, homosexuals)” (1994, pp. 31). This is conforming to the general finding of Sensation Seekers being low on Conscientiousness and most of its facets. Conscientious people are those, which function good in this society. They are performing high on their occupations (Barrik & Mount, 1991), are disciplined, responsible, and reliable. These are values which are taught to the children in our society to become conform and adapted, and good functioning members of this society. Hence it is a corollary that Sensation Seekers as described above score low on Conscientiousness.

A noticeable fact is, that for Sensation Seeking, Thrill and Adventure Seeking, Disinhibition and Boredom Susceptibility 2 all Conscientiousness-facets correlated negative except than Self-Efficacy. The term Self-Efficacy was first described by Bandura (1986) as the belief that one can do the behaviours necessary to achieve a desired outcome, or the confidence one has in one's ability to perform the actions needed to achieve a specific outcome (Larsen & Buss, 2002, p. 551). Following this description Self-Efficacy would be expected to be needed as trait for Sensation Seekers to fulfil their needs. The fact that no significant correlation at all was found calls for future research between both constructs, for example through the use of the General Self-Efficacy Scale (GSE) developed by Jerusalem & Schwarzer (1992).

4.2.2.1 Thrill and Adventure Seeking

Concerning Neuroticism it can be said that, when controlled for age, Anxiety and Self-Consciousness were found to be significantly negative correlated to Thrill and Adventure Seeking. It was earlier suggested that people who are willing to take risky actions for the sake of their stimulation would not be very anxiously, worried and discouraged. Indeed the found correlation confirms Thrill and Adventure Seekers to be low on Anxiety and high on Self-Consciousness. The latter is a trait, which is important to make the desire for adventure come true. Immoderation was expected to correlate positive with Thrill and Adventure Seeking, which was confirmed. As consequence, Thrill and Adventure Seekers can as well be described to be highly immoderate.

For Conscientiousness as well as for most of its facets, but not Self-Efficacy, significant negative correlations were found with Thrill and Adventure Seeking. The correlations with Dutifulness and Achievement-Striving were very low. People seeking for Thrill and Adventure can thus be described to be careless, imprudent and irresponsible. Someone who is willing to take risks for the sake of his desires has to be careless and irresponsible in some way, otherwise he could not fulfil his desires.

4.2.2.2 Disinhibition

For Neuroticism it was found that Disinhibition was highly positively correlated with Immoderation, while, at least when controlled for age negative correlations with Anxiety and Self-Consciousness were found. Even if it was expected that Disinhibition would correlate positive with Neuroticism, no significant correlation for this relation was found. The assumption for the suggested negative correlation was that people who feel anxious, worried and discouraged need the stimulation of alcohol or sexual activities to feel more self-conscious in social situations. This was not confirmed because Disinhibition correlated even negative with Anxiety, and Self-Consciousness. This suggests people high on Disinhibition to be already very self-conscious and little anxious. The Immoderation score was high, which seems plausible because both constructs comprise alcohol usage, and general extremeness.

People high on Disinhibition like to get 'out of control'. Earlier studies found negative correlations with Conscientiousness, which were expected to be reflected in the Conscientiousness-facets Self-Efficacy, Dutifulness, Self-discipline, and Cautiousness. The present study found a highly significant negative correlation with Conscientiousness, and all of its subscales except than Self-Efficacy. Those, which like to get out of control, can thus be described to be disorganized, careless, low on Achievement-Striving, and little self-disciplined and cautious, respectively.

4.2.2.3 Boredom Susceptibility

The expectation on the grounds of findings from earlier studies was that Boredom Susceptibility would be correlated positive with Neuroticism. As explanation for this correlation it was argued that anxious people would not like much variety in their life, and so are not bored easy, or prefer being bored over much change in their life. The present study confirmed this assumption through a negative correlation between the second item that measured Boredom Susceptibility (BS2) and Anxiety, when controlled for age, but not for the total Neuroticism score. Again Immoderation was positively correlated to the Sensation Seeking subscale.

Boredom Susceptibility was found earlier to correlate negative with Conscientiousness (Zuckerman et al., 1993). This was explained through the intolerance of easily bored people to follow organized, careful, planned and precise work. Indeed the present study found negative correlations at least for Boredom Susceptibility 2. For Boredom Susceptibility 1 the only correlation that was found to be significant was with Cautiousness, while Boredom Susceptibility 2 correlated significantly negative with Conscientiousness and its facets Orderliness, Dutifulness, Self-Discipline and Cautiousness. When controlled for age, a significant correlation with Achievement Striving was found as well. All this suggests that people who are bored easily are not much conscientious, which is reflected in their low need for order and fulfilment of duties, low self-discipline, and especially their incautiousness.

4.2.2.4 Experience Seeking

A negative correlation between Neuroticism and Experience Seeking was expected, because it was assumed that anxiety would hinder people to make new experiences. This was indeed found in an earlier study, which investigated the relation between Sensation Seeking and Anxiety (Franken et al., 1992) The present study found a significant negative correlation between Experience Seeking 1 and Self-Consciousness, further negative correlations between Experience Seeking 2 and Neuroticism, Anxiety and Anger were found. This implies

Experience Seekers to be emotional stable, self-conscious, and little anxious and to be calmer instead of easily getting angry. Experience Seeking is the only subscale of Sensation Seeking, which had no positive, or any relation with Immoderation. Furthermore it is the only subscale of Sensation Seeking which shows significant correlations with Anger, and for which all found significant correlations with the Neuroticism facets were negative. This resulted in a significant correlation on the total Neuroticism score.

Experience Seekers like to make new impressions through meeting people or travelling. As earlier studies suggested it was expected that Experience Seeking would correlate negative with Conscientiousness. It was assumed that this would be reflected in the facets of Dutifulness, Self-Discipline, and Cautiousness. In the present study neither Experience Seeking 1 nor Experience Seeking 2 correlated significantly with Conscientiousness. The only significant correlation found was negative and between Experience Seeking 2 and Orderliness. This seems to be obvious because Experience Seeking 2 measures someone's need to preplan his journey in some way. It remains questionable why this study did not find significant correlations between Experience Seeking and Conscientiousness, while other studies found rather high correlations (Zuckerman et al., 1993). Even the study by Höft (2007), which used the BSSS as well, found a small but significant correlation between both constructs. It could be concluded that it is a special feature of the present sample, that both constructs are not related to each other in the present study.

