

Ilona Erzsébet Molnár-Csomós

Impact of overtourism on the well-being of the local  
residents in Budapest (Hungary) District VII

Department of Tourism

**Supervisors:**

Judit Simon Ph.D, habil. – Kornélia Kiss Ph.D

© Copyright: Ilona Erzsébet Molnár-Csomós

Corvinus University of Budapest  
Corvinus Doctoral Schools  
Doctoral School of Business and Management

# Impact of overtourism on the well-being of the local residents in Budapest (Hungary) District VII

*Ph.D. dissertation*

Ilona Erzsébet Molnár-Csomós

Budapest, 2024



## TABLE OF CONTENTS

1. INTRODUCTION .....	11
1.1. The relevance of the problem statement .....	12
1.2. Description of the research gap.....	14
1.3. Structure of the thesis.....	16
2. THEORETICAL BACKGROUND .....	17
2.1. From well-being to residential well-being .....	19
2.1.1. <i>Conceptual aspects of residential well-being</i> .....	21
2.1.2. <i>Measurement options for residential well-being</i> .....	28
2.1.3. <i>The results of domestic and international research related to residential well-being</i> .....	33
2.2. From tourism to overtourism .....	42
2.2.1. <i>Conceptual aspect of overtourism</i> .....	45
2.2.2. <i>Measurement options for overtourism</i> .....	58
2.2.3. <i>The results of domestic and international research related to overtourism</i> .....	62
2.3. Literature cross-section of residential well-being and overtourism .....	70
3. RESEARCH METHODOLOGY .....	74
3.1. Preliminary research: Sentiment analysis methodology .....	74
3.2. Presentation of research area.....	76
3.3. Research design .....	87
3.4. Justification of the choice of methodology .....	90
3.5. Doctoral research methodology .....	92
3.5.1. <i>First district-specific sub-question – content analysis of residents' perceptions</i> .....	93
3.5.2. <i>Second district-specific sub-question – conducting in-depth expert/resident interviews</i> .....	94
3.5.3. <i>Third district-specific sub-question – conducting in-depth interviews with residents</i> .....	94
3.5.4. <i>Field observation related to district-specific sub-questions</i> .....	96
4. RESEARCH RESULTS .....	97
4.1. Preliminary research: Results of sentiment analysis .....	97
4.2. Doctoral research results.....	102
4.2.1. <i>First district-specific sub-question – interpretation of residents' perceptions</i> .....	103
4.2.2. <i>Second district-specific sub-question – evaluation of expert/resident in-depth interviews</i> ...	108
4.2.3. <i>Third district-specific sub-question – evaluation of in-depth interviews with residents</i> .....	116
4.2.4. <i>Interpretation of field observations related to district-specific sub-questions</i> .....	126
4.3. Conclusions, suggestions – "Added value or a holding back force?" .....	133
4.3.1. <i>The way to the positive spiral</i> .....	133
4.3.2. <i>Mitigation and solution alternatives at the local and collective level</i> .....	139
4.3.3. <i>Mitigation and solution alternatives at the individual level</i> .....	143
5. SUMMARY .....	147
5.1. Theoretical, practical and methodological relevance .....	147
5.2. Validity .....	147
5.3. Limitations of the research.....	148
5.4. Final ideas – possible research directions.....	150
LIST OF REFERENCES .....	154
AUTHOR'S TOPIC-SPECIFIC PUBLICATION LIST .....	207
ANNEX .....	209
Annex No. 1: Preliminary research – "The impact of overtourism on residential well-being – The case of Budapest (Hungary) District VII" publication .....	209
Annex No. 2: List of in-depth interview questions .....	228
(experts and local residents 2022).....	228
Annex No. 3: Call for respondents in the "Klauzália" facebook group .....	229
(local residents 2024).....	229
Annex No. 4: List of in-depth interview questions (local residents 2024) .....	229
Annex No. 5: Field observation – Firewall painting photo documentation.....	230
Annex No. 6: International feedback on doctoral research results.....	236

## LIST OF TABLES

- Table 1: *A summary table of the sub-questions, as well as the own research history and the parameters of the preliminary research, which form the basis of their formulation* /pp. 14-15/
- Table 2: *Comparison of living areas of well-being and quality of life, as well as differentiation of living areas according to needs* /p. 19/
- Table 3: *The most frequently used objective and subjective criteria in residential well-being research, broken down by level* /p. 30/
- Table 4: *Studies contributing to the components of integrated approaches based on subjective criteria of well-being research on residential in chronological order* /pp. 31-32/
- Table 5: *The main results and methodological characteristics of research related to residential well-being and establishing its subjective indicators in the context of residential satisfaction* /p. 37/
- Table 6: *The main results and methodological characteristics of research related to residential well-being* /pp. 38-40/
- Table 7: *The result and spatial distribution of the effects generated by the problems arising from the presence of overtourism, as well as aspects of the previous developments that underpin their development* /p. 48/
- Table 8: *Literature summary of the positive and negative effects of overtourism* /pp. 55-57/
- Table 9: *Summary of opportunities and threats (OT analysis) in relation to overtourism* /p. 60/
- Table 10: *Table summarizing the factors supporting the measurement of overtourism* /p. 61/
- Table 11: *Main results and methodological characteristics of studies related to Urban / City tourism and Residential well-being* /p. 69/
- Table 12: *Indicators suitable for determining the extent of the excessive amount of tourists in relation to Budapest in 2019* /pp. 79-80/
- Table 13: *Indicators suitable for determining the extent of the excessive amount of tourists in relation to Budapest District VII in 2019* /p. 81/
- Table 14: *Presentation of the steps of the research plan* /p. 89/
- Table 15: *The frequency of the appearance of keywords searched in the context of "overtourism" in relation to the period between 2019-2023* /p. 91/
- Table 16: *Distribution of comments related to the keywords examined by year in the "Klauzália" group* /p. 97/
- Table 17: *Distribution of the number of sentiments related to posts and comments by keyword, emoticon, and year* /pp. 98-99/

- Table 18: *Distribution of number of posts in relation to the modalities by keyword, representation system, and year* /p. 101/
- Table 19: *Distribution of the number of posts related to the keyword "value" by year in the "Klauzália" group* /p. 103/
- Table 20: *Good life = components and spatial projection of being in health (in balance)* /p. 107/
- Table 21: *The names and titles of the interviewees of the publication "Erzsébetvárosiak – Portraits"* /p. 108/
- Table 22: *Gender and generation distribution of the subjects of the 2022 in-depth personal interviews supporting the answer to 2<sup>nd</sup> sub-question of the doctoral research* /p. 109/
- Table 23: *Distribution of negative, positive and neutral responses to the question revealing the underlying meaning of Erzsébetváros in 2022 by gender and generation* /p. 109/
- Table 24: *Distribution of the 2022 responses to the description of the district's milieu by word association by gender and generation* /p. 111/
- Table 25: *Kerületi látóvalókkal kapcsolatos kérdésre adott 2022-es válaszok nem és generáció szerinti megoszlása* /p. 114/
- Table 26: *A doktori kutatás 3. alkérdésének megválaszolását támogató 2024-es online és személyes mélyinterjúk alanyainak nem és generáció szerinti megoszlása* /p. 117/
- Table 27: *Who is attracted to the milieu of District VII?* /p. 124/
- Table 28: *The distribution of factors marking the degree of conscious perception of the local residents by year at the three levels of the well-being dimensions* /p. 127/
- Table 29: *Distribution of the number of entries perceived along the physical, social and mental well-being dimensions and related to the keyword "overtourism" by year in the "Klauzália" group* /p. 128/

## LIST OF FIGURES

Figure 1: Official club map of Berlin /p. 63/

Figure 2: *Domestic research results supporting the mapping of the quality of life of local residents* /p. 65/

Figure 3: *Change Model* /p. 71/

Figure 4: *Map display of the official and popular parts of Erzsébetváros* /p. 77/

Figure 5: *The available number of other business (AirBnB) accommodation in the capital in 2020, as well as the rate of decrease from 2019 to 2020* /p. 82/

