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RESEARCH ARTICLE

Tourism as a catalyst for resilience: Insights from a literature review on crisis adaptation and regional development

Mária Vasvári¹, Lívía Gergely², Lóránt Dénes Dávid³

¹ University of Debrecen, Department of Landscape Protection and Environmental Geography, 4032 Debrecen, Egyetem Sq. 1., Hungary

² Ferenc Rákóczi II. Transcarpathian Hungarian College, 90202 Transcarpathia, Berehovo, Kossuth tér 6., Ukraine

³ John von Neumann University, Faculty of Economics and Business, Department of Tourism and Hospitality, HU-6000 Kecskemét, Hungary

Corresponding author: Mária Vasvári email: vasvari.maria@science.unideb.hu

Abstract – The work discusses the increasingly popular concept of today, resilience, and examines its tourism aspects, presenting the interdisciplinary nature of the definition and the different meanings. International and Hungarian tourism research still needs to address the issue sufficiently. Tourism, one of the most dynamically developing economic sectors, is mainly responsible for territory creation. At the same time, the presence and expansion of tourism have brought the extent of change in systems to the forefront, thus giving rise to a renewed examination of the issue of resilience. The current research shows further relevance:

- The tourism is an open system, on the one hand it is exposed to many external factors (e.g. natural disasters, economic recession, epidemics, political conflicts, terrorist attacks), and on the other hand it continuously influences its environment (the latter is also referred to when reporting the results).
- Resilience is vital for the sustainability of tourism.
- Due to the acceleration of the flow of information, tourism today reacts much more sensitively to political, economic and health crises observed in the world.

At the same time, the question arises as to how one can include a tourism product in resilience, as well as how to measure whether tourism is the right path to resilience or whether tourism can be the key to resilience in a geographical area or how resilience can be an opportunity, and whether it can mean the same opportunity for everyone, and how can everyone make use of it?

Our research aimed to examine the evolution of tourism and its closely related geographical space's resilience to crises and identify. We aimed to identify possible paths of adaptation that would allow us to follow the path towards resilience. The tourism research community and regional development practitioners thematically mapped out possible responses to tourism and geographical space crises. Researchers have yet to publish work on this topic, and we consider our work to be missing.

To achieve our aim, namely to examine the diversity of adaptability in this field, we have collected literature. To do this, we used ResearchGate, a global research community connectivity platform. Using the platform's search engine, we reviewed 50 academic articles. We typed "tourism and resilience" into the search engine and took the first 50 works as a sample. We investigated how resilience manifests in the relationship between tourism (tourist destination) and geographical space. It observed resilience in three aspects:

1. When tourism is the cause of resilience.
2. When tourism is in a situation where it has had to recover resiliently.
3. When tourism is a key factor in the resilience of geographical space.

Among our results, the importance and outstanding role of examining resilience can be seen. This is confirmed by the geographical coverage and diversity of the 50 studies, which were carried out in 26 different countries. Statistical analysis provides evidence of the relationship (or lack of it) between developed and developing countries. The schematic diagrams (3 of them), which provide an opportunity to analyze the complex role of tourism in different contexts, are considered to be a truly new and original result of the article. They could provide an excellent basis for future research and policymakers.

Keywords – resilience, tourism, regional adaptability, geographical area

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1. INTRODUCTION

Adaptability to challenges, or resilience, is a long-established concept that integrates into other disciplines. However, the global events (epidemics, political conflicts) outlined above are bringing the study of resilience to the forefront again. The concept of resilience has indeed come a long way. Originally a concept from physics, one used to describe the malleable resilience of metals, and later came to be used in ecology (Holling, 1973). Studies that investigated resilience to shocks and shocks from external influences and logical extensions of purely scientific and ecological approaches have led to studies (Berkes & Folke, 1994; Folke, 2006) that have explored vulnerability in the context of the interconnectedness of socio-ecological systems (Pirisi, 2017). Holling, the originator of the concept, has sought to unify the concepts of ecological and nascent social resilience (Holling, 2001). There have been studies on the vulnerability of developing country societies and the impact of poverty on resilience (Prowse, 2003). However, these have focused mainly on the nature of the phenomenon under study. Researchers have also studied vulnerability in the context of the impact of factors with longer-term impact, in parallel with this definition of the concept (e.g., climate change) (Berkes & Jolly, 2002) or, more generally, on the vulnerability of social systems as a security risk (terrorism), within the traditional interpretative framework of the social sciences (Coaffee & Wood, 2006). It became a well-established trend when the exposure of society to natural disasters became the focus (e.g., after Hurricane Katrina (2005)) (Campanella, 2006; Colten & Sumpter, 2009). As research progressed, the concept also appeared in psychology (Robinson & Carson, 2016).

As the concept of resilience has conquered new areas, its original content has transformed. Researchers have systematized the conceptual diversity. The most commonly used threefold typology, summarised by Ron Martin and Peter Sunley (Martin & Sunley, 2015), refers to technical, ecological, and adaptive resilience (Pirisi, 2019).

- Technical resilience refers to the return speed to the system's pre-shock state. The goal is to restore equilibrium and stability.
- Ecological resilience: the ability of a system to withstand a shock without suffering significant damage.
- Adaptive resilience is the ability of a system to change in response to external pressures, to adapt to changing external conditions through dynamic self-renewal, and to be flexible (Sebestyén Szép et al., 2021).