4.3 The relation of Neuroticism, Conscientiousness and Sensation Seeking with Holiday Preferences

All in all this study was able to support findings on the relation between Personality and Holiday Preferences from earlier studies. New findings were added to the earlier results concerning the relationship of Sensation Seeking and its subscales with the Holiday Preferences. It made clear that the Holiday Preferences as described by Eachus are not independent from each other.

To begin with, the Eachus typology and the nature of holidays will be discussed. Following this the significant correlations which were found for the Holiday Preferences with Sensation Seeking and Neuroticism and Conscientiousness are reviewed.

4.3.1 The nature of holidays

In Eachus' Holiday Preference Typology the four types of holiday differ on the dimensions of physical needs and intellectual needs. Physical needs are satisfied in Beach and Adventurous Holidays, and intellectual needs are satisfied in Cultural and Adventurous Holidays (see Figure 1, above). The objective of his model was to introduce an objective measure of tourist choice, because earlier introduced measures in this research area had been based on the two personality dimensions of allocentric/psychocentrism and extraversion/introversion (Jackson, 2001). A presumption of Eachus' Model is thus that Holidays can be differentiated through the level of activeness and intellectuality that is offered to the tourist. The present study found correlations between the different Holiday Preferences. A reason therefore could lie in that the nature of holidays differs from Eachus' typology. Few people want to do only Beach or only Cultural Holidays. Often holidays are combinations, which comprise facets of Beach, Cultural, Indulgent and Adventurous Holidays. Travel agencies even offer the possibility to book daily trips like trekking, shopping, enjoying extraordinary beaches and so on. But even if most people choose for combined holidays this

study showed that their Sensation Seeking level is related to how they would combine their holidays.

4.3.2 Tourist Personalities

This study made it possible to look for differences in the personality of tourists, which prefer different kinds of holidays, at least in terms of Sensation Seeking. Some correlations were found to be significant, which were not significant in Eachus' study (2004), while some non-significant correlations from the present study were earlier found to be significant. The present study made it possible to describe the personality of tourists who prefer Beach, Adventurous, Cultural, and Indulgent Holidays, respectively. Even if the reliability of some of the Holiday Preferences and the BSSS was low, some very significant correlations had been found.

This study showed, that Neuroticism does not seem to be related to any Holiday Preference. The only facet of Neuroticism, which had any significant correlations, was N5 Immoderation. Here it has to be mentioned, that the classical measure for Big Five, the NEO-PI-R, measures Impulsiveness as N5. The reliability analysis of the present study identified N5 to be the scale with lowest alpha of all IPIP scales (.67), and the only one lower than .70. Even if the correlation between both facets is high, as described earlier, future research has to investigate if Impulsiveness shows the same correlates as Immoderation does. Likewise Conscientiousness did not seem to be much more related to the Holiday Preferences than Neuroticism is. This was true for all Holiday Preferences except than for Cultural Preferences, where some significant correlations were found.

4.3.2.1 Beach Preferences

Beach Tourists as described by Eachus (2004) were high Sensation Seekers, which was found back in the scales of Disinhibition and Boredom Susceptibility. The present study confirmed those findings, and added another relation: a low Experience Seeking score for people who prefer Beach Holidays. Those people can thus be described to have a desire to get stimulations through social activities, and getting out of control, and that they are bored easily. At the same time their desire to make new experiences through travelling, and meeting interesting people seems to be low. Beach Tourists were as well found to be high on N5 Immoderation. This was expected because Beach Holidays as described by Eachus Model includes much nightlife.

4.3.2.2 Adventurous Preferences

The correlations as found by Eachus (2004) for Adventurous Holiday Preferences differ from those found in this study. Only for Disinhibition a similar correlation was found, namely a positive one. For Thrill and Adventure Seeking the correlation was highly significant in Eachus study, while in the present study no significant correlations were found. The results of the study by Höft (2007) found as well a non-significant correlation between the two constructs. This finding is very interesting because both constructs were initially developed to measure someone's disposition to adventures. The two items of the BSSS, which measure Thrill and Adventure Seeking, are more about thrill than adventure seeking, which could be an explanation for the low correlation. It remains unclear why the present and the study by Höft (2007) found no significant correlations, while Eachus who also used the BSSS, found a

highly significant correlation. Eachus used more items to measure the Adventurous Preference than the present and the study by Höft. The latter made use of two items, and the present study used four items. Another possible explanation for the differences in the findings between Höft (2007) and Eachus (2004), and the present study could be due to the fact that the present study used a translated scale. The validity of the translations was not confirmed by any research. Future research will have to look for the reasons of these differences. The correlation for Experience Seeking was found by Eachus to be significant, which the present study confirmed, but only for the first item which measured Experience Seeking. This is another indicator for the low reliability of the BSSS concerning the Experience Seeking subscale. Boredom Susceptibility was found by Eachus (2004) to be correlated but not significantly with Adventurous Preferences. In the Höft study (2007) no correlation was found, and the present study found a low but significant correlation between both constructs. No correlations were found with neither Neuroticism nor Conscientiousness and any of their facets. To summarize the character of an Adventurous Tourists can be described in terms of Sensation Seeking. Thus people who like adventure when on holiday like to make social experiences, even if they are risky and they are bored easy by people and by situations. They like to make new experiences through travelling.

