

Super Mario Guide: An Updated Roadmap on Research with Travel Subjective Well-Being

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Abstract : There is an increasing amount of research bridging the gap between transportation and subjective well-being (SWB). However, travel SWB research in this area is still sporadic. Therefore, we are in need of a more systematic body of work that examines travel SWB considering various work occupations, working conditions, commuting variabilities, and other related variables, and develops updated qualitative and quantitative methods to inform the transportation design. In this Super Mario Guide, the author reflects on the related elements involved with travel SWB under four categories (having Super Mario as the protagonist): 1. the starting point including variables like living conditions; 2. the commuter including the commuter's age, gender, occupation, and others; 3. the commuting including commuting environment, vehicles, commuting time, commuting vehicles flexibility and variability and others; 4. destination including the workplace conditions, the corporate culture on working flexibility, the employer supportiveness and others. In addition, with the rise of new vehicles such as auto-driving, this research can play a significant role to better understand travel SWB and to guide the design of more efficient travelling systems so as to improve worker performance and general SWB. The author also shares thoughts on promising areas for future research.

Keywords : transportation, subjective well-being (SWB), commuting, happiness

Conference Title : ICAEE 2020 : International Conference on Advances in Environmental Economics

Conference Location : Dubai, United Arab Emirates

Conference Dates : December 17-18, 2020