Adaptive resilience, which is concerned with resilience in a general sense, i.e., the reactive capacity of systems to adapt to shocks from outside successfully, has been the subject of several studies (Rowies, 2015; Sebestyén Szép et al., 2021). A significant milestone in the development of the concept was the global economic crisis that erupted in 2008 when the vulnerability of economic (sub)systems became a question mark, and from then on, resilience was widely used to describe the resilience and renewal capacity of cities (regions) to external crises (Wink, 2014; Simmie, 2014). As György Enyedi has pointed out, a successful city is one where decisions are made (Enyedi, 1997). However, most

municipalities recognize that others make essential decisions. Their role in territorial processes is not proactive but typically reactive: their development is a succession of excellent or not-so-good responses to external challenges and transformations. If we accept this principle, the concept of resilience seems to be a suitable explanation for the differences in development between municipalities.

Building on and further developing the principle mentioned above, researchers in the early 2010s argued that the era of resilience-based urban development was beginning (Sieverts, 2013; Kaltenbrunner, 2013). The number of researchers working on territorial flexibility, i.e., the new approach to territorial competitiveness, has also increased (Alpek & Tésits, 2014; Szabó & Tóth, 2016). Accepting the convergent view of resilience as the ability to respond flexibly to impacts from outside the organization, resilience is the ability to adapt not only to a momentary state but a skill that changes over time; communities can develop this as a kind of learning process. Similar to Pirisi, we consider as secondary the question of how abrupt the external effects are and whether the effects themselves are catastrophic, shocking, or threatening. In other words, only a significant change in external circumstances requires a reaction in response (Pirisi, 2017).

Because of its interdisciplinary nature, resilience has naturally emerged in tourism. Initially, Sheppard and Williams studied the factors that strengthen the resilience of tourist resorts in their 2016 work (Sheppard & Williams, 2016). Hall, M. C. and colleagues (Hall et al., 2017) explored the relationship between resilience and tourism in their book, addressing the resilience of complex systems such as economies, ecosystems, societies, and their linked tourism sector. Similarly, Buttler (Buttler, 2017) placed the application and relevance of the concept of resilience at the heart of tourism in his valuable work. The study of the resilience of tourism organizations to crises and disasters has also come under the spotlight (Jiang et al., 2019), and of course, there has been a proliferation of works on tourism and resilience in the wake of the Covid-19 pandemic disaster (Prayag, 2020; P.L. et al., 2021). The COVID-19 pandemic was the most critical period in modern tourism history, significantly testing the sector's resilience. The shift in visitor flows due to the pandemic and the increased public health concerns have created new challenges for the tourism sector, especially for larger cities and tourist centers. The crisis caused by the epidemic has prompted industry players, in particular SMEs and national tourism organizations, to implement new crisis management measures and develop long-term resilience strategies for the future. The crisis caused by COVID-19 illustrates how the resilience and adaptability of tourist destinations can determine their long-term competitiveness and outline the strategic developments needed to cope with the new post-pandemic situation (Gyurkó 2022).

In the early 2010s, resilience-based urban development and territorial competitiveness represented an essential strand of resilience research (Dávid & Tóth, 2012). There have also been works related to tourism and global climate change research (David et al., 2012). Later, research focused on complex systems. The study of the resilience of tourism organizations to crises, terrorist attacks, and disasters has also

come under the spotlight (Dávid et al., 2007) and, of course, the number of health-related research also increased, which was further strengthened by the COVID-19 pandemic. (Zsarnoczky-Dulhazi et al., 2023).

On the issue of adaptive resilience in tourism, the authors of this paper support the conceptual interpretation of Amore et al. (Amore et al. 2018) that:

- the individual, personal level of decision making,
- the resident population and travellers,
- organisational and institutional decision-making, among both tourism and non-tourism practitioners, and
- the ecological and natural environment together form a complex adaptive system in terms of resilience.

Because in terms of destination resilience, destinations must constantly respond to and adapt to increasingly complex and global changes (Luthe & Wyss 2014).

We can see that the issue of resilience is well covered, as is its role in tourism. However, there is still a lack of work that puts the relationship between tourism and resilience (tourism as a cause of problems, tourism as a victim of negative impacts, and tourism as a key to development) into a framework. It would show in an organised way the complex role of tourism in different contexts. Our work contributes to filling research gaps and thus enriches the literature on the subject.

2. MATERIALS AND METHODS

The study analyzed and classified the literature on resilience using data from library and internet sources.

We used ResearchGate, a platform that connects the global research community for primary research. We are aware of the limitations of using ResearchGate as a single source. On the one hand, the works of researchers who are registered users of the platform are available, so the content available can only be considered representative of part of the professional audience. On the other hand, the quality and credibility of the available research material may vary significantly. Thirdly, not all uploads are open source, and not all articles are available. Fourthly, the limitations of omitting synonyms for the words searched for can be mentioned. However, besides these limitations, ResearchGate has several advantages that make it the resource of choice. Firstly, it can reach a broad international scientific community. On the other hand, its searchable database allows us to search quickly and precisely on a given topic. Thirdly, it is easy to keep track of recent new research (researcher tracking). Fourthly, it is an excellent way to access additional articles by recommendation or review the literature offered.

