

**Building up a Functional Family Interaction Network: A Comparative Interview
Study of Families with and without Family Travel**

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Wenzao Ursuline University of Languages, 2022

ABSTRACT

Family is the first group of contacts for all humans. It has many important functions, such as family education, family environments, and so on. Appropriate family leisure activities could be a bridge of communication. The best choice to truly enjoy a family interaction network was to have a family travel. My study was to explore how family travels could help families build up functional family interactive network. In-depth interviews were the research methods of this study. The parent-child relationship was not necessarily bad without family travel, and the parent-child relationship was not necessarily good with family travel because of their family environments, family education, and so on. No matter what happened, parents and children should communicate in a respectful, open, honest, direct, and kind manner. Physical and mental relaxation, stress relief, fostering parent-child relationship, and opportunities to interact with others were the main motivations for family travel. This study could give the research data to future parents and let them know the importance of family interactive network and family activities.

Keywords: parent-child relationship, family communication, family activities

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INTRODUCTION

Background

Family is the first group of contacts for all humans. It has many important functions, such as family education, family relations, and so on. Children who have family travel will make them happier and have more harmonious relationship between parents and children. In contrast, children who don't have family travel will make them more pessimistic and the parent-child relationship will be more alienated. Family education exists at any time, and family members have a profound influence on every child.

In modern busy society, family members seldom interact with families. There is no need to go to work or go to school during the holidays so that family can stay together, but most of the time, father is watch TV, mother is busy with the housework, and the children is playing with mobile phone. Thus, they won't go out together when all family members won't not busy.

Nowadays, due to the continuous advancement of technology, the time spent with family members and children is relatively reduced. Parents play an important role at home. If parents cultivate the relationship with their children from an early age and take the educational opportunity, believe it will be a great help to their children's future development. We can see children's behavior from family education, and we know that family has a great influence on a person. As the saying goes, "like father, like son."¹ If there is no interaction in their family, it may cause some problems in their relationship. Research by British child psychologist shows that "family is very helpful for children's brain development, and it is also a good way for children to relieve stress from their daily life."² The impact on family relationships is also very positive.

Different home has their different environment. It can teach different kind of personalities, and those will have greater functional adaptation value in some environments than others. The activeness of a family may influence the range of environmental stimulation available to a child. A child who is exposed to a greater variety of learning opportunities is more likely to learn a large range of skills and information than the child with more limited experience.

¹ Macmillan dictionary, in like father, like son.
<https://www.macmillandictionary.com/dictionary/british/like-father-like-son>.

² Brain A. Bboyd, "Examining the Relationship Between Stress and Lack of Social Support in Mothers of Children With Autism," (November 1 2002),
<https://journals.sagepub.com/doi/abs/10.1177/10883576020170040301>.

Appropriate family leisure activities can be a bridge of communication. And, family travel is a good way to get to know each other, and people who have family travel will be more optimistic. When children go out with their parent, they can share what they happen recently and have an opportunity education through family travel. The so-called “traveling thousands of miles is better than reading thousands of books.”³ This is paired with the skills learned outside the home, and children will have sharper observations, more open-mindedness, broader survival skills, and most importantly, more memorable memories of close family members. When children do something wrong, parents should not always blame their children. Parents should teach the right ideas or give positive energy. On the contrary, if the parent-child relationships in the family is good, they can share with their family and get the comfort and encourage from their family.

³ Marked by Teachers, "Travel There is a Chinese proverb said, "Traveling thousands of miles is better than reading thousands of books."," <https://www.markedbyteachers.com/university-degree/social-studies/travel-there-is-a-chinese-proverb-said-traveling-thousands-of-miles-is-better-than-reading-thousands-of-books.html>.

The best choice to truly enjoy a family interaction network is to have a family travel. Travel can make the family stick together 24 hours a day, especially for the busy father. Moreover, it can promote family cohesion, create common conversations, and increase opportunities for interaction and communication. The Family Holiday Association found that “49% of Britons people said they created their happiest memories whilst being on a holiday with their family.”⁴ One-third of people said that they can still vividly remember their childhood family travel. More importantly, a quarter of people said that these memories helped them topics and activities, and through difficult times. This means that they think family travel is important in every family. However, some parents think they are very tired at work, and they just want to have a good rest at home during holidays. They don’t know not spending time with their children will lead to alienation and many problems.

⁴ Jasmine Robertson, "Activities Abroad on the importance of family holidays," *Absolutely Education*, <https://absolutely-education.co.uk/activities-abroad-on-enjoyable-family-holidays/>.

Motivation

Physical and mental relaxation, stress relief, fostering parent-child relationship, and opportunities to interact with others were the main motivations for family travel. In addition, children could also know about family environment might affect them. They could take the initiative to have a further relationship with their parents instead of completely ignoring it. Parents could know and appreciate their children from multiple perspectives and could observe their children's interest, likes and dislikes, expertise, social network, etc., so as to resonate with their children. In addition, parents could reduce focusing only on children's homework, grades, or some behaviors. They should teach the right ideas or give positive energy. Moreover, children usually had a curious, enthusiastic, creative and brave mind, as well as a sensitive and fragile heart. If parents continued to be curious and appreciate their children, reduce comments and suggestions, listen and contact more, the silent child might talk to their parents.

Research Purpose

My study was to explore how family travels could help families build up functional family interactive network. I used interview to do a data collection and had interactions with the interviewees. Before interviewing, some questions would be fully prepared and then do in-depth interviews. I needed to know ten interviewees' family environment first. Then, starting to investigate how much time they spent with their family, how they built up the relationship, most of the chat was biased towards what, etc. If someone who had never traveled with their family, how did they get along with their parent every day. Asking more details from a small question, and I could analyze from those answers.

Research Questions

1. How family environment influenced communication, parent-child relationship or the pressure of their life?
2. What was the differences that family travel affected children's personality, quality of life, and so on between families with and without family travel?

Contribution

The findings of the research could give future parents to know that the importance of family atmosphere and family activities. What's more, according to this interview study, children could also know how family environment affected one person. They could take the initiative to have a further relationship with their parents instead of completely ignoring it.