Figure 6: *Party zone 2014* /p. 84/

Figure 7: *Party zone 2023* /p. 84/

Figure 8: *Electronic flyer of the 2005 opening of Hajógyári-island* /p. 85/

Figure 9: *Infographic of the "Midnight closing" regulation* /p. 86/

Figure 10: *Illustrating the steps of the research plan using the example of building a self-sustaining house* /p. 88/

Figure 11: *Ratio of negative and positive sentiments to total posts and total post-related comments by keyword* /p. 100/

Figure 12: *Buzzwords revealed during the content analysis in a word cloud display* /p. 104/

Figure 13: *The results of the questionnaire called "Inner-Erzsébetváros" are shown graphically* /p. 105/

Figure 14: *Visual representation of keywords that play a role in defining the word "value" using the example of an air balloon trip* /p. 107/

Figure 15: *Mind map-like summary of 2024 in-depth interviews* /p. 117/

Figure 16: *The impact of the well-being of the locals on the milieu of the district that can be experienced by visitors* /p. 122/

Figure 17: *The impact of the well-being of the locals on the district milieu experienced by the locals* /p. 123/

Figure 18: *Spatial projection (tourist milieu/residence effect) of the dynamics between conflict fields exposed to direct external influences (physical and social well-being dimension) and the possible common denominator (mental well-being dimension) in relation to tourists and the local residents* /p. 125/

Figure 19: *The mechanism of action of including the timeless values (calling words + mental modes supporting time resistance) predicted on the basis of the doctoral research into the mental well-being dimension* /p. 139/

Figure 20: *"How yes?!" at local, individual and collective levels* /p. 146/



## LIST OF ILLUSTRATIONS

Illustration 1: *Mind map of overtourism* /p. 58/

Illustration 2: *Terézváros and Inner-Erzsébetváros from a bird's eye view* /p. 126/

Illustration 3: *Firewall painting mixture called "Life in the seventh"* /p. 130/

Illustration 4: *Dohány street = Jewish heritage + Christian traditions + Buddhist culture* /p. 131/

Illustration 5: *Dohány street = Artistic venues + Delicious local food + Outdoor experiences* /p. 132/

Illustration 6: *Bischitz Johanna Integrated Human Services Center operated Health Development Center in Inner-Erzsébetváros* /p. 133/

Illustration 7: *Air ballon firewall painting in Terézváros* /p. 142/

Illustration 8: *Map illustration of the party zone – "Hungary's Favorite Streets" project* /p. 153/

Illustration 9: *Artistic representation of the significance of Dohány Street from bustle to the peace of mind (different roads – same destination), tuned to the most significant (visual) system of representation* /p. 153/

## ACKNOWLEDGMENT

*"The journey only gains its meaning by taking the inner path, because without it, completing a journey of any length loses its purpose."*

Picard – Di Giovine (2014)

following the citation of Mitev, Irimiás and Michalkó (2017 p. 46)

First of all, I would like to thank my mother and father, because even before I started my school years, at the cost of very serious efforts, they created a home where I had my own room and thus a room that I could freely dispose of. This room was a creative environment for me, which was suitable for my willingness to write – even then in the form of poems – to show itself during my lower elementary school years (although I received the "pencil" sign already in the last year of my preschool period also foreseen). They also created the opportunity for me to pursue the Japanese martial art style Wado-Ryu competitively until the end of primary school, as a result of which the importance of the goal and persistence independent of external circumstances became part of my everyday life very early on thanks to Ágnes Acél Strähle, thanks to my master Zoltán Bazsó and to this day it is an integral part of my life. My parents also gave me the opportunity to learn how to study with children, considering that I had a brother who was almost 11 years younger, and I had to play a significant role in his supervision. All of this resulted in the acquisition of qualities that proved to be extremely useful during my studies as a mother of a large family. From this period of my life twenty years ago, my first target notebook also originates, and at the same time as it was created, I made the decision to start doctoral studies in the future. This determination was the breeding ground for unbroken belief, hope and engagement, which served as support during the challenging periods of basic and master's studies in addition to continuous work and/or raising children, under the guidance of István Jenei and Gedeon Totth. However, I consider my husband in the person of Dávid Örs Molnár to be my biggest supporter, to whom I thank that we can walk the Path together.

With the start of the doctoral school in 2017, the circle of supporters continued to expand through the mentoring of my tourism specialization leader at the time, Gábor Michalkó, and my supervisors, Judit Simon and Kornélia Kiss. Gratitude and thanks to all three of them for every minute full of thinking together. A huge thank you also goes to the members of the Facebook "Marketing PhD" group – such as Zsófia Cserdi, Daniella Galla, Zsuzsanna Kun, László Kökeny, and Attila Mucsi – who represent to me an inner professional circle where there is no question of helping each other as soon as possible, even if a missing person through a crumb of information, a kind word, confirmation, or encouragement. I am also extremely grateful for the valuable insights of Anna Rita Irimiás and Tamás Egedy, who were invited to review the draft of the dissertation. Their helpful comments contributed significantly to the preparation of this doctoral thesis.

## 1. INTRODUCTION

For me, nothing proves to be a more rewarding task than the investigation of the way in which my mandate as a civil servant, which has been plagued by an undesirable level of tourism (overtourism) since October 1, 2013, could be improved in Budapest (Hungary) District VII to channel the residents' experiences related to residential well-being in a positive direction.

The resolution of the problematic situation caused by undesirable levels of tourism, which can also be attributed to the rise of the Night-Time Economy (NTE) (Pinke-Sziva et al. 2019, Olt et al. 2019), is relevant both in the smallest district of Budapest and at the metropolitan level, and its timeliness has once again become unquestionable after the pandemic effects have been mitigated.

As tourists, we prefer to travel to places where the locals have a sense of well-being<sup>1</sup>, and therefore the well-being of the residents has a significant impact on the success of tourism in a place (Michalkó – Rátz 2006). The milieu theory of the authors (Michalkó – Rátz 2006) draws attention to the importance of interpreting the lively and open attitude of the locals as a specific attraction. It is therefore becoming increasingly clear that the local residents have a role of importance equal as tourists. Tourism is about visitors and locals alike (Kiss et al. 2020), and can be understood as a complex set of relationships. And if a relationship system is considered complex, the individual should be in the focus of investigation (Simon – Lantos 2016).

The existence of an equilibrium<sup>2</sup> resulting from the sense of well-being of local residents is key to competitive tourism. The presence of overtourism may jeopardize the existence of this equilibrium and ultimately the success of tourism in a vulnerable destination. Therefore, the research purpose is to formulate recommendations to restore the existence of residential well-being of the locals in the sense of equilibrium-state affected by overtourism, especially at the level of the individual. This is motivated by the desire to emphasise that the local residents, beyond the illusion of powerlessness, has the capacity

---

<sup>1</sup> Well-being is a mental state described as the quality of life experienced in the "here and now", or a sense of well-being (Horlings – Smith 2019).

<sup>2</sup> The existence of a state of equilibrium presupposes the coordinated and healthy functioning of the individual's body – soul – spirit performance, which conceptual definition can be derived from the semantic interpretation of the word recreation (Gládi 2011).

to make efforts for its own residential well-being, if it is conditioned to do so. But to do so, you must first be open to the fact that, in addition to the problematic situation, Budapest District VII can also offer alternatives to the solution.

### **1.1. The relevance of the problem statement**

The sub-topics that form the basis of the doctoral research, such as residential well-being and overtourism, all have significant research findings, particularly in the international arena, and the approach of my examination can be paralleled with the economic sociological approach. Because of the focus of the research, the approach is both economic and sociological, as it focuses on the relationship between the economic and social aspects of a process.

In the international aspect of the residential well-being survey, specialists working at the European Foundation for the Improvement of Living and Working Conditions (Eurofound) were among the first to show the results of the "European Quality of Life Survey" (Eurofound 2016) that the quality of the place of residence significantly affects the quality of life of the population living there. All of this is confirmed by the "World Cities Report" (UN-Habitat 2016) published by the United Nations Human Settlements Program (UN-Habitat), which also emphasizes the importance of the quality of housing. The report "Better Life Index" (OECD 2019) published by the Organization for Economic Cooperation and Development (OECD) also confirms that well-being depends on many factors, including the quality of housing.

