

# Navigating New Horizons: The Challenges and Rewards of Solo Travel for Women

OPEN ACCESS

Volume: 13

Special Issue: 1

Month: February

Year: 2026

P-ISSN: 2321-4643

E-ISSN: 2581-9402

Citation:

Jayanthi, R., et al.  
“Navigating New Horizons: The Challenges and Rewards of Solo Travel for Women.” *Shanlax International Journal of Management*, vol. 13, no. S1, 2026, pp. 1–6.

DOI:

<https://doi.org/10.34293/management.v13iS1-i2-Feb.10378>

**Dr. R. Jayanthi**

*Associate Professor, Department of Management Studies  
Coimbatore Institute of Technology*

**Dr. T. Sathya Priya**

*Assistant Professor, Department of Management Studies  
Coimbatore Institute of Technology*

**Dr. M. Senthil**

*Head & Professor, Department of Management Studies  
Coimbatore Institute of Technology*

## Abstract

*Individual travelling is becoming more popular among the ladies worldwide, yet up to now, there is no apposite knowledge of its impact on their individual growth and psychological health. This paper will look at how solo travel has affected women and look at different sources that include academic research, news articles, personal blogs, and social media post. Women always like to travel alone in order to be happier, to acquire new experience, feel confident and feel better about themselves. Through this study, it is seen that the women would be able to confront their fears and would feel more independent as well as become more confident by traveling on their own on a regular and longer basis. It is with such experiences that women are able to build up the level of confidence, derive greater happiness and feel more satisfaction which lingers even after the trip is completed. This paper describes that travelling alone is not merely a pleasure undertaking, it is also a significant factor in creating an independent setting of a woman and as well enhancing the general well being of a community. This paper also justifies why tourist attraction sites should offer a safer and more conducive places to such women who travel alone. Altogether, solo travelling contributes to the empowerment of the women as it can assist in the enhancement of their personality, their confidence, and their satisfaction with their life despite both difficulties and benefits.*

**Keywords:** Solo Female Travel, Personal Growth, Self-Confidence, Well Being, Empowerment

## Introduction

Global travel has become an alternative in recent years as more and more women are alone opting to travel as an alternative form of travel in opposition to both family and group travel, this is a form of travel where women get a special stage to enjoy freedom and control over themselves, freedom and control is something that is exclusive to their societal roles. Consequently scholars and professionals in the industry have consequently started to refocus solo travel not

as a strictly a peace activity, but as an innovator of one to come up with personal growth and independence. The presence of most women in traveling alone can be attributed to the fact that it is inherently associated with a self exploration trip, a chance to build the flexibility and a challenge to test their abilities in new destinations. Nevertheless, this project of liberation is always subject to a complex system of constraints, and major issues pertaining to individual safety, culture regulation rules, social infamy and personal cognizance, which all have an impact on the freedom of movement and perception of the women around international regions.

By taking up these issues, even the very experience of solo travel is going to be a transformative process. Due to the logistic and psychological needs of independent travels, which are managed by self-driven planning and repetitive solo traveling and lengthening the time of traveling, women gain a chance to dismantle and go over the initial fears and suspicions. This is the capacity to produce significant emotional returns which serve towards enhancement of the personal well being as characterized by augmented abacus of happiness, diminished stress along with broad minded outlook. At a deeper level, the effects of these experiences tend to go beyond immediate, sensual gratifications in order to create experience in development of wellness. Such fulfilment is more fundamental, as logway outcomes include an improved sense of self-authenticity and confidence and adaptability, as well as a permanent power derived through survival in challenging situations.

It is clear by providing these multidimensional advantages which go beyond short term emotional boost to long term personal development which compel the tourism industry to know and strategic act to serve the needs of the solo female travellers. The design of tourism experiences, which consider their needs or safety considerations carefully, is no longer an opportunity issue, but rather a problem of increased value. The aim of this research paper is to explore the feeling of solo female travelling using an integrative approach since it can be seen as a source of authority and well-being, as well as to analyze the identified obstacles that define it critically. Consequently, in conducting this study, this study will add valuable knowledge to the academic dialogues on gender, strength and well-being as well as to do practice structures in tourism sector.

