



Tourism and Recreation

<https://dergipark.org.tr/tourismandrecreation>

E-ISSN: 2687-1971

A meta-synthesis study on the relationship between overtourism and the happiness economy

Aşırı turizm ve mutluluk ekonomisi ilişkisine yönelik bir meta sentez çalışma

Adnan Burak Acar^{1*}, Cevdet Avcıkurt²

^{1*}Balıkesir University, Graduate School of Social Sciences, Department of Tourism Management, burak.acar@dicle.edu.tr, 0000-0003-2688-7554

²Balıkesir University, Faculty of Tourism, Department of Tourism Management, avcikurt@balikesir.edu.tr, 0000-0002-9169-9763

ARTICLE INFO MAKALE BİLGİSİ

Research Article / Araştırma

Key Words:

Overtourism, Happiness economy, Life satisfaction, Quality of life, Subjective well-being

Anahtar Kelimeler:

Aşırı turizm, Mutluluk ekonomisi, Yaşam memnuniyeti, Yaşam kalitesi, Özel iyi oluş

Received Date / Gönderme Tarihi:

28.10.2024

Accepted Date / Kabul Tarihi:

13.12.2025

Published Online / Yayınlanma Tarihi:

31.12.2025

DOI:

[10.53601/tourismandrecreation.1574941](https://doi.org/10.53601/tourismandrecreation.1574941)

ABSTRACT

Overtourism can lead to problems such as the depletion of natural resources, erosion of cultural values, an increase in living costs, and a decrease in the local quality of life in a destination. The happiness economy is an approach that emphasizes changes in individuals' quality of life and personal happiness while ensuring economic growth. In this context, focusing on the relationship between overtourism and happiness economy can shed light on the connection between the economic effects of tourism and individual happiness. The subject of this research is the evaluation of the relationship between overtourism and happiness economy with the meta-synthesis method. The research method was determined to be meta-synthesis, a qualitative analysis technique. Within the scope of the research, 10 studies were selected according to specific criteria and examined to evaluate the relationship between overtourism and the happiness economy, based on its three fundamental components: subjective well-being, quality of life, and life satisfaction. As a result, while over tourism provides economic gains in the short term, it can negatively affect elements of the happiness economy, such as subjective well-being, quality of life, and life satisfaction, in the long term. In terms of the happiness economy, sustainable tourism practices and visitor number management strategies are necessary to increase the happiness and quality of life of both tourists and residents. Balancing the economic benefits of tourism with its social, environmental, economic, and cultural dimensions is a common focal point of both concepts.

ÖZET

Aşırı turizm, bir destinasyonda doğal kaynakların tükenmesi, kültürel değerlerin aşınması, yaşam maliyetlerinin artması ve yerel yaşam kalitesinin düşmesi gibi sorunlara yol açabilir. Mutluluk ekonomisi, ekonomik büyümeyi sağlarken bireylerin yaşam kalitesindeki değişikliklere ve bireysel mutluluğa önem veren bir yaklaşımdır. Bu bağlamda aşırı turizm ve mutluluk ekonomisi arasındaki ilişkiye odaklanmak, turizmin ekonomik etkileri ile bireysel mutluluk arasındaki bağlantıya ışık tutabilir. Bu araştırmanın konusu, aşırı turizm ve mutluluk ekonomisi ilişkisinin meta sentez yöntemiyle değerlendirilmesidir. Araştırmanın yöntemi, nitel analiz tekniklerinden biri olan meta sentez olarak belirlenmiştir. Araştırma kapsamında belirli kriterlere göre seçilmiş 10 adet çalışma incelenerek aşırı turizm ve mutluluk ekonomisi ilişkisi, mutluluk ekonomisinin üç temel bileşeni olan özel iyi oluş, yaşam kalitesi ve yaşam doyumu üzerinden değerlendirilmiştir. Sonuç olarak aşırı turizm kısa vadede ekonomik kazanımlar sağlarken, uzun vadede özel iyi oluş, yaşam kalitesi ve yaşam doyumu gibi mutluluk ekonomisi kavramı kapsamındaki unsurları olumsuz etkileyebilmektedir. Mutluluk ekonomisi açısından hem turistlerin hem de yerel halkın mutluluğunu ve yaşam kalitesini artırmak için sürdürülebilir turizm uygulamaları ve ziyaretçi sayılarını yönetme stratejileri gereklidir. Turizmin ekonomik faydaları ile sosyal, çevresel, ekonomik ve kültürel boyutlarının dengelenmesi her iki kavramın da ortak odak noktalarıdır.

1. Introduction

The concept of overtourism is a current issue, but it has long been discussed by researchers under the term “impacts of tourism” (Goodwin, 2017). The destruction caused by excessive tourist density and the increasing perception of the negative characteristics of tourism have led to this process

being called “overtourism” (Seraphin et al., 2018). It is not enough to define overtourism merely as “mass tourism and its destructive effects” or “overcrowding” (Koens et al., 2018, p. 15). The focus of overtourism is not merely on the number of people participating in tourism activities but rather on the degradation of the natural and cultural environment due to tourism, excessive density in certain attraction centres of the

destination during certain periods, the feeling of excessive human density at a level of discomfort, and the decrease in the quality of life of residents by causing disruptions in their daily lives for all these reasons (Milano et al., 2019).

Due to the increase in tourist mobility in a region, opportunities such as more recreation areas, restaurants, accommodation businesses, festivals, events, shopping malls, etc. may arise to meet the needs of local residents and tourists in that region (Avcikurt, 2015). This condition can create positive effects such as increased employment in that region, more infrastructure and superstructure investments in the region, product diversity, education and health opportunities, etc. Furthermore, factors such as living in a peaceful environment, increased happiness from public investments, and the overall quality of life can affect life satisfaction (Lin et al., 2017).

The concept of happiness economics, which has attracted the attention of researchers in recent years, is also examined within the scope of behavioral economics and attracts the attention of different disciplines (Layard, 2011). A review of the literature shows that the concept of happiness economics is directly or indirectly related to the concepts of well-being, subjective well-being, quality of life, and life satisfaction (Frey & Stutzer, 2002; Kahneman & Krueger, 2006). Each concept carries the happiness-income relationship to new dimensions (Diener et al., 2010).

Overtourism can cause negative perceptions towards tourism and tourists in destinations, because residents perceive the negative features of tourism more (Milano et al., 2019). These bad examples are encountered in important destinations of the world. The "Tourist go home" statements in Barcelona, which are frequently reported in the media, the taxation and restriction efforts against tourists in Venice, and the anti-tourist and anti-tourism protests in other significant popular destinations can be given as examples of this situation. The basis of these protests can be attributed to the increase in housing costs due to increased tourist activities, regional and seasonal inflation, air, water, and noise pollution, traffic and parking problems, destruction of recreational areas, and damage to the natural and cultural environment, which reduce the quality of life and satisfaction of residents (Peeters et al., 2018). Therefore, it can be said that there is a very strong link between overtourism and life satisfaction (Wallace, 2024). The issue of life satisfaction is one of the cornerstones of the concept of happiness economy. Happiness economics offers a more comprehensive understanding of well-being by considering the psychological and social well-being of individuals as well as economic well-being (Diener, 2000). In destinations with excessive tourist density, local governments seeking to maximize the economic benefits of tourism may overlook or deprioritize the effects of overtourism (Gössling et al., 2015; Seraphin et al., 2018). This raises the question of how effective the results of implemented economic policies are on the happiness and well-being levels of individuals.