Although publications containing primary research on the issue of residential well-being were prepared as early as 2002 (Seong-Kyu et al. 2002) followed by more in the coming years (Kullberg 2010), however, the topic was published more in depth in 2012 (Sirgy 2012, Balestra – Sultan 2013, Zerrahn – Krekel 2015), articles containing valuable research data, as well as studies based on meta-analysis or systematic literature reviews (Sirgy 2016). On the other hand, overtourism is a relatively new term in scientific research, appearing in 2016 by Ali (Zucco et al. 2020). Regarding its conceptual definition, the formulation of UNWTO (2018) is authoritative, according to which overtourism is the impact of tourism on a destination or its parts, which excessively negatively affects the perceived quality of life of locals and/or the quality of visitors' experiences. In academic research, the problem began to surface and gain ground

(McKinsey&Company – WTTC 2017, Goodwin 2017) with international research results that can be observed at the year 2017. For the point of view of this particular research, relevant data and findings are made from the beginning of the year 2018 (Koens et al. 2018, Peeters et al. 2018).

In terms of research results examining the phenomenon of overtourism, a report prepared by the European Union (Peeters et al. 2018) was published in 2018, which draws attention to the ever-increasing problem generated by overtourism, in addition to emphasizing the need for the sustainable development of tourism and also the importance of involving the local communities. The same year, the researchers of the World Tourism Organization (UNWTO) voiced that overtourism is a complex problem, the rise of which can lead to a lack of balance between tourists, tourism providers, local communities and the environment. thereby promoting sustainable tourism. The state of equilibrium can be restored and maintained by keeping in mind the application of the "local principle" (localism), as a result of which tourism developments are placed at the service of the local community, culture and economy.

In recent years, several publications have been issued that jointly examine the topics of localism – overtourism – residential well-being (Fillis et al. 2023, Panzera 2022, Butcher 2021, Herbold et al. 2020). For example, the lack of this state of balance can be seen in the case of eight large cities – such as Amsterdam, Barcelona, Berlin, Copenhagen, Lisbon, Munich, Salzburg, Tallinn – which, due to their outstanding involvement in the phenomenon of overtourism – in order to explore/unveil the effects of undesirable levels of tourism and their olution alternatives – formed the sample area of a large-scale (3153 respondents) quantitative research before the pandemic (Julian 2019).

Actually, sustainable tourism and overtourism are two sides of the same coin, with the difference that the former has the ability to destroy the effects generated by the latter (Damnjanović 2021).

Domestically, in addition to the ever-expanding literature on overtourism, residential well-being is an under-researched topic, as it is considered a new field of research, but its importance is growing in direct proportion to the rise of overtourism.

## 1.2. Description of the research gap

In the course of the doctoral research I will attempt to answer the question: *how does an undesirable level of tourism affect the residential well-being of the locals*. I am looking for the answer to the central research question based on the example of Inner-Erzsébetváros, which is considered a key area in terms of the topic, to which the title of the dissertation draws attention, thereby providing the context of the research.

Table 1: A summary table of the sub-questions, as well as the own research history and the parameters of the preliminary research, which form the basis of their formulation

Finding	Research time	The circle of those included in the research	Methodology	Publication of the finding
<b>RESEARCH ANTECEDENTS</b>				
Value division in relation to local character.	2017	Experts	Qualitative/ In-depth interview	Marketing & Menedzsment 2021(2) <sup>3</sup>
Local level recommendations (concept map)	2017	Expert opinion <sup>4</sup>	Written assessment	Marketing & Menedzsment 2021(2)
Value division in relation to local character.	2021	Tourists and Local residents	Qualitative/ Narrative analysis	Within the framework of the New National Excellence Program 2020/2021 <sup>5</sup>
The main value is the multifactorial characteristic of the local character <sup>6</sup> .	2021	Tourists	Quantitative/ Questionnaire	Marketing & Menedzsment 2021(2)
The main value is the multifactorial characteristic of the local character.	2022	Experts and Local residents	Qualitative/ In-depth interview	Under preparation (positive reception during preliminary consultation with the editor-in-chief of Regional Statistics)
<b>PRELIMINARY RESEARCH</b>				
As a result of exploring the input representing sensory perception and the internal processes equivalent to individual filters – such as habits, attitudes, patterns – it is possible to raise awareness of the output underlying the increase in the number of choice options and to improve well-being. <sup>7</sup>	2022	Local residents	Qualitative and Quantitative/ Sentiment analysis	Within the framework of the New National Excellence Program 2021/2022: Space and Society 2022(4) <sup>8</sup>

<sup>3</sup> Molnár-Csomós (2021)

<sup>4</sup> The Faculty of Foreign Trade of the Budapest Business University (BGE) is asked the District VII's professionally competent deputy mayor to give a written opinion on the action plan published as part of my master's thesis – as a recommendation at the local level – and he said the following about the concept map intended to reduce the division of values: "*as deputy mayor of an inner-city district and as a member of the Capital City Tourism Roundtable, I would certainly find the practical application of the image-building project to be welcome at the capital city and district level*" (Vető 2017 p. 3). The *pannon IKON* image-building project – the first half of which is associated with the Pannonian sense of life, while the second half is associated with the word image (Molnár-Csomós 2017) – is intended to serve as a kind of future leitmotif and an unified presentation platform in the presentation of the multifactorial characteristics of Hungarian settlements. In the 2021 competition organized by the MNB, my entry submitted under the name of the *pannon IKON* project made it to the finals... 2 entries from the PhD level made it to the national finals, which were evaluated by MNB experts and academic specialists.

<sup>5</sup> Kiss et al. (2021)

<sup>6</sup> The multifactorial characteristic of the local character as a term is attributed to Vecco (2020), which denotes "*the creative force immanent in the landscape, created together by natural and human factors*" (Fogarasi 2019 p. 1).

<sup>7</sup> The NLP-based analysis of the obtained public impressions contributed to the examination of the three components of human experience: mind, speech, body. By using the NLP toolbox, it was clarified how and in what quality (submodalities) we perceive the world around us (Neuro), and how we express what we perceive through language (Linguistic) and through our behavior (Programming).

<sup>8</sup> Molnár-Csomós – Kiss (2022a)

DISTRICT-SPECIFIC SUBQUESTIONS OF DOCTORAL RESEARCH				
<b>Sub-question 1:</b> The multifactorial characteristic of the district's local character – as a value – can be seen along the lines of what buzzwords?	2022 - 2024	Local residents	Qualitative and Quantitative/ Content analysis	Doctoral dissertation
<b>Sub-question 2:</b> What ways can the durability of the multifactorial characteristics of the district's local character be supported?	2022 - 2024	Expets and Local residents	Qualitative/ In-depth interview (cross-sectional research)	Doctoral dissertation
<b>Sub-question 3:</b> What effect does the undesirable level of tourism have on the multifactorial characteristics of the district's local character?	2024	Local residents	Qualitative/ In-depth interview	Doctoral dissertation

Source: own editing

The answer to the research question is supported by three – district-specific – sub-questions, the wording of which was inspired by my own research antecedents and the results of the preliminary research published in the table above (Table 1). Based on the preliminary results, it became clear that tourists, professionals and the local residents also marked the place as the most important value in the largest proportion, and there was also agreement that there is a significant division of values in the context of "place".

As Accor Hotels also advertises, "*as many talents, as many personalities (...) as many brands, as many characteristics...*" (accor.hu 2024 p. 1) however, all these are core values such as sustainable performance – which for the network currently operating 3500 European hotels is equal to long-term (durable) value creation – they become a community by being connected along. The division is not new, and the Preserving Places (PLACE for short) project, funded by the European Commission from 2007 to 2013, aimed at eradicating it (Montanari 2020). However, local problems require local solutions tailored to the specific sense of place (Peeters et al. 2018).

The local-level recommendations created in 2017 and published in 2021 and the subsequent research history and the results of the preliminary research led to the recognition of the importance of the individual-level recommendations in addition to the collective-level recommendations, the formulation of which is the common denominator foreseen by the district-specific sub-questions (sub-question 1 and 2) and conflict field (sub-question 3) can become established. While the 1st and 2nd sub-questions prepare the liquidation of the division of values that can be seen in action along the way and the quality of the experience, the 3rd sub-question concretizes it as the scene of disagreements.