## Literature Review

The current literature offers general ground on the study of the solo travel by women. Articles by Brown and Osman (2019) and Tukenmez (2022) explain that women have problems related to safety and cultural limitations, which tend to influence their choices when traveling. In contrast, the works of Raj and Sharma (2019) and Pereira and Silva (2018) concentrate on powerful motives of solo travel are self-care, the need to get away of their routine life, to alleviate stress, and self-discovery. The way McKenna (2017) distinguishes the challenges into internal ones (fear and lack of confidence) and external ones (poor infrastructure and safety) is important because it is evident that the challenges could be mitigated with the help of the appropriate strategies. Another effect of this is that the literature starts to make connections between travel experiences and outcomes. According to Erlingsdotir, (2018) and Yang et al. (2025), solo traveling is an area in which women discover their identity and get away out of their usual routine.

Long-term positive effects include becoming more resilient, having higher self-confidence and shift in life goals, which are supported by Tanaka (2019) and Cooper and James (2020). Martinez and Hardy (2020) and Hamid et al. (2025) describe the positive impacts on well-being referring to the positive changes in happiness and a greater sense of purpose. Studies as well as works by Sen (2018) concentrate on Asian travellers that specifically match how they handle travel risks with a sense of empowerment and reappropriated public space. Nevertheless, a research gap still remains. As much as challenges, motivations, and outcomes have been researched individually, research has not done a lot to clarify how the process of managing solo travel contributes to individual development and well-being in the long-run. Moreover, Sorensen (2020) and Sharma et al. (2023),

states that the online content and digital stories influence the travel decisions, that require additional research. Overall, this review unites these ideas to formulate a succinct framework that would answer this research gap.

### Statement of the Problem & Research Gap

Despite all these specifics, as much as women traveling alone is becoming increasingly common and much has been written regarding it as life changing experience, the whole subject of its general psychological influence remains poorly understood with little academic knowledge being available on the subject. The question is, how exactly we do not realize how solo travel becomes something difficult but leads to a higher degree of confidence, independence, and long-term wellness. Previous research has traditionally explored it through the prism of separate features of this experience. This paper will fill this research gap by understanding the entire process by which experiencing travel difficulties brings about personal development and psychological health.

**The Psychological Impact of Solo Female Travel**



**Figure 1 The constraint – Negotiation – Empowerment Cycle**

### Hypotheses

To guide this investigation, the following hypotheses are proposed:

H<sub>1</sub>: Insights to solo travel experiences significantly reduces women’s perception of travel-related challenges.

H<sub>2</sub>: This reduction in perceived limitations has a positive influence on aspects of personal development (e.g., self-reliance, adaptability).

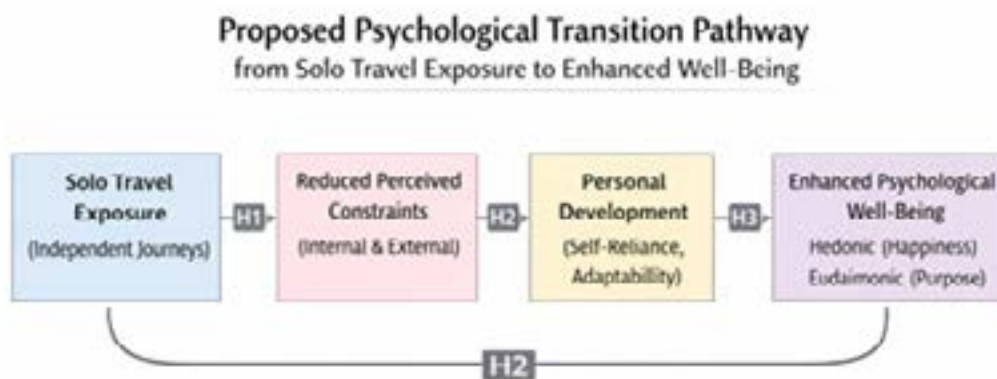
H<sub>3</sub>: Personal development achieved through solo travel positively increases women’s self-confidence.