Limits

I needed to spend more time doing in-depth interview. And, my ability might not be as professional as psychological department. In addition, the respondents might just talk about their personal experiences and their ideas. When someone was busy, it would be changed into telephone interviews or had an interview in a short period of time.

Delimits

The interview study would only focus on five people with family travel and five people without family travel because of time limit to make me not survey too many ages from different places and money was also a problem.

LITERATURE REVIEW

Family Interaction Network

Definition about Family Interaction Network:

Family interaction network is the study of the nature of boundaries between family members, the relationship between family and the outside world, problem-solving skills, family communication, family environment, and emotional input and expression, etc. It is an all-inclusive term for a multi-functional, multi-dimensional operation. "Research make it possible for us to extract from among the many interactive processes in family life a significant few that will serve to describe and classify a total family operation."⁵ Therefore, family interaction is an important thing because family is the first group that a person comes into contact with each other.

⁵ Frances Levinson Beatman, "Family Interaction: Its Significance for Diagnosis and Treatment," *Social Casework* 38, no. 3 (1957), <https://doi.org/10.1177/104438945703800301>, <https://journals.sagepub.com/doi/abs/10.1177/104438945703800301>.

Importance of Family Interaction Network:

Why is family interaction network important? Nowadays, due to the continuous advancement of technology, the time spend with family members and children is relatively reduced. Parents play an important role at home. If parents cultivate the relationship with their children from an early age and take the educational opportunity, believe it will be a great help to their children's future development. Therefore, children's behavior from family education has a great influence on a person. "Among all the family interaction parent-child interactions are important as children learn from the parents through observation and modeling from the various socialization processes that occur in the family."⁶ As the saying goes, "like father, like son."⁷ If there is no interaction in their family, it may cause some problems in their relationship. Moreover, children will learn from their parents, so what parents teach them and what children learn from them.

⁶ Dr. L. Uma Devi, "Family Interactions/ Communications Through Out Life Span," (2015), <https://www.iosrjournals.org/iosr-jhss/papers/Vol20-issue3/Version-1/F020312932.pdf>.

⁷ dictionary.

Problems or Challenges Affect the Building of Such Network

Family interaction is from their family environment, family atmosphere, etc. Many families have just little family interaction since childhood. As long as parents go home after get off work and children go home after class, they do their own thing. In fact, it has become their habit. It's a big challenge if they want to change their lifestyles and interactions. "Be a good role model and show them how to behave through your own actions. When you work with your children to find solutions they learn how to deal with difficulties in an appropriate way."⁸ Even when children have worries or encounter difficulties, they are reluctant to take the initiative to tell their parent.

Functional Family Interaction Network

Conflict Allowed:

Even a fully functioning family can still have a conflict. Sometimes children or parents may accidentally say something that is rude or unacceptable, leading to conflict and mutual dissatisfaction. In addition, sometimes it may be a misunderstanding that leads to different opinions. If parents or children find the mistake from themselves and apologize it as soon as possible, they can receive forgiveness and will not have any harm to each other. Actually, these things are unavoidable, but try our best to solve the problems rather than running away from the problems.

⁸ Parenting NI, "Parent-Child Relationship – Why it's Important," no. Problem Solving (2018), <https://www.parentingni.org/blog/parent-child-relationship-why-its-important/>.

Eating Meals Together:

In today's society, it is rare for parents and children to spend more time together. Everyone goes home at different times, and some people even eat out. John Crimmins, a cognitive behavioral psychotherapist, suggests that "communication within a family is enhanced if we take more meals together, even if it's in front of the TV."⁹ When parents and children are eating meal together, they can have a conversation with each other. Parents and children can take this opportunity to chat about life events, social news, future plan, and so on. Usually they are already busy with schoolwork or work, this is the best time to get closer to each other.

Emotionally Secure Environment

All members of the family need to have their own voice. Parents and children are free to express their thoughts, share their dreams, buy what they want, etc. The most important thing is parental support, not criticism. In fact, when children express themselves, they need to be encouraged and challenged to try new things and improve themselves, so that they can feel safe and confident. If parents are constantly criticizing and accusing, children will also be affected. They will think that family doesn't support them, so where they can get their balance.

⁹ John Crimmins, "What Makes a Family Functional?," <https://thebehaviourinstitute.com/what-makes-a-family-functional/>.

Open Communication as a Respectful Manner

Open communication creates an atmosphere because all members of the family can express their differences. Communication is a good way to solve the unavoidable problems when they encounter the difficulties. However, when communicating, we need to talk in a respectful manner. "Relationships between parents and their children are greatly improved when there is effective communication. If communication between parents and their children is good, then their relationships are good as well."¹⁰ No matter what happens, parents and children should communicate in a respectful, open, honest, direct, and kind manner. If they want others to respect them, they must respect others first. Having open and positive communication skills can build trust between parents and children and also build a network of trust and interdependence in good times and bad times.

¹⁰ Cram, "Importance of Communication between Parents and their Children," <https://www.cram.com/essay/Importance-Of-Communication-Between-Parents-And-Their/FKB7UFPNBXYW>.

Ways to Build up Family Interaction Network

Creating a Caring Family Atmosphere:

Every family has a specific emotional atmosphere. Whether parents are strict or tolerant, violent or quiet, home must be a place full of love, encouragement, emotional and personal trust, and a place where children feel psychologically safe and secure. Opportunities to build loving connections with children in everyday life are all over the place. Parents spend time with their children playing, joking, sharing their thoughts and feelings, and children will be friendlier, more forgiving, and more loving. Although such an atmosphere will flow and change, it will basically remain within a certain range. In short, family interaction network can be built up by creating a caring family atmosphere.

Changing the Way to Communicate

Parents and children need to have empathy because it can measure or understand the feelings of the other person in terms of their feelings. "Show empathy: This means tuning in to your child's feelings and letting your child know you understand. If your child is sad or upset, a gentle touch or hug may let them know that you understand those sad or bad feelings."¹¹ Avoid negative or harsh words, regardless of whether children are doing today are right or wrong. If there is a conflict with their parents' opinions or views, they can put aside their resistance and think about whether their parents' advice is reasonable, instead of ignorantly rejecting them and acting recklessly. The communication of such a positive interaction between parents and children should not be difficult.

