

***Sustainable Tourism Development:
A Systematic Literature Review of Best Practices and Emerging Trends***

**Pembangunan Pariwisata Berkelanjutan:
Tinjauan Literatur Sistematis tentang Praktik Terbaik dan Tren yang Muncul**

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ABSTRACT

Sustainable tourism is an approach that takes into account economic, environmental, social and cultural aspects to minimize the negative impacts of tourism while increasing its benefits for local communities and the environment. The basic concept of sustainable tourism development is the main basis for achieving this sustainability goal. However, challenges in developing sustainable tourism, such as uncontrolled growth and conflicting interests, affect the implementation of these concepts. Best practices in sustainable tourism development also play an important role in reducing negative impacts and increasing the positive benefits of tourism. Therefore, this research identifies and analyzes the relationship between basic concepts, challenges and best practices in sustainable tourism development.

Keywords: Sustainable tourism, tourism development, economic sustainability, social and cultural sustainability, environment, local community.

ABSTRAK

Pariwisata berkelanjutan merupakan pendekatan yang memperhatikan aspek ekonomi, lingkungan, sosial, dan budaya untuk meminimalkan dampak negatif pariwisata sambil meningkatkan manfaatnya bagi masyarakat lokal dan lingkungan. Konsep dasar pengembangan pariwisata berkelanjutan menjadi landasan utama dalam mencapai tujuan keberlanjutan ini. Namun, tantangan dalam pengembangan pariwisata berkelanjutan, seperti pertumbuhan yang tidak terkendali dan pertentangan kepentingan, mempengaruhi implementasi konsep-konsep tersebut. Praktik-praktik terbaik dalam pengembangan pariwisata berkelanjutan juga berperan penting dalam mengurangi dampak negatif dan meningkatkan manfaat positif pariwisata. Oleh karena itu, penelitian ini mengidentifikasi dan menganalisis hubungan antara konsep dasar, tantangan, dan praktik-praktik terbaik dalam pengembangan pariwisata berkelanjutan.

Kata Kunci: Pariwisata berkelanjutan, pengembangan pariwisata, keberlanjutan ekonomi, keberlanjutan sosial dan budaya, lingkungan, masyarakat lokal.

1. Introduction

Tourism has an important role in economic growth, environmental preservation and socio-cultural development in various countries around the world. However, uncontrolled tourism growth often causes negative impacts on the environment, local culture and local communities. Therefore, it is important to develop sustainable tourism, which integrates economic, environmental and socio-cultural sustainability.

Sustainable tourism development is a fundamental aspect of the tourism industry that aims to strike a balance between economic growth, environmental protection, and social equity. It involves the planning and management of tourism activities to meet the needs of current tourists and local communities while also safeguarding resources for future generations (Nguyen et al., 2020). Sustainable tourism planning is underpinned by environmental,

economic, and cultural dimensions to ensure long-term sustainability (Padin, 2012). The concept of sustainable tourism development takes a holistic approach that considers the needs of tourists, tourism resources, services, types of tourism, activities, and various stakeholders such as tourists, enterprises, destinations, and governmental bodies (Dzyad et al., 2020).

To achieve sustainable tourism development, it is crucial to focus on key factors such as tourism attraction, access, facilities, community participation, and support, while also considering social-cultural, economic, and environmental sustainability aspects (Vu et al., 2020). Sustainable tourism management should prioritize meeting tourists' needs, providing meaningful experiences, enhancing awareness of sustainability issues, and promoting sustainable practices among tourists (Štreimikienė et al., 2020). Governance plays a vital role in driving sustainable tourism development by ensuring environmental management and fostering sustainable practices (Alipour et al., 2011).

In conclusion, sustainable tourism development is a multifaceted process that demands meticulous planning, stakeholder involvement, and a dedication to balancing economic benefits with environmental and social responsibilities. By implementing sustainable tourism practices, destinations can not only attract tourists but also preserve their natural and cultural heritage for future generations.