H<sub>4</sub>: Increased self-confidence leads to improved overall psychological wellness among solo female travellers.

## Methodology

The study is based on the qualitative approach, as it combines the existing body of knowledge to construct a theoretical framework. The study targets women who travel alone or are planning on traveling alone. An academic literature was purposely collected via databases such as Google Scholar, Scopus, and Research Gate using such keywords as solo female travel, women empowerment tourism, travel constraint, and psychological well-being. The PRISMA framework governed the process of screening and selection in order to be precise and transparent. The conceptual content analysis was selected to analyse selected research and identify key themes, patterns, and relationships, which supported the proposed theoretical structure.

Restraints to the reliance of secondary data result in the interpretation of findings and not their practicality. This review can be biased in publication and language such that it may not capture non-English or region-specific literature. The suggested framework is to be confirmed by the primary research in the future.



**Figure 2: Proposed Theoretical Framework**

## Results & Discussion

The cumulative results of the previous studies are very supportive of the given relationships. Combined, the analyzed articles introduce a clear and interrelated comprehension: Making the challenges less challenging (Supporting H1): It has been demonstrated in research study by Kulkarni and Lowe (2019) and in stories written by people in traveling blogs that proper planning and actual experience of the trip can make the perception of risk and difficulty less tangible and allow the idea of solo travel to become more achievable in the future. Pathway to Personal Development (Supporting H2 & H3): As similar can be achieved by common results, like the increase of independence, flexibility, and problem-solving skills (McKenna, 2017; Sen, 2018), it is possible to suggest that women should be helped to believe that managing travel difficulties builds their personal skills. This achievement understanding as defined by Tanaka (2019), is tightly linked to an enhanced and more self-assured self-image, which is one of the primary methods through which people self esteem themselves.

Well-Being Outcomes (Supporting H4): The articles that provide evidence of the reduction in stress and increased happiness (Martinez and Hardy, 2020), a higher level of purpose and originality (Yang et al., 2025; Cooper and James, 2020) are obvious in favor of the research work, which evidently demonstrates the positive results in both the pleasure-based and the meaning-based well-being. These results are put in a broader context in the discussion. Making a woman empowered is not an automatic process that depends on the cultural background factors (El-Gamal,

2021), resource availability (Mendes), and the reshaping of the experience with the help of social media stories (Sorensen, 2020). These conclusions are assembled according to the already existing theories and they state that there is a step-by-step model by which the process of travel could turn to be an intensely transformative experience.

## Conclusion

This study concludes that solo traveling is a significant phenomenon that is yet to be well researched on how to approve of women and how to maintain their mental health. It is no more than tourism, it is a learning process which makes the women stronger, makes them know themselves and improves their overall well being. The given structure gives a very clear linkage between the process of solitude traveling and the profound personal development, and it provides some recommendations regarding the forthcoming research.

## Implications & Future Research

In the field of academia: This article seals a gap critical gap, as it provides a testable framework to be used in quantitative and long-term research in the future. It leads to increased intersectional studies taking into account cultural, economical and generational distinctions. To industry: The results are of a direct obligatory. Tourism marketers can no longer use generic female friendly brands. Some implications are: building safer infrastructure (lighting, transport), developing curated solo traveller experiences/meet-ups, marketing a capability-oriented characterisation of fear and training a gender-sensitive staff. Future research possibility: This framework requires a quantitative test using primary research. Greater and significant personal narratives can be gathered through sociological studies. The next study also ought to investigate the post-trip outcome or the continuation of the experience and lessons of the travel to the lives of the women in their daily lives.