¹¹ Healtychildren.org, "Improving Family Communications," no. How can I improve communications in my family? (11/21 2015), <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Improving-Family-Communications.aspx>.

Establishing a Good Parent-Child Relationship

Regardless of the age of children, parents should treat them as individual. Parents should believe that their children have the ability to deal with problems and analyze and judgment. As children grow older, their dependence on their parents decrease year by year. Sometimes, in order to make up for the feeling of loss and need, parents will pay more care and concern. But it is also easy to cause children feel interfered and restrained. If the interaction between parents and children is to care about each other and not interfere with each other, let each other have their own free space and encourage children, this is the best.

Providing Appropriate Family Leisure Activities

Appropriate family leisure activities can be a bridge of communication. Family travel is a good way to get to know each other, and people who have family travel will be more optimistic. When children go out with their parent, they can share what they happen recently and have an opportunity education through family travel. There is a Chinese proverb said, "Traveling thousands of miles is better than reading thousands of books."¹² This is paired with the skills learned outside the home, and children will have sharper observations, more open-mindedness, broader survival skills, and most importantly, more memorable memories of close family members.

¹² University Degree Anthropology, "Travel There is a Chinese proverb said, "Traveling thousands of miles is better than reading thousands of books."," in *Social studies*. <https://www.markedbyteachers.com/university-degree/social-studies/travel-there-is-a-chinese-proverb-said-traveling-thousands-of-miles-is-better-than-reading-thousands-of-books.html>.

Advantages of Traveling with Family

Getting to Know Each Other:

“While travel is often perceived as an outlet for relaxation, education, and a chance to escape the mundane, recent research suggests that travel has several deeper benefits for families, relationships, and the individual.”¹³ Because times are changing, now parents and children are busy with their own business. There are many ways to get to know each other. Having more interaction with family through family travel is a way to be closer. For example, parents and children have some conversations about themselves and ask parents some funny questions, and it can help parents and children get to know each other in an easy way.

Have Priceless Memories

When family members have common interests, they will not be busy with each other, and they will be more cohesive with each other. After all, this is only time in life, and family is also the best companion. Every family members need to cherish the good times that have with each other. Time flies so fast, it can only look back from our memories. “Travelling with family is life enriching.”¹⁴ Families with family travel will have more memories than families without family travel.

¹³ Angela M. Durko and James F. Petrick, "Family and Relationship Benefits of Travel Experiences: A Literature Review," *Journal of Travel Research* 52, no. 6 (2013), <https://doi.org/10.1177/0047287513496478>, <https://journals.sagepub.com/doi/abs/10.1177/0047287513496478>.

¹⁴ Trafalgar Team, "Travelling with Family: What Are the Benefits?," (10.04.2020), <https://www.trafalgar.com/real-word/benefits-of-travelling-with-family/>.

Travel creates priceless and creates happy memories for the whole family. “Your responsibility is making the most of the time you have with them during the day. Whether you’re a stay at home parent or have a rigorous 9-to-5 work routine, allocate a few hours in the day to spend some quality time with your family.”¹⁵ Therefore, parents and their children can spend some time staying together. Most people are busy with their work or schoolwork, so they need more time to create priceless memories.

Relieve Pressure

Under the pressure of busy work and the increasing pressure of schoolwork, so parents and children usually have a tight and tense life on weekdays. At this time, it is easy to have a quarrel between parents and children. This situation will most likely happen next to the person closest to you. Everyone has misery in each other’s heart, and they don’t want to do this in their hearts. If parents and children can go outdoors and change the environment, their mood will be different. Moreover, their mind will also be temporarily relaxed. In fact, most family members will give the best advice or give the greatest support, so that they can have a good mood. Parents are also the best listener.

¹⁵ Zac Majors, "A Treasure Box Full of Priceless Moments," (11/15 2020), <https://centric.org/making-memories-with-your-little-ones/>.

Disadvantages of without Family Travel

Difficult to Balance Interests¹⁶

It's hard for everyone to have the same interests. If parents and children have the habit of traveling with your family since childhood, the places they like to go will be very similar. In fact, when they are traveling with their parents as a child, they will feel happy as long as they go out and don't care about where they will go. However, some attractions are places that children won't like to visit. Therefore, children won't go out with their parents unless where they go are attracted.

Less Interaction with their Parents

While emotionally immature parents need children's attention when they are unhappy, they rarely show concern or listen to what they have to say when they are down. They often don't accompany you to listen to you, but they just make some unhelpful suggestions, telling you not to worry, or even feel impatient with your sadness. They close their doors and you can't walk in for any comfort or sympathy. In addition, some of people interact less because they spend less time together. Some families and children often communicate through a third person in their family (especially their mother), which may intentionally or unintentionally hinder the opportunity for direct interaction between father and their children.

¹⁶ Carla J. Eskew, "8 Important Pros and Cons of Traveling with Family," <https://dailymom.com/nurture/important-pros-cons-traveling-with-family/>.

Children Estranged from Family

Many children get angry or can't stand their parents' emotions when they communicate with their parents. In fact, because their parents have been very strong personality and unreasonable since they were a child, they have never had the opportunity to be respected. Although they have grown up, as soon as they get along with their parents, they return to the state of children in their heart. They feel that their parents are not like parents at all, but they have no way to become parents. "Formally known as 'estrangement', experts' definitions of the concept differ slightly, but the term is broadly used for situations in which someone cuts off all communication with one more relatives, a situation that continues for the long-term, even if those they've sought to split from try to re-establish a connection."¹⁷ Sometimes it may also be due to communication problems.

Families Without Family Travel

Family Environment, Family Income, and No Time

There are many reasons why many families do not have family travel. They are concerned about money and time. Some families' total income is not very high, and they feel that it is more economical to stay at home. It can save them a lot of money. In addition, some parents are busy with work, so they don't have extra time to take their children out to play. Some people There are also some families who have not traveled together since childhood and have relatively little interaction, so it is very strange to have family travel now.