4.3.2.3 Cultural Preferences

Cultural Holiday had the highest alpha in the reliability analysis, and was the preference, which had most of the correlates on the facets of the dimensions of the Five Factor Model. The Cultural Tourist was described by Eachus to be experience seeking and inhibited. These relations were found back in the present study. It has to be mentioned here, that again only the first Experience Seeking item (ES1) correlated significantly, while Experience Seeking 2 showed no significant correlation. The present study adds to the earlier description of a Cultural Tourist to be experience seeking and inhibited, that he does not much like thrilling experiences. Furthermore it was found that he is not much immoderate, and that he scores high on Conscientiousness. Höft (2007) examined the latter result as well, but that study did not find a significant correlation. The present study found Conscientiousness to be significantly correlated to Cultural Preferences through the facets of Self-Efficacy, Achievement-Striving, and mainly Cautiousness. Through this study it can be added to the description of Cultural Tourists that they are self-effective, achievement-striving, and cautious thus very conscientious. At least to be self-effective and achievement-striving fits to the description of Cultural Holidays following Eachus' Model, because of the objective of this holiday to learn something new.

4.3.2.4 Indulgent Preferences

Indulgent Tourists are those, which just want to relax, consume and be pampered when on holiday. Eachus (2004) found negative correlations between this Holiday Preference and Sensation Seeking, which lies on the hand regarding the nature of both constructs. Eachus found that the negative correlation with Sensation Seeking lies especially on the grounds of a negative correlation with Experience Seeking, but as well with Thrill and Adventure Seeking. The latter correlation was not found back in the present study, but a significant correlation was found with Experience Seeking, and this time for Experience Seeking 1, and Experience Seeking 2. So this is the only Holiday Preference, which correlates with the second item of Experience Seeking, which will be discussed later. Höft (2007) found as well a negative correlation with Experience Seeking but not with Thrill and Adventure Seeking. This implies

that Indulgent Tourists are little interested in making new experiences or meet interesting people when on holiday. No correlations were found between the preference for Indulgent Holidays and any of the Big Five facets. As Höft (2007) already suggested there seems to be no relationship between being conscientious, emotional stable, or instable and a preference for Indulgent Holidays. Even if it was expected earlier, that this kinds of holidays, which offer a lot of safety would be preferred by people who are anxious, no confirmation for this expectation was found in this study, the correlation with Anxiety was even ,00.

4.3.2.5 Disorganization

A fifth scale was added to Eachus' (2004) four Holiday Preference Scales to measure the level of organization which subjects prefer, because the present study expected several items of the various Holiday Preferences Scales which Eachus used in 2004 to measure organization instead of Holiday Preferences. A high score on this scale means a preference for more spontaneous holidays. No significant correlations were found for any of the dimensions of the Five Factor Model and their facets or for Sensation Seeking and its subscales with the preference for more or less organized holidays. Only the second item of Experience Seeking (ES2) was significantly positively correlated with Disorganization. This item measures as well the level of organization of a holiday (*I would like to take off on a trip with no pre-planned routes or timetables.*). This indicates that there is no relation between personality, as measured in this study, and the preference for more of less organized holidays. It has to be mentioned here that only one significant correlation was found between the Disorganization scale and Holiday Preferences, which was negative and for Indulgent Holidays. It is assumed from this correlation that Indulgent Preference is the only Holiday Preference in which level of organization plays a role, in that Indulgent Tourists claim a lot of organization for their holidays.

4.4 Effects of background variables

Age and Gender seemed to play a greater role as differentiating factors for Holiday Preferences than Personality in terms of Neuroticism and Conscientiousness. This was already found by Höft (2007), who did not find any significant correlation between the Holiday Preferences and the dimensions of the Five Factor Model: Neuroticism and Conscientiousness. But she found background variables like age, gender, and country of origin to play a quite important role in this kind of study. Höft (2007) did not find many differences in the correlations when controlled for age, and explained this by its small age range (mean 22,74 and SD of 4,73). The broader age range of the present study made it possible to examine the effects of age. Another important finding, which this study offered, is the effect of the background variables on the dimensions of the Five Factor Model. For Neuroticism, it has been found that the total scale and several facet scales are effected by age and gender.

In the following paragraphs discuss the effects of gender, age, nationality and education, respectively. Country of origin and educational status did not effect the results of the dimensions of the Five Factor Model. As a consequence the last paragraph only discusses Nationality and Education and its effects on Holiday Preferences and Sensation Seeking. Nationality and Education are taken together, because they are assumed to be related in the present sample. The German sample followed higher education, when compared to the Dutch sample (mean difference: 1,10; $p < ,001$).

4.4.1 Gender

To begin with the role that gender plays on the scores of Neuroticism and Conscientiousness is discussed. As a next step the effects of gender on Sensation Seeking are reviewed. The last part examines and discusses gender effects on Holiday Preferences.

With respect to Neuroticism gender effects were found for Anxiety, Anger, and Vulnerability, with women scoring higher than men. Following this findings women could be described to be more anxious, getting angry easier, and to be more vulnerable. Because no norms for the IPIP items are available, these outcomes can only be compared to more general findings on gender effects on the Five Factor Model. A study by Feingold (1994) found women to be more anxious than men. Larsen and Buss (2002) suggest that the difference between men and women is more a question of level.

Women were found to be higher on the Conscientiousness facets Orderliness, Dutifulness, and Self-Discipline. It was not possible to compare these outcomes to norms because, as already mentioned, these are not available for the IPIP items. According to the Five Factor Model in general it is only known that women score higher on Order (Feingold, 1994). The fact that women in this study score higher on Conscientiousness than men is very interesting, because Conscientiousness generally is associated with occupational performance. Barrik and Mount (1991) found Conscientiousness to be able to predict performance in occupations. This suggests women's higher occupational performance. But even if the gender wage gap is narrowing in recent years, it is still there (Jackson et al., 1992). Following the results of this study this cannot be explained by women's lower work performance.

Men were found to be significantly higher on Sensation Seeking, Disinhibition, Thrill and Adventure Seeking, and Experience Seeking 2. Concerning the correlations between these constructs and Neuroticism, this could have been expected.