Sustainable tourism encompasses a variety of practices aimed at minimizing environmental impact and promoting community well-being. One key strategy involves implementing sustainable transport options, such as public transit and cycling, to reduce carbon emissions (Smith et al., 2019). Conserving natural resources, like water and wildlife, is also crucial for long-term sustainability (Jing, 2005). Additionally, supporting local communities through initiatives like fair trade and community-based tourism fosters economic, social, and cultural benefits (Visković, 2020). Another aspect involves reducing waste and pollution by implementing effective waste management systems and promoting eco-friendly practices in accommodations and food services (Wilson, 2015). Educating tourists about sustainable choices and promoting cultural awareness further contribute to responsible tourism (Fodness, 2017). Regular monitoring and evaluation of tourism's impact allow for ongoing improvement of practices and policies (Visković, 2020). By incorporating these strategies, sustainable tourism endeavors to protect the environment while enhancing the experiences of both travelers and local residents.

Implementing sustainable tourism practices is riddled with several challenges that hinder their effective execution. Firstly, the complexity of these problems often defies conventional solutions, necessitating innovative analytical frameworks to tackle them adequately (Fodness, 2017). Moreover, achieving sustainable tourism development necessitates good governance, demanding broad participation and suitable institutional arrangements to democratize policymaking (Sharpley, 2022). Policy inconsistencies further complicate matters, particularly regarding sustainable transport futures, where unclear and inconsistent policies make it challenging to assess their efficacy (Smith, 2019). Additionally, the limited scope for influence presents a hurdle, as policies may fail to cater to all visitor needs and struggle to shape visitor practices and travel meanings effectively (Smith et al., 2019). The use of varying terms and definitions also contributes to confusion, hindering the recognition and implementation of sustainable tourism practices (Smith et al., 2019). Furthermore, user-generated content and branding, while potential sources of information, are not always reliable indicators of sustainable practices (Sharpley, 2022). Lastly, the dynamic nature of the tourism industry, influenced by changing priorities and market forces, poses challenges in maintaining sustainable practices over time (Smith et al., 2019). Addressing these challenges demands a multifaceted approach involving policy development, stakeholder engagement, education, and continuous monitoring and evaluation of tourism practices.

The main challenge in developing sustainable tourism is identifying best practices that can be applied to achieve these sustainability goals. Although much research has been

conducted in this area, there is still a need for a deeper understanding of the best practices that have been identified through systematic literature reviews. The main aim of this research is to conduct a systematic literature review on best practices in sustainable tourism development. By conducting this literature review, it is hoped that practices can be identified that have proven successful in supporting economic, environmental and socio-cultural sustainability in the tourism context.

The results of this research are expected to provide a better understanding of best practices in sustainable tourism development to stakeholders in the tourism industry, government, academics and the general public. In addition, this research can also provide valuable input for future research in this field. This research will limit its scope to a systematic literature review on best practices in sustainable tourism development. This research will also limit itself to literature that has been published within a certain time period.

2. Research Methods

The research method used in this research is a systematic literature review. This approach was chosen to identify best practices in sustainable tourism development that have been found in relevant literature. The literature search process was carried out through academic databases such as Google Scholar, Scopus, Web of Science, IEEE Xplore using the keywords "sustainable tourism development", "best practices", and "emerging trends". The search was carried out systematically taking into account the predetermined inclusion and exclusion criteria. The data obtained will be analyzed qualitatively, with relevant articles arranged based on main themes such as practices for environmental, socio-cultural and economic sustainability. Steps to ensure the validity and reliability of research include involving more than one researcher in the research process, using verified and reliable literature sources, and carrying out data processing and analysis carefully and systematically. Thus, it is hoped that this research method can provide credible findings regarding sustainable tourism development practices.

3. Results and Discussions

3.1 Basic Concepts of Sustainable Tourism Development

Sustainable tourism encompasses various principles and concepts aimed at mitigating the negative impacts of tourism activities on the environment and local communities. The core principles of sustainable tourism include conserving resources, ecosystems, and minimizing environmental damage (Fadli et al., 2022). These principles are essential for achieving sustainable tourism development, which focuses on economic viability, social justice, and environmental conservation (Dembovska & Zvaigzne, 2021). Additionally, sustainable tourism emphasizes the importance of integrating social, economic, and environmental aspects into tourism practices (Putra et al., 2022).