We entered the keywords "tourism and resilience" in the search interface on 1 September 2024. (Keeping track of the search date is essential because information on scientific articles uploaded to the platform can change within days.). We examined the first 50 results returned by the search engine and included them in the sample. The main parameters of the 50 jobs are shown in Table 1.

Table 1 The database collected for the primary research

ID	Author(s)	Title	Country of publication
1	(Sun et al., 2024)	Spatiotemporal Evolution and driving forces of Tourism Economic resilience in Chinese provinces	China
2	(Thi & Thi, 2024)	Organizational resilience in tourism enterprises: A case study Vietnam	Vietnam
3	(Sugiarto et al., 2024)	Strengthening Indonesian tourism resilience based on tourism operational risk management	Indonesia
4	(Olalia, 2024)	Tourism resilience in CALABARZON region Philippines	Philippines
5	(Khater & Faik, 2024.)	Tourism as a catalyst for resilience: Strategies for building sustainable and adaptive communities	United Arab Emirates
6	(E. Yang et al., 2024)	The impact of resilience on community variations in the relationships between tourism and quality of life	USA
7	(Eckert, 2024)	Assessing sustainability and resilience in tourism destinations - approaches for the development and implementation of destination sustainability and resilience assessment methodologies	Germany
8	(Lee & Pennington-Gray, 2024)	Measuring resilience of the tourism sector: Entropy as a surrogate indicator of resilience (easier) approach	Ethiopia
9	(Liu & Du, 2024)	Research on the mechanism of resilient leadership's effect on the resilience of small tourism enterprises	China
10	(Mihalic, 2024)	Trends in sustainable tourism paradigm: Resilience and adaptation	Slovenia
11	(Guo & Liu, 2024)	Research on the sustainable development of urban tourism economy: A perspective of resilience and efficiency synergies	China
12	(Ahachmi et al., 2024)	Sustainable tourism and destination resilience: A symbiotic relationship based on dynamic Capabilities	Morocco
13	(Zhang & Li, 2024)	A study on the coupling coordination of urban resilience and the tourism economy in the Beijing–Tianjin–Hebei region	China
14	(Chhabra, 2024)	Insights on sustainable tourism, resilience, and quality of life notions	USA

15	(Brune et al., 2024)	Building Tourism Resilience Through Communication	USA
16	(Zhao et al., 2024)	Spatio-temporal Evolution and driving factors of tourism economic resilience in the Yili river valley	China
17	(Mohammadipour & Nasrabadi, 2024)	An investigation into resilience strategies in the medical tourism supply chain	Iran
18	(Lu et al., 2024)	Is digital economy the driving force for improving the tourism economic resilience? Evidence from China	China
19	(Idajati et al., 2024)	The role of social capital and individual competence on community resilience of the tourism industry against climate change	Indonesia
20	(Rozkwitalska-Welenc et al., 2024)	Organizational resilience in hospitality and tourism	Polish
21	(Uehara, 2024)	Resilience in the tourism industry	Japan
22	(Li et al., 2024)	Spatial correlation network structure and driving factors of tourism ecological resilience in China	China
23	(Sharma et al., 2024)	Destination resilience and transformations in the tourism sector: New tendencies in destination development and management	India
24	(Xu et al., 2023)	Earthquake and tourism destination resilience from the perspective of regional economic resilience	China
25	(Ariyani & Fauzi, 2024)	Measuring the resilience of rural tourism in Indonesia using the adjusted Mazziotta-Pareto Index	Indonesia
26	(Wu et al., 2024)	Evaluation and influencing factors of ecological resilience in tourism villages from farmers' perspectives: A case study of Chinese minority settlement areas	China
27	(Sharma, 2024)	Identifying hazards and developing resilience for sustainable urban tourism: a case study of Pokhara, Nepal	Nepal
28	(Yang et al., 2023)	Quantitative simulation and verification of the tourism economic resilience in urban agglomerations	China
29	(Corradini & Rizzari, 2024)	Destination resilience in the context of Covid-19 and its hysteretic impact on the tourism system of South Tyrol	Austria
30	(Aryaningtyas et al., 2024)	Community engagement and resilience in Indonesian tourism: Lessons from the Covid-19 Crisis	Indonesia
31	(Shaon et al., 2024)	Covid-19 lessons for the tourism sector: Role of top management support, communication, and organisational culture in Supply Chain Resilience	Bangladesh
32	(Sorakunnas et al., 2024)	Biodiversity, leadership, and resilience in National Sustainable Tourism Program biodiversity, leadership, and resilience in a national sustainable tourism program	Finnish
33	(Zhong et al., 2024)	How information and communication technologies contribute to rural tourism resilience: evidence from China	China
34	(Zhao et al., 2024)	Spatio-temporal evolution of tourism economic resilience and its driving factors under the perspective of sustainable development-the case of Yili River Valley	China
35	(Singh, 2024)	Enhancing resilience of human resource practices in the tourism and hospitality business of India during the Covid-19 Pandemic	India
36	(Mokhtari et al., 2024)	Using destinations tourism rural of resilience livelihood of map knowledge of analysis vosviewer	China
37	(Bhartiya et al., 1 C.E.)	Gastronomic sustainability solutions for community and tourism resilience	India
38	(Akbari Arbatan et al., 2022)	Identifying the precedents of bounce-forward resilience of tourism businesses in the conditions of economic sanctions	Iran
39	(Tamanine & Houssas, 2024)	Fostering destination resilience: A conceptual framework linking sustainable tourism and tourism threats	Morocco
40	(Shumba et al., 2024)	Msmes' resilience strategies during the covid-19 crisis: a case of the tourism sector in South Africa	South African Republic
41	(Jayasinghe et al., 2024)	A systematic literature review on integrating disaster risk reduction (drr) in sustainable tourism (sust): a conceptual framework for enhancing resilience and minimizing environmental impacts	Sri Lanka
42	(Félix et al., 2024)	Examining crises resilience in tourism: a systematic review of literature	Kenya