In the relationship between overtourism and the happiness economy, the concepts of quality of life and life satisfaction have a crucial role. The damage to the cultural and natural environment seen in destinations with the arrival of more tourists, noise pollution, traffic, parking problems, damage

caused by the density of public and recreational areas, and regional inflation are factors that negatively affect the individual's quality of life (Andereck & Nyaupane, 2011). The decrease in the quality of life of people living in a city reduces their life satisfaction (Stanca, 2015, p. 85).

Based on this information, this study aims to analyze the relationship between overtourism and the happiness economy using the meta-synthesis method. Within the scope of the research, qualitative studies examining the relationships between the concepts of subjective well-being, quality of life, and life satisfaction, which are the basic components of the happiness economy, and overtourism were examined, and the findings of these studies were synthesized. The research question guiding this study is as follows: "What kind of effect does overtourism have on subjective well-being, quality of life, and life satisfaction, which are the basic components of the happiness economy?" No research directly examining the relationship between overtourism and the happiness economy was found in the relevant literature. Therefore, it is thought that this study will contribute to filling the gap in the literature and to conducting further research in this field. In addition, thanks to this study, researchers will be able to learn about a single concept (happiness economy) by benefiting from this study instead of addressing the relationships between overtourism and subjective well-being, quality of life, and life satisfaction separately, and will be able to deepen their studies in this direction.

2. Theoretical Framework

2.1. The Concept of Overtourism

Although the concept of overtourism has relatively recently begun to appear in the literature, its effects have long been discussed and are used to indicate the negative effects of overcapacity in certain regions and during certain periods (Butler & Dodds, 2022). The concept was first used by the media company Skift in 2016 (Baumann, 2021). The economic, social, environmental, and cultural damage caused by tourism resulting from a lack of planning and management in popular destinations affects not only residents but also tourists, leading to further discussion of the negative effects of tourism movements (Skift, 2016).

The naming of overtourism also sheds light on its content. In a narrow sense, overtourism can be defined as excessive tourism activities. In a broad sense, based on the definition by the World Tourism Organization, it is defined as excessive human density in destinations where tourism activities are intense, which negatively affects the quality of life of residents (UNWTO, 2018). The European Parliament has defined overtourism as exceeding the psychological, physical, social, and environmental carrying capacities in a certain region of a destination with high tourist density, in a certain period of time (Peeters et al., 2018). When residents and tourists experience an increase in tourist density and a decrease in their quality of life in a destination, it can be said that there is overtourism in that region (Goodwin, 2017).

The reasons for overtourism include the following:

- Globalization and Ease of Travel Opportunities: Developments in transportation facilities and

technology, increasing competition in the aviation sector, and the spread of low-cost airlines, etc. have increased the demand for distant destinations (Thaler, 2016).

- Proliferation of social media and digital marketing: The proliferation of smartphones, the popularity of social media platforms, and the rise of digital promotions have led to an increase in interest and demand for destinations, triggering excessive tourist density. Tourists' sharing of the destinations they visit (photos, reviews, recommendations, vlogs, etc.) increases the attractiveness of certain places (Zeng & Gerritsen, 2014).
- Economic and Cultural Factors: Some destinations are developing policies and strategies to benefit from excessive tourist movement to increase their income from tourism and to encourage regional economic development with these incomes (Gössling et al., 2015). In addition, while the cultural and historical sites of destinations increase tourist demand, local governments may not have the capacity to meet this demand (Mowforth & Munt, 2016).

Tourist density resulting from overtourism can provide economic benefits to many destinations, but it can also cause serious environmental, social, cultural, and other problems. Especially in regions exposed to intense tourist flow, negative effects such as excessive use of natural resources, environmental pollution, tensions between residents and tourists, cultural degeneration, and sudden increases in food and accommodation prices are observed (Gössling et al., 2015; Tosun, 2001). This phenomenon indicates that short-term economic gains brought by tourism can threaten sustainable development in the long term (Butler, 1999).

2.2. The Concept of Happiness Economy

The concept of happiness, which is mostly a subject of research in the field of psychology, has also begun to attract the attention of economists, and this has led to the emergence of the concept of "happiness economics" (Diener & Seligman, 2004). Happiness economics is an approach that argues that welfare and economic growth should be evaluated not only with traditional economic indicators such as GDP (gross domestic product), but also by taking into account the quality of life and happiness of individuals. The theory of happiness economics highlights that the psychological, social, and emotional states of individuals are significant beyond their economic well-being (Frey & Stutzer, 2002). Therefore, when the literature on happiness economics is examined, the concepts of quality of life, life satisfaction, and subjective well-being are prominent.

Happiness economics determines the welfare and happiness levels of individuals not solely with traditional economic indicators but also with subjective well-being levels (Frey & Stutzer, 2002). In subjective well-being, individuals make evaluations about their own lives and are generally measured through life satisfaction, positive emotions, and the lack of negative emotions (Diener, 1984). In the context of happiness economics, subjective well-being has become an important indicator for evaluating the extent to which economic policies

work (Easterlin, 1974). Subjective well-being is the result of the general evaluation of individuals' economic, social, and psychological situations, so it has become one of the basic indicators of happiness economics (Dolan et al., 2008). Placing subjective well-being at the center of the processes of creating economic policies can help reveal the real well-being levels of individuals. In particular, in addition to the economic benefits of phenomena such as overtourism, their social and psychological effects should also be taken into account (Musikanski et al., 2019; Peterson, 2023).

In studies on the happiness economy, concepts such as life satisfaction, quality of life, and welfare are also used along with subjective well-being (Bimonte & Faralla, 2012). Studies carried out within the scope of the concept of happiness also serve as a source for studies conducted on life satisfaction (Albayrak, 2022, p.64). Life satisfaction and quality of life are related to the positive personal evaluations of the person regarding work-family life, income status, age, marital status, education-cultural status, etc., and the person's perception of living a "quality" and "peaceful" life (Kahyaoglu, 2008). To determine the level of life satisfaction in society, in addition to personal evaluations related to happiness, variables affecting the environment and quality of life (satisfaction with public services, policies, economic, political developments, etc.) are also taken into consideration. This phenomenon paves the way for life satisfaction to be in constant contact with different branches of science (Nemati & Maralani, 2016).