After reviewing the relevant literature, the formulation of the central research question was motivated by the realization that the number of international researches conducted in the context of overtourism – residential well-being is low. Moreover our country it is not yet typical to observe the study of overtourism from the aspect of residential well-being. The number of researches focusing on the study of overtourism is constantly increasing, despite everything, there is an aspect of the topic where there is a deficiency. Recommendations related to the management of this phenomenon are most relevant for decision-makers, but little is said about what the local residents can do on an individual level to improve their own residential well-being.

The answer to the research question contributes to the process, as a result of which the public perceptions generated by overtourism come to the surface, which lead to the formation of a field of conflict between visitors to the affected destination and the local residents. As a result of everything, it becomes possible to formulate recommendations that can be applied freely and widely, but still tailored to the individual, during the conditioning of tourists and residents. The formulation of public recommendations based on the examination of the issue of overtourism from the point of view of residential well-being would not only contribute to the elimination of the research gap described above, but could also stimulate new research.

The formulation of public recommendations based on the examination of the issue of overtourism from the point of view of residential well-being would not only contribute to the elimination of the research gap described above, but could also stimulate new research efforts related to the topic.

### **1.3. Structure of the thesis**

The chapter following the present introductory thoughts is intended to clarify the researcher's perspective and to theoretically position topics relevant to the research question – such as residential well-being and overtourism – as well as to clarify, systematize and organize the related concepts.

The preliminary research prior to the research – the full extent of which is can be viewed under the name "Annex No. 1" – and the methodology that underpins it, the presentation



of the research area and the outline of the research plan will be presented in the third chapter. The last two subsections of the third chapter entitled "Research methodology" include the rationale for the application of the chosen methodology as well as a detailed description of the methodology of the doctoral research.

In addition to the publication of the results of the doctoral research and the closely related field observation, the summary of the conclusions and proposals can be read within the framework of the fourth chapter of the thesis. In the fourth chapter, which publishes both local and individual and collective recommendations, it is also revealed that the overrepresentation of Inner-Erzsébetváros in terms of visitors can be interpreted as an added value or a pulling force.

In addition to the significance and validity of the revealed results, as well as the description of the research gaps and limitations, the thesis ends with the sharing of perspective thoughts on the topic. The 2022 and 2024 qualitative questions, the call for respondents, as well as the recording of relevant information from the point of view of field observation and the on-site photo documentation I made will be placed in the part of the dissertation entitled "Annex".

## **2. THEORETICAL BACKGROUND**

Before presenting the topics that represent the theoretical background of the thesis, I would like to elaborate on the research perspective I represent along the threefold unity of the paradigm to be applied, the discipline that forms the basis of the research work, and the research goal resulting from the problem statement.

Although the research antecedents and the broad spectrum of methods used during preliminary research – including both qualitative and quantitative features – strengthen the soundness of the application of the pragmatic paradigm, the interpretation of reality (subjective criteria) in relation to the quantification of reality (objective criteria / measurement) in relation to the topics to be investigated / experience) is present with a significantly greater weight. Furthermore, the qualitative aspect plays a more significant role in the research that is intended to be carried out within the framework of the

dissertation. For all these reasons, the approach represented by interpretivists is the most suitable choice for the planned research.

When defining the disciplines that form the basis of the research work, the words of Enyedi (1987 p. 3) made it clear to me that the discipline of regional sciences, which is considered interdisciplinary and belongs to the field of social sciences, represents the appropriate basis, which *"does not publish the results of a single discipline, but a problem: space and examines the relationship of society from the perspective of different disciplines, in a specific approach"*.

The *raison d'être* of being based on the discipline of regional sciences is also strengthened by the fact that the study presenting the results of the dissertation research was also published in the journal *Space and Society* launched by Enyedi in 1987, which was preceded by an unanimously positive reception of the manuscript by the editorial board. Regional sciences is a discipline that, due to its interdisciplinary aspect, includes an economic and sociological approach that is relevant to the study of well-being and the effects of tourism. Regional sciences also extends the observations to how spatiality itself affects economic-sociological relationships (Rechnitzer 2007).

The problem arises from the danger of an internal imbalance (decrease in the sense of well-being of the population) derived from an external influence (overtourism), which in the end carries the chance of an unfavorable reaction on the outside world. The research focus is the examination of the economic and social processes taking place in a given space, which is also characterized by the composition of the research question. While the first half of the question deals with the examined economic process, the second part records the social aspect of the observed process – including the spatial aspect – in a local context. The interpretivist point of view based on the discipline of regional sciences tries to contribute to answering the central research question based on the sociological approach in the way detailed above.

## 2.1. From well-being to residential well-being

The concepts of welfare and well-being can be counted among the key topics of both public policy and social sciences. In relation to the issues of welfare and well-being, it is necessary to mention that both concepts can be linked to the quality of life – which is meant to thematize the dimensions and criteria of the "good life" in the most comprehensive way (Fekete 2006) – and are part of it.

In the literature, the term well-being is often used as a synonym for quality of life (Sirgy 2012, George 2006, Rahman et al. 2005, Cummins 1991). As a result, some researchers (Voukelatou et al. 2021, Vladisavljević – Mentus 2019, Smith – Clay 2010, Dolan et al. 2008, Gasper 2005, Diener et al. 1997) consider objective well-being and subjective well-being (subjective well-being) terms are called for help in relation to the measurable and experienceable criteria aimed at examining the quality of life. The interpretation of well-being as quality of life can probably also be traced back to the fact that the areas of life – which are also their components – are essentially the same in terms of both well-being and quality of life. Table 2 summarizes the seven life areas of quality of life, which includes the dimensions of well-being and the "good life".

Table 2: Comparison of living areas of well-being and quality of life, as well as differentiation of living areas according to needs

<b>Living areas of well-being (Dolan et al. 2008)</b>	<b>Living areas of quality of life (Sirgy 2016)</b>	<b>Differentiation of living areas according to needs (Sirgy 2016)</b>
wider environment	health/safety	basic needs
income	finance	
narrower environment	family	
human relationships	social relationships	superior needs
activities performed	work	
values/attitudes	leisure/art/culture	
personal characteristics	education/personal development	

Source: own editing

While the first three life areas of quality of life – such as health/security, finances and family – can be classified as basic needs according to Maslow's hierarchy of needs, social relationships, work, leisure/art/culture and education/personal development related life areas can be interpreted as higher-order needs (Sirgy 2016). According to Miller and de Roo (2004), only some of the broader and narrower environmental factors classified as basic needs can be improved by external influence – by city or district management –

however, my view is that through education and conditioning, all areas of life can be affected and interested in a supportive external influence.

A characteristic of well-being research is that the elements of the applied well-being model are not the same in all cases. In general, it can be said that the names of the most frequently considered areas of life are closer to the areas of quality of life detailed in Table 2, with the difference that the areas of "family" and "social relations" are collectively referred to as "social inclusion" (Campbell et al. 1976, Endicott et al. 1993, Cummins 1991, Rahman et al. 2005).

Although the application of the welfare – well-being construct (Deb 2022, Senior et al. 2020, Michalos 2014, Michalkó et al. 2009, Jordan 2008, Cummins 2005, Barkin 2000, Felce – Perry 1995) also distinguishes between objective and subjective quality of life is based in relation to the seven areas of life detailed above, however, using the term welfare instead of objective well-being may allow for a more transparent formulation. While welfare is a material projection of the quality of life that can be measured in money, well-being encompasses the subjective aspects of everything (Michalkó 2010). Well-being differs from welfare mostly in that it is to be interpreted as a multidimensional concept, certain dimensions are judged by those involved, and this is the reason why the concept is subjective (Kovács et al. 2011).

In my view, welfare and well-being, which are parts of the quality of life, can be paralleled with the differences between the definition of entrepreneurial marketing and social marketing, in addition to the interpretation from the aspects detailed above. At the beginning of the 20th century, marketing, which is also closely related to tourism, was seen as a descriptive, explanatory activity, which was meant to predict and sometimes criticize the behavior of the actors in society... however, this point of view was replaced in the middle of the century by marketing dominated by a managerial approach, which the ultimate goal was profit maximization (Mitev 2005). It was necessary to wait (until 1969) for marketing to be identified as "*a pervasive societal activity*" (Kotler-Levy 1969 p. 10). While entrepreneurial marketing based on a managerial approach is identified by Piskóti (2012) as a sales activity that is driven by profit goals, the selection of the target group is determined by the nature of the demand, and an objective thing, another company, is identified as a competitor, while in the case of social marketing, a desirable behavioral promotion of the mode is the goal, individual and social usefulness is the

focus, the target group is defined based on the desired action, and competition is equivalent to a subjective thing, which can even take the form of an undesirable phenomenon, such as overtourism.