¹⁷ Maddy Savage, "Family estrangement: Why adults are cutting off their parents," *BBC* 2021, <https://www.bbc.com/worklife/article/20211201-family-estrangement-why-adults-are-cutting-off-their-parents>.

Ways to Change

Whether it is parents or children, they should take care of each other, not only when they really encounter big problems. Families who are estranged can find some time to get together and have some conversation about what happened that day. Children can also try to chat with their family in a very comfortable way and treat them as friends. When conflicts arise, try to resolve them by communicating with parents as much as possible. Reasonable communication is an important part of building and improving family relationships. Due to the closeness of the relationship between family members and high expectations of their family. This often makes them to friction or conflict with their family members, unable to properly express their love and kindness to their family members.

METHODOLOGY

Research Design

In this study, I aim to explore how family travels could help families build up a functional family interactive network. Qualitative research design should take into account not only what the interviewees say or do, but also how the interviewees say or do something. An in-depth interview will be used to collect data. If interviewees can accommodate my time, conducting the interview by face-to-face is a best way. If interviewees are too busy with their work, interview on the telephone might be more suitable.

There were four parts about my question. First is about family interaction status. Second is about family atmosphere. Third is about family communication. Fourth is about participate family activities. In addition, I wanted to know more about people who don't have family travel and find out the problem through an in-depth interview. If interviewees had a chance to have family travel did they want to participate it? If he or she didn't want to, was it because of what reason. Then, I would try to give them some solution and tell them to change another way to build up their family interaction. Finally, collecting their answer and unifying it to have analysis and comparative was the last step.

Sources of Data

Locale of Study

The data was collected from ten families, and this study was conducted at students or other jobs that fall in 19 years old to 21 years old in North Taiwan. Some respondents were interviewed in the studio that I provided and others were interviewed at other comfortable place that they wanted to go.

Case in the Study

Ten different families would be my research population. First, I divided the ten interviewees into two groups. One was people who have family travel; the other was people who don't have family travel. Then, I used these two groups to select people that were suitable with my research topic. However, why these ten people could be my research population was because their family life situations were different and special. At this age, they have been with their parents for a long time and some have even entered the workforce. Therefore, these ten people could let me know the difference and the main purpose.

Instrument and Data Collection

In-depth interview was the method of data collection and have interactions with interviewees. It would personally conduct surveys with ten interviewees. They might be less likely to answer questions casually when interviewing them in person. Before interview, the content of the questions would be fully prepared and asked the same type of people at different time. As long as the research questions are reasonable, it could effectively measure the design purpose and original intention. During the interview, I took notes and asked the interviewees if they accepted audio or video recording. Moreover, face-to-face interviews could see a person's respond mood and natural interaction. It would be more reliable. Finally, researcher started to organize everyone's information and found out the similarities and differences between two groups.

There were some research questions. First question was that did family environment and family activities increased opportunities for education, whether it enhanced their parent-children relationship and reduced the pressure of their life. It was important for families to build up a good relationship between parents and children. Second question was how important was communication. Third question was the differences that whether family travel affect children's personality, quality of life, and so on between families with and without family travel.

The reason to use the in-depth interviews was that I could know more about their thought and could ask more details about their answers then had analysis. Different family had their different family interaction, and all of the questions were based on their personal experience. There were some questions that could help me to investigate. For example, asking how their family interaction and some questions about their family, such as the main economic source of the family, the way of parent discipline, and so on. And, how did children get along with their parents. In addition, if he or she didn't have family travel, asking them why they didn't have a good relationship and whether they wanted to have a family travel. If he or she had family travel, asking them how they built up their family interaction and the advantages of traveling together.

Tools for Data Analysis

The source was all from the interaction between ten children and their families. In addition, the content of the data was to understand different families through their personal experiences and real stories. First was focused on the relationship between parents and children and their family information, and the data was collected by their usual mode of interaction. Second was mainly about how they communicate or solve problems. Third was depended on family activities. Here were some steps to have data analysis. Preparing and organizing the data that I had collected from interviewees was the first thing. Second, I reviewed the data that what interviewees said. Then, the data would be analyzed and integrated. At last, researcher sort out the difference between family travel and no family travel.

DATA ANALYSIS

Introduction of Collected Data

Interview was the method of this research, and the data were collected from June 19th, 2022 to August 19th, 2022. The total number of the interviewees was ten. The interviewees were five people with family travel and five people without family travel, and they were based on different family environment and whether there was family travel. In addition, some were still a student; some had entered the workforce. Their ages ranged from nineteen to twenty-one. All the interviewees who I interviewed were cooperate. Moreover, the interview process was successful, also the atmosphere was pleasant.

Data Profile

The Interview Location

Most of the interviewees were interviewed at the studio. If the interview location was not interviewed at the studio, I arrived at the designated location earlier than my interviewees. For example, I waited for my interviewees outside the coffee shop until they came. Then, I chose the seat which was in the quiet corner in order to have the interview successfully. I used the recording function in my cellphone to record my interview conversation, and did not forget to take notes.

Questionnaire Design of Interview Questions

The structure of the interview was mainly based on my research questions. Before the interview, interviewees signed up the interview consent form, which was Appendix 2. I listed 18 questions in the interview content. In addition to the basic information, most of questions were around family interaction, family atmosphere, family communication, and family activities (see **Table 1**).

Table 1. Attributes of the 10 interviewees

Interviewee	Age	Job	Parent work status	Relationship
Miss Lin	21	Student	Both	Ordinary
Miss Zhang	21	Student	Both	Close
Miss Tsai	21	Service industry	Both	Close
Mr. Lee	19	Student	Both	Close
Miss Chen	21	Student	Father	Close
Miss Li	21	Student	Father	Ordinary
Miss Wen	21	Unemployed	Father	Ordinary
Miss Wu	21	Student	Both	Estranged
Miss Han	21	Student	Father	Ordinary
Mr. Li	19	Service industry	Mother	Ordinary

These were the ten people I interviewed. It can be seen from this chart that the first five people who have family travel may have a good relationship with their family, but others who do not have family travel may have a normal relationship with their family.