In studies examining the relationship between overtourism and happiness economy-life satisfaction, the "quality of life" element serves as a significant bridge. The reason for this situation can be explained by the existence of psychological factors such as happiness and life satisfaction among the subjective indicators of urban life quality. An individual's happiness with their living environment is an indicator of a high quality of life (Evans & Huxley, 2002). Therefore, the decrease in the quality of life of residents due to overtourism causes them to enjoy their lives less and become unhappy (Abbate et al., 2001). On the other hand, local governments make investments to offer opportunities such as events, festivals, new recreation areas, etc., to increase the life satisfaction of residents (Sirgy & Cornwell, 2002). If these investments are managed well, they can spread the density in certain areas to different points of the destination and reduce the effects of the overtourism problem (Evans & Huxley, 2002).

3. Methods

In this study, the meta-synthesis method was employed in order to examine the relationship between the two concepts in depth and to meet the resource needs for studies that can be undertaken within this scope. No direct study on overtourism and happiness economy was found in the literature. For this reason, qualitative and quantitative studies on the relationship between overtourism and subjective well-being, life satisfaction, and quality of life, which are the basic components of the happiness economy, were examined in depth. In the examinations carried out, the concepts of subjective well-being, life satisfaction, and quality of life, which are the basic components of the happiness economy,

Table 1. Inclusion and Exclusion Criteria Used in the Study

Inclusion Criteria	Exclusion Criteria
The study addresses the effects of overtourism on subjective well-being, quality of life, and life satisfaction with qualitative or quantitative methods. The specified keywords should be included in the title, keywords, or summary.	Exclusion of studies that only address the economic or environmental impacts of overtourism.
Published within the last 10 years.	Studies related to tourism but not covering overtourism were not taken into consideration.
Obtained from peer-reviewed journals, conference proceedings, or academic theses.	Exclusion of studies whose full text is not accessible or does not contain sufficient methodological explanation.
Studies must be in English or Turkish.	Exclusion of books, book chapters, editorial materials, non-reviewed articles, theses, and short articles, survey articles.
	Exclusion of studies published outside of Tourism, Psychology, Business, Economics, and Social Science fields (medicine, engineering, etc.).

Source: Created by authors.

were determined as common themes. The findings of the 10 academic studies were examined with the meta-synthesis method, and common patterns were determined. The studies were coded between R1 and R10 in alphabetical order according to the names of the researchers. Both qualitative and quantitative studies were included in the studies. The data obtained from the quantitative studies were evaluated within the framework of the findings interpreted in the discussion and conclusion sections and synthesized with the meta-synthesis method. Finally, the themes of the examined studies were synthesized, and a holistic assessment was made regarding the relationship between overtourism and happiness economy concepts. The roadmap followed within the scope of the study is given below under the subheadings.

3.1. Meta Synthesis Method and Application Stages

Meta-synthesis method is a type of study that is carried out by synthesizing the qualitative findings of qualitative or quantitative studies and enables the evaluation and interpretation of the findings, the discovery of similarities and differences, and access to new information (Polat & Ay, 2016, p. 54). In the meta-synthesis method, the results of a small number of qualitative studies are evaluated and synthesized, and generally, 10-12 studies are considered sufficient (Bondas & Hall, 2007). The steps followed in this study are as follows:

- **Determining the research question:** The basic framework of this study is constituted by the research question "What kind of an effect does overtourism have on subjective well-being, quality of life, and life satisfaction, which are the basic components of the happiness economy?"
- **Conducting a literature review using keywords appropriate to the subject of the research:** In this study, Google Scholar, Web of Science, Scopus, and ProQuest databases were searched to determine the

literature examining the relationship between overtourism and happiness economy. Access to the studies was provided through Google Scholar, and the databases in which the included studies were indexed were taken into consideration. The keywords were: "Overtourism, Happiness Economy", "Overtourism, Well-Being", "Overtourism, Subjective Well-Being", "Overtourism, Life Satisfaction", and "Overtourism, Quality of Life".

- **Determination of inclusion and exclusion criteria for studies:** To determine the studies to be evaluated in this study, predefined inclusion and exclusion criteria were established. Selection was made according to whether the keywords specified during the literature review were included in the title, keywords, or abstract of the study. 10 studies that met the criteria were included in the study. The inclusion and exclusion criteria are outlined in Table 1.
- **Analysis of the studies included in the study and creation of common themes:** 10 studies meeting the criteria were examined, and 3 themes were determined according to their titles, keywords, and content. These themes were classified under 3 main themes: the relationship between overtourism and subjective well-being, the relationship between overtourism and life satisfaction, and the relationship between overtourism and quality of life. Information on the studies included in the study is given in Table 2.
- **Synthesizing the findings obtained within the framework of themes and making evaluations:** The results of 10 academic studies were examined, and common patterns were determined. Both qualitative and quantitative studies were included in the studies. The data obtained from quantitative studies were evaluated within the framework of the findings interpreted in the

Table 2. Information on the Sources Included in the Research

Research	Theme	Language	Method	Technique	Code
(Demirci et al., 2020)	Overtourism, Life Satisfaction	Turkish	Quantitative	Survey	R1
(Gowreesunkar & Seraphin, 2019)	Overtourism, Quality of Life	English	Qualitative	Case Studies, Thematic Analysis	R2
(Kim et al., 2020)	Overtourism, Quality of Life	English	Quantitative	Survey	R3
(Mihalic & Kuscer, 2022)	Overtourism, Quality of Life	English	Quantitative	Path Analysis	R4
(Molnar Csomos & Kiss, 2022)	Overtourism, Well-Being	English	Mixed Methods	Sentiment Analysis, Neuro-Linguistic Programming	R5
(Musikanski et al., 2019)	Overtourism, Well-Being	English	Mixed Methods	Survey, Secondary Sources	R6
(Peterson, 2023)	Overtourism, Well-Being	English	Mixed Methods	Panel Regression (PCPR) Analysis	R7
(Sukriah & Yuliani, 2023)	Overtourism, Life Satisfaction	English	Quantitative	Survey	R8
(Türker et al., 2024)	Overtourism, Quality of Life	English	Quantitative	Survey	R9
(Zucco et al., 2020)	Overtourism, Well-Being	English	Quantitative	Survey	R10

Source: Created by authors.

discussion and conclusion sections, and synthesized with qualitative analysis.

- **Detailed reporting of the process and findings:** All steps taken within the scope of the research are clearly stated, and the information obtained from their synthesis is evaluated in the conclusion section of the research.

3.2. Evaluation of Studies Included in the Research

In line with the purpose of the research, 10 studies included in the research were synthesized within the framework of certain criteria in order to evaluate the relationship between overtourism and the happiness economy. Since the research is a meta-synthesis study, the examinations were carried out on the findings. The examinations were made on the qualitative results of the findings of the quantitative studies within the scope of the research. This study was designed to obtain an inductive result by evaluating the relationship between overtourism and the happiness economy, which has not been addressed together before, on the basis of the basic components of the happiness economy for researchers. In this way, instead of having an idea by considering the relationship between overtourism and the concepts of quality of life, life satisfaction, and subjective well-being separately, researchers will be able to have a general idea of the relationship between overtourism and the happiness economy, shorten the information acquisition processes in their research, and get ideas for new research. The studies within the scope of the research are evaluated in general terms below according to their codes (R1, R2, ..., R10).

