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Effects of tourism on well-being from the perspective of
key actors: a scoping review

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ADMINISTRATIVE INFORMATION

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Conflicts of interest - The authors declare that there are no known financial or personal conflicts of interest that could have influenced the conduct, analysis, or reporting of this scoping review. All authors have contributed significantly to the study design, data extraction, analysis, and manuscript preparation, and they have approved the final version of the protocol.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 25 August 2025 and was last updated on 25 August 2025.

INTRODUCTION

Review question / Objective The objective of this scoping review is to systematically map and synthesize the existing evidence on the effects of tourism activities on the well-being of key stakeholders involved in the tourism system, namely tourists, residents, workers, and governments. This review seeks to identify methodological approaches, theoretical frameworks, and empirical findings that explain how tourism influences the hedonic, eudaimonic, psychological, and social dimensions of well-being across these actors. By integrating fragmented research perspectives, the study aims to provide comprehensive insights to inform public policy, tourism planning, and sustainable development strategies.

Background Tourism has been widely recognized as a complex socio-economic phenomenon that generates both positive and negative impacts on the well-being of multiple stakeholders, including tourists, residents, workers, and governments. Over the past two decades, researchers have attempted to understand these dynamics through various theoretical frameworks such as positive psychology, quality of life models, and social exchange theory. However, most literature reviews have adopted fragmented perspectives, focusing primarily on one actor at a time, which limits the understanding of tourism well-being as a systemic and multidimensional construct.

Previous reviews illustrate these limitations:

Kay Smith & Diekmann (2017) explored philosophical perspectives of tourist well-being, linking hedonic, eudaimonic, and utilitarian experiences into a conceptual model but focusing exclusively on tourists.

Vada et al. (2020) connected positive psychology and well-being to propose strategies for improving marketing outcomes in tourism, yet their review largely ignored other stakeholders such as workers and governments.

Deery et al. (2012) conducted a critical review of the quantitative literature on the social impacts of tourism on residents, suggesting a new qualitative agenda, but it did not address the interplay among multiple actors.

Holm et al. (2017) and Chang et al. (2022) examined well-being in specific contexts, such as risk tourism and older populations, offering valuable insights but without integrating broader systemic perspectives.

Despite these contributions, there is still no comprehensive synthesis that examines how tourism activities affect the well-being of all key actors simultaneously, nor are there consolidated frameworks linking subjective, psychological, and social well-being outcomes across stakeholders.

This gap underscores the need for the present scoping review, which aims to map and integrate fragmented evidence, identify methodological patterns, and provide evidence-based insights to inform public policies, tourism planning, and sustainable development strategies.

Rationale Tourism is a multidimensional phenomenon that produces diverse impacts on well-being, influencing tourists, residents, workers, and governments in complex and interrelated ways. While existing studies have documented both positive effects—such as economic growth, improved infrastructure, and enhanced life satisfaction—and negative consequences, including environmental degradation, social inequities, and occupational stress, the evidence remains highly fragmented.

Previous literature reviews have typically adopted actor-specific perspectives, focusing exclusively on tourists (Kay Smith & Diekmann, 2017; Vada et al., 2020) or residents (Deery et al., 2012), without integrating findings across the wider tourism system. As a result, there is a limited understanding of tourism well-being as a systemic construct, where changes in one stakeholder's

experience may directly or indirectly affect others. Moreover, theoretical approaches are scattered across disciplines—including positive psychology, social exchange theory, and quality of life frameworks—and there is no consolidated synthesis that aligns methodologies, constructs, and measures to assess well-being in a comprehensive manner.

This scoping review addresses these gaps by mapping, synthesizing, and organizing evidence from diverse methodological traditions and theoretical frameworks, covering studies published between 2014 and 2024. By adopting an integrative and cross-stakeholder perspective, it contributes to:

Academic advancement – Clarifying conceptual ambiguities and identifying patterns in the measurement of well-being across tourism contexts.

Methodological insights – Highlighting strengths, limitations, and inconsistencies in research designs and theoretical models.

Policy and practice implications – Providing evidence-based recommendations to inform public policies, sustainable tourism planning, and destination management strategies that prioritize the well-being of all actors involved.

In doing so, this review establishes a comprehensive foundation to guide future research, promote interdisciplinary collaboration, and support evidence-based decision-making in tourism policy and development.

