

## A Systematic Review for The Development of Sustainable Tourism Destinations Based on Sports Tourism

Una Revisión Sistemática Para El Desarrollo De Destinos Turísticos Sostenibles Basados En El Turismo Deportivo

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**Abstract.** The study purpose: The project's goal is to develop sustainable tourism destinations in Kemuning Village by reviewing the literature on sports tourism. Materials and methods: An extensive literature review was carried out. Articles from 2015 to 2024 covered ways to enhance sustainable tourism by fostering the growth of sports tourism. For electronic searches, Google Scholar, PubMed, Web of Science, and Scopus are used. All the articles that discuss how to improve sports tourism-based tourist attractions are included here. Results: According to the integrated theory of tourism, sports have a role in (1) tourism management strategies, which include methods, facilities, tourist attractions, SOPs, infrastructure, additions and maintenance of facilities, sustainable management of natural resources, and visitor security and safety; (2) the role of stakeholders, which includes the government as a regulator and related institutions; and (3) the role of the authorities, which includes government agencies and institutions related to Sports tourism will increase visits to Central Java and improve the economy. Sports activities in tourist destinations can benefit local governments, enhance community welfare, and create more job opportunities if they are appropriately managed. Sports tourism and activities can be combined in Central Java. Conclusions: Combining sporting activities like river tubing, paragliding, tea gardens, and jeep communities with Kemuning Village in Ngargoyoso District, Karanganyar, Central Java, Indonesia, can help the village grow its tourism industry due to the fact that it influences the social, cultural, and economic growth of the area, promoting local advancement.

**Keywords:** *Sport tourism, sustainable tourism, systematic review*

**Resumen.** El propósito del estudio: El objetivo del proyecto es desarrollar destinos turísticos sostenibles en Kemuning Village mediante la revisión de la literatura sobre turismo deportivo.

Materiales y métodos: Se realizó una extensa revisión de la literatura. Los artículos de 2015 a 2024 cubrieron formas de mejorar el turismo sostenible fomentando el crecimiento del turismo deportivo. Para las búsquedas electrónicas se utilizan Google Scholar, PubMed, Web of Science y Scopus. Aquí se incluyen todos los artículos que tratan sobre cómo mejorar los atractivos turísticos basados en el turismo deportivo. Resultados: Según la teoría integrada del turismo, los deportes tienen un papel en (1) las estrategias de gestión turística, que incluyen métodos, instalaciones, atracciones turísticas, POE, infraestructura, adiciones y mantenimiento de instalaciones, gestión sostenible de los recursos naturales y seguridad de los visitantes. y seguridad; (2) el papel de las partes interesadas, que incluye al gobierno como regulador e instituciones relacionadas; y (3) el papel de las autoridades, que incluye agencias e instituciones gubernamentales relacionadas con el turismo deportivo, aumentará las visitas a Java Central y mejorará la economía. Las actividades deportivas en destinos turísticos pueden beneficiar a los gobiernos locales, mejorar el bienestar de la comunidad y crear más oportunidades laborales si se gestionan adecuadamente. El turismo deportivo y las actividades se pueden combinar en Java Central. Conclusiones: Combinar actividades deportivas como tubing, parapente, jardines de té y comunidades de jeep con la aldea de Kemuning en el distrito de Ngargoyoso, Karanganyar, Java Central, Indonesia, puede ayudar a la aldea a hacer crecer su industria turística debido al hecho de que influye en los aspectos sociales y culturales. , y crecimiento económico de la zona, fomentando el avance local.

**Palabras clave:** Turismo deportivo, turismo sostenible, revisión sistemática.

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### Introduction

One of the main sources of revenue for the Central Javan government is tourism. Economic growth can be aided by tourism. Tourism can contribute to economic growth. One form of tourism that receives much attention is sports tourism. Sports tourism, in Bazzanella's opinion, blends the excitement of sporting events with pertinent cultural components (Bazzanella et al., 2023). Recreation pertaining to history, culture, folklore, the natural world, customs, and outdoor spaces is known as tourism (Papečkys & Jasinskas, 2024). According to research (Yun et al., 2024), sporting activities boost tourism and the local economy. Tourist numbers may rise as a result of sport (Rheenen et al., 2016). (Nematpour et al., 2024) state that marketing strategy and tourism development are intertwined. Sport tourism is a form of tourism that