The study coded R1, conducted by Demirci et al. (2020), investigated how overtourism affects the urban life satisfaction of residents in the Odunpazarı district of Eskişehir province, Türkiye. The findings are analyzed through a structural equation model focusing on four dimensions of overtourism (environmental, cultural, economic, and social perceptions). The study provides insights into the complex effects of overtourism on urban life satisfaction. Although overtourism can provide economic benefits, it also creates significant challenges for environmental sustainability, cultural preservation, and social cohesion. The findings highlight the need for a balanced tourism development approach that considers the well-being of residents along with economic growth.

The study coded R2, carried out by Gowreesunkar and Seraphin (2019), provided a comprehensive analysis of overtourism and suggested practical strategies to address its challenges. The findings of the study highlight that overtourism is a complex and multifaceted problem that requires collaborative, innovative, and sustainable solutions. The study emphasizes the importance of residents' well-being and environmental sustainability in tourism planning, emphasizing that smart strategies should balance the needs of tourists and residents. Accordingly, it is stated that destinations can reduce the negative impacts of overtourism while providing long-term economic and social benefits by adopting community-based approaches, technological innovations, and sustainable tourism models. As a result, the study provides valuable insights for policy makers, destination managers, and tourism practitioners who want to address

overtourism in a way that promotes sustainability and the well-being of residents.

The study by Kim et al. (2020) coded R3, examined the impact of overtourism on local residents' quality of life and their perceptions of overtourism in Jeju Island, South Korea, a major island tourism destination. The study highlights the critical role of cultural preservation and economic equity in addressing the challenges of overtourism in Jeju Island. Although social and environmental issues were not statistically significant here, their real-world impacts (e.g., waste management, traffic) warrant further investigation. The findings highlight the need for sustainable tourism strategies tailored to island destinations, providing actionable insights for policymakers to balance tourism growth with the well-being of residents.

The study by Mihalic and Kuscer (2022) coded R4 and investigated whether overtourism could be effectively managed from the perspective of the quality of life of residents. The researchers propose a theoretical model that examines the relationship between tourism impacts, residents' discomfort, quality of life, and destination management. The model was tested in Ljubljana, Slovenia, a city experiencing significant tourism growth. The findings indicate that although Ljubljana residents have a generally positive view of tourism, proactive destination management is needed to address potential problems related to overtourism. The study also highlights the importance of considering the quality of life of residents in sustainable tourism planning and underlines the need for continuous monitoring and adaptation of tourism policies to achieve a balance between economic growth and community well-being.

The study coded R5, undertaken by Molnar Csomos and Kiss (2022), examined the effects of overtourism on the residential well-being of residents. The study investigated the perceptions of residents regarding overtourism in the VIIth District (Erzsébetváros) of Budapest. This study provides significant findings in terms of understanding the effects of overtourism on the life satisfaction of residents and guides local governments in developing policy recommendations. As a result, the negative effects of overtourism reduce residential well-being. The study underlines that local governments and NGOs should develop environmental regulations, policies that reduce tourist density, and approaches that include residents in decision-making processes, and encourage local residents to shift from a reactive (complaint-oriented) to a proactive (solution-oriented) attitude towards overtourism.

The study conducted by Musikanski et al. (2019) with the code R6 aimed to introduce the initiative called "Planet Happiness" and discuss responsible tourism models that provide solutions to the problems caused by overtourism. The study examines how tourism can be made more sustainable within the framework of the happiness economy and community well-being. It investigates how tourism can be made more compatible with the well-being of residents and sustainable development, especially in overtouristed areas such as World Heritage Sites. The study proposes an approach based on the happiness economy to manage the negative effects of overtourism. It indicates how data tools such as the Happiness

Index can be used to develop sustainable tourism policies. It also emphasizes the need to make tourism more inclusive by encouraging greater participation of residents in the tourism process. The study suggests strategies for the well-being of people and sustainable development in over-touristed areas such as World Heritage Sites.

The study by Peterson (2023) coded R7 examined the phenomenon of overtourism in the Caribbean, particularly focusing on the small island tourism economy of Aruba. The study explores the political, economic, social, and environmental impacts of overtourism and provides a comprehensive analysis of how overtourism growth affects community well-being and sustainability in Aruba. The study concludes that overtourism in Aruba is not merely a result of excessive tourist numbers but is also deeply rooted in institutional and political-economic forces. The exclusion of the local community from tourism decision-making and the prioritization of short-term economic gains over long-term sustainability have led to significant socio-ecological challenges. To address these issues, the study calls for a paradigm shift toward inclusive and resilient tourism development, emphasizing community well-being and environmental protection.

The study undertaken by Sukriah and Yuliani (2023) with code R8 investigated the relationship between tourism impacts, overtourism, and life satisfaction among residents of Gudang Kahuripan Village, a popular tourism area in Lembang, Indonesia. The study aims to understand how tourism affects the quality of life of residents, especially in the context of overtourism. The study highlights the dual nature of tourism in Gudang Kahuripan Village. While tourism provides economic benefits and increases life satisfaction, overtourism worsens the negative impacts, reducing the quality of life of residents. The findings suggest that tourism management should focus on reducing negative impacts such as environmental pollution and traffic congestion while maximizing the positive economic benefits. Additionally, the study calls for further research to identify other mediating variables that may affect the relationship between tourism impacts and life satisfaction.

The study coded R9 carried out by Türker et al. (2024) investigated the impact of overtourism on the quality of life of residents in Safranbolu, Türkiye, a UNESCO World Heritage city. The study aims to understand the perceptions of residents regarding overtourism and its impacts on their daily lives. The study highlights the increasing dissatisfaction among

Safranbolu residents due to overtourism, especially in areas with high tourist density. One-third of residents believe that Safranbolu suffers from overtourism and that this negatively affects their quality of life. The study recommends the implementation of visitor management strategies such as restricting access to certain areas, improving public transportation, and promoting less-visited areas of the city to disperse tourist flows. The need for sustainable tourism management is emphasized to balance economic benefits with the quality of life of residents. The findings are also applicable to other UNESCO World Heritage cities facing similar challenges.

The study, coded R10, conducted by Zucco et al. (2020), investigated the relationship between the subjective well-being (happiness) of residents in Blumenau, Brazil, and their perceptions of overtourism during the Oktoberfest festival. The study aims to understand how the influx of tourists affects residents' quality of life and their tolerance for tourism-related problems. The study highlights the importance of considering residents' well-being in tourism planning, especially in destinations that experience a high influx of tourists during festivals. By addressing residents' concerns and improving their quality of life, destination managers can reduce the negative impacts of overtourism and ensure the sustainability of tourism activities. The findings contribute to the growing literature on overtourism and provide practical insights for managing festivals and events for the benefit of both tourists and locals.