### ***2.1.1. Conceptual aspects of residential well-being***

In parallel with the growing demands of Western societies, newer and newer tourism products appear, which focus exclusively on satisfying the needs of tourists, and do not necessarily take into account the direct effects on the objective and subjective quality of life of the host community, mostly related to the socially and culturally disrespectful behavior of party tourists (Smith – Diekmann 2017). The impacts of tourism on the well-being of local residents have already been widely investigated. Sharpley (2014) dates the beginning of the "host – guest" literature to the 1960s. Over the past ten years, the "happy hosts" rationale has become one of the most researched tourism topics. While the focus of Kruger's (2012) interest was the perception of the effects of tourism and satisfaction with the given areas of life, contemporary researchers pay attention to rethinking the social effects of tourism research (Deery et al. 2012), the position of the host community in global tourism (Moufakkir – Reisinger 2013), as well as mapping local residents' support for tourism (Nunkoo – Gursoy 2012), the latter through the perspective of identity. In connection with transformational tourism, the publication of the hosts' points of view appears as an additional perspective (Reisinger 2015) in line with the support for the development of tourism and the issue of life satisfaction associated with the developments (Woo et al. 2015).

Perhaps the most important question of the extensive investigations detailed above is whether the hosts are happy all in all? In his study, Ivlevs (2016) looks for the answer to this question by examining the relationship between the arrival of foreign tourists and the subjective well-being of local residents in a European context. In addition to discussing the components of subjective quality of life – life satisfaction and happiness – the author finds that the arrival of tourists reduces the subjective quality of life of residents, which generally becomes more pronounced among people living in rural areas, as well as in countries where the intensity of tourism is relatively high. In addition, it is established (Ivlevs 2016) that the arrival of tourists has a greater negative relationship with the evaluative component of well-being (life satisfaction) than with its affective component (happiness).

### *Conceptual approach*

In the constitution of the World Health Organization (WHO) (1946), the concept of well-being appears first, the dimensions of which play a key role in the conceptual definition of health<sup>9</sup>. According to the dictionary meaning of residential, it is "*an area (of a town) suitable for living in; consisting of houses rather than factories or offices*" (Oxford Learner's Dictionaries 2021a p. 1). All this, supplemented by the term well-being – which in terms of its meaning is equivalent to the state of "*general health and happiness*" (Oxford Learner's Dictionaries 2021b p. 1) – strengthens the *raison d'être* of the involvement of residential in relation to the mental dimension of well-being.

In addition to the different conceptual approaches to residential well-being (Sirgy 2011) by professionals involved in quality of life research – which may also arise from the multifactorial nature of a residential environment (Mridha 2020) – the division into objective and subjective criteria similar to quality of life is typical. While the individual and collective aspects of the objective criteria can be seen – most often along the architectural characteristics, maintenance and management of the housing (Mridha 2020), as well as the physical condition of the neighboring and own housing (Balestra – Sultan 2013) – the division of subjective criteria into housing it is based on dividing satisfaction into levels (Walton et al. 2008) and covers a wider spectrum (Sirgy 2016). The most frequently used subjective criteria are the physical environment, the close availability of recreational opportunities, the neighbors and the immediate surroundings (Mridha 2020), and the affordability of housing (Balestra – Sultan 2013).

In the formulation of Francescato (2002), housing satisfaction as a kind of connection point provides the basis for the evaluation of objectively measurable living conditions along subjective criteria. From a subjective point of view, we can talk about grouping or levels based on the combined (integrated) examination of the housing, immediate environment, community and all of these in relation to housing satisfaction. Due to the different levels of the subjective criteria of residential well-being based on housing satisfaction, several formulations are widespread in the literature, which without clarifying the levels arising from housing satisfaction can cause confusion in

---

<sup>9</sup> The meaning of the word health in the formulation of the World Health Organization (WHO) is "*a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*" (World Health Organization 1946 p. 1).

understanding. Instead of residential well-being as a dependent variable (Balestra – Sultan 2013), the term often used is the above-mentioned residential satisfaction, which is "*a broad concept, and is associated with multidimensional aspects including physical, social, and neighbourhood factors, as well as psychological and sociodemographic characteristics of the resident*" (Balestra – Sultan 2013 p. 7). Simply put, it is "*the experience of pleasure or gratification deriving from living in a specific place*" (Bonaiuto et al. 2006 p. 24), which forms the basis of the subjective criteria of residential well-being (Walton et al. 2008). However, when housing satisfaction is used as a concept, this is not specified in the majority of cases.

In research related to residential well-being, it is necessary to keep in mind that it is not appropriate to use the following terms in the literature as synonyms for residential well-being, which includes both objective and subjective criteria, as the following terms indicating the levels of subjective criteria based on housing satisfaction, since the following concepts cannot be applied to residential well-being, they only cover one subjective level of it:

- satisfaction with the immediate environment (neighborhood satisfaction) "*is a narrower concept that aims to capture the extent to which physical and social characteristics of neighborhoods meet the expectations of their residents*" (Ciorici – Dantzler 2019 p. 1703), residents' direct it reflects their attitude to their living space, their value judgment regarding the expectations of the neighborhood (Fishbein – Ajzen 1975);
- community satisfaction, which indicates the satisfaction of the population as a whole (Sirgy 2016) depending on the comfort services provided and the conditions imposed (Shin 1980, Jeffres – Dobos 1995, Norman et al. 1997, Mthembu 1997, Sirgy et al. 2000, Auh – Cook 2009), which affects the commitment of residents to the community (Jeffres – Dobos 1990 ea 1992, Santos et al. 2007);
- subjective well-being, which is "*is one of the major components of social sustainability (Cloutier – Pfeiffer 2015, Rogers et al. 2012) and a subjective indicator of liability in cities (Ballas 2013, European Commission 2016, Newton 2012, Okulicz-Kozaryn – Valente 2019)*" (Mouratidis 2020 p. 265). The integrated (housing – immediate environment – community) equivalent of the subjective criteria based on housing satisfaction.

The investigation along the objective-subjective criteria preferred by the researchers creates a somewhat contradictory situation (Lu 1999, Elsinga – Hoekstra 2005), while the widespread conceptual definitions mostly strengthen the subjective aspect. The overrepresentation of subjective criteria can also be explained by the insight that improving the objective quality of life does not necessarily contribute to an increase in well-being, since the quality of life is ultimately experienced along the subjective criteria and can only be measured objectively (Schneider 1975). Edgerton (1990) has a similar opinion, according to whom low-cost housing projects only promise the possibility of objective improvement in the immediate environment of the residents, without increasing the well-being of the locals. In Edgerton's (1990) formulation "*there is evidence to suggest that well-being may be domain-specific that is, residential well-being may be quite different from occupational well-being or marital well-being*" (Edgerton 1990 p. 158). Braubach (2007) also traces the realization that environmental noise from the immediate environment – which can be linked to social and emotional dimensions of social and mental well-being – can have a stronger impact on residential well-being than traffic noise induced by traffic.

It can therefore be concluded that residential well-being has a strong personal aspect, therefore the results of researches related to residential well-being, during which the information does not come directly from the people concerned, should be treated with reservations, but may be suitable for summarizing average opinions and analyzing differing opinions. All this can also be related to the case when a parent answers on behalf of the child. In Henninger and Taylor's (2013) research, for example, 91 percent of parents stated that their child's residential well-being is classified as good or very good, however, since the personal attitudes of parents and their children may be different, they may have different feelings of well-being while living in the same situation.

The personal projection is a kind of subjective filter that determines a value judgment, the significance of the object of sensory perception within the individual's value system (Felce – Perry 1995). In addition to the individual filter that enables the subjective evaluation of life, there are three additional significant factors – a supportive physical environment, individual efforts, a sense of usefulness based on value judgments by the outside world – (Veenhoven 2000) which contribute to the fact that the "good life" is not



only be fixed at the level of possibilities, but also manifest as a result that can be interpreted in reality.