Questions to the Answers

Importance of Family Environment

The issue related to the question was: “How family environment influence communication, parent-child relationship or the pressure of their life?” I wondered if family environment could affect the relationship between a family.

The result of the interview was that most of the interviewees did not have much time to chat with their family members during a day because they had their own things to do. Different families had different ways of discipline, and some might only have one family member responsible for leading. According to different family, as interviewee Miss Lin said,

Although they had family travel, she didn't like to go out with them every time. Family travel could let me be more relaxed, but sometimes we would disagree with each other and my father would force me to participate.

From the responses of this interviewee, she often had family travel was because her parents would force them to join together. Although she liked the feeling of going out with friends, she still didn't like to go out with her parents. Sometimes she thought they different opinions to go where they wanted to go.

Some interviewees thought that family travel was a good way to improve their parent-child relationship. However, there still had one interviewee thought that family activities or family travels were not an important part. They didn't like to go out because they felt that outside was hot or other factors. As the interviewee Miss Li said,

Because we didn't like going out, we didn't have family travel. At most, we only went to bookstores or night markets. Sometimes it was because we didn't know where to go, so we stayed at home a lot.

In addition, there were two interviewees' parent worked abroad. One of the interviewee Mr. Lee who had family travel thought that it was important and difference between family travel and no family travel. He and his family had a close relationship because they kept in touch with each other even their parents didn't live with him. The other interviewee Miss Wu who didn't have family travel thought that she didn't have good relationship with her father. They seldom kept in touch and just saw each other for a long time. As the interviewee Miss Wu said,

My father didn't live in Taiwan, and he has been working abroad for a long time, so there was almost no family travel. We rarely see each other or keep in touch, so our parent-child relationship was not good.

From the responses of this interviewee, it can be seen that this interviewee who did not travel with their family had relatively ordinary, even estranged relationship. She and her father didn't have a long time to chat with each other.

Regardless of the family relationship, family would still help them when their child needed help. Although some people might not have a good relationship with their family members, their parent would still support them. Families with family travel tend to place more importance on family activities, but families without family travel tend to place less emphasis on family activities.

Families were groups that were in contact from birth. Every interviewee felt that family environment was important. We spent the longest time with our family, and the environment made people. A good environment would lead to healthy growth. In fact, one's joy can also be seen in family travel. As the interviewee Miss Tsai said,

The family environment was very important to one family. If you were in a family that was not easy to get along with, the parent-child relationship won't be too close when they grew up.

Sometimes family atmosphere was also related to the way of family education. In addition, children received complete love at home and complete parental care, so that children could maintain emotional stability. There was a big gap between the principles of parenting. When dealing with parenting methods that were inconsistent, children would only find people who were beneficial to them, not those who could help them correctly. As the interviewee Mr. Lee said,

Some parents would forcefully instill some bad ideas, which would affect their children. The way of education was actually important too. If parents were too strict, children won't want to listen at all.

In real life, although some families had unsatisfactory income, parents' occupations, housing conditions or lack of material life, they had a harmonious relationship, a kind attitude, understand and tolerate each other. Giving sincere and rational love to children can reflect the noble sentiments and positivity of mutual love.

No matter what family they were in, communication was actually an important part. When they had a conflict with your family, communication was the best bridge, and it could also let each other think calmly first. However, according interview results, there were still a small number of interviewees who would conflict with their family members, and others would pretend to accept the advice given by their family members. As the interviewees Miss Lin and Miss Zhang said,

Miss Lin:” My father and I often had trouble communicating because he kept asking me whenever I wanted to do. He has a strong personality, so sometimes there were disagreements over life.”

Miss Zhang:” Because my mother has a strong personality, I often had problems communicating with her. We disagreed most often over money and time I needed to go home.”

From the interviewees with the two of them, it was known that the parenting discipline or their personality of the family would also affect the opportunities or methods of communication between children. If their parents weren't so strict, children might still have time to express themselves. At this time, the child's temper won't be so irritable, and might also be willing to communicate.

Most of the interviewees disagreed with their families because of daily routine. Parents thought that a regular life was a secret of good health. No matter if there was nothing to do in the next day, children should still have a normal routine instead of going to bed late and waking up late. Staying up late was really bad for everyone's body. Although the body might be fine now, but it would take a few years or old age to know that it had a big impact. Therefore, parents wanted their children to take care of their body from an early age. But also because of this, children might not know the seriousness of staying up late and often disagree with their parents. As the interviewee Miss Lin said,

When I had a conflict with my father, I would just walk away. The emotions of the moment I couldn't communicate with them because my father won't listen to me. Then, my mother would come to me to tell about what my father thought.

There were some of the different ways to deal with conflicts. Most interviewees would choose to pretend to accept their parents' ideas and not to communicate each other. A small number of interviewees felt that after all, they had grown up and know how to solve problems better.

The Different Effects between Family with and without Family Travel

The issue related to the question was: “What was the differences that family travel affected children’s personality, quality of life, and so on between families with and without family travel?” I wanted to know the differences between families with and without family travel.

During family travel, each family member’s personality would not only be truly displayed, but also be able to observe where their children’s behavioral goals life. The difference was that families with family travel tend to place more importance on family activities, but families without family travel tend to place less emphasis on family activities. As the interviewee Miss Tsai, who had the families with family travel said,

Our family attached importance to family activities, and we would definitely celebrate any festivals. Moreover, our parent-child relationship was closed. Because I usually lived at my boyfriend’s house, my mother hoped me that I needed to go back home to gather together. I still found time to go back to Chiayi with my family every month.

From the answers of the above, it can be seen that her families were attached more importance to family activities. Their families felt that family activities were one of the reasons why family relationships could be maintained and had more time to get to know with each other. When everyone had time, they needed go back to the countryside to see the elders and accompany them together.