Höft (2007) found women to prefer Cultural and Indulgent Holidays when compared to men. This was only confirmed for Indulgent Holidays in the present study. This Holiday Preference was the only one, which was effected by gender. Women had higher preference for Indulgent Holidays than men. This seems to be evident regarding the description of Indulgent Holidays. It is rather difficult to imagine a man in a wellness centre or enjoying a shopping tour. While relaxing and being pampered, which are also parts of the description, is not that typical female.

4.4.2 Age

Age effects were found for all measures which had been taken in this study. To begin with, the age effects on Neuroticism and Conscientiousness are discussed, followed by a review of the effects of age on Sensation Seeking. In the last part the role of age in the choice for different Holidays will be discussed.

To look for differences between age groups in the present study, the sample was divided into three age groups (young: 14-25; middle: 26-35; old: 36-69). A one-way ANOVA with a Bonferroni Post-Hoc at a level of significance of .05 was conducted to look for significant differences between age groups.

Neuroticism was higher in younger subjects. This was described as well by Sigelman and Rider (2003, p. 301). They describe that 'during the years from adolescence to middle adulthood we become less anxious and emotional unstable'. Immoderation was the only facet for which significant age effects between all three age groups were found. The younger the subjects the higher their score on Immoderation was. This suggests that through rising age the need for extremeness becomes smaller.

Conscientiousness was found to rise with higher age. Especially when young and middle age subjects were compared. Significant differences between young and old were also found for Self-efficacy, Self-Discipline, and Cautiousness, which suggest that when we become older, we become as well more self-effective, disciplined, and cautious. The latter was also found between young and middle age. The main differences rising through age seem to appear in the life span between 26 and 45 years. But this has to be read restrainedly. If one wants to look for differences in personality, which appear with rising age, he or she has to follow a sample over period of time, like twenty years. The design of the present study just allows describing the differences between several age groups, and it cannot be concluded that change appears with rising age. Perhaps the difference between the age groups is more a generational than an age effect. However, Sigelman and Rider (2003, p. 301) mentioned a study by McCrae et al. (1999) which described Conscientiousness to increase from adolescence to middle age, and suggests people to become more disciplined and responsible during these years.

Sensation Seeking was found to be higher in younger subjects. This had already been suggested by earlier studies (Roberti, 2004). The greatest difference lay in the Sensation Seeking score between young and old. Disinhibition was the only subscale of Sensation Seeking for which age effects between all three age groups were found. This fits to the findings for the N5 facet Immoderation, regarding the high correlation between N5 and Sensation Seeking.

For Holiday Preferences, age effects were found as well. The study conducted by Höft (2007) found significant positive correlations for age with Beach, Cultural and a negative correlations with Indulgent Preferences. This was confirmed by the present study for Beach and Cultural Preferences. The young age group when compared to the old as well as to the middle age group preferred Beach Holiday. This implies that Beach Holidays are most preferred by people between the age of 14 and 25, while Cultural Holidays were preferred with rising age.

4.4.3 Nationality and Education

Höft found Sensation Seeking to be effected by Nationality. In the present study this was true as well for Disinhibition, Thrill and Adventure Seeking, Boredom Susceptibility 2 and Experience Seeking 2. Thrill and Adventure Seeking was the only subscale of Sensation seeking which was preferred by the Dutch sample. But differences between both samples have to be analysed regarding the fact that the two samples had not been very similar concerning education.

Country of origin had been found by Höft (2007) to correlate significantly with Beach and Indulgent Preferences, both were preferred by the German sample in that study. Interestingly the present study found Indulgent Holidays to be preferred by the Dutch sample while Beach Holidays were preferred by the German sample, respectively. Dutch people had also higher preference for a good organized Holiday. Following Höft (2007), the preference of the German sample for Beach Holidays can be explained by the smaller distance to the seashore for Dutch people. This seems to make Beach Holiday less attractive for the Dutch because it is so familiar. The fact that Beach Holidays are preferred by the German sample cannot be explained by different favourite destinations, which are published. In 2005 Germans first choice as travel destination was Spain, while the Dutch first preference was France, and Spain only in the second place (Eurostat, 2007). Perhaps that Spain really offers more opportunities for a typical Beach Holiday than France does. But the fact that the most preferred kind of Holiday for both samples is Cultural Holiday does not seem to fit at least the general preference for Spain by the Germans as described by the European Communities

(Eurostat, 2007). The reason for the difference between the general German preference, and that found in the present study could be due to the high education given in the present sample. The German sample was found to be significantly higher educated than the Dutch sample. Perhaps that people which are higher educated prefer holidays where they are intellectually entertained, while people working in lower classes just to relax from their work when on holiday. Indeed educational effects were found, but only for Indulged Holidays being more preferred with lower educational status. The opposite direction was found for Organized Holidays. Less educated people preferred more Organized Holidays. This fits with the hypothesis that lower educated people just want to relax when on holiday.

5. Conclusion

In summary this study was successful in achieving its objectives. Significant relationships between Sensation Seeking and the total score of Conscientiousness and most of its facets as well as several facets of Neuroticism were found. On the one hand these results yield a lot of convergence among these scales. On the other hand do they indicate that Sensation Seeking, as temperament, can be described in terms of the dimensions of the Five Factor Model Neuroticism, and Conscientiousness as well. Unexpected significant correlations were found between Neuroticism and Conscientiousness and its facet scales, which further arraign the presumption that the dimensions of the Five Factor Model are independent from each other. Furthermore for the four Holiday Preferences more or less typical traits in terms of Sensation Seeking, Conscientiousness, and Neuroticism were found through which travellers preferring specific kinds of holidays could be described.

It can be concluded that the fact that few significant correlations between Neuroticism and Sensation Seeking were found earlier indeed is the consequence of different directions of the relation between the separate facet scales. For most of the Sensation Seeking subscales Anxiety and Self-Conscientiousness were found to be negatively correlated, while the correlation with Immoderation was found to be significantly positive. This is a very interesting finding which suggests that further research on the facets instead of on the dimensions of the Five Factor Model is advised.