## References

1. Brown, J., & Osman, L. (2019). Safety concerns and mobility of female travelers. *Journal of Tourism and Gender Studies*, 12(3), 45–58.
2. Cooper, H., & James, I. (2020). Long-term outcomes of solo travel on career and life choices. *International Journal of Travel Behavior*, 15(2), 110–125.
3. Erlingsdóttir, K. (2018). Solo travel and women's personal growth. *Tourism Psychology Review*, 10(1), 23–36.
4. El-Gamal, N. (2021). Cultural contexts and female solo travel. *Journal of Global Tourism*, 8(4), 77–92.
5. Kulkarni, R., & Lowe, P. (2019). The role of travel planning in constraint reduction. *Tourism Research Journal*, 14(2), 55–70.
6. Martinez, S., & Hardy, D. (2020). Tourism experiences and women's well-being. *Journal of Leisure and Wellness*, 9(3), 88–103.
7. McKenna, M. (2017). Constraints and adaptation in solo female travel. *Women in Tourism Studies*, 6(1), 34–49.
8. Raj, P., & Sharma, A. (2019). Motivations behind female solo travel. *International Journal of Tourism Motivation*, 7(2), 12–28.
9. Sen, A. (2018). Empowerment through independent mobility. *Journal of Gender and Mobility*, 5(2), 41–56.
10. Sørensen, L. K. (2020). Social media, narratives and the solo female traveler. *Tourism and Digital Culture*, 11(3), 66–80.

11. Tanaka, Y. (2019). Solo travel exposure and identity formation. *Asian Journal of Tourism Studies*, 13(2), 102–118
12. Shrestha, T. L., Shrestha, B., & Lama, S. (2021). Solo woman travel in Nepal: A study of Swo-Yatra. *Journal of Gender, Culture and Society — explores solo female travellers' experiences and challenges*.
13. Pereira, A. & Silva, C. (2018). Women solo travellers: motivations and experiences. *Millennium – Journal of Education, Technologies, and Health — conceptual review of motivations for women's solo travel*.
14. WahidinAwang, K. & Ying Toh, J. (2018). A Review on Malaysian Women's Leisure and Perceptions Towards Solo Travelling. *International Journal of Engineering and Technology — looks at perceptions and leisure behaviour of women travellers*.
15. Chaudhary, R., Dwivedi, S., & Vig, S. (2025). Unlocking Solo Female Travelers' CUI of M-Travel Apps... *Indian Journal of Marketing — focuses on behaviour and technology usage in solo female travel*.
16. Agustina, N. K. W., Julio, I. K. N. & Argapura, K. K. (2025). Exploring travel for work-life balance: a study on solo woman travellers in Bali. *Journal of Business on Hospitality and Tourism — links solo travel with work-life balance motivations*.
17. Ernszt, I. & Marton, Z. (2023). Alone or Not Alone? – The Attitudes of Hungarians Towards Solo Travel. *EnterpriseResearch In Novation – discusses social attitudes towards solo travel and motivations*.
18. Yang, X., et al. (2025). Redefining womanhood: Solo travel as intersectional rites of passage. *Tourism Management — examines identity transformation through solo travel*.
19. Hamid, S., Ali, R., Azhar, M. & Khan, S. (2025). Solo Travel and Well-Being Amongst Women: An Exploratory Study. *Indonesian Journal of Tourism and Leisure — explores impacts on well-being and empowerment*.
20. Tukenmez, E. G. (2022). Travel motivations and constraints of solo women travelers in Turkey. *Journal of Mediterranean Tourism Research — interviews on motivations and constraints*.
21. (Author(s) of) Solo Female Travelers: A Systematic Literature Review and Future Research Agenda. (2023). *Consumer Behavior in Tourism and Hospitality — provides overview and research gaps in solo female traveller studies*.
22. (Authors of) Do personal values and motivation affect women's solo travel intentions in Taiwan? (2022). *Humanities and Social Sciences Communications — explores motivational factors in solo female travel behaviour*.
23. (Study) Power and empowerment: How Asian solo female travellers perceive and negotiate risks. (2018). *Tourism Management — discusses risk negotiation and empowerment among Asian women travellers*.
24. Sharma, A., Arora, S. & Dash, D. N. (2023). Social Media and Blogging: A Windfall to Female Solo Travelers with Reference to India. *Journal of Tourism and Sports Management — links social media influences on solo female travel decisions*.
25. Schultz, P. (2003, referenced in travel literature). *1,000 Places To See Before You Die* (popular travel author) — often cited in travel behaviour literature and popular discussions on women's travel empowerment (useful as a cultural reference in your intro).