43	(Zindi et al., 2024)	Digitalization as Potential Tool for post-covid-19 Tourism Recovery and Resilience in South Africa	South African Republic
44	(Kenji, 2024)	Impact of covid-19 pandemic on the recovery and resilience of the Hospitality and Tourism industry in Southeast Asia	Southeast Asia
45	(Khatun, 2024)	Tourism in the wake of Covid-19- resilience and recovery	Ireland
46	(Seyfi et al., 2024)	Surviving crisis: Building tourism entrepreneurial resilience as a woman in a sanctions-ravaged destination	Iran
47	(A. Elshaer et al., 2024)	Managing stress and building resilience in tourism and hospitality entrepreneurship: the power of psychological and social capital	Egypt
48	(Voak et al., 2024)	Creating Community-based Tourism Resilience: The transformative impact of service-learning in Jodipan	Indonesia
49	(Elshaer, 2024)	Come and gone! Psychological Resilience and Organizational Resilience in Tourism Industry post Covid-19 Pandemic: The Role of Life Satisfaction	Egypt
50	(Reda & M'Bark, 2023)	Fostering destination resilience: a conceptual framework linking sustainable tourism and tourism threats	Saudi Arabia

We further expanded the articles in Table 1 for statistical analysis. We determined whether the papers originated from developed or developing countries and categorized how they examined the relationship between tourism and resilience. Statistical analyses were carried out to explore the relationships between the categories of the groups studied. In addition to the basic statistics, we used Pearson's chi-square test to conduct an independence test between articles from developed and developing countries. The chi-square test examines whether a statistically significant relationship exists between developed and developing countries and the category of articles. The null hypothesis (H0) indicates the independence of the two factors, while the counter hypothesis (H1) indicates a stochastic or functional relationship between the two factors. If the significance level for the chi-square value is less than 0.05, researchers reject the null hypothesis; otherwise, they retain it. Additionally, they test the Cramer's V value, which ranges between 0 and 1, where 0 indicates absolute independence and 1 indicates complete correlation. From the articles examined, we have created three groups of articles that explore the issue of resilience in the relationship between tourist spaces and geographical spaces. For each of the three groups, create a thematic diagram. It used the freely

available SmartDraw flowcharting software. Thus, the flowcharts presented in the research are derived from the authors' grouping of articles from ReseachGate and from the conclusions drawn from the collective cohesion of the relevant literature on the topic.

3. RESULTS

Out of the 50 works of literature we examined, 49 related to tourism and processes in geographical space. In one journal article, the authors present tourism as a causal agent, but they approach the issue of how to be resilient to the stress caused by tourism from a psychological perspective. 138 authors wrote the 50 papers, none of them Hungarian. It is difficult to identify the works in terms of their affiliation, as many of them are the work of international relations and cooperation. Nevertheless, the role of the countries of the Far East is prominent, but there are also research results from the United States of America and Europe (Poland, Germany, Slovenia, Italy); most of the articles are related to China. In total, articles were written in 26 countries (Fig.1.). 92% of the articles are from 2024, 6% from 2023, and 2% from 2022.

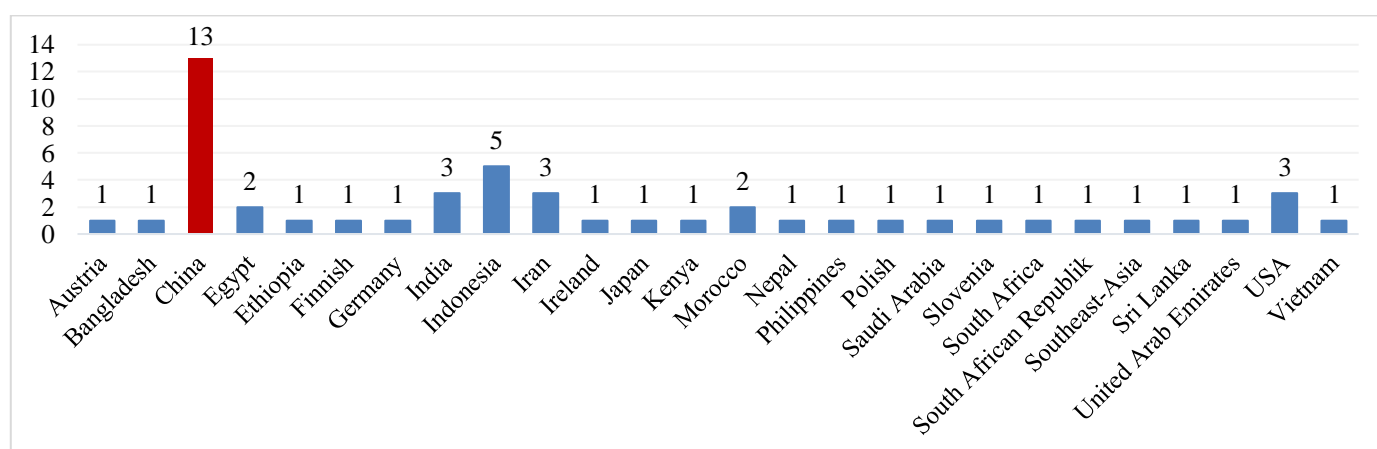


Figure 1 Country of publication and number of articles

When we grouped the countries, we found that 20% were from developed countries and 80% were from developing

countries, which indicates the sensitivity of developing countries.