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Appendix A

Table A1 Explanations for Shortcuts: Big Five, Sensation Seeking,

Short cut	Explanation
N	Neuroticism – anxiety, depression
N 1	Anxiety
N 2	Anger
N 3	Depression
N 4	Self-Consciousness
N 5	Immoderation
N 6	Vulnerability
E	Extraversion – sociability/withdrawal
E 1	Warmth
E 2	Gregariousness
E 3	Assertiveness
E 4	Activity
E 5	Excitement Seeking
E 6	Positive Emotions
O	Openness – breadth of experience to which a person is amenable
O 1	Fantasy
O 2	Aesthetics
O 3	Feelings (openness to feelings of self and others)
O 4	Actions (willingness to try new experiences)
O 5	Ideas (intellectual curiosity)
O 6	Values
C	Conscientiousness – organized, persevering, dutiful
C 1	Self-Efficacy
C 2	Orderliness
C 3	Dutifulness
C 4	Achievement-Striving
C 5	Self-Discipline
C 6	Cautiousness
A	Agreeableness – quality of interpersonal orientation
A 1	Trust
A 2	Straightforwardness
A 3	Altruism
A 4	Compliance
A 5	Modesty
A 6	Tender-Mindedness
SS	Sensation Seeking
TAS	Thrill and adventure Seeking - risky outdoor sports
DIS	Disinhibition – getting out of control, wild parties, sexual variety
BS	Boredom Susceptibility – dislike for repetition, routine work, monotony; restlessness when things become unchanging
ES	Experience Seeking – new sensory, mental experiences seeking, unconventional lifestyle

Table A2

Hypothesis for the relations between Neuroticism, Conscientiousness, Sensation Seeking and Holiday Preferences

	N	N1	N2	N3	N4	N5	N6
SS - Sensation Seeking	?						
TAS - Thrill and adventure seeking	-	-				+	-
DIS - Disinhibition	+	+	+		+		+
BS - Boredom Susceptibility	+	m+/f- ?	+		-		
ES - Experience Seeking	-	-			-		
Adventurous Preferences	-	-			-		-
Beach Preferences	+	-			+	+	
Cultural Preferences							
Indulgent Preferences	+	+				+	
	C	C1	C2	C3	C4	C5	C6
SS - Sensation Seeking	-						
TAS - Thrill and adventure seeking	-		-	-		-	-
DIS - Disinhibition	-	-		-		-	-
BS - Boredom Susceptibility	-		-	-	-	-	-
ES - Experience Seeking	-			-		-	-
Adventurous Preferences	-	+		-	+	+	+
Beach Preferences	-					?	
Cultural Preferences					?	?	
Indulgent Preferences	?			-	+	+	

Appendix B

The IPIP items for Neuroticism and Conscientiousness, the BSSS, and the Holiday Preference Scale in Dutch, German and the original English version:

IPIP Items

IPIP (2007): International Personality Item Pool: A Scientific Collaboratory for the Development of Advanced Measures of Personality Traits and Other Individual Differences. *The items in each of the preliminary IPIP scales measuring constructs similar to those in the 30 NEO-PI-R facet scales.* Retrieved January 5, 2007, from: <http://ipip.ori.org/newNEOFacetsKey.htm>

Neuroticism:

ANXIETY

+		
Ik pieker snel ergens over.	Ich grübele über etwas.	Worry about things.
Ik vrees meteen het ergste.	Ich fürchte mich vor dem Schlimmesten.	Fear for the worst.
Ik ben gauw ergens benauwd voor.	Ich hab vor allem möglichen Angst.	Am afraid of many things.
Ik ben snel van streek	Ich bin schnell gestresst.	Get stressed out easily.
Ik raak verstrikt in mijn problemen	Meine Probleme übermannen mich.	Get caught up in my problems.
-		
Ik maak me niet makkelijk druk over dingen	Ich bin nicht einfach aus der Ruhe zu bringen.	Am not easily bothered by things.
Ik ben meestal ontspannen	Meistens bin ich entspannt.	Am relaxed most of the time.
Ik word niet warm of koud van gebeurtenissen	Ich lasse mich durch unvorhergesehene Ereignisse nicht verunsichern.	Am not easily disturbed by events.
Ik maak me geen zorgen over gedane zaken.	Ich sorge mich nicht um Dinge die schon geschehen sind.	Don't worry about things that have already happened.

Ik pas me makkelijk aan nieuwe situaties aan.	Ich passe mich neuen Situationen einfach an.	Adapt easily to new situations.
---	--	---------------------------------

ANGER

+		
Ik word gauw kwaad.	Ich werde leicht ärgerlich.	Get angry easily.
Ik ben snel geïrriteerd.	Ich bin leicht gereizt.	Get irritated easily.
Ik word snel boos.	Ich reg mich schnell auf.	Get upset easily.
Ik ben vaak in een slecht humeur	Ich habe oft schlechte Laune.	Am often in a bad mood.
Ik verlies snel mijn humeur.	Ich verliere schnell die Beherrschung.	Lose my temper.
-		
Ik raak zelden geïrriteerd	Ich bin selten irritiert.	Rarely get irritated.
Ik ben zelden boos	Ich werde selten sauer.	Seldom get mad.
Ik vind dingen niet snel vervelend	Ich ärgere mich nicht schnell.	Am not easily annoyed.
Ik houd mijn hoofd koel	Ich bleibe cool.	Keep my cool.
Ik klaag zelden	Ich beschwere mich selten.	Rarely complain.

DEPRESSION

+		
Ik ben vaak somber	Ich bin oft traurig.	Often feel blue.
Ik mag mezelf niet.	Ich mag mich selbst nicht.	Dislike myself.
Ik zit vaak in de put	Ich bin oft niedergeschlagen.	Am often down in the dumps.
Ik heb een lage dunk van mezelf.	Ich habe eine geringe Meinung von sich selbst.	Have a low opinion of myself.
Ik wissel vaak van stemming.	Ich wechsele meine Stimmung oft.	Have frequent mood swings.
Ik ben snel ten einde raad.	Ich fühle mich verzweifelt.	Feel desperate.
Ik heb het gevoel dat mijn leven te weinig oriëntatie heeft.	Ich habe das Gefühl, dass es meinem Leben an Orientierung fehlt.	Feel that my life lacks direction.
-		
Ik ben zelden gedeprimeerd	Ich bin selten deprimiert.	Seldom feel blue.
Ik ben tevreden over mijzelf	Ich fühl mich gut wie ich bin.	Feel comfortable with myself.
Ik ben zeer content met mijzelf	Ich bin zufrieden mit mir selbst.	Am very pleased with myself.