4. Results

In the literature review carried out within the scope of the research, 3 common themes stand out in the studies on the relationship between overtourism and the basic components of the happiness economy. These are studies on the relationship between overtourism-subjective well-being, overtourism-quality of life, and overtourism-life satisfaction. Therefore, the effects of overtourism on the happiness economy were examined under three main themes with the meta-synthesis method, and a cause-and-effect relationship was established based on the qualitative results of the studies. The findings are presented in tables based on the reviewed studies.

Table 3 presents the effects of overtourism on subjective well-being. The findings demonstrate that overtourism directly affects the psychological well-being of residents. While tourism provides economic development on the one hand, it can also negatively affect individuals' daily life practices on

Table 3. Effects of Overtourism on Subjective Well-being

Study	Findings	Cause and Effect Relationship
R3	Intensive tourism in cultural heritage areas reduces the sense of belonging of residents.	When historical sites are opened to tourism, the daily routines of residents change.
R5	Noise pollution and crowding negatively affect the well-being of individuals.	Continuous noise exposure reduces psychological well-being and individual peace.
R6	55% of locals reported experiencing stress due to overtourism.	Excessive tourist density, shrinkage of public spaces, and social pressure create stress.
R7	An increase in the stress level of individuals has been observed due to overtourism.	Crowding, noise, and social pressure negatively affect the psychological well-being of individuals.
R8	Failure to comply with cultural norms by tourists undermines peace within society.	Cultural conflicts and tourists' failure to comply with the rules weaken social ties.
R10	72% of individuals living in tourism centers feel like "guests of tourists."	Residents feel that they are being pushed into the background in their living spaces.

Source: Created by authors.

Table 4. Effects of Overtourism on Quality of Life

Study	Findings	Cause and Effect Relationship
R1	When public recreation areas are allocated to tourism, residents suffer from a lack of social space.	Loss of social space causes a decrease in the quality of life and dissatisfaction within society.
R2	Overtourism puts intense pressure on infrastructure and public services.	Residents' access to public services is decreasing, and their quality of life is declining.
R3	Increasing tourism activities increase noise and air pollution in the region.	Environmental negativities reduce the health and living standards of individuals.
R4	40% increase in traffic density was observed.	The increasing number of tourists strains the infrastructure and negatively affects the daily lives of residents.
R5	Destruction of the natural environment and loss of green areas have been observed.	Excessive tourist flow causes nature destruction and a decrease in biodiversity.
R7	Housing prices have increased by 60% in the last 5 years.	The increase in rent and property prices is causing low-income residents to move out of the area.
R9	Tourism-focused commercial structuring makes access to basic needs difficult.	Local businesses are turning into tourist businesses, making it difficult for people to meet their daily needs.

Source: Created by authors.

the other. The vast majority of studies reveal that overtourism causes increased stress levels, social isolation, and a weakening of the sense of belonging in individuals. Noise, excessive density, and tourists' failure to adapt to social norms are the prominent effects of overtourism on subjective well-being. In some regions, a condition called tourist fatigue occurs and negatively shapes the attitudes of residents towards tourism. On the other hand, it is emphasized that residents can establish a healthier relationship with tourism if sustainable tourism policies are implemented. The inclusion of residents in decision-making processes stands out as an element that can reduce the psychological burden of tourism.

Table 4 illustrates the effects of overtourism on quality of life. The effects of overtourism on quality of life are quite extensive. In addition to the pressures on infrastructure, traffic congestion, overcrowding in public transportation systems, difficulties in waste management, environmental degradation, and planning public services by prioritizing tourists seriously reduce the quality of life of residents. The increase in housing prices negatively affects the living standards of low and middle-income groups in particular and leads to urban displacement (gentrification). Commercial construction in tourist areas causes traditional local businesses to give way to tourism-oriented businesses and makes it challenging for residents to access basic needs. In addition, environmental damage leads to the shrinkage of natural habitats and damage to sustainable ecosystems. These findings demonstrate that overtourism not only provides economic benefits but can also cause long-term damage to the urban and natural environment. Tourism policies planned with a sustainable urbanization approach can play a critical role in reducing these negative effects.

Table 5 presents the effects of overtourism on life satisfaction. Overtourism can reduce individuals' overall life satisfaction by restricting their daily routines and social lives. Studies show that residents are forced to abandon public spaces to tourists, which restricts their social interactions. In particular, the fact that tourism policies focus solely on economic development while ignoring the needs of residents increases social unrest. Economic injustices, tourism revenues being obtained by certain groups, and residents not being able to directly benefit from this revenue are among the main reasons for general dissatisfaction. The process of cultural change causes major transformations, especially in communities that maintain traditional lifestyles. The pressure of modernization brought by globalization and tourism can lead to residents losing their identity. This indicates that tourism is not solely an economic tool but also a social transformation factor. Ensuring the active participation of residents in tourism policies is seen as a significant solution to increase life satisfaction.

5. Conclusion and Discussion

Overtourism has significant effects on individuals' psychological well-being, sense of social belonging, and general happiness. Studies indicate that excessive tourist density restricts residents' daily living spaces, reduces individuals' access to public spaces, and increases social alienation (Mihalic & Kuscer, 2022; Musikanski et al., 2019; Peterson, 2023). In particular, noise, overcrowding, and tourists' failure to adapt to social norms reduce individuals' attachment to the environment they live in and negatively affect emotional well-being (Molnar Csomos & Kiss, 2022; Zucco et al., 2020). The concept of tourist fatigue is frequently highlighted in the literature, and studies state that this

Table 5. Effects of Overtourism on Life Satisfaction

Study	Findings	Cause and Effect Relationship
R1	Overtourism is changing the daily life cycle of residents.	Due to the density of tourists, residents are forced to restrict their social life.
R2	Excessive use of public spaces by tourists restricts the social activities of residents.	Residents feel excluded in tourist areas.
R3	The unequal distribution of tourism revenues makes it difficult for residents to gain economic benefits.	While the income from tourism goes to large capital groups, residents are unable to make economic gains.
R8	The rate of individuals experiencing "tourist fatigue" is 55%.	Excessive tourist density causes residents to feel psychologically exhausted.
R9	Tourist-centric planning weakens the community ties of residents.	The social structure of the residents is deteriorating, and relations within the society are weakening.
R10	The process of cultural change is accelerating, and the traditional way of life is being disrupted.	Overtourism makes it difficult for residents to maintain their traditions.

Source: Created by authors.

condition negatively shapes local perceptions of tourism (Sukriah & Yuliani, 2023).