continues to grow and has a positive impact on the economy, society, culture, and health of the community (Leal et al., 2021). However, environmental challenges and sustainable management must be a primary concern in further development (Theodorou et al., 2024). With good planning and collaboration between government, private sector, and community, sport tourism can provide great benefits to sports destinations and related industry players (Cerezo-esteve et al., 2024). Sports and tourism can complement one another (Guntoro et al., 2024). The major goal of sports tourism is to keep people at their current level of fitness (Batyrbekov, 2024). Physical fitness is the body's capacity to adjust to the physical load it is subjected to (daily job) without becoming fatigued (Sousa, 2024). Exercise is necessary for smooth, effective, and efficient performance of tasks (Syaukani et al., 2023). Among the elements of physical fitness are heart, lungs,

muscle strength, endurance, and endurance (Jariono et al., 2023, 2024). Then, based on (Intiar et al., 2023) sports tourism can be developed in tourist destinations to provide visitors with more entertainment options, or it can be employed primarily to draw in both domestic and international travelers (Papečkys & Jasinskas, 2024). Consequently, sports can eventually lead to the opening of new establishments for dining, lodging, entertainment, and commercial development in addition to the creation of new jobs (Guan & Zhang, 2024).

In Ngargoyoso District, Karanganyar, Central Java, Indonesia, sports tourism has a great deal of potential to grow as a draw and a tool for tourism marketing in the area. In a similar vein, small and medium-sized businesses in the implementation area, together with communities and regions, will gain. Additionally, planning sports tourism in certain areas can help the local population right away by enabling the provision of traditional and modern transportation services in addition to food and drink. In the long run, this management may boost tourism-sport tourism in particular and its contribution to regional

development in Ngargoyoso District, Karanganyar, Central Java, Indonesia.

## Materials and methods

### Search Profile and Database

Electronic searches on Google Scholar, Web of Science, Scopus, and PubMed were used to carry out this systematic review. The search terms in electronic searches are "sport tourism" and "sustainable tourism." The search process consists of four steps. Using electronic searches on Google Scholar, Web of Science, Scopus, and PubMed, it first turned up 1000 papers in the first step. There were no duplicate articles discovered. Next, the 600 articles were sorted by abstract and title. In the second step, when the title and abstract were eliminated, 400 articles were reread, and 300 were deleted with justification. The final step involves reading and analyzing the complete article and reviewing one hundred articles. Only 40 of the 100 items met the standards on the papers; the other 60 were eliminated (Figure 1). Table 1 also explains the inclusion and exclusion criteria:

Table 1.  
The systematic review's selection criteria

Category	Qualifications for Inclusion	Exclusive Standards
Population	In the ten years prior, from January 2015 to March 2024	publications that released articles using 15–60-year-old sample populations
Intervention	She was made available in English.	An article that addresses a concerned audience in order to advance sustainable tourism
Comparator	Other than the experiments, no other study was done.	The essay also offers sports tourism from non-tourist sports as an example.
Study design	Comparative studies are one research methodology that affects sports tourism.	The study's outcomes demonstrate how sustainable tourism has evolved based on evaluated sports excursions

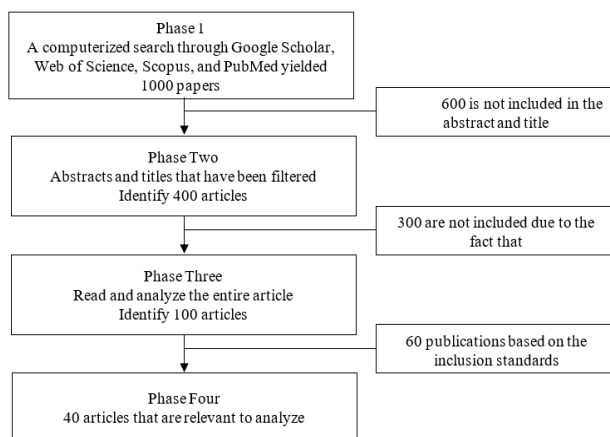


Figure 1. Flowchart for article identification in a systematic review

### Methodological quality assessment

Eleven criteria were employed to assess the methodological quality of the analyzed studies using the Physiotherapy Evidence Database (PEDro). Well-written articles are essential for helping users with issues like time constraints and critical thinking skills. They also make it easier to incorporate excellent clinical research into clinical practice. Moseley et al., (2020) state that articles with a score of eight to eleven are considered to have good methodological quality, a score of four to seven is

considered moderate, and a score of four or lower is considered low.