By reviewing the articles, we were able to create three groups. In the first case, tourism is the cause of the problem in the area, which requires the geographical space to respond in a resilient way (“causer”). In the second case, tourism is affected by adverse impacts that require it to become resilient (“suffering”). In the third case, leaders see tourism as an opportunity for development (“key”) due to processes in the geographical space, such as recovery from economic decline.

After grouping the papers, we found that most of them (36) focus on the resilience, renewal, recovery, and potential of tourism (Fig. 2). Of these works, 25% are still about the shock of the effects of the Covid-19 epidemic five years ago and the recovery from it. For example, they have studied how quickly SMEs in the service sector adapted to the crisis caused by the coronavirus (Shumba et al., 2024). It is undeniable that the pandemic caused a considerable disruption in the development of tourism.

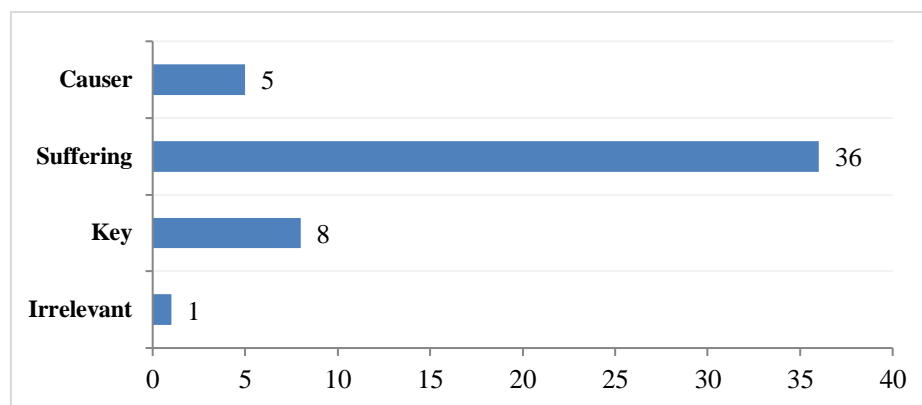


Figure 2 Categorisation of the literature on tourism and resilience (pieces)

In the second group, which includes 6 works, we have included works in which tourism hurts the geographical space, communities, and ecosystems. For example, several works advocate sustainable tourism development; one focuses on the Yili River Valley tourism processes (Zhao et al., 2024).

In 10% of the works reviewed, tourism is a key to developing a lagging region and region’s development. Such is the work of Bhartiya and co-authors (Bhartiya et al., 1 C.E.), who discuss, for example, how the convergence of gastronomic tourism can stimulate local economies, strengthen cultural heritage, and promote intercultural understanding.

Let us look at the articles from developed and developing countries. We observe that all developing countries view tourism as a key (12%) to exploit, given the advantages offered by the tourism sector (Fig.3.). This result, and the fact that in developed countries, tourism is overwhelmingly (6%) perceived as a factor that causes problems (overtourism), points to several things. On the one hand, in the face of unstoppable growth, it has matured in developed countries. On the other hand, in developed countries, we are most likely to encounter social resistance to the flood of tourists, for example, several European cities have burned out thousands of tourists (Venice, Amsterdam, Barcelona).

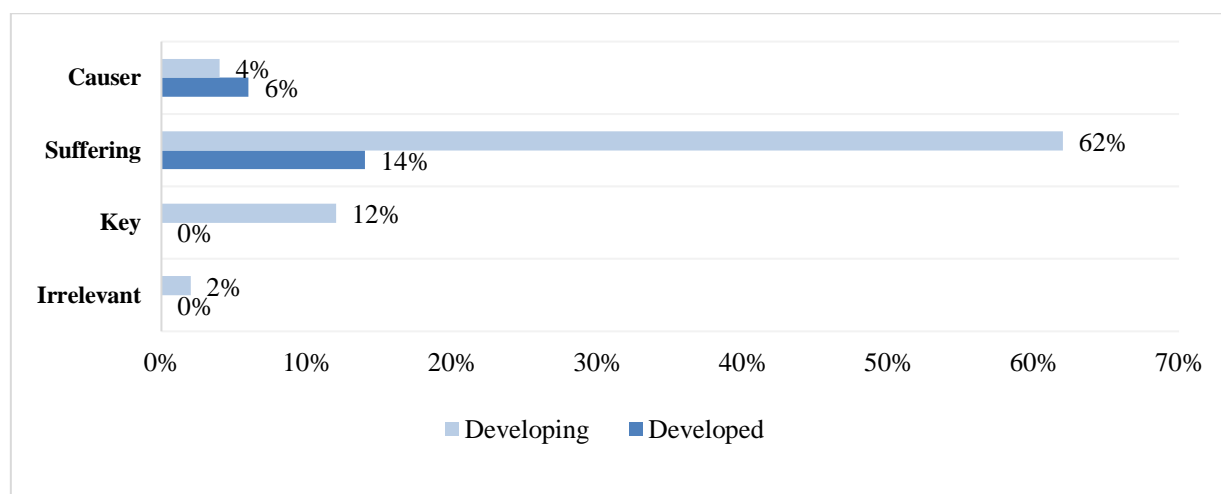


Figure 3 Breakdown of articles from developing and developed countries

Statistical analyses of the relationship between developed and developing countries have yielded the following findings. The chi-square test (Table 2.) yielded the following result:

Table 2 The basic tables of the chi-square test

	Causer	Suffering	Key	Irrelevant	Σ
Developed	3	7	0	0	10
Developing	2	31	6	1	40
Σ	5	38	6	1	50

Expected frequency			
Causer	Suffering	Key	Irrelevant
1	7,6	1,2	0,2
4	30,4	4,8	0,8

	Developed	Developing	χ^2	
Causer	1	4	4	1
Suffering	7,6	30,4	0,0473684	0,011842105
Key	1,2	4,8	1,2	0,3
Irrelevant	0,2	0,8	0,2	0,05

	Developed	Developing
Causer	3	2
Suffering	7	31
Key	0	6
Irrelevant	0	1

 $\chi^2 = 6,809210526$ **p-value** 0,07823401

The chi-squared value of 6.81 indicates a discrepancy between the observed and expected data. The resulting p-value is 0.078 (or 7.8%), indicating no relationship between the variables. Since the p-value is above the 0.05 significance level, we cannot conclude that the relationship is significant. However, this does not entirely rule out the possibility of a link; it simply means there is insufficient evidence to reject the null hypothesis based on the current data. The 92.2% indicates that if the null hypothesis is true, there is a 92.2% probability that researchers would obtain the observed data by chance. The result of Camer's V-value ($C=0.369031449$) shows some relationship between the two variables, but the strength is negligible. Overall, the result suggests a relationship between developed and developing countries and the category of items. However, the difference needs to be stronger to say with certainty that this relationship is real.

When looking at regional specificities (differences within geographical areas), it can be seen that European, Asian, and African tourism trends may show different trends in resilience. (64% of the studies were from Asian countries and 16% from African countries.) Regions may have different resilience strategies due to different means of achieving economic stability through tourism and increasing resilience through investment in tourism. In regions with a competitive disadvantage (Asian and

African), strengthening tourism infrastructure can help these municipalities survive crises. A more competitive tourism infrastructure not only supports development but also increases resilience to crises by providing a stable source of revenue, especially if regions can offer a sustainable and diversified tourism offer that supports the local economy from multiple directions, similar findings by Gyurkó and Bujdosó in their 2019 paper (Gyurkó & Bujdosó, 2019).

Schematic diagrams have been prepared to make the relationship between tourism and resilience easier to understand (following the process of triple grouping). Let us take three categories in order:

On the one hand, tourism activities always have an impact on the economic, cultural, social, and ecological environment of tourist areas (Dávid et al., 2009; Bujdosó & Dávid, 2013), so the study of the adaptability of these environmental systems has become an important research line. In this case, tourism is present as a triggering factor (overtourism) (Fig. 4.). (Note that we highlight overtourism as an example, tourism can force its environment to adapt in many other ways and to different degrees.) If tourism development accelerates excessively, the natural and social systems of the host area (destination) can suffer severe and irreversible problems.

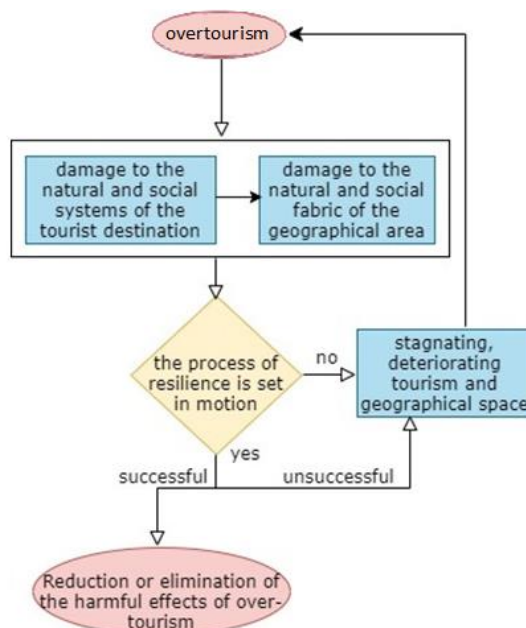


Figure 4 Tourism as a trigger for resilience

Overtourism hurts the quality of the tourist experience, on the one hand. On the other hand, it drastically degrades the quality of life of the local population. From a sustainability point of view, it is also very worrying that, in many cases, tourism degrades the natural environment, damaging all the elements of the geographical space. The tourist destination must face the fact that it needs to change to stagnate and reduce the damage caused by negative impacts. External conditions - government regulation - can facilitate the process, but the system can only work with territorial cohesion. We can consider communication to be such an internal factor capacity. In addition, as Debreceni and his colleague argue, it is essential to integrate sustainable

approaches into the recovery from the crisis, thus reducing the negative effects of overtourism (Debreceni & Fekete-Frojimovics 2021).