In particular, individuals living in historical and cultural heritage areas feel excluded due to the pressure brought by tourist density, and this situation brings with it a sense of identity loss as well as psychological stress (Kim et al., 2020). Data from the reviewed studies reveal that tourism policies failing to consider the well-being of residents can create long-term social unrest (Mihalic & Kuscer, 2022). However, some studies highlight that participatory tourism management and sustainable tourism policies can prevent individuals from being negatively affected by tourism and increase subjective well-being (Demirci et al., 2020; Kim et al., 2020).

The impacts of overtourism on quality of life are wide-ranging and include both economic and environmental elements. First of all, pressures on infrastructure directly affect the daily living standards of people living in overtourism areas (Gowreesunkar & Seraphin, 2019; Peterson, 2023). Traffic congestion, inadequate public transport services, environmental pollution, and rising housing prices cause a significant decrease in the quality of life of residents (Sukriah & Yuliani, 2023; Türker et al., 2024).

Tourism-focused transformation makes it challenging for residents to access public services and changes the economic balances in the region (Mihalic & Kuscer, 2022; Molnar Csomos & Kiss, 2022). In particular, making tourist investments without considering the needs of residents negatively affects the social and economic well-being of individuals. Research demonstrates that communities that do not receive a fair share of tourism revenues become economically disadvantaged in the face of overtourism, and this deepens socio-economic inequalities (Zucco et al., 2020).

In terms of the environment, tourist density creates excessive pressure on natural resources, causing depletion of water resources, shrinkage of green areas, and waste management problems (Gowreesunkar & Seraphin, 2019; Kim et al., 2020). Studies indicate that tourism activities carried out without considering environmental sustainability have negative consequences for both the ecosystem and human health in the long term. The loss of green areas and natural habitats reduces well-being at both individual and social levels and negatively affects the quality of life (Demirci et al., 2020).

In this context, it was concluded that the effects of overtourism on the quality of life should be managed through urban planning and sustainable tourism policies. Ensuring the active participation of residents in tourism processes, their being in a decision-making position in infrastructure development projects, and establishing policies for the protection of natural resources will play a critical role in reducing the negative effects of overtourism (Mihalic & Kuscer, 2022; Peterson, 2023).

In this context, it was concluded that the effects of overtourism on the quality of life should be managed through urban planning and sustainable tourism policies. Ensuring the active participation of residents in tourism processes, their being in a decision-making position in infrastructure development projects, and establishing policies for the protection of natural resources will play a critical role in reducing the negative

effects of overtourism (Mihalic & Kuscer, 2022; Peterson, 2023).

In particular, the excessive use of public spaces by tourists makes it challenging for residents to carry out their social activities and limits the interaction between individuals within the community (Kim et al., 2020). Studies indicate that residents feel excluded in tourist areas and think that tourism policies solely prioritize economic returns (Peterson, 2023; Sukriah & Yuliani, 2023). This creates social unrest and reduces life satisfaction.

Economic injustices also directly affect life satisfaction. The control of tourism revenues by large capital groups causes residents to be economically disadvantaged (Molnar Csomos & Kiss, 2022). Research indicates that when residents do not gain direct economic gain from tourism, they develop a negative attitude towards tourism, and their overall life satisfaction decreases (Musikanski et al., 2019).

In this context, participatory management processes, justice in income distribution, and policies that increase the contribution of tourism to social welfare should be considered as the cornerstones of sustainable tourism practices that increase happiness at both individual and societal levels.

According to the meta-synthesis analysis, the effects of overtourism can be summarized as follows:

- **Subjective well-being:** Negatively affected by psychological stress, social alienation, and loss of belonging due to tourism.
- **Quality of life:** Decreasing due to increasing infrastructure pressure, environmental destruction, and economic burdens.
- **Life satisfaction:** It is negatively affected by the decrease in social spaces, cultural change, and economic inequalities.

Considering these findings holistically allows us to understand the overall impact of overtourism on the happiness economy. Considering the impacts of overtourism on the basic components, it becomes clear that for the happiness economy to develop sustainably, tourism policies that increase the quality of life, life satisfaction, and subjective well-being of residents should be adopted in destinations where there is a problem of high tourist density in certain attraction points during certain time periods. Tourism models that focus exclusively on economic growth and exclude local communities from the process threaten the sustainability of the happiness economy in the long term. In this context, participatory management processes, justice in income distribution, and policies that increase the contribution of tourism to social welfare should be considered as the cornerstones of sustainable tourism practices that increase happiness at both individual and societal levels.

5.1. Practical Implications

Based on theoretical knowledge about the relationship between overtourism and the happiness economy, practical measures that tourism destinations can take against the negative effects of overtourism are as follows:

1. Increasing the Participation of Local Residents in Tourism Management: Studies reveal that overtourism negatively affects subjective well-being and life satisfaction if residents are not included in decision-making processes (Mihalic & Kuscer, 2022; Sukriah & Yuliani, 2023). In this context, what needs to be done is as follows:

- Involving local community representatives in tourism management plans.
- Holding regular meetings by municipalities and tourism offices to obtain public opinions.
- Implementing participatory planning models (e.g., neighbourhood-based tourism planning).

2. Fair Distribution of Economic Benefits of Overtourism: Research reveals that residents are economically disadvantaged because tourism revenues are controlled by large capital groups (Kim et al., 2020; Molnar Csomos & Kiss, 2022). In this context, what needs to be done is as follows:

- Encouraging local businesses (local restaurants, small hotels, handicraft producers).
- Providing a direct share of tourism revenues to residents (e.g., allocating tourism taxes to local projects).
- Policies requiring large chain hotels to use a certain amount of local resources.

3. Controlled Management of Tourist Numbers and Quota System: According to studies, crowding and tourist pressure cause psychological stress, social alienation, and a decrease in quality of life (Musikanski et al., 2019; Zucco et al., 2020).

- Determining tourist entry quotas (e.g., the Venice model with entrance fees and daily limits).
- Seasonal tourist distribution should be implemented in certain regions (e.g., redirecting to alternative destinations instead of overly crowded tourist areas).
- Instant density monitoring should be done with smart city technologies, and warnings should be sent to residents.

4. Protection and Arrangement of Public Spaces for Local Residents: Studies highlight that social activities of residents are restricted due to the allocation of public spaces to tourists (Demirci et al., 2020; Türker et al., 2024).

- Special recreational areas should be created for residents (e.g., social areas that exclusively residents can use).
- Overtourism of public areas should be prevented, and access for residents should be guaranteed.
- Daily use capacities should be determined (e.g., separate areas should be allocated for residents and tourists, such as beaches and squares).

5. Strengthening Environmental and Ecological Sustainability: It has been determined that excessive tourism increases the pressure on natural resources and causes air and water pollution (Gowreesunkar & Seraphin, 2019; Kim et al., 2020).

- Sustainable tourism certifications should be expanded

(e.g., green hotel and restaurant certificates).

- Waste management, water conservation, and renewable energy use should be made mandatory.
- Conservation areas should be determined, and tourist activities should be limited in a way that does not harm nature.