## Results

### Number of Results Reviewed

In the first step, I found 1000 papers using an electronic search on Google Scholar, Web of Science, Scopus, and PubMed. No duplicate articles could be found. The 600 papers were then arranged according to title and abstract. After removing the title and abstract, 400 articles were reread, and 300 were removed with a rationale in the second phase. The last phase entails going through each article in its entirety, evaluating it, and reviewing one hundred articles. Of the 100 items, 60 were eliminated, and only 40 of those met the notability criteria of the PEDro scale.

### Exercise Significance Results

Regardless of the kind of sustainable tourism destinations investigated, the forty chosen papers present significant findings on sport tourism-based sustainable tourism, which can be summarized in the literature review that follows: Based on table 2, sports-based sustainable tourism destinations have characteristics that focus on environmental, economic, and social sustainability, with

the aim of creating a beneficial tourism experience for visitors while maintaining the welfare of the local community. Some of its key features include: (1) Eco-friendly: Minimizing the environmental impact of sports activities by preserving nature, such as managing waste, water, and energy; (2) Supporting the Local Economy: Encouraging the involvement of local communities in destination management and creating jobs; (3) Community Engagement: Involve the community in decision-making to

improve local welfare; and (4) Authentic Experiences: Providing distinctive and authentic experiences in accordance with local culture and traditions. The expected outcome of the creation of a sports-based sustainable tourism destination is the improvement of the welfare of the local community, environmental conservation, and the development of tourism that lasts in the long term while remaining attractive to tourists and beneficial to the local community.

Table 2.  
Features and Outcomes of the Creation of Sports-Based Sustainable Tourism Destinations