On the other hand, tourism can also benefit from these processes and impacts (COVID-19). The most resilient tourist destination is the one that, after suffering the same shock, is less damaged and is better prepared for the next shock (Fig. 5.) (Gonda, 2022). A shock that is entirely independent of tourism can affect both the tourism system and the elements of the geographical space, and often, the impact can interact with elements of both systems.

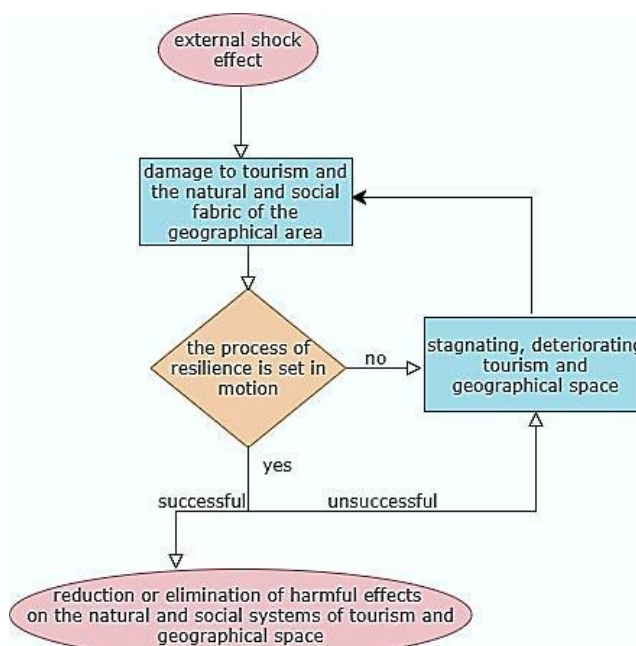


Figure 5 Tourism is directly affected by externalities

An example is the SARS-CoV-2 pandemic, which affected both tourism and the entire economic and social geographical space, and the crisis in one system spilled over into the other. The damaging effects of the epidemic led to a 'cry for change' in both the tourist and geographical spheres, which set in motion the process leading to resilience. In Hungary, external factors facilitated the measurable change in destinations by creating legal possibilities for operators to open outdoor units or welcome tourists with a certificate of protection. However, not all operators have been able to take advantage of this external opportunity, and reasons have often driven the internal drive to adapt, as some operators have not been able to take advantage of the possibilities offered by the derogations and have not been able to create the conditions for their operation. In addition to the COVID-19 pandemic, the escalation of the Russian-Ukrainian war in February 2022 has also triggered damaging processes. However, the energy crisis, exacerbated by the war, will impact the tourism sector and the social, economic, and natural environment in the winter of 2022/2023.

Thirdly, tourism could be the key to resilience. In most cases, tourism offers the opportunity to recover from an economic crisis (Duda-Gromada et al., 2023). The adverse

impact is felt in the elements of the geographical space (Fig. 6.), such as a municipality in an economic crisis.

Then, realizing the need for change, those in leadership positions may decide that if they have no other options, they will use tourism to improve their economic situation, and tourism will then be the key to resilience. We must emphasize that a community can only achieve a resilient state if it shows signs of self-organization and self-management and is able to make decisions formally or informally. The second condition is that resources are available and at least the possibility of redistributing them. An important element is the need for constructions which the social group can identify. Suppose, the natural and historical characteristics of the area are appropriate. In that case, the people responsible for the development of the area's development can build on this and create site-specific tourism products. Still, they can often be creative in creating or inventing new tourism products. We can find many examples in Hungary and abroad (the Vászárhelyi plan in Hungary, Essen - Zollverin abroad). (Dávid, 2004). If there is no endowment on which localities can build, then non-site-specific tourism products will be created, which can be found anywhere in a somewhat uniform way (aqua parks).