SELF-CONSCIOUSNESS

+		
Ik ben makkelijk klein te krijgen.	Ich bin leicht Kleinzukriegen.	Am easily intimidated.
Ik ben bang iets verkeerd te doen.	Ich bin bange etwas falsch zu machen.	Am afraid that I will do the wrong thing.
Ik vind het moeilijk andere mensen te benaderen.	Ich finde es schwierig anderen Nahe zu sein.	Find it difficult to approach others.
Ik ben bang om de aandacht op mijzelf te vestigen	Ich habe Angst Aufmerksamkeit auf mich zu lenken.	Am afraid to draw attention to myself.
Ik voel me alleen prettig bij bekenden	Ich fühle mich nur unter Bekannten wohl.	Only feel comfortable with friends.
Ik struikel over mijn worden.	Ich strauchele über meine Worte.	Stumble over my words.
-		
Ik ben niet snel in verlegenheid gebracht.	Ich bin nicht schnell verlegen.	Am not embarrassed easily.
Ik voel me gemakkelijk in onbekende situaties.	Ich fühle mich wohl in unbekannten Situationen.	Am comfortable in unfamiliar situations.
Moeilijke sociale situaties hinderen mij niet.	Schwierige soziale Situationen stören mich nicht.	Am not bothered by difficult social situations.
Ik kan goed voor mijzelf opkomen.	Ich kann mich gut für mich selbst einsetzen.	Am able to stand up for myself.

IMMODERATION

+		
Ik eet vaak te veel.	Ich esse oft zu viel.	Often eat too much.

Ik weet niet waarom ik sommige dingen doe.	Von manchen Dingen die ich tue weiß ich nicht warum ich sie tue.	Don't know why I do some of the things I do.
Ik doe dingen waar ik later spijt van heb.	Ich tue Dinge die ich später bereue.	Do things I later regret.
Ik ga soms voor kroegentochten.	Ich gehe auf Sauftouren.	Go on binges.
Ik houd ervan veel te eten.	Ich liebe es zu essen.	Love to eat.
-		
Ik geef zelden te veel aan mezelf toe	Ich tue mir selten zuviel des Guten.	Rarely overindulge.
Ik kan verleidingen goed weerstaan	Es fällt mir leicht Versuchungen zu widerstehen.	Easily resist temptations.
Ik kan mijn verlangens onder controle houden	Ich kann meine Verlangen unter Kontrolle halten.	Am able to control my cravings.
Ik geef nooit meer uit dan ik me kan permitteren	Ich gebe nie mehr aus als ich mir leisten kann.	Never spend more than I can afford.
Ik gooi mijn geld nooit over de balk.	Ich schmeiße mein Geld niemals zum Fenster hinaus.	Never splurge.

VULNERABILITY

+		
Ik raak snel in paniek.	Ich reagiere mit Panik.	Panic easily.
Het wordt me gauw teveel.	Mir werden Dinge zuviel.	Become overwhelmed by events.
Ik ben niet opgewassen tegen moeilijke situaties.	Ich fühle mich der Situation nicht gewachsen.	Feel that I'm unable to deal with things.
Ik kan moeilijk een besluit nemen.	Ich kann keine Beschlüsse fassen.	Can't make up my mind.
Ik raak overmand door emoties.	Ich lass mich von Gefühlen überwältigen.	Get overwhelmed by emotions.
-		
Ik blijf kalm wanneer ik onder druk sta.	Unter Druck bleibe ich ruhig.	Remain calm under pressure.
Ik kan ingewikkelde problemen aan.	Ich werde mit komplexen Problemen fertig.	Can handle complex problems.
Ik weet me goed te redden.	Ich weiß mir gut zu helfen.	Know how to cope.
Ik zet tegenslag snel opzij.	Ich überwinde Rückschläge schnell.	Readily overcome setbacks.
Ook in moeilijke omstandigheden blijf ik kalm	Selbst in einer gespannten Lage bleibe ich ruhig.	Am calm even in tense situations.

Conscientiousness:

SELF-EFFICACY

+		
Ik breng zaken tot een goed einde.	Ich bringe Aufgaben zu einem erfolgreichen Abschluss.	Complete tasks successfully.
Ik blink uit in wat ik doe.	Ich zeichne mich in allem aus.	Excel in what I do.
Ik kan opdrachten overtuigend afhandelen	Ich kann Aufträge einwandfrei erledigen.	Handle tasks smoothly.
Ik sta stevig in mijn schoenen.	Ich stehe mit beiden Beinen fest auf dem Boden.	Am sure of my ground.
Ik kom met goede oplossingen	Ich bringe gute Lösungen vor.	Come up with good solutions.
Ik weet hoe ik dingen voor elkaar moet krijgen	Ich weiß wie ich Dinge hinbekomme.	Know how to get things done.
-		
Ik schat situaties verkeerd in	Ich beurteile Situationen falsch.	Misjudge situations.
Ik begrijp dingen niet goed	Ich verstehe Dinge nicht.	Don't understand things.
Ik heb weinig bij te dragen	Ich habe wenig beizutragen.	Have little to contribute.
Ik heb soms niet door wat de gevolgen zijn.	Ich kann manchmal die Folgen nicht abschätzen.	Don't see the consequences of things.

ORDERLINESS

+		
Ik houd van orde.	Ich mag Ordnung.	Like order.