N	Author, Year	Development of Sustainable Tourism Destinations	Sport Tourism Strategy
1	(Martins et al., 2024)	Taking a Local Approach to the Global Challenge	Sports tourism events as a means of leveraging environmental strategy
2	(Rahayu et al., 2024)	sports event on revisit intention	build sports tourists' sustainability
3	(Supriyoko et al., 2024)	Potential sports industry	a strategy for the paragliding sport tourism development model
4	(Prasetyo et al., 2024)	Cultural heritage sports tourism design opportunities	a bibliometric analysis
5	(Xia, 2024)	Creating Determinants of sports event perception and their ensuing	Impact on Travelers
6	(Brovina & Sallaku, 2024)	Albanian Sports Tourism	A Critical Analysis
7	(Chen et al., 2024)	The factors influencing sport visitors' decision-making	A meta-analysis
8	(Carvache-franco et al., 2024)	Sports visitors' motivations and levels of satisfaction	A descriptive analysis
9	(Chen, 2024)	A linguistic neutrosophic multi-criteria decision-making method for the sustainability assessment of sports tourism	Sport tourism method
10	(Guntoro et al., 2024)	design of contextual domain tourism sports	traditional sports
11	(Theodorou et al., 2024)	sport event experience and psychological well-being	The case
12	(Batyrbekov, 2024)	Development of sports tourism	territory of Kazakhstan for the development of a healthy lifestyle
13	(Alonso-dos-santos, 2023)	sports management research	Modelling the structure
14	(Boroujerdi et al., 2023)	Creating Sport Tourism Attractions in Developing Nations	The Zrebar Lake Case in Irang
15	(Tian et al., 2023)	The competitiveness of metropolitan areas	An assessment of sports tourism
16	(Morfoulaki et al., 2023)	The Engine of Sustainability	Sport Tourism Destinations
17	(Sharpley & Sharpley, 2023)	Local or global sustainable tourism governance?	A descriptive analysis
18	(Seidali, 2023)	Development of Sustainable Tourism with a Focus on Sports Tourism	A Case Study
19	(Martins et al., 2022)	Intentions of spectators for environmentally friendly transportation	during international sporting events
20	(Gonz et al., 2022)	Sustainable Social Development	Locals' Views of the Effects of Sports Tourism
21	(Kleinaki, 2022)	Sports tourism development trend	study for analysis
22	(Pereira et al., 2022)	Strategic Alliances for Environmental Sustainability and Sport Tourism	A Case Study
23	(Rinaldi et al., 2022)	Destinations for sustainable tourism contributions from universities to co-creation	study for analysis
24	(Martins et al., 2022)	sustainable transportation intentions	sport tourism events
25	(Happ, 2021)	Competitiveness of tourism destinations, with an emphasis on sport specifically: the present situation and a look ahead	A thorough literature study
26	(Cabanilla et al., 2021)	demographic profile and tourist consumption in sporting events	Case of study
27	(Leal et al., 2021)	A chance for nearby areas in the international framework of sports tourism	Study for analysis
28	(Cabanilla et al., 2021)	importance and motivation criteria for	socio- demographic variables
29	(Ferreira, 2021)	Using River sports to their most total capacity to promote the growth of sustainable tourism	Determination of the factors influencing tourism consumption related to river sports
30	(C. Yang et al., 2021)	Sports Tourism Performance Assessment Using Grey-Based Hybrid Model	A thorough literature study
31	(Yoo et al., 2021)	Destination and Event Loyalty Affecting Active Sport Visitors'	A Case Study
32	(Streimikiene et al., 2021)	Competitiveness and Sustainable Tourism Development	The systematic literature review
33	(Nazari, 2021)	The Examination of Sports Tourism	Strategic Ecology Rasool
34	(Bai et al., 2021)	The Effects of the Winter Olympic Games on Sort Tourism	A Systematic Review
35	(Hemmonsby & Knott, 2021)	Sport Tourism Sector's	Strategic Conceptualisation
36	(Soares & Nunes, 2020)	nature tourism	mountain sport products
37	(Silisna & Susanti, 2020)	Tour De Singkarak Sport Tourism Event	Support Destination Management
38	(Schlemmer et al., 2020)	Studies highlight the differences between event and sport tourism.	Thoughts on the essential differentiation and assimilation
39	(Stoll & Andrew, 2020)	Goals for the sport tourism organization Characteristic	Descriptive analysis
40	(Magaz-gonzález et al., 2020)	Overall Quality of Sporting Events and Emotions	Predictors of Future Intentions of Duathlon Participants

## Discussion

The following are the findings of the analysis for each of the research variables' indicators and sub-indicators:

### 1. Techniques for Managing Tourism

#### a. Human Resources,

To guarantee efficient operations, a satisfying visitor experience, and long-term sustainability, the management of tourism attractions requires skilled and informed human resources in a variety of sectors (Leal et al., 2021). When

it comes to operational management, visitor services, tourism product development, marketing and promotion, preservation and sustainability, relationships with local communities, training, and development for human resources, and financial management, human resources are crucial to the operation of tourist attractions.

Sustainable natural resource management is essential to maintain a balance between human needs and environmental conservation (Tantri et al., 2023). This approach not only protects ecosystems but also supports long-term economic sustainability and social well-being. Through sound policies, community participation, and innovative technologies, sustainable natural resource management can help address global challenges such as climate change and resource scarcity.

#### b. Technique,

A variety of strategies and tactics are required to effectively manage tourist attractions and meet sustainability, marketing, and operational objectives (Lv et al., 2022). Aspects of attraction management include cooperation and partnerships, security and safety, sustainable and environmental management, human resource development, marketing and promotion, visitor services, operational management, product creation and innovation, and strategic planning

#### c. Attraction of tourist attractions

In order to enhance the reputation of the village, they determine which communities are attractive, create their best products, and engage in tourist branding efforts to boost or advertise tourism via websites or social media (J. Yang, Lo, et al., 2020). Using influencers or promotions on sites like Instagram, Facebook, YouTube, and TikTok, business owners and operators use social media to expand their brands. They can also run extra promotions, including study travel packages and other initiatives that businesses or educational institutions typically carry out. Sales at popular tourist locations, neighbourhood markets, and MSMEs aid in promoting the village's excellent goods.