In fact, there were many advantages participating family travel, such as getting to know each other, having priceless memories, relieve pressure, and so on. Some of the interviewees had family travel before, but now they didn't have family travel. One of the interviewee said that there were differences between family with and without family travel. As the interviewee Mr. Lee said,

I thought there was really a difference between family with and without family travel. In addition to relieving stress, we could share things when we went out with my family, and our mentality would be better too.

Although children might not fully remember the scenery they saw during the travel, as well as the interesting things they experienced. But the love and company of parents were the best memories of children. In addition, after family travel, parents and children talked more about the stories in their travel, which would make the children remember the travel.

All of ten interviewees felt that family travel could promote family parent-child relationship. If there had a chance, those who did not have family travel would still want to have family travel together. However, there were many factors that usually did not have family travel. Some were because families rarely had family travel since childhood, and some were because parents were busy with their own affairs.

Parent-child relationship was the process of psychological interaction between parent and children, which could transmit emotions, express love or communicate each other's value. Some interviewees barely interacted with their family, they just found their parents when they needed help. As the interviewee Miss Wu said,

I only contacted my family when I had something needed help, and we were usually busy with our own business. I rarely interacted with my family. Therefore, I was estranged from my family.

This interviewee was people who didn't travel together. From the answers above, it can be seen that they had relatively little interaction with families. Some interviewees didn't have much time to interact with their families because of work, and some interviewees didn't know what to say to their families. However, people who don't have more interaction with their family were more independent.

Summary of Major Findings

Based on the data analysis, the study revealed three major findings: family discipline was related to parent-child relationship; family communication was related to how parents deal with problems; and family activities were an important part to have more interaction with their parents.

The first is family discipline. Family discipline was related to parent-child relationship. It was only after the interview that I found out that one of the interviewees usually traveled with their family. Because his father has strong personality, he would force them to participate in family travel. However, because she and her father often disagreed, she didn't particularly like to travel together. Because of this, their parent-child relationship was ordinary.

The second is family communication. Family communication was related to how parents deal with problems. I thought most people would communicate with their families when they had a problem. I found from the interview that in fact, most people would choose to pretend to accept their parents' ideas and not to communicate each other. Some were because family members could not communicate with each other, and some were because family members were more insistent on their own opinions.

The third is family activities. Family activities were an important part to have more interaction with their parents. Most people felt that participating in family activities could help them get to know each other better and make them feel happier. But one interviewee was a person who had family travel. She felt that there was little chance of getting to know each other because they had a younger brother who was eighteen years apart. However, when they went out together, their parents focused on their younger brother.

It could be seen that the influence of the family was very large. Whether it was family discipline, family communication, and so on, it was possible to affect their children. Therefore, parents needed to play their part in teaching or changing their children.

DISCUSSION AND CONCLUSION

Discussion

Based on the summary of the three findings, discussion and conclusion were conducted. Here were the three findings, and I divided into three sections. The first section was about the parent-child relationship. The second section was about family communication. And the last section was about family activities.

The finding one revealed that the parent-child relationship was not necessarily bad without family travel, and the parent-child relationship was not necessarily good with family travel. The original perception was that people who travel with their family would have a good relationship with their parents. “The parent-child relationship is one that nurtures the physical, emotional and social development of the child. It is a unique bond that every child and parent can enjoy and nurture.”¹⁸ If parents were strict to treat their children and didn’t listen to what their children’s opinions, their children might think that they were not always a baby and would be more tired. However, if parents used a positive way to treat their children, their children were more likely to listen to their parents.

¹⁸ Parenting NI, "Parent-Child Relationship — Why it’s Important," no. Parent-Child Relationship, Parenting Week (25/10/2018), <https://www.parentingni.org/blog/parent-child-relationship-why-its-important/>.

“Just as parents may negatively influence their children’s behavior and the parent-child relationship, they have enormous power to influence their children in a positive way.”¹⁹ In fact, parents should listen to their children’s ideas rather than criticize. When parents kept demanding their children in a tough way, they were less likely to listen. Because parents had a strong personality, their children won’t share something what happened in their life. Therefore, parents should teach them in a positive way and could not criticize them.

The finding two revealed that most people would choose to pretend to accept their parents’ ideas and not to communicate with each other. The original perception was that people now would try to communicate with their family and communicate in a respectful. However, most of people felt that it was difficult for them to communicate with their family. “Effective communication builds understanding and trust. When you and parents understand and trust each other, you’ll all be better able to work together to support children’s wellbeing and development.”²⁰ No matter what happened, parents and children should communicate in a respectful, open, honest, direct, and kind manner.

¹⁹ Toni L. Hembree-Kign, *Parent-Child Interaction Therapy*.
https://books.google.com.tw/books?hl=zh-TW&lr=&id=9kMkBAAAQBAJ&oi=fnd&pg=PA1&dq=parent+child+interaction&ots=2zo9kMzeoQ&sig=UvuYBcL_lm3jvK8KUUKGB_kSEuA&redir_esc=y#v=onepage&q=parent%20child%20interaction&f=false.

²⁰ "Effective communication with parents: for professionals," *Effective Communication: Why it's Important*, <https://raisingchildren.net.au/for-professionals/working-with-parents/communicating-with-parents/communication-with-parents>.

Communication could express the exchange of information and the acquisition of feelings and ideas. "Parents who provide their children with plenty of love, understanding and acceptance are helping to create a relationship for open communication."²¹ If the interaction between parents and children was to care about each other and not interfere, let each other had their own free space and encourage children, this was the best way.

The finding three revealed that a small number of interviewees felt that family activities could not help them get to know each other better and make them feel happier. The original perception was that everyone thought family activities could help them get to know each other better and make them feel happier. "Rather than being freely chosen or intrinsically motivated, family activities were purposive in that it was organized and facilitated by parents in order to achieve particular short-term and long-term goals."²² There were some reasons why some people thought the disadvantages when they had family travel. For example, when they went out together, their parents focused on their younger brother or sister. When family focused on my younger brother, children would be less concerned. "Through participation in leisure activities people build social relationships, feel positive emotions, acquire additional skills and knowledge, and therefore improve their quality of life."²³ This could tell us that participating family travel was a good way to improve themselves and change some ideas. Therefore, if parents or children had some reasons, they could change other ways and found the problems to solve it.