Ik houd van opruimen.	Ich räume gern auf.	Like to tidy up.
Ik wil dat alles “precies goed” is	Ich möchte das alles ‘genau richtig’ ist.	Want everything to be "just right."
Ik houd van orde en regelmaat	Ich liebe Ordnung und Regelmäßigkeit.	Love order and regularity.
Ik doe dingen volgens plan.	Ich erledige Dinge plangemäß.	Do things according to a plan.
–		
Ik vergeet vaak dingen op hun eigen plaats terug te leggen	Ich vergesse oft Dingen zurück auf ihren Platz zu legen.	Often forget to put things back in their proper place.
Ik laat rommel in mijn kamer liggen.	Ich hinterlasse Unordnung im meinem Zimmer.	Leave a mess in my room.
Ik laat mijn spullen slingeren	Ich lasse meinen Kram rumliegen.	Leave my belongings around.
Ik heb geen last van mensen die slordig zijn	Ich störe mich nicht an schlampigen Menschen.	Am not bothered by messy people.
Wanorde hindert me niet	Ich stör mich nicht an Unordnung.	Am not bothered by disorder.

DUTIFULNESS

+		
Ik probeer me aan de regels te houden	Ich probiere mich an Regeln zu halten.	Try to follow the rules.
ik houd me aan beloftes.	Ich hhalte meine Versprechen.	Keep my promises.
Ik betaal mijn rekeningen op tijd	Ich bezahle pünktlich meine Rechnungen.	Pay my bills on time.
Ik vertel de waarheid	Ich sage die Wahrheit.	Tell the truth.
Ik laat mijn geweten spreken.	Ich höre auf mein Gewissen.	Listen to my conscience.
–		
Ik houd met niet aan regels.	Ich breche Regeln.	Break rules.
Ik breek beloftes.	Ich breche versprechen.	Break my promises.
Ik schuif taken op anderen af.	Ichbürde anderen meine Pflichten auf.	Get others to do my duties.
Ik doe het tegenovergestelde van wat mij gevraagd wordt.	Ich mache das Gegenteil von dem was verlangt wird.	Do the opposite of what is asked.
Ik verdraai de feiten	Ich verdrehe Fakten.	Misrepresent the facts.

ACHIEVEMENT-STRIVING

+		
Ik ga recht op het doel af.	Ich gehe geradewegs auf meine Ziele zu.	Go straight for the goal.
Ik werk hard.	Ich arbeitete hart.	Work hard.
Ik zet plannen om in daden.	Ich setze Pläne in die Tat um.	Turn plans into actions.
Ik begin met veel enthousiasme aan een opdracht	Ich bin bei Aufgaben mit vollem Herzen dabei.	Plunge into tasks with all my heart.
Ik doe meer dan van me verwacht wordt.	Ich mache mehr als von mir erwartet wird.	Do more than what's expected of me.
Ik stel hoge eisen aan mij zelf en anderen	Ich setze einen hohen Standart, für mich selbst und andere.	Set high standards for myself and others.
Ik verlang kwaliteit.	Ich verlange Qualität.	Demand quality.
–		
Ik ben niet sterk gemotiveerd om te slagen.	Ich bin nicht hoch motiviert erfolgreich zu sein.	Am not highly motivated to succeed.
Ik werk net hard genoeg om er mee weg te komen	Ich tu gerade genug um voran zu kommen.	Do just enough work to get by.
Ik steek weinig tijd en moeite in mijn werk	Ich stecke wenig Mühe und Zeit in meine Arbeit.	Put little time and effort into my work.

SELF-DISCIPLINE

+		
Ik doe mijn huishoudelijk werk direct.	Ich erledige Hausarbeiten immer sofort.	Get chores done right away.
Ik ben altijd voorbereid	Ich bin immer vorbereitet.	Am always prepared.

Ik pak taken meteen aan.	Ich beginne Arbeiten ohne Verzögerung.	Start tasks right away.
Ik ga direct aan de slag.	Ich fange sofort mit der Arbeit an.	Get to work at once.
Ik breng mijn plannen ten uitvoer.	Ich führe meine Pläne aus.	Carry out my plans.
–		
Ik vind het moeilijk om mezelf aan het werk te zetten	Ich habe Schwierigkeiten mich an die Arbeit zu machen.	Find it difficult to get down to work.
Ik verdoe mijn tijd	Ich vergeude Zeit.	Waste my time.
Ik heb een zetje nodig om op gang te komen	Ich brauche einen Klapps um anzufangen.	Need a push to get started.
Ik heb moeite me ergens toe te zetten.	Ich habe Schwierigkeiten mich für etwas zu motivieren.	Have difficulty starting tasks.
Ik stel beslissingen uit.	Ich schiebe Entscheidungen auf.	Postpone decisions.

CAUTIOUSNESS

+		
Ik vermijd fouten.	Ich vermeide Fehler.	Avoid mistakes.
Ik kies mijn woorden zorgvuldig.	Ich wähle meine Worte mit Sorgfalt.	Choose my words with care.
Ik houd vast aan de gekozen weg.	Ich behalte den einmal gewählten Weg bei.	Stick to my chosen path.
–		
Ik begin snel ergens aan zonder er verder over nadenken.	Ich stürze mich ins Geschehen ohne nachzudenken.	Jump into things without thinking.
Ik neem overhaaste besluiten.	Ich treffe voreilige Entscheidungen.	Make rash decisions.
Ik handel vaak impulsief.	Ich handle oft aus einer Laune heraus.	Like to act on a whim.
Ik begin overhaast aan dingen	Ich haste in Dinge hinein.	Rush into things.
Ik doe vaak gekke dingen.	Ich mache oft verrückte Dinge.	Do crazy things.
Ik doe iets zonder na te denken.	Ich handle ohne Nachzudenken.	Act without thinking.
Ik maak mijn plannen vaak op het laatste moment	Ich mache oft Pläne auf den letzten Drücker.	Often make last-minute plans.

BSSS

Hoyle, R. H., Stephenson, M. T., Palmgreen, P., Lorch, E. P., & Donohew, R. L. (2002). Reliability and validity of a brief measure of sensation seeking. *Personality and Individual Differences*, 32, 401-414.