Sirgy (2016) also perceived the contradictory situation related to the conceptual interpretation of residential well-being, as well as the *raison d'être* of the stronger subjective projection, as a result of which he tried to redefine residential well-being in a homogenized way from his subjective approach – but not excluding objective criteria– which is defined as one's own home and its direct identified as satisfaction related to the way of life predestined by the place of residence, including its environment (community), which ultimately has an impact on the seven life areas of the quality of life. The significance of everything is also confirmed by the recognition that the most common cause of loss of balance, or "*disruption from harmony, is incorrect living (...) and incorrect use of thinking (...)*" (Ananda 1992 p. 8), to which incorrect speech and action (NLP) is associated.

Based on Sirgy's (2016) revised definition of residential well-being, I came to the realization that Mridha's (2020) idea that residential well-being is a vital component of quality of life is not necessarily functional. In fact, residential well-being lends spatiality to the interpretation of quality of life, and represents its extended version. The term "residence-effect" found in the literature (Koch et al. 2016) also supports the validity of this interpretation. The extended version can be interpreted as the residence effect (residence effect), which includes both the individual (own home) and community (immediate environment) levels, which ultimately affects the quality of life, which is the totality of the living areas related to individual needs.

The study by Deutsch and her co-authors (2015) also demonstrates the idea that in the case of well-being the environmental aspect, including the natural and residential environment interspersed with the presence of tourists, is important from several points of view, which based on its conceptual definition – that "*environmental well-being refers to applies to, in which we live and work*" (Deutsch et al. 2015 p. 51) – can be associated with the spatially extended version of the interpretation of quality of life, which is of particular importance in the assessment of quality of life (Bowling – Windsor 2001, Francescato 2002, Balestra – Sultan 2013).

Based on the above, the breakdown into objective and subjective criteria used in earlier conceptual approaches becomes understandable, despite the fact that the recognition also reflects Edgerton's (1990) dilemma. The assumption that residential well-being, in addition to being domain-specific and also a function of personal characteristics, can establish the importance of conducting research on the topic in a well-defined field, but with the involvement of stakeholders living in the area, especially in order to increase the validity of the results.

#### *Approach from the point of view of spatial planning*

A more specific approach to residential well-being is justified by a study by Puskás and her co-authors (2020), which names the indirect and direct effects of housing conditions that can be derived from the physical environment – which also significantly influence people's quality of life (Balestra – Sultan 2013) – on mental well-being. Direct effects include "*the quality characteristics of the housing, crowding, noise, light, indoor and outdoor air and water quality, as well as certain characteristics of the wider living environment*" (Puskás et al. 2020 p. 51), and the built environment is identified as an indirect effect. Mapping and taking into account the direct effects related to a given place can help ensure that the built environment, which has an indirect influence on mental well-being, supports the harmony with the surrounding nature and the existence of a healthy state of balance that includes the three dimensions of well-being, even during its design. The results obtained by Lee and his co-authors (2011) based on the research conducted along the well-being indices starting from the weighting process of the AHP (Analytic Hierarchy Process) also support the fact that health is the number one priority among the population. A number of studies have shown that emotional situations affecting a healthy state of balance have an impact on your overall satisfaction with life. Due to the importance of personal health, life becomes more valuable (Andrews – Withey 2012). A study published by Rahtz, Sirgy and Meadow (1989) hypothesizes that satisfaction with life domains belonging to mental, social and physical well-being dimensions has an influence on quality of life.

The following summary of the connections revealed so far can serve as an explanation for the need for a conceptual approach to residential well-being from the point of view of spatial planning. The introductory thoughts of the dissertation provided the framework for clarifying that the relationship between tourists and local residents can be interpreted

as a complex system of relationships, due to which the condition of the individual must be monitored. It was also mentioned that the existence of an individual state of equilibrium presupposes the coordinated and healthy functioning of body – soul – spirit performance. In terms of residential well-being, the seat of individual balance, which can also be measured along objective criteria, is the living space. Balance is marked as one of the main quality criteria of the floor plan of the living space (Sirgy 2016). Based on all this, it can be stated that the science of spatial planning plays a decisive role in the creation and maintenance of a state of equilibrium, which directs attention to the importance of the built environment.

The spaces we use for a long time must necessarily be in harmony with the natural environment surrounding the given space in order to live well. The importance of everything is reinforced by Mouratidis' (2020) finding that, in the case of a more in-depth investigation, it is more useful to observe how the built and social environment characteristics (physical and social well-being dimensions) influence the related areas of life and the mental well-being dimension along the subjective criteria of well-being. In addition to all this, various aspects of the natural environment are also significant in the assessment of housing satisfaction, which is the basis of the subjective criteria:

- while large open spaces play a minor role,
- until then, there is a significant correlation between plant cultivation opportunities and housing satisfaction,
- however, well-landscaped areas and the existence of pedestrian areas are of outstanding importance in terms of housing satisfaction (Kaplan 1985).

In his research on the effects of housing conditions on mental well-being, Shaw (2004) also emphasizes the importance of investment in housing, which is of outstanding importance in establishing the future well-being of the population. All of this is supported by the study by Morrison and his co-authors (2018), which draws attention to the impact of housing conditions on well-being – and thus to the possibility of developing a proactive approach to stressful and challenging situations. Despite all of this, the number of studies dealing with spatial planning and examining the possibilities of changing spaces in order to improve mental well-being is small (Wei et al. 2020b).

### ***2.1.2. Measurement options for residential well-being***

In general, the measurement of residential well-being serves the purpose of how housing-related experiences meet housing aspirations (Galster-Hesser 1981, Lu 1999, Li-Wu 2013), which, due to different conceptual approaches to residential well-being, results in measurement methods due to its wide spectrum, it is at the center of interest of well-being researchers. This sub-chapter aims to give a more comprehensive picture of the aspects applicable during the measurements, in addition to covering relevant criteria from the aspect of doctoral research.

As already mentioned, residential well-being is a set of objective and subjective criteria. While the objective criteria are individual and collective, the subjective criteria can be interpreted according to the level of housing satisfaction.

The demographic projection (Mridha 2020) is authoritative with regard to the objective criteria of residential well-being (Hovik 1992). Its significance is also shown by the fact that a research takes into account demographic factors even if it only considers subjective criteria as an independent variable (Mouratidis 2020). In research related to residential well-being, demographic factors can function as the following independent (explanatory) variables:

- physical and social characteristics of the neighborhood,
- housing conditions,
- socio-economic characteristics of residents and households (Dekker et al. 2011);
- higher education,
- number of children,
- household income,
- internet access,
- small town,
- secondary education,
- unemployment,
- big city,
- suburb of a big city,
- Access to TV,

and it is important to emphasize that in the case of demographic factors, there are variables – such as age – whose squared value is also taken into account as an explanatory variable (Balestra – Sultan 2013).

The independent variables of research related to housing satisfaction as a dependent variable can be interpreted at the three levels of the subjective criteria of residential well-being:

- individual and household (housing) properties,
- individual perceptions of the neighborhood (immediate environment),
- characteristics and conditions of the environment surrounding the home (Balestra – Sultan 2013).

The three levels of the independent variables of housing satisfaction detailed above (housing, immediate environment, community) are covered by the integrated approach. The following tables (Table 3 and 4) aim at a transparent summary of the individual and collective level objective and subjective criteria based on housing satisfaction. While Table 3 details the three levels of subjective criteria in addition to the individual and collective aspects of the objective criteria, Table 4 lists the components found in the integrated approaches of the three levels of subjective criteria in chronological order according to the publication of the studies.

Although the tabular representation allows for side-by-side display, it must be seen that an individual's housing satisfaction is based on objective factors, in addition to the fact that external conditions also affect it through experience. As a result, Balestra and Sultan (2013) and Wang and Wang (2016) also mention the immediate environment as a subjective criterion, in addition to the demographic, socio-cultural and socio-economic criteria at the collective level, as well as the objective criteria at the individual level – aimed at housing conditions among the most influential independent variables regarding housing satisfaction. The immediate environment plays a decisive role in the formation of attachment to a particular place, which is created as a result of local social relations and sense of community, as well as good experiences gained (Buchecker – Frick 2020) and can be perceived as a kind of attraction, a captivating milieu. The authoritative nature of attractiveness was highlighted by several researchers, the authors of the related studies were recorded within the "immediate environment" level of the subjective criteria in Table 3.