The concept of sustainable tourism extends beyond environmental considerations to include social and economic dimensions. It involves utilizing nature and culture for more sustainable tourism development (Aswita et al., 2023). Responsible tourism is seen as a practical form of sustainable tourism, emphasizing the action component of sustainability (Mathew & Thankachan, 2019). Moreover, sustainable tourism development places local communities at the center of the process, ensuring that they benefit economically, socially, and culturally from tourism activities (Gidebo, 2019).

Researchers have highlighted the importance of redefining and re-establishing the basic theories and concepts of tourism sustainability within policy frameworks to achieve sustainability goals (Guo et al., 2019). Sustainable tourism has evolved over the years, aligning with the broader concept of sustainable development and recognizing the potential negative impacts of tourism on the environment (Horobin & Long, 1996). Stakeholder involvement is

crucial in sustainable tourism development, as stakeholders play vital roles in shaping and implementing sustainable tourism practices (Byrd, 2007).

In conclusion, sustainable tourism is a multifaceted concept that integrates environmental, social, and economic considerations to ensure the long-term viability of tourism activities. By adhering to the principles of sustainable tourism and involving stakeholders in decision-making processes, destinations can achieve sustainable development goals while minimizing negative impacts on the environment and local communities.

Sustainable tourism development is a multifaceted process that involves economic, environmental, and socio-cultural dimensions. The interplay of these dimensions is crucial in ensuring responsible and sustainable tourism practices. Studies have shown that the economic, socio-cultural, and environmental aspects collectively impact and lead to responsible and sustainable tourism development (Tiwari et al., 2021). Furthermore, research indicates that the positive perception of residents towards tourism development, along with its economic, socio-cultural, and environmental impacts, plays a significant role in supporting sustainable tourism (Sonuç, 2020).

In the context of sustainable tourism, it is essential to consider the benefits that sustainable tourism development can bring to various stakeholders, including tourists, residents, managers, and the destination itself, through economic, environmental, institutional, and socio-cultural sustainability (Trišić et al., 2021). Emphasizing the role of social attitudes, religiosity, culture, and socioeconomic factors can lead to the development of sustainable tourism that benefits both tourists and local communities (Aman et al., 2019).

The principles of sustainable tourism encompass environmental, economic, and socio-cultural sustainability, which are vital for the long-term growth and success of the tourism industry (Jahan & Rahman, 2016). Sustainable tourism development involves economic, political, socio-cultural, and environmental dimensions, highlighting the need for a holistic approach to tourism planning and management (Renfors, 2020).

In summary, sustainable tourism development requires a comprehensive understanding and integration of economic, environmental, and socio-cultural sustainability principles. By considering these dimensions in tourism planning and management, destinations can achieve long-term viability, competitiveness, and positive outcomes for all stakeholders involved.

3.2 Challenges in Sustainable Tourism Development

Uncontrolled tourism growth can have significant negative impacts on various aspects of a destination. These impacts include effects on local residents' lives, such as irritation, annoyance, and anger due to tourism-related activities (Postma & Schmuecker, 2017). Additionally, uncontrolled tourism expansion can lead to the loss of a sense of belonging, diminishment of the sense of place, and alienation of residents (Damjanović, 2020). Furthermore, the uncontrolled growth of tourism can result in environmental damage, increased urbanization, and social problems like increased crime and uncontrolled informal sector activities (Ernawati, 2019).

Moreover, uncontrolled tourism growth can lead to overtourism, causing negative outcomes such as the loss of community quality of life, environmental degradation, and social issues (Silva et al., 2019). The negative impacts of uncontrolled tourism development can also manifest in increased CO₂ emissions, which in turn can have a lagged and negative impact on tourism development (Wang & Wang, 2018). Additionally, the uncontrolled growth of tourism can result in disturbances to ecosystems, such as corals, leading to ecological imbalances (Hakim et al., 2014).

In conclusion, uncontrolled tourism growth can have far-reaching negative consequences on local communities, the environment, and the overall sustainability of a

destination. It is crucial for destinations to implement effective management strategies to control and guide tourism growth to mitigate these adverse impacts.