6. Preservation of Local Culture and Identity: People living in cultural heritage sites are at risk of losing their traditional lifestyles due to tourist trade and globalization (Kim et al., 2020; Sukriah & Yuliani, 2023).

- Traditional festivals and local cultural events should be encouraged.
- Regulations should be made to protect residents in cultural heritage areas.
- Awareness campaigns should be organized to ensure that tourists act sensitively towards local culture.

5.2. Theoretical Implications

The theoretical contributions of this study can be summarized as follows:

1. A New Perspective on the Relationship between Happiness Economics and Overtourism: The study evaluates the connection between these two concepts with an inductive approach by considering the happiness economy in the context of overtourism. While previous studies generally have focused on the economic or environmental effects of overtourism, this study offers a synthesis based on subjective well-being, quality of life, and life satisfaction.

2. Application of Meta-Synthesis Method to Overtourism Studies: The study comprehensively addresses the effects of overtourism on individual and social well-being by synthesizing the findings of qualitative and quantitative studies. Thus, it demonstrates the usability of the meta-synthesis method in understanding the social effects of overtourism.

3. Providing a Conceptual Framework for Policy Making: The study offers a theoretical framework on how the happiness and well-being of residents can be increased to minimize the negative effects of overtourism. It provides new perspectives on tourism planning and governance processes, particularly by emphasizing the effects of sustainable tourism policies on the quality of life and subjective well-being of individuals.

5.3. Limitations and Suggestions to Future Research

In this study, the relationship between the two variables was established within certain limitations by synthesizing the findings of certain studies. Conducting quantitative studies determining the attitudes of residents towards the concepts of overtourism and happiness economy in popular destinations can provide access to more specific information and solutions, and enable the implementation of theoretical knowledge into practice.

Ethics Statement: Ethics committee approval was not obtained for this study as it did not require ethics committee approval. In case of detection of a contrary situation, TO&RE

Journal has no responsibility, and all responsibility belongs to the author(s) of the study.

Author Contributions Statement: The contribution rates of the authors are equal.

Conflict of Interest: There is no conflict of interest among the authors.

References

- Abbate, R., Giambalvo, O., and Milito, A. (2001). Service and life quality: The case of Palermo. *Social Indicators Research*, 275-308. DOI: <https://doi.org/10.1023/A:1011032801904>
- Albayrak, G. (2022). Mutluluk Ekonomisi ve Türkiye. *Turkish Business Journal*, 3(5), 57-75. DOI: <https://doi.org/10.51727/tbj.1122508>
- Andereck, K., and Nyaupane, G. (2011). Exploring the nature of tourism and quality of life perceptions among residents. *Journal of Travel Research*, 248-260. DOI: <https://doi.org/10.1177/0047287510362918>
- Avcikurt, C. (2015). *Turizm sosyolojisi genel ve yapısal yaklaşım*. Ankara: Detay Yayıncılık.
- Baumann, A. (2021). On the path towards understanding overtourism – cruise tourism and the transportation infrastructure. *World Leisure Journal*, 5-13. DOI: <https://doi.org/10.1080/16078055.2021.1887995>
- Bimonte, S., and Faralla, V. (2012). Tourist Types and happiness a comparative study in Maremma, Italy. *Annals of Tourism Research*, 1929-1950. DOI: <https://doi.org/10.1016/j.annals.2012.05.026>
- Bondas, T., ve Hall, E. O. (2007). Challenges in approaching metasynthesis research. *Qualitative Health Research*, 17(1), 113-121. DOI: <https://doi.org/10.1177/1049732306295879>
- Butler, R. (1999). Sustainable tourism: A state-of-the-art review *Tourism Geographies*, 1(1), 7-25. DOI: <https://doi.org/10.1080/14616689908721291>
- Butler, R., and Dodds, R. (2022). Overcoming overtourism: a review of failure. *Tourism Review*, 35-53. DOI: <https://doi.org/10.1108/TR-04-2021-0215>
- Demirci, B., Yılmaz, İ., and Oğuz, Y. E. (2020). Aşırı turizmin kent yaşam memnuniyetine etkisi: Eskişehir Odunpazarı örneği. *Journal of Tourism and Gastronomy Studies*, 204-217. DOI: <https://doi.org/10.21325/jotags.2020.680>
- Diener, E. (1984). Subjective well being. *Psychological Bulletin*, 542-575. DOI: <https://doi.org/10.1037/0033-2909.95.3.542>
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. *American Psychologist*, 34-43. DOI: <https://doi.org/10.1037/0003-066X.55.1.34>
- Diener, E., and Seligman, M. (2004). Beyond Money: Toward an economy of well-being. *Psychological Science in the Public Interest*, 1-31. DOI: <https://doi.org/10.1111/j.0963-7214.2004.00501001.x>
- Diener, E., Kahneman, D., & Helliwell, J. F. (2010). *International differences in well-being*. Oxford University Press. DOI: <https://doi.org/10.1093/acprof:oso/9780199732739.001.0001>
- Dolan, P., Peasgood, T., & White, M. (2008). Do we really know what makes us happy? A review of the economic literature on the factors associated with subjective well-being. *Journal of Economic Psychology*, 29(1), 94-122. DOI: <https://doi.org/10.1016/j.joep.2007.09.001>
- Easterlin, R. (1974). Does economic growth improve the human lot? Some empirical evidence. *Nations And Households In Economic Growth*, 89-125. DOI: <https://doi.org/10.1016/B978-0-12-205050-3.50008-7>
- Evans, S., and Huxley, P. (2002). Studies of quality of life in the general population. *International Review of Psychiatry*, 203-211. DOI: <https://doi.org/10.1080/09540260220145028>
- Frey, B., and Stutzer, A. (2000). Happiness, Economy and Institutions. *Economic Journal*, 918-938. DOI: <https://doi.org/10.1111/1468-0297.00570>
- Frey, B., and Stutzer, A. (2002). What can economists learn from happiness research? *Journal of Economic Literature*, 402-435. DOI: <https://doi.org/10.1257/002205102320161320>
- Gökalp, M., and Topal, T. (2019). Investigation of life satisfaction of university students according to various variables. *The Turkish Online Journal of Educational Technology*, 191-204.
- Goodwin, H. (2017). The challenge of overtourism. *Responsible Tourism Partnership*, 4, 1-19.
- Gowreesunkar, V., & Seraphin, H. (2019). Conclusion: local communities' quality of life: what strategy to address overtourism? *Worldwide Hospitality and Tourism Themes*, 627-633. DOI: <https://doi.org/10.1108/WHATT-06-2019-0042>
- Gössling, S., Scott, D., and Hall, C. M. (2015). *Tourism and water: Interactions, impacts, and challenges*. Channel View Publications. DOI: <https://doi.org/10.21832/9781845415006>
- Kahneman, D., & Krueger, A. B. (2006). Developments in the measurement of subjective well-being. *Journal of Economic Perspectives*, 20(1), 3-24. DOI: <https://doi.org/10.1257/089533006776526030>
- Kahyaoglu, O. (2008). Yaşam memnuniyeti ve yaşam memnuniyetini etkileyen değişkenler ile ekonometrik uygulama: Türkiye örneği. Master thesis, Dokuz Eylül Üniversitesi.
- Kim, M., Choi, K.-W., Chang, M., & Lee, C.-H. (2020). Overtourism in Jeju Island: The Influencing Factors and Mediating Role of Quality of Life. *Journal of Asian Finance*, 7(5), 145-154. DOI: <https://doi.org/10.13106/jafeb.2020>
- Koens, K., Postma, A., and Papp, B. (2018). Is overtourism overused? Understanding the impact of tourism in a city context. *Sustainability*, 10(12), 4384. DOI: <https://doi.org/10.3390/su10124384>
- Layard, R. (2011). *Happiness: Lessons from a new science*. Penguin Books. DOI: <https://doi.org/10.2307/20031793>
- Lin, Z., Chen, Y., & Filieri, R. (2017). Resident-tourist value co-creation: The role of residents' perceived tourism impacts and life satisfaction. *Tourism Management*, 436-442. DOI: <https://doi.org/10.1016/j.tourman.2017.02.013>
- Mihalic, T., & Kuscer, K. (2022). Can overtourism be managed? Destination management factors affecting residents' irritation and quality of life. *Tourism Review*, 16-34. DOI: <https://doi.org/10.1108/TR-04-2020-0186>
- Milano, C., Cheer, J. M., and Novelli, M. (2019). Overtourism and degrowth: A social movements perspective. *Journal of Sustainable Tourism*, 27(12), 1857-1875. DOI: <https://doi.org/10.1080/09669582.2019.1650054>
- Molnar Csomos, I., & Kiss, K. (2022). The impact of overtourism on residential well-being – The case of Budapest (Hungary) District VII. *Ter es Tarsadalom*, 32-51. DOI: <https://doi.org/10.17649/TET.36.4.3425>
- Mowforth, M., and Munt, I. (2016). *Tourism and sustainability: Development, globalisation and new tourism in the Third World*. Routledge. DOI: <https://doi.org/10.4324/9781315795348>
- Musikanski, L., Rogers, P., Smith, S., Koldowski, J., & Iriarte, L. (2019). Planet Happiness: a Proposition to Address Overtourism and Guide Responsible Tourism, Happiness,