²¹ Cram, "Importance of Communication between Parents and their Children."

²² Susan M. Shaw, "Purposive Leisure: Examining Parental Discourses on Family Activities," (29 Oct 2010), <https://www.tandfonline.com/doi/abs/10.1080/01490400152809098>.

²³ Andreja Brajsa-Zganec, "Quality of Life and Leisure Activities: How do Leisure Activities Contribute to Subjective Well-Being?," (30 September 2010), <https://link.springer.com/article/10.1007/s11205-010-9724-2>.

From the above of three findings, we could know that family discipline, family communication mode and family travel were actually very important parts. If parents wanted to have a good relationship with their children, those conditions needed to be paid more attention. No matter what the problems were in the family, there were different ways to deal with it.

Conclusion and Suggestion

My study was to explore how family travels could help families build up functional family interactive network. After discussing the meaning of the findings, family environment and family activities influenced communication, their parent-child relationship, and reduced the pressure of their life. First, family environment would influence one person's willingness to have a communication. Communication was an important part when parents and their children had a conflict. If there were no communication between parents and children, children might not want to tell family in the end because they knew that it won't be solved. When children and their families encountered obstacles, they could communicate rationally, mutual understanding, and learn to respect the opinions of others. In the process of solving problems, they could understand each other's ideas better. Second, family activities could let their parent-child relationship maintain better and get to know with each other. When traveling together, they could have more time to chat with each other and have more interaction with their parents instead of sliding their cellphone all the time. Third, most of the interviewees thought that family activities or family travel could reduce the pressure of their life. They felt that going out to travel with their parents could temporarily relieve their pressure and be more relaxed.

In addition, there were some differences between family with and without family travel. Family travel affected children's personality, quality of life, and so on. First, different families had their own family discipline. Some parents were too strict to their children, so their children won't like it and won't listen it anymore. Second, family travel could affect one person's quality of life. The type of family activities or the opinions of family members might hinder the conduct and the choice of family travel. Family travel could not only enhanced family emotions and parent-child relationship, but also a field that can open up family life and increase practical experience. The last was that family travel could have a relaxed interaction, moderately relieve the pressure and negative emotions caused by work or schoolwork, could increase common topics and enhanced harmonious family relationship.

Based on the study, here are two possible suggestions. First, most people are less concerned about family issues, but family is actually a very important key group. Therefore, whether it is family education or family environment, etc., parents need to pay more attention to their children. Second, more researcher can do this related topic. This can inform other family members about ways to maintain family relationships and the importance of their family, such as good communication, and extra day of family activities, and so on.

APPENDIX 1 INTERVIEW SCHEDULE

訪談行程表

1. 開場白

早上好（下午好）！首先，非常感謝您願意給我這個機會來做採訪，進而能讓我完成我的畢業論文。在開始採訪前，我先自我介紹。我的名字叫蔡佳芸，現在就讀文藻外語大學國際事務系三年級。家庭是最早接觸到的文化，家庭氣氛、家庭互動、家庭關係等等的也都是個很重要的部分。因為希望我的畢業論文能與文化有所相關，故選擇此主題。且因為此主題與您的家庭生活和家庭關係有相關，故須採訪您。

請您來做為我的訪問對象是因為我想要了解不同家庭都有不同的形態，從有家庭旅遊的和無家庭旅遊的人去做比較。而在訪問您之前我已想出幾個問題，家庭互動狀況、家庭氣氛、家庭溝通互動以及參與家庭活動四大主要面向。故以下的問題主要會是圍繞著這四個主要面向來詢問。此採訪時間預計會花一小時，想請問您這段時間方便嗎？

(那現在就開始今天的訪談)

2. 訪談主體

基本資料：

1. 性別
2. 年齡
3. 職業
4. 父母工作狀態
5. 家中主要的金錢來源

● 第一部分：家庭互動狀況

1. Q：請問您和父母平均一天會花多久的時間聊天？
2. Q：請問您與父母聊天內容偏向什麼？

(例如：課業、心情、未來等等)

3. Q：請問您家長的管教方式為何？

(例如：嚴肅、民主、放任等等)

4. Q：請問您覺得您與家長之間的親子關係如何？

(例如：親密、普通、存在隔閡等等)

● 第二部分：家庭氣氛

5. Q：請問您的家人在您需要幫助時，會幫助您並給予支持嗎？

6. Q：請問您能自己決定您想做的事情嗎？

7. Q：請問您的家人重視家庭活動或聚會嗎？

8. Q：請問您的家人會主動關心您的生活狀況嗎？

9. Q：請問您與家人每年會有十次以上家庭活動或聚會嗎？

● 第三部分：家庭溝通互動

10. Q：請問您是否和父母常常溝通上出現問題呢？

11. Q：如果有，請問您最常因為什麼原因而意見不合？

(例如：金錢、生活作息、未來志向等等)

12. Q：請問您和家人溝通過程中出現語言衝突，您通常會如何處理？

(例如：聽從家人建議、假裝接受意見等等)

13. Q：如果您有事情想跟父母分享，父母會如何處理？

● 第四部分：參與家庭活動

14. Q：請問您認為從事家庭旅遊可以更多機會了解彼此嗎？

15. Q：請問您認為從事家庭旅遊能讓您心情愉悅嗎？

16. Q：請問您認為家庭旅遊讓家人之間的感情變得更親密嗎？

17. Q：請問您喜歡和家人一起進行家庭旅遊嗎？

18. Q：請問您認為選擇家庭旅遊的目的為何？

(例如：促進家庭關係、體驗異地文化、紓解壓力等等)

(本次的採訪題目就到這邊結束。)

1. 結語

- 非常感謝您的回答，也非常感謝您願意花您寶貴的時間來幫助我完成我的論文。
- 有什麼資訊或是訊息是您在採訪中沒問到，而您認為會對我的論文有幫助而需要補充的嗎?
- 今天的採訪就到這裡結束，再次感謝您願意給我機會個機會做採訪。