d. Adequate infrastructure, protocols, and operating standards are in place

For tourism sites to be managed successfully and sustainably, adequate infrastructure and appropriate standard operating procedures (SOPs) are necessary (Tomino & Peri, 2020). SOPs are two essential components of tourist attraction management. A standard procedure document describes the steps that need to be taken in order to complete a specific task or process effectively and consistently. The deployment of infrastructure facilities and SOPs in the Management of Tourist Attractions helps SOPs ensure that all operational operations run in line with the defined standards.

#### e. Renovation and upkeep of buildings

The construction and upkeep of amenities are crucial to raising the allure of tourist destinations (Cooper & H, 2020). The addition of sufficient and well-maintained amenities is the sixth essential step towards enhancing tourist attractions (Pérez-gonzález et al., 2024). These

amenities improve the experience of visitors, raise the destination's allure, and improve its standing. Tourist attraction managers can boost guest pleasure and comfort, improve the destination's reputation, and promote return visits by offering sufficient and high-quality facilities. The facility will endure and continue to draw in tourists if an innovative, sustainable, and inclusive strategy is used.

#### f. Sustainable natural resource management

The term "sustainable" refers to the management of natural resources in a way that both meets present requirements and preserves the capacity to do so in the future. Natural resources are employed to support human prosperity while preserving the ecosystem's ability to function normally (Alonso-dos-santos, 2023). Resources found in nature support life systems and stimulate economic expansion (Rahayu et al., 2024).

Sustainable Natural Resource Management (SNRM) is an approach to managing natural resources (such as water, land, forests, and minerals) in a way that meets current human needs without compromising the ability of future generations to meet their own needs (Leal et al., 2021). This management prioritizes a balance between economic, environmental, and social aspects so that resources can continue to be utilized in the long term without damaging the environment.

#### g. Safety and security for tourists

Tourism businesses need to monitor visitors' security and safety. Through emergency planning and procedures, instruction and training, infrastructure and facilities, security technology and systems, collaboration with law enforcement, efficient communication, insurance and safety assurance, and the promotion of safety awareness, visitors can remain safe and secure while visiting tourist attractions.

Sport tourism is a type of tourism that combines sporting activities with travel (Prasetyo et al., 2024). The concept involves individuals or groups traveling to a location, either domestic or international, to participate in, or watch, sporting events and enjoy the attractions of the place (Supriyoko et al., 2024). Sport tourism has grown rapidly in recent decades, driven by increased interest in sports and easier global mobility.

## 2. Roles of stakeholders

### a. The role of the government as a regulator

In managing and overseeing the tourism industry, the government is a crucial regulator. In tourism management plans, the government is in charge of policies and regulations, oversight and law enforcement, infrastructure development, promotion and marketing, workforce training and development, collaboration and partnerships, research and development, and the preservation of nature and culture (Tembi & Odounga, 2018). Creating alliances and partnerships is crucial to the success of the sports tourism sector in general and significant sports event hosting in particular. To guarantee the distribution of potential advantages, they also involve a variety of stakeholders.

### b. The role of the government as an enabler

To promote equitable and sustainable tourism growth, the government's involvement in the management of tourist attractions is essential (Dickson et al., 2021). Within the tourism sector, the government facilitates and links visitors, local communities, and private enterprises (Lechner & Solberg, 2021). The government must create an atmosphere that encourages tourism. The government can guarantee that the tourism sector grows sustainably and produces significant economic advantages by enhancing infrastructure, raising the calibre of human resources, offering financial support, and creating regulations that encourage it. Governments, businesses, and local communities must collaborate to accomplish this aim.

c. Planning and supervision for development that is organized

To achieve sustainable and inclusive development, the government must play a key role in regulating and overseeing development as a whole (Deng, 2022). By formulating a detailed plan, closely monitoring its implementation, and incorporating all relevant parties, the government may guarantee that development proceeds in accordance with its objectives and provides the most significant possible benefits to society.