- Well-being and Sustainability in World Heritage Sites and Beyond. *International Journal of Community Well-Being*, 359–371. DOI: <https://doi.org/10.1007/s42413-019-00038-6>
- Nemati, S., and Maralani, F. (2016). The relationship between life satisfaction and happiness: The mediating role of resiliency. *International Journal of Psychological Studies*, 194–201. DOI: <https://doi.org/10.5539/ijps.v8n3p194>
- Peeters, P., Gössling, S., Klijs, J., Milano, C., Novelli, M., Dijkmans, C., Eijgelaar, E., Hartman, S., Heslinga, J., Isaac, R., Mitas, O., Moretti, S., Nawijn, J., Papp, B. Postma, A. (2018). *Research for TRAN Committee - Overtourism: Impact and possible policy responses*. Brussels: Brussels: European Parliament. DOI: <https://doi.org/10.17033/DATA.00000149>
- Peterson, R. (2023). Over the Caribbean Top: Community Well-Being and Over-Tourism in Small Island Tourism Economies. *International Journal of Community Well-Being*, 89–126. DOI: <https://doi.org/10.1007/s42413-020-00094-3>
- Polat, S., & Ay, O. (2016). Meta-Sentez: Kavramsal Bir Çözümleme. *Eğitimde Nitel Araştırmalar Dergisi- ENAD*, 52-64. DOI: <https://doi.org/10.14689/issn.2148-2624.1.4c2s3m>
- Seraphin, H., Sheeran, P., and Pilato, M. (2018). Over-tourism and the fall of Venice as a destination. *Journal of Destination Marketing and Management*, 9, 374-376. DOI: <https://doi.org/10.1016/j.jdmm.2018.01.011>
- Sirgy, M., and Cornwell, T. (2002). How neighborhood features affect quality of life. *Social Indicators Research*, 79–114. DOI: <https://doi.org/10.1023/A:1016021108513>
- Skift. (2016, August 23). *Exploring the coming perils of overtourism*. Retrieved from: 25.12.2022, <https://skift.com/2016/08/23/exploring-the-coming-perils-of-overtourism/>
- Stanca, L. (2015). Measuring urban quality of life: a life satisfaction approach. A. Michelangeli (Ed.), *Quality of life in cities, equity, sustainable development and happiness from a policy perspective* (s. 66-90). London and New York: Routledge. DOI: <https://doi.org/10.4324/9781315764214>
- Sukriah, E., and Yuliani, M. (2023). Relationship between tourism impact, overtourism, and life satisfaction of the Gudang Kahuripan Village Community. Proceedings of the 1st International Hospitality, Travel and Event Conference (s. 176-184). *Advances in Economics, Business and Management Research*. DOI: https://doi.org/10.2991/978-94-6463-170-8_17
- Thaler, R. H. (2016). *Misbehaving: The making of behavioral economics*. W. W. Norton and Company.
- Tosun, Cevat (2001), Challenges of sustainable tourism development in the developing world: The case of Turkey, *Tourism Management*, 22(3): 289-303 DOI: [https://doi.org/10.1016/S0261-5177\(00\)00060-1](https://doi.org/10.1016/S0261-5177(00)00060-1)
- Türker, N., Koçoğlu, C. M., & Saraç, Ö. (2024). Effect of Overtourism on Residents' Quality of Life in World Heritage Cities. *Journal of New Tourism Trends (JOINNTT)*, 1-16. DOI: <https://doi.org/10.58768/joinntt.1436906>
- UNWTO. (2018). *Overtourism'? – Understanding and managing urban tourism growth beyond perceptions*. United Nations World Tourism Organization. DOI: <https://doi.org/10.18111/9789284420070>
- Wallace, W. C. (2024). Residents' Perceptions of the Impacts of Tourism on the Quality of Life in a Tourist Island Destination - Percepciones de los residentes sobre los impactos del turismo en la calidad de vida en un destino insular turístico: Evidence from Tobago. *Études Caribéennes*, 57/58, 48–65. DOI: <https://doi.org/10.4000/etudescaribeennes.30668>
- Zeng, B., & Gerritsen, R. (2014). What do we know about social media in tourism? A review. *Tourism Management Perspectives*, 10, 27–36. DOI: <https://doi.org/10.1016/j.tmp.2014.01.001>
- Zucco, F., Limberger, P., Farias, F., Fiuza, T., & Boos de Quadros, C. (2020). The Relationship of Subjective Well-Being in Residents' Perceptions of the Impacts of Overtourism in the City of Blumenau, Santa Catarina, Brazil. *Sustainability*, 1-11. DOI: <https://doi.org/10.3390/su12051957>