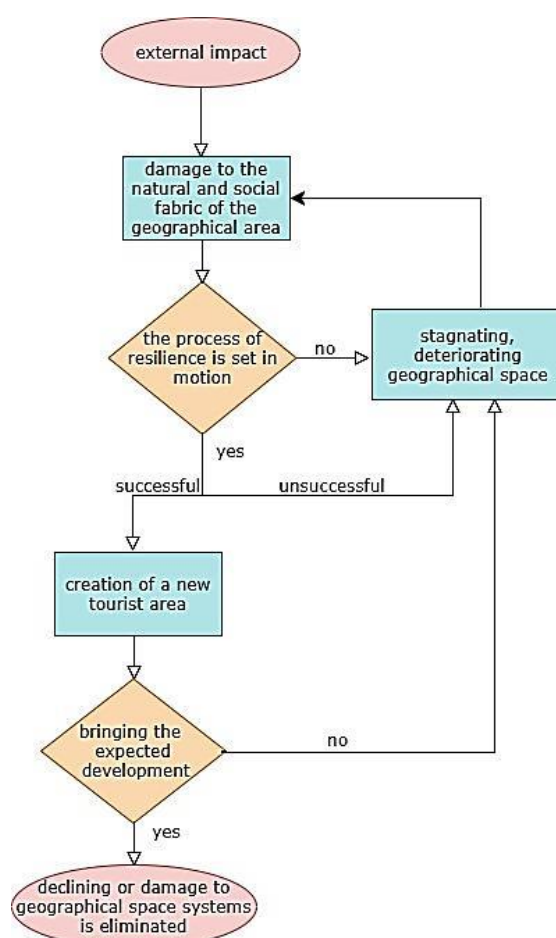


Figure 6 Tourism is the key to resilience

4. DISCUSSION

There have been strong criticisms of resilience. The main problem is that once a community achieves resilience, it tries to compensate for what it has missed out on in public development, but the local society and economy perceive this as a deficit. According to Mackinnon and Derickson (MacKinnon & Derickson, 2013), we can divide critiques of resilience into three categories: first, resilience is about preserving existing structures; second, it is defined from the outside; and third, it is wrong about scale, meaning that problems cannot be addressed locally. Peck and Tickell (Peck & Tickell, 2002) refer to this, i.e., the localization of problems as a responsibility without power. A parallel question is: What does it mean to be resilient in a community? In some cases, resilience ensures survival at a cost to individuals and communities in the social system. In examining resilience and tourism, we have highlighted tourism as the key to resilience, which was also confirmed by Watts (Watts, 2016). Deppisch, meanwhile, argues that resilience is a value-neutral concept used for analysis only (Deppisch, 2016). We must stress that resilience can have positive value content. It does not necessarily focus on maintaining stability at all costs. However, it offers the possibility of positive change, development, and learning, even on a small scale, which can make the life of a community easier (RFID technology) (Novotny et al., 2015).

5. CONCLUSIONS

The studies reviewed place a strong emphasis on the resilience of tourism, demonstrating its dual role as both a source of problems and a key to recovery. This contemporary understanding of the complexity of tourism is particularly relevant in the context of the COVID-19 pandemic and geopolitical tensions. Of the fifty papers reviewed on the relationship between resilience and tourism, 49 deal closely with tourism and processes in geographical space. Of the 50 articles, 36 analyze the potential for resilience, regeneration, and recovery in tourism. Our results show that SMEs in the service sector have adapted to the crisis to varying degrees but that the potential of tourism can play a significant role in the recovering of a region's economy. 10% of the studies highlight that tourism can catalyze economic development in lagging regions and strengthen local cultural heritage. They also note that excessive tourism ("overtourism") can cause significant ecological and social damage to nature and local communities, leading to long-term sustainability problems.

The broad geographical representation of authors, the emphasis on the Far East, and the lack of Hungarian contributions provide a global perspective on study of tourism, which undoubtedly adds value to a study that is often underrepresented is tourism research.

A particularly valuable aspect of this work is the schematic diagrams, which offer an opportunity to analyze the complex role of tourism in different contexts. They can also provide direction for future research and policymakers.

Of course, we also recognize the limitations of our work. The geographical distribution of the articles does not represent a comprehensive global picture. The high concentration of articles from 2024 indicates a trend, but it does not illustrate the relationship between tourism and resilience in earlier research. The p-value ($p=0.078$) does not meet the traditional significance threshold ($p=0.05$), so our result should be interpreted with caution.

While we point to overtourism as the main problem, particularly in developed countries, the complexity of the interactions between tourism, local communities, and environmental sustainability has not been fully explored. This gap may hold important insights for policymaking and could serve as a foundation for new research in the future. We would like to present the following practical suggestions for policy makers (which may also provide a basis for future research):

- Developing targeted regulations and policies: to address the negative impacts of tourism, countries should introduce regulations that can reduce the phenomenon of "overtourism." To protect local communities and ecosystems, governments should apply stricter controls to manage visitor numbers, minimize environmental damage, and preserve cultural heritage.
- Creating regional development strategies: rethinking tourism as a financial recovery tool in places facing economic crisis. Local leaders are encouraged to launch tourism development programs that support the diversification and sustainability of regional economies, for example, by promoting local products, cultural events, or gastronomic tourism. Different tourism development strategies may be necessary in Asian and African regions, considering the specificities of regional cultures, economic situations, and natural environments. Development models should be developed that consider the sensitivities and needs of local communities, ensuring that tourism is economically beneficial and culturally sustainable.
- Harnessing the benefits of tourism in developing countries: Research shows that developing countries rely heavily on tourism development. Therefore, it is recommended that these countries launch programs that promote the development of local communities, such as tourism-generated jobs, infrastructure development, and cultural heritage preservation.
- Infrastructure development and innovation: It is a priority for developing countries to implement infrastructure development that can enhance the attractiveness and sustainability of tourism, for example, by improving transport networks, promoting green tourism, and creating local eco-friendly accommodations.
- Tourism experience management: developing strategies to mitigate the harmful effects of excessive tourism that improve the tourist experience without overburdening the local community and environment. Such measures could include regulating the number of tourists,

redesigning hiking trails, or raising awareness of the importance of sustainability among tourists.

- Developing crisis management plans for tourism: The research shows that COVID-19 and other global crises have had a major impact on tourism. Based on this, it is proposed to develop crisis management plans for the tourism sector that will help the industry adapt quickly to global shocks and ensure the sector's stability in the event of future crises.
- Develop immediate tourism development models in crises, taking into account regional specificities.

Overall, research shows that resilience is key to the future development of tourism. The most resilient tourist destinations are those that are able to recover more quickly from shocks, adapt, and prepare better for future crises. The studies underline that tourism can be a key to recovery from economic crises, but that achieving resilience requires social cooperation, internal cohesion, and innovative tourism products.

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