3. The effect of tourism on strengthening the local economy

a. Enhancement of the local community's welfare and the economy

An essential benefit of tourism is to the local economy (Krismasanti, 2024). The tourist sector has enormous potential to promote community welfare, job development, and economic growth (Lv et al., 2022). Through the creation of jobs, an increase in income, the development of local communities and infrastructure, a rise in tax revenue, an improvement in the standard of living, and the expansion of public services and infrastructure, the tourism industry boosts the local economy and welfare (Intan Solikhah Indriana, Romi Bhakti Hartarto, 2024). These findings provide insight into the managerial components of sports tourism practice, enabling managers to better fulfil the needs of sports and tourism at a specific event and the destination (Marko Perić, 2018).

b. Preservation of local culture

If properly managed, tourism can contribute to the preservation of local culture and strengthen the local economy (Krismasanti, 2024). For those who live close to particular cultural areas or sites of cultural heritage, tourism may be one of their primary sources of income (Ivona, 2021). Tourism can contribute to economic growth and the preservation of local culture by fostering a greater awareness and understanding of culture, creating cultural products and services, raising the demand for locally produced food and tour guides, encouraging creative local endeavours, funding cultural preservation and restoration, empowering local communities, and preserving cultural heritage.

c. Original income in the region

Travel can be an essential factor in the growth of LOI (local original income) (Khairi & Darmawan, 2021).

According to (Nasyat et al., 2020), tourism is one of the major industries that provides local governments with money through a variety of taxes, levies, and other revenue streams (Kurniawan et al., 2023). Through company licenses, goods and services, festivals and events, savings and alternate incomes, more significant investment and development, and the encouragement and strengthening of local economies, tourism can improve municipal revenues,

d. Safety and security for tourists

According to (Ma et al., 2020), tourism can enhance the local economy and provide visitors with greater security and safety. Travelers' safety and security have a significant impact on the perception of tourist sites and the expansion of the travel industry (Patwardhan et al., 2020). The following are some advantages of tourist security and safety for the local economy: a rise in tourism, a more varied local economy, investments in security and safety, collaborations with local communities, effective marketing and promotion, and more investment and development.

e. Preservation of natural resources, expansion of the tourism sector,

When properly handled, tourism's positive effects on local economies and the preservation of natural resources can reinforce one another (Sgroi, 2020). When it comes to safeguarding natural resources, tourism can raise environmental awareness among the general public, offer alternate revenue streams, foster the growth of nature-based MSMEs (micro, small, and medium-sized enterprises), manage responsible tourism, enhance environmental infrastructure, control waste, and foster responsible tourism

f. Earnings,

The influence of tourism on bolstering the local economy can be enormous in terms of revenue (Sørensen & Skou, 2021). According to (Font et al., 2023), the tourism industry has enormous potential to boost household incomes, provide new jobs, and diversify sources of income across the economy. By generating new jobs, raising household income, boosting local government revenue, investing in infrastructure, and fostering greater community involvement, tourism can raise people's incomes.

g. Advertising

Tourism may have a significant marketing impact on boosting a community's economy (Trail & McCullough, 2020). In the tourism industry, qualities and promotions have a significant impact. Successful marketing efforts can lead to more visitors, more money, and more business chances (J. Yang, Chuang, et al., 2020). Increasing the number of visitors, expanding business opportunities, utilizing infrastructure and facilities more, assisting MSMEs, boosting community income, attracting more investment, and enhancing the destination's reputation are some of the benefits of tourism for the local economy in terms of marketing

## Conclusions

The economy of Central Java is significantly influenced by sport tourism, which has a bright future ahead of it as a major sport. Sports tourism has a good effect on the growth of tourism in Kemuning Village, Ngargoyoso District, Karanganyar, Central Java, Indonesia, along with an increase in visitor numbers. As a result, there are more sporting events and contests to support the growth of sports tourism. Sharing these benefits would help to maximize sports tourism in Kemuning Village. The idea of fusing sports and tourism has much potential in Central Java, which can benefit the region's social and economic conditions. As a result, Central Java boasts a wealth of natural resources that could be leveraged to create tourist attractions.

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## Conflict of interest

There are no conflicts of interest with this work, the researcher claims.

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