Table 3: The most frequently used objective and subjective criteria in residential well-being research, broken down by level

Objective criteria		Subjective criteria		
Individual level	Collective level (demographic – sociocultural – socioeconomic division)	Housing	Immediate environment	Community
Expert opinions on housing quality based on building regulations and standards (Bubshait – Al-Atiq 1999).	DEMOGRAPHIC CRITERIA: percentage distribution of the population living in poverty (Hovik 1992)	With the characteristics of the housing (condition of water pipes and heating equipment, kitchen level of satisfaction with the equipment, interior and exterior condition of the housing, condition of interior and exterior spaces, modernity, number of rest rooms – bedrooms and bathrooms) (Galster 1987).	Degree of satisfaction with the expectations of the neighborhood (attractiveness of the neighborhood, maintenance of the housing, similar neighborhood, noise level issue) (Fishbein – Ajzen 1975, Miller et al. 1980, Sirgy – Cornwell 2002, Li – Tsai 2014).	Degree of public satisfaction with the community as a whole (Sirgy et al. 2010).
Quality standards: floor plan, residence, energy saving, neighborhood characteristics (Sirgy 2016)	SOCIO-CULTURAL CRITERIA: quality of education, number of violent crimes, lack of racial and ethnic bias, rate of crime victims, number of parks (Hovik 1992)	Degree of satisfaction with the different stages of the life cycle of an housing (purchase of an housing, renovation of an housing, use of an housing as a status symbol, use of an housing, sale of an housing) (Grzeskowiak et al. 2006).		Resident value judgment regarding the effects of the comfort services provided by the community and the conditions imposed on the quality of life areas (Sirgy et al. 2010).
Quality (proportionality, balance, storage capacity, passability) criteria for the triple division of the floor plan (living space, rest areas, service areas) (Sirgy 2016).	SOCIO-ECONOMIC CRITERIA: air and water quality, percentage of population living in poverty, unemployment rate, number of property crimes, income and distribution of wealth, compensation and earnings of workers, social welfare spending per capita, income per capita, availability of goods and services, income percentage spent on taxes (Hovik 1992)			Pride in the community – the population's positive attachment to the community, satisfaction with the community as a whole (Baker – Palmer 2006, Yetim – Yetim 2014) – its existence and extent
Quality criteria of a place of residence (topography, orientation, quality of landscaping) (Sirgy 2016).				
Quality criteria of energy saving (strictness and variety depending on the year of construction) (Sirgy 2016)				
Environment quality (economic, socio-cultural, (physical) environmental) criteria (Sirgy 2016)				

Source: own editing

Integrated approaches that aim to summarize the levels of subjective criteria of residential well-being can be seen in action since Galster and Hesser (1981). In the table below (Table 4), it is marked with the letter "X" which creative minds the authors of the studies listed in the header of the Table use as a basis for the integrated approaches they adopt.

Table 4: Studies contributing to the components of integrated approaches based on subjective criteria of well-being research on residential in chronological order

Integrated level of subjective criteria (housing, immediate environment, community)	Galster – Hesser (1981)	Handal et al. (1981)	Galster (1987)	Varady – Carrozza (2000)	Erdogan (2007)	Wu (2008)	Amole (2009)	Lee – Park (2010)	Mohit et al. (2010)	Mohit – Nazyddah (2011)	Ibem – Amole (2013)
Desired satisfaction with the characteristics of housing	X		X		X	X			X		
Actual satisfaction with the characteristics of housing	X		X	X	X	X		X	X	X	
Desired satisfaction with the physical characteristics of the housing		X									
Actual satisfaction with the physical characteristics of the housing		X									
Satisfaction with housing support services				X						X	
Satisfaction with the "housing package" construction, which includes the features of the housing and the services provided				X							
The proportion of housing-							X				

related characteristics that support the achievement of life goals											
Proportion of housing-related characteristics hindering the achievement of life goals							X				
Compliance with the characteristics of the residential unit											X
Desired satisfaction related to immediate environment or community	X		X		X	X			X		
Actual satisfaction with immediate environment or community	X		X	X	X	X		X	X	X	
Desired satisfaction related to immediate environment or social characteristics of the community		X									
Actual satisfaction with the immediate environment or social characteristics of the community		X									
Conformity to surrounding facilities and environment											X
Public institutions										X	
Social environment										X	
Condominium manager compliance											X

Source: own editing



The table above clearly shows how diverse the list of components of integrated approaches based on subjective criteria of residential well-being is. However, Sirgy's (2016) integrated approach, which has already been explained in the previous subsection – with a subjective approach, but which does not exclude objective criteria either – provides the most comprehensive itinerary regarding where to start in the event that the topic of residential well-being is the an integral component of theoretical positioning prior to planned research.

In addition to the measurement options detailed at the beginning of the subsection, it should be noted that the univariate measures used in research related to residential well-being can be considered stable and reliable (Lucas – Brent Donnellan 2012). However, the exploration of the mental well-being dimension, which lacks measurability, is aided by subjective criteria. Latent constructs based on subjective criteria can result in even more reliable estimates (Mouratidis 2020).

It can be concluded that the demographic approach is an important element of research on residential well-being, for this reason the in-depth interview methodological part of the doctoral research also covers the observation of the distribution of expert and population aspects along gender and generation lines. However, data analysis by SPSS, which is preferred by researchers (Bonaiuto et al. 2003, Dekker et al. 2011, Balestra – Sultan 2013), and data collection by Likert scaling before it are not included in the plans, since Sirgy (2016) similar to his integrated approach, the emphasis is on personal projection through subjective criteria.

### ***2.1.3. The results of domestic and international research related to residential well-being***

The popularity of the research topic that includes various aspects of residential well-being (Mridha 2020) is based on the assumption that housing satisfaction, which is the basis of the subjective criteria of residential well-being, can be considered a key explanatory factor in research aimed at exploring population mobility (Lu 1999).

The research aspects most often involved in this topic can be related to the fields of housing science, geography and urban planning (Speare 1974, Yang 2008, Dekker et al.

2011, Li – Wu 2013). The different aspects lead to varied, sometimes contradictory research results, therefore the context is of decisive importance in research aimed at exploring housing satisfaction. The variable research results draw attention to the fact that the importance of sociodemographic characteristics suitable for predicting housing satisfaction – which, according to a significant proportion of researchers, merge with the level of housing satisfaction applicable to the group of those included in the study (Mouratidis 2017) – can become a valid finding if the research context is taken into account (Parkers et al. 2002).

The most frequently applied research contexts of studies registered in the Western countries of the European Union:

- climate,
- construction period,
- population density of surrounding areas,
- culture,
- location of residential buildings (such as urban or suburban),
- type of residential buildings (such as private or public),
- proximity and distance of workplaces,
- working,
- possibilities of public transport, as well as its presence and absence,
- also the topography of the cities (Mridha 2020).

Increasing the level of housing satisfaction is a prioritized objective of global public policy, and for this reason, knowledge of the factors influencing housing satisfaction is of outstanding importance, which lends relevance and timeliness to scientific research on the subject.

The degree of housing satisfaction is significantly determined by the features of the apartment, the immediate environment and the community. However, the strength of the relationship between the actual level of satisfaction, which is the basis of the subjective criteria, and its predictors is moderated by the demographic projection of the objective criteria, such as gender, age, mother tongue, the presence of children and the elderly in the family, and education (Kshetrimayum et al. 2020). The existence of this significant relationship with a moderating effect is also supported by Mridha (2020) in relation to

gender, age and marital status. The author also points out that the consideration of differences between households is an essential condition for sustainability efforts based on objective and subjective criteria of residential well-being (Mridha 2020).

In order to illustrate the studies carried out in order to explore the differences between households, the following tabular summaries (Table 5 and 6) can be found, which are intended to present the main results and methodological characteristics of the research. The selection of the studies included in the tables was preceded by a consistent review of the literature.