APPENDIX 2 INTERVIEW CONSENT



台灣
80793
高雄市三民區
民族一路 900 號
文藻外語大學
國際事務系

訪談同意書

在決定是否參與這項研究之前，請先仔細考慮以下事項。

研究目的：

我的研究目的是探索家庭旅遊如何幫助家庭建立一個功能性的家庭互動網絡。找出五個有家庭旅遊和五個沒有家庭旅遊的人去做比較，再看是否有不同。如果有所不同，那會是什麼，以及我們能從中學習到什麼。通過這項研究也可以讓更多人知道與家人建立好親密關係的重要性。

您將會為這項研究做出什麼貢獻：

如果您是自願參加，您將會被要求參加訪談。而訪談的相關問題是基於四個大指標：家庭互動狀況、家庭氣氛、家庭溝通互動以及參與家庭活動。我將以這四大部分為主軸，來作為訪問您的家庭的指標。為了獲得更詳細的資訊，這四大主軸問題也會延伸出其他相關的問題。

訪談所需時間：

訪談需要花費大約一小時。

風險：

訪談題目中可能會有一些問題會詢問到比較私人的問題等等。

益處：

通過進行這項研究，它可以使更多的人知道關於家庭互動聯絡的相關資訊，以及參與家庭活動會不會使家長和小孩的關係更緊密等等。

機密：

您在訪談中回答的答案將被保密，您的真實身份也不會被洩露。採訪的記錄將會在轉錄後被銷毀。記錄副本則會一直保存直到研究結束為止。而貴單位提供給我的資料將用於撰寫此研究的報告，並在將來可能用來作為發表的基礎。

參與和退出：

您是自願參加本研究，是可以拒絕參加本研究或是退出本研究，而不會受到懲罰或喪失您可能有權獲得的利益。您可以通知我您不想再參加而退出。您可以在訪談中跳過任何問題，但可以繼續參加本研究的其餘訪談部分。

聯繫研究人員：

如果您對此研究有任何疑問或疑慮，

請聯繫：蔡佳芸，電話號碼：(+886)987-599-670，

信箱：annie60225@gmail.com

協議：

本研究的性質和目的已得到充分解釋，我同意參與本研究。我了解我可以隨時隨時退出而不會受到任何處罰。

簽名: _____

日期: _____

姓名: _____

APPENDIX 3 INTERVIEW OUTLINE

訪談綱要

被訪者：五位有家庭旅遊者和五位無家庭旅遊者

訪問者：蔡佳芸

訪談部分會使用到：

1. 基本資料
2. 家庭互動狀況
3. 家庭氣氛
4. 家庭溝通互動
5. 參與家庭活動

其他討論主題： _____

所獲得的文件： _____

發表訪談評論或線索： _____

入門協議

為了能使我方便做筆記，會經過您的同意才會錄音或錄影。請麻煩在表格上簽名。您所提供的資訊，只有該項目的研究人員才能使用這些影片，而這些影片將在轉錄後被銷毀。此外，您必須簽署一份文件。該文件指出：（1）所有訊息將被保密；（2）您的參與訪談是自願的，如果您感到不舒服，您可以隨時停止此訪談；（3）我們無意造成任何的傷害。

感謝您同意參加此次訪談。

此採訪預計不超過兩個小時。在這段時間裡，我有幾個問題須要訪問您。如果時間太長，可能會打擾到您的回答，以便繼續進行並完成這次的訪談。

基本介紹

首先，非常感謝您給我這個機會來做採訪，進而能讓我完成我的畢業論文。會請貴您來成為我的訪問對象是因為我想了解不同家庭都有不同的形態，從有家庭旅遊和無家庭旅遊的人做比較。而在訪問您之前我已想出幾個問題，家庭互動狀況、家庭氣氛、家庭溝通互動以及參與家庭活動四大主要面向。故以下的問題主要會是圍繞著這四個主要面向來詢問。

A. 基本的背景資料

1. 性別
2. 年齡
3. 職業
4. 父母工作狀態
5. 家中主要的金錢來源

B. 訪談的題目：

- 第一部分：家庭互動狀況
 19. Q：請問您和父母平均一天會花多久的時間聊天？
 20. Q：請問您與父母聊天內容偏向什麼？
(例如：課業、心情、未來等等)
 21. Q：請問您家長的管教方式為何？
(例如：嚴肅、民主、放任等等)
 22. Q：請問您覺得您與家長之間的親子關係如何？
(例如：親密、普通、存在隔閡等等)

- 第二部分：家庭氣氛
 23. Q：請問您的家人在您需要幫助時，會幫助您並給予支持嗎？
 24. Q：請問您能自己決定您想做的事情嗎？
 25. Q：請問您的家人重視家庭活動或聚會嗎？
 26. Q：請問您的家人會主動關心您的生活狀況嗎？
 27. Q：請問您與家人每年會有十次以上家庭活動或聚會嗎？

- 第三部分：家庭溝通互動
 28. Q：請問您是否和父母常常溝通上出現問題呢？
 29. Q：如果有，請問您最常因為什麼原因而意見不合？
(例如：金錢、生活作息、未來志向等等)
 30. Q：請問您和家人溝通過程中出現語言衝突，您通常會如何處理？
(例如：聽從家人建議、假裝接受意見等等)
 31. Q：如果您有事情想跟父母分享，父母會如何處理？

- 第四部分：參與家庭活動
 32. Q：請問您認為從事家庭旅遊可以更多機會了解彼此嗎？
 33. Q：請問您認為從事家庭旅遊能讓您心情愉悅嗎？
 34. Q：請問您認為家庭旅遊讓家人之間的感情變得更親密嗎？
 35. Q：請問您喜歡和家人一起進行家庭旅遊嗎？
 36. Q：請問您認為選擇家庭旅遊的目的為何？
(例如：促進家庭關係、體驗異地文化、紓解壓力等等)

C. 採訪後評論和/或觀察：

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