METHODS

Strategy of data synthesis Given the exploratory nature of this scoping review, the synthesis of data will be conducted through a narrative and thematic approach rather than a quantitative meta-analysis. Extracted data from the eligible studies will be organized in structured matrices using Microsoft Excel, including information on study identification, methodological design, theoretical frameworks, tourism contexts, key stakeholders analysed, well-being dimensions assessed, and main findings. The synthesis will follow an inductive coding process to identify emerging themes and constructs without imposing predefined theoretical frameworks. Findings will be categorized according to the key stakeholders involved (tourists, residents, workers, and governments), the type of tourism context, and the positive or negative effects reported on hedonic, eudaimonic,

psychological, and social well-being. Cross-actor comparisons will be performed to identify methodological patterns, theoretical convergences, and contradictions, with particular attention to interdependencies among stakeholders. The results will be synthesized and visually represented using tables, conceptual frameworks, and figures to map evidence and highlight research gaps. Finally, a comprehensive narrative synthesis will integrate these findings, emphasizing methodological strengths and weaknesses, theoretical insights, and future research directions. No statistical pooling or meta-analysis will be conducted due to the heterogeneity of study designs, measures, and contexts, ensuring alignment with PRISMA-ScR and INPLASY methodological standards.

Eligibility criteria Studies were selected according to predefined eligibility criteria to ensure methodological rigor and relevance to the objectives of this scoping review. Only peer-reviewed journal articles published between January 2014 and February 2024 were included. Eligible studies had to evaluate or discuss the effects of tourism activities on the well-being of key stakeholders, specifically tourists, residents, workers, and governments, considering their central role in the tourism system and their direct or indirect influence on well-being dynamics. All empirical designs were included, encompassing quantitative, qualitative, and mixed-methods studies, as well as reviews and theoretical articles, in order to capture a comprehensive view of methodological and conceptual approaches. Articles published in English or Spanish were considered to ensure the inclusion of diverse contexts and perspectives.

Studies were excluded if they: (1) did not address well-being as a central concept related to tourism; (2) examined populations or contexts not directly involved in the tourism system; (3) failed to assess or describe well-being outcomes using specific measures, constructs, or conceptual frameworks; or (4) consisted of gray literature, such as books, conference proceedings, reports, or working papers, due to their lack of standardized peer-review processes. This inclusion and exclusion framework ensured that the studies analyzed in this review were both conceptually relevant and methodologically rigorous, providing a comprehensive evidence base for synthesizing the relationship between tourism activities and well-being.

Source of evidence screening and selection The screening and selection of evidence sources

will follow a systematic, transparent, and multi-stage approach to ensure the inclusion of studies relevant to the objectives of this scoping review. All records retrieved from the electronic databases (Scopus, Web of Science, EBSCOhost, and ProQuest) will be imported into a reference management tool, where duplicate records will be identified and removed.

The selection process will be conducted in two consecutive phases. In the first phase, the titles, abstracts, and keywords of all retrieved studies will be screened against the predefined eligibility criteria to determine potential relevance. In the second phase, the full texts of potentially eligible articles will be reviewed to confirm inclusion and ensure alignment with the conceptual and methodological criteria established for this review.

To minimize selection bias, the screening will be performed independently by two reviewers, and any discrepancies will be resolved through discussion and consensus. In cases where disagreements persist, a third reviewer will be consulted to make the final decision. The overall process of evidence selection will be documented using the PRISMA-ScR flow diagram, which will display the number of studies identified, screened, assessed for eligibility, and included in the final synthesis.

This rigorous approach will ensure the inclusion of highly relevant, peer-reviewed evidence and will provide transparency throughout the selection process.

Data management All data retrieved during the review process will be managed systematically to ensure transparency, consistency, and reproducibility. Bibliographic information from the selected databases (Scopus, Web of Science, EBSCOhost, and ProQuest) will be exported into a reference management tool to organize citations and identify duplicates. After the screening and selection stages, relevant data from the included studies will be extracted using a structured data extraction form designed in Microsoft Excel.

The extraction form will capture essential variables, including: study identification (author, year, title, country), research objectives, methodological design, theoretical frameworks, type of tourism context, key stakeholders analysed, well-being dimensions assessed, variables and instruments used, and main findings. To ensure accuracy, data extraction will be performed independently by two reviewers, and discrepancies will be resolved through discussion and consensus.

All extracted data will be stored in a centralized and secured repository to facilitate accessibility and further analysis. Additionally, the data management process will follow a clear documentation protocol, ensuring that all decisions made during extraction and synthesis are fully traceable. The final dataset will be preserved to guarantee replicability and transparency, following PRISMA-ScR and INPLASY recommendations.

Language restriction English and Spanish.

Country(ies) involved Colombia.

Keywords Tourism; Well-being; Subjective well-being; Psychological well-being; Quality of life; Positive psychology; Tourists; Residents; Workers; Governments; Stakeholders; Hedonic well-being; Eudaimonic well-being.

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