Sustainable tourism development faces challenges due to the imbalance between economic, environmental, and socio-cultural interests. Achieving a balance among these factors is crucial for the long-term success of tourism initiatives (Levyda, 2020). Sustainable tourism policies play a vital role in addressing global environmental and development challenges (Guo et al., 2019). The impact of socio-cultural, economic, and environmental factors significantly influences sustainable tourism development (Tiwari et al., 2021). Sustainable tourism emphasizes the need to balance environmental, economic, and socio-cultural aspects in the long run (Nazneen et al., 2021). Furthermore, sustainable tourism aims to create harmony between economic, socio-cultural, and environmental impacts (Nematpour & Faraji, 2019).

The involvement of host communities in tourism planning is essential for the sustainable development of tourism (Thullah & Jalloh, 2021). Stakeholder engagement is crucial for the sustainable development of tourism initiatives (Waligo et al., 2013). Local residents are directly affected by the economic, environmental, and socio-cultural impacts of tourism development (Peters et al., 2018). Sustainable tourism development requires raising public awareness and knowledge about ecological aspects and utilizing renewable energy sources (Tovmasyan, 2019). Additionally, sustainable tourism involves providing high-quality experiences for visitors, maintaining environmental quality, and enhancing the quality of life for host communities (Nematpour & Faraji, 2019).

In conclusion, achieving a balance between economic prosperity, environmental conservation, and socio-cultural preservation is essential for sustainable tourism development. Stakeholder involvement, community participation, and public awareness are key factors in addressing the challenges posed by the imbalance between these interests in the context of tourism development.

3.3 Practices for Social and Cultural Sustainability

Sustainable tourism development practices that prioritize social and cultural sustainability are crucial for empowering local communities and preserving cultural and traditional heritage. By empowering local communities, sustainable tourism can enhance the participation and welfare of these communities, leading to more inclusive and beneficial outcomes for all stakeholders involved (Hutnaleontina et al., 2022). Community-based tourism approaches have been identified as effective strategies for sustainable development, as they can improve local economic development by reducing economic leakages from the tourism industry (Mtapuri et al., 2021). Moreover, involving the cultural heritage of ethnic minorities in the tourism process can significantly contribute to the sustainable development of territories and the preservation of historical and cultural objects (Dnistrianska et al., 2022).

Preservation of cultural heritage is a key aspect of sustainable tourism development. It involves the protection and enhancement of cultural integrity, essential ecological processes, biological diversity, and life support systems while meeting the needs of present tourists and host regions (Genet & Kebede, 2021). Sustainable cultural heritage planning and management play a vital role in addressing challenges such as overtourism, ensuring that tourism development is not only about controlling the pressure from international tourism but also about developing models that support long-term sustainability (Luca et al., 2020). Additionally, the institutional antecedents of sustainable development in cultural heritage tourism, such as governance mechanisms, community agency, and the influence of supranational institutions, are essential for fostering sustainable practices in this sector (Mzembe et al., 2023).

In conclusion, sustainable tourism development practices that prioritize social and cultural sustainability are essential for empowering local communities, preserving cultural heritage, and enhancing the overall welfare of communities involved in tourism activities. By

adopting community-based approaches, promoting the involvement of ethnic minorities, and implementing effective cultural heritage planning and management strategies, sustainable tourism can contribute to long-term socio-cultural benefits while safeguarding traditional heritage for future generations.

3.4 Practices for Economic Sustainability

To achieve economic sustainability in tourism, several key practices can be implemented. Firstly, the development of sustainable tourism infrastructure is crucial. This involves creating infrastructure that minimizes environmental impact and maximizes resource efficiency (Romão & Neuts, 2017). Additionally, increasing local income and employment opportunities is essential. By integrating sustainability into tourism practices, regions can enhance the value added in tourism, leading to economic benefits for local communities (Romão & Neuts, 2017). Product diversification and effective tourism marketing strategies are also vital components. Diversifying tourism offerings and markets can lead to sustainable tourism development, attracting a broader range of visitors and ensuring long-term economic viability (Solarin et al., 2023).