EXPERIENCE SEEKING:		
Ik vind het leuk vreemde plaatsen te verkennen.	Ich möchte fremde Orte entdecken.	I would like to explore strange places.
Ik vind het leuk om op reis te gaan zonder vaste route of tijdschema.	Ich möchte lieber verreisen, ohne dass Routen oder Zeitpläne vorgegeben sind.	I would like to take off on a trip with no pre-planned routes or timetables.
BOREDOM SUSCEPTIBILITY:		
Ik word onrustig wanneer ik te veel tijd thuis doorbreng.	Ich werde unruhig, wenn ich zu viel Zeit zu Hause verbringe.	I get restless when I spend too much time at home.
Ik heb een voorkeur voor vrienden die opwindend en onvoorspelbaar zijn.	Ich bevorzuge Freunde die aufregend unberechenbar sind.	I prefer friends who are excitingly unpredictable.
THRILL AND ADVENTURE SEEKING:		
Ik vind het leuk enge dingen te doen	Ich mag es, Dinge zu tun, die mir Angst einjagen.	I like to do frightening things.
Ik zou bungee jumping graag eens proberen.	Ich möchte gerne Bungee jumping ausprobieren.	I would like to try bungee jumping
DISINHIBITION:		
Ik houd van wilde feesten.	Ich mag wilde Parties.	I like wild parties
Ik doe graag nieuwe en opwindende ervaringen op, ook als ze tegen de wet zijn.	Ich würde gerne neue und spannende Erfahrungen machen, auch wenn sie illegal sind.	I would love to have new and exciting experiences, even if they are illegal.

Holiday Preference Scale

based on:

Eachus, P. (2004). Using the Brief Sensation Seeking Scale (BSSS) to predict holiday preferences. *Personality and Individual Differences*, 36, 141-153.

Beach Holidays:		
Mijn ideale vakantie bestaat uit lekker lang op het strand liggen	Zu einem perfekten Urlaub gehört für mich, viel Zeit am Strand zu liegen.	My ideal holiday involves spending a lot of time lying on a beach.
Ik vind het leuk om veel nieuwe mensen te ontmoeten wanneer ik op vakantie ben	Ich mag es, in meinem Urlaub viele neue Menschen kennen zu lernen.	I like to meet lots of new people when I go on holiday.
Mijn lievelingsvakantie bestaat uit heel veel zon, stand en nachtleven.	Für mich gehören zu einem perfekten Urlaub viel Sonne, Sand und Nachtleben.	My favourite type of holiday includes lots of sun, sand and nightlife.
Een lekker biertje of wijntje horen bij een perfecte vakantie.	Ein kühles Bier oder ein leckerer Wein gehören zu einem perfekten Urlaub dazu.	A good beer or wine are part of a perfect holiday.
Cultural Holidays:		
Op vakantie houd ik van 'sightseeing'.	Ich besichtige gern etwas, wenn ich im Urlaub bin.	I enjoy site seeing when on holiday.
Reizen en vakanties moeten je eigen kennis verrijken.	Reisen und Urlaube sollten zur Wissenserweiterung genutzt werden.	Travel and holidays should be about enriching your own knowledge.
Ik probeer altijd iets te leren over de cultuur van de plaatsen waar ik naar toe ga.	Ich versuche immer, etwas über die Kultur der Orte zu lernen, die ich bereise.	I always try to learn something about the culture of the places I travel to.
Op vakantie probeer ik altijd een plaatselijk museum of een tentoonstelling van kunst te bezoeken.	Im Urlaub besichtige ich immer gern ein örtliches Museum oder eine Kunstgalerie.	Whenever I go on holiday I always make an effort to visit a local museum or art gallery.
Adventure Holidays:		
Op vakantie heb ik een voorkeur voor het doen van actieve dingen.	Ich bin im Urlaub gern aktiv.	I much prefer to be doing active things while on holiday.
Op vakantie wil ik graag heel veel nieuwe plaatsen te bezoeken.	Im Urlaub lerne ich gern viele neue Orte kennen.	I prefer to visit a lot of new places when on holiday.
Ik maak veel liever lange wandeltochten dan dat ik aan het strand lig.	Ich mache lieber Wanderungen als am Strand zu liegen.	I would much prefer trekking to lying on a beach.
Ik vind het niet erg als het er op vakantie wat primitief aan toegaat.	Es macht mir nichts aus, im Urlaub ganz primitiv zu leben.	Roughing it while on holiday doesn't bother me.
Indulgent Holidays:		
Ik denk dat ik het leuk vind me in een 'beauty center' te laten verwennen.	Ich glaube, ich könnte einen Urlaub genießen, in dem ich mich in einem Wellness-Center verwöhnen lasse.	I think I would enjoy a holiday being pampered at a health spa.
Op vakantie wil ik dag en nacht iemand voor me klaar hebben staan.	Im Urlaub möchte ich Tag und Nacht bedient werden.	When on holiday I want to be waited on day and night.
Mijn ideale vakantie is een luxe cruise.	Mein Idealurlaub wäre eine Kreuzfahrt.	My ideal holiday would be a luxury cruise.
Op vakantie wil ik niets anders doen dan me ontspannen en vermaken.	Im Urlaub möchte ich nichts anderes tun als zu entspannen und mich zu amüsieren.	When on holiday I don't want to do anything except relax and enjoy myself.
Disorganization:		
Ik houd van vakanties waarin er	Ich mag einen Urlaub, in dem viele	I like holidays where there are lots

veel activiteiten georganiseerd worden.	organisierte Aktivitäten stattfinden.	of organised activities.
Ik boek mijn vakantie altijd via een reisbureau.	Ich würde meinen Urlaub immer über ein Reisebüro buchen.	I would always book my holiday through a travel agent.
Ik houd niet van vakanties waarbij er van te voren al te veel vastligt.	Ich möchte keinen Urlaub verbringen, in dem alles zu organisiert und zu reglementiert ist.	I dislike holidays that are too organised or regimented.