Moreover, stakeholder collaboration plays a critical role in the success of sustainable tourism initiatives. Engaging various stakeholders, including local communities, businesses, and government entities, is essential for implementing sustainable practices and ensuring their long-term success (McComb et al., 2016). Furthermore, the development of inclusive tourism practices can contribute to the sustainable development of territories by promoting social inclusiveness and economic growth (Kotlyarova et al., 2020).

In conclusion, sustainable tourism development practices for economic sustainability involve the development of sustainable infrastructure, increasing local income and employment, product diversification, effective tourism marketing, stakeholder collaboration, and inclusive tourism initiatives. By incorporating these practices, regions can achieve economic sustainability in tourism while also promoting environmental conservation and social well-being.

3.5 Best practices in sustainable tourism development

In sustainable tourism development, best practices are essential to ensure the preservation of environmental resources, promote social and cultural integrity, and integrate ecological principles. Practices supporting environmental sustainability include responsible tourism practices that focus on destination sustainability, quality of life, and community participation (Sangkhaudang et al., 2021). These practices emphasize the importance of minimizing negative impacts on the environment while enhancing the well-being of local communities.

To prevent social and cultural extinction, sustainable tourism should consider residents' perceptions, value orientation, and destination attractiveness (Yanong-Tupas & Schneider, 2022). By incorporating these aspects into tourism development, it is possible to maintain the authenticity of local cultures and traditions while fostering positive relationships between tourists and residents.

Integrating ecology into sustainable tourism involves adopting sustainable principles in every aspect of tourism development (Normelani, 2017). This approach ensures that natural resources are utilized in a responsible manner, protecting biodiversity and promoting the long-term health of ecosystems.

Overall, sustainable tourism development requires a comprehensive approach that considers environmental, social, and cultural factors. By implementing best practices that support environmental sustainability, prevent social and cultural extinction, and integrate ecological principles, destinations can achieve a balance between tourism growth and the preservation of natural and cultural heritage.

3.6 Analysis of new trends in sustainable tourism development practices

Sustainable tourism development practices have been a focal point in recent research, aiming to balance economic growth with environmental and social considerations. Studies such as those by Štreimikienė et al. (2020) and Costa et al. (2021) emphasize the importance of sustainability in tourism, highlighting the trade-offs between sustainability and competitiveness and the need for a holistic approach that considers economic, social/cultural, and environmental dimensions. These works provide insights into challenges and future directions for sustainable tourism development.

Research by Kostić et al. (2018) and Li et al. (2023) delves into monitoring indicators and social media perspectives on sustainable tourism, respectively, offering ways to measure changes in sustainable tourism development over time and exploring sustainable tourism connotations in the realm of social media. These studies contribute to the understanding of how to track progress and engage with stakeholders through modern communication channels.

Furthermore, studies like those by Qian et al. (2018) and Dibra (2015) focus on the theoretical frameworks and factors influencing the adoption of sustainable practices in tourism businesses. By identifying trends in sustainable tourism research and proposing theoretical models for understanding sustainability integration, these works lay the groundwork for practical applications in the industry.

In conclusion, the synthesis of these references underscores the evolving landscape of sustainable tourism development practices, emphasizing the need for a comprehensive and balanced approach that considers economic viability, environmental conservation, and social responsibility. By leveraging indicators, theoretical frameworks, and stakeholder engagement, the tourism industry can move towards more sustainable and responsible practices, ensuring long-term benefits for both destinations and visitors.

4. Conclusions

Sustainable tourism requires a holistic approach that takes into account economic, environmental, social and cultural aspects. The basic concepts of sustainable tourism development have an important role in guiding practices to achieve these sustainability goals. However, challenges in developing sustainable tourism, such as uncontrolled tourism growth and conflicting interests, must also be overcome to ensure the implementation of these concepts. Best practices in sustainable tourism development can help reduce negative impacts and increase positive benefits for local communities and the environment. Thus, to achieve sustainable tourism goals, it is important to continue to strengthen understanding of basic concepts, overcome the challenges faced, and implement best practices in sustainable tourism development.

5. References

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