The field of the literature review, which will take place in January 2024, was the scientific search platform of Google Scholar. While 225,000 results were received for the word "well-being", only 725 results were listed for the keyword "residential well-being". Only 10 percent of the hits were scientific publications that were published as reviews or research studies. In this way, in order to model the temporal distribution of the theme's emergence, 48 review studies were first used as a basis, the number of which was changed to 45 publications after filtering out duplications based on the distribution by year below:

- 1990: Edgerton
- 2007: Braubach
- 2008: Sheridan – Raffield
- 2013: Henninger – Taylor, Jansson et al.
- 2016: Welsch, Sirgy, Collier et al.
- 2017: Bachok et al., Buckley – Brough, Ekkel – de Vries, Thißen et al.
- 2018: Mustafa – Hamsa, van Kamp – van den Berg, Drmic et al., Houlden et al.
- 2019: Wendelboe-Nelson et al., Weins et al., McCarron et al., Weigand et al., Bashari et al.
- 2020: Torabi, Jokela, Dorrell – Lee
- 2021: Çimen, Tirri et al., Mouratidis a/b, Takahashi et al., Franco, Markle, Dittmann – Goebel
- 2022: Vidal et al., Gallegos-Riofrío et al., Handayani et al., Vogl – Bargstädt
- 2023: Papastergiou et al., Syamili et al., Gebhard, Lőrincz et al., Zhang, Wesz et al., *Bedi et al.*, *Ewane et al.*
- 2024: Park et al.

The special feature of the last two announcements of the 2023 list – in italics – is that, in addition to "residential well-being", the term "urban tourism" also appears in the text – as a synonym for overtourism. After that, contents that were not relevant to the topic were

filtered out based on the abstracts, so leaving the review studies behind, the number of research studies equaled 25 publications. After visual inspection of the list, duplicates were filtered out again, as a result of which the results of 21 studies provided the actual starting point for the systematic review. While in four studies, the searched keyword appeared only in the title, in one case only in the text. In another five cases, housing satisfaction, which is the basis of the subjective indicators of residential well-being, could be used as an expression both in the title and in the main text. As a result of the targeted narrowing, eleven studies were included in the hit list, which included the English equivalent of residential well-being in a relevant way in terms of the topic of the doctoral research both in the title and in the text context. Out of the eleven studies, one publication is the same as the preliminary research in the "Annex No. 1" section, so the number of publications included in the Tableos summary has further decreased.

For the sake of clarity, first the summary table (Table 5) follows of the studies in which the term "housing satisfaction" accepted in the literature, covering the subjective level of residential well-being, appeared both in the title and in the text. As a summary of the methodological features, it can be said that multivariate analyzes of residential well-being research become suitable for testing models related to housing satisfaction by including variables such as individual and household sociodemographic characteristics, the objective characteristics and subjective perception of the housing, and the objective neighborhood characteristics and the subjective attitude of the residents (Balestra – Sultan 2013). The use of the subjective well-being framework is also a useful method if the components related to the subjective well-being of the population are taken into account, such as housing satisfaction and the emotional experiences of the population. In this case, the substantiation of the hypothesis can be realized through model development – through the creation of a basic model and its necessary modifications (Wang – Wang 2016). A proven research method is the use of the causal model, during which sociodemographic variables are present as explanatory or moderating variables. Exogenous variables that can be identified with the main elements of the residential environment must be included in the causal model. Such elements can be the internal and external environment of the housing unit, the social environment related to livelihood of the neighborhood, and easy and affordable access to public institutions (Kshetrimayum et al. 2020). All of these are significant because they can be associated with the degree of subjective well-being (Mouratidis 2020).

Table 5: The main results and methodological characteristics of research related to residential well-being and establishing its subjective indicators in the context of residential satisfaction

Author's name (year of publication)	Title of article and main results	Methodological features
<b>BALESTRA – SULTAN (2013)</b>	<i>Home Sweet Home: The Determinants of Residential Satisfaction and its Relation with Well-being:</i> The main result of the analysis based on the EU-SILC and Gallup World Poll surveys is an exploration of the correlation between home-related characteristics and neighborhood features that contribute to residential satisfaction, which can serve as a good starting point for development-related policy efforts.	Multivariate analysis based on both surveys designed to test residential satisfaction models using a set of the following variables: - individual and household socio-demographic characteristics - objective characteristics and subjective perceptions of the dwelling - objective features of and subjective attitudes towards the neighbourhood
<b>WANG – WANG (2016)</b>	<i>Contributions of the Usage and Affective Experience of the Residential Environment to Residential Satisfaction:</i> Home and neighborhood activities contribute to greater residential satisfaction.	Application of a subjective well-being framework, taking into account residential satisfaction and residential affective experience related to the residential domain of subjective well-being. Four models developed to support the hypothesis: - Model 1: the base model, which includes socio-demographic variables as well as variables related to housing conditions and neighbourhood characteristics based on available literature - Model 2: adds variables to the base model related to residential affective experience - Model 3.1: includes the residential environment variables in Model 2 - Model 3.2: includes the residential affective experience variables in Model 1
<b>KSHETRIMAYUM et al. (2020)</b>	<i>Factors Affecting Residential Satisfaction in Slum Rehabilitation Housing in Mumbai:</i> Residential satisfaction stems from the following: access to facilities, community environment, internal conditions of dwelling resulting from design.	Development of sociodemographic characteristics based on a causal model. The following exogenous variables (the main components of the residential environment) were included in the model: - Dwelling internal (DI): the internal environment of the dwelling - Dwelling external (DE): external environment of the dwelling - Community environment (CE): the social environment of the neighborhood (such as livelihood) - Access to facility (AF): easy and affordable access to public institutions in relation to the neighborhood and the locational quality of the housing
<b>MOURATIDIS (2020)</b>	<i>Commute satisfaction, neighborhood satisfaction, and housing satisfaction as predictors of subjective well-being and indicators of urban livability:</i> Subjective well-being is correlated with the following: housing satisfaction, neighborhood satisfaction, commute satisfaction.	Development of a theoretical model using structural equation modeling. During the analysis, the following structural equation models and endogenous variables (related to the measures of subjective well-being) were tested: life satisfaction, happiness, anxiety, eudaimonia.
<b>MRIDHA (2020)</b>	<i>The effect of age, gender and marital status on residential satisfaction:</i> Based on the primary results there is a significant correlation between residential satisfaction and age, gender, and marital status.	Empirical analysis of residential satisfaction using factor analysis, which led to the exploration of the following components: -major component: 'management and maintenance' -moderate components: 'architectural features,' 'neighbourhood,' 'neighbours,' 'recreation facilities,' 'ambient environment' -multiple regression analyses were also performed to determine the extent to which the identified components contribute to residential satisfaction.

Source: own editing based on Molnár-Csomós – Kiss (2022 pp. 37-38.)

Table 6 first provides a summary of the ten studies in which the English equivalent of residential well-being actually appears both in the title and in the main text. The last rows

of the table include the four studies that only have "residential well-being" in the title, as well as the one study that only has the term "residential well-being" in the text.

Table 6: The main results and methodological characteristics of research related to residential well-being

Author's name (year of publication)	Title of article and main results	Methodological features
<p style="text-align: center;"><b>KULLBERG (2010)</b></p>	<p><i>My home is my castle: residential well being and perceived safety in different types of housing areas in Sweden:</i> Neighborhood reputation is an important and probably underestimated dimension in the development of residential well-being and perceived safety.</p>	<p>Postal survey (response rate 56 percent, n=2476):</p> <ul style="list-style-type: none"> <li>▪ using narrative data to analyze the lay perspective and to identify the characteristics necessary for residents to feel safe</li> <li>▪ use of quantitative data to investigate the correlations of local security concerns with factor analysis</li> <li>▪ application of regression analysis to examine the relationships between security-related dimensions, crime and demographic data and housing types</li> <li>▪ to control for the random effect of socio-demographic factors at the community and individual level, a multiple regression analysis was performed to explore the relationship between the neighborhood's reputation and social trust and residential well-being.</li> </ul> <p>Focus group interview (11 focus groups with 57 participants):</p> <ul style="list-style-type: none"> <li>▪ based on interview data, the identification of mechanisms that play a role in the neighborhood's reputation</li> <li>▪ by including identified quality mechanisms (QFD) in the case study, integrating the needs of local people into the planning of interventions that promote the safety of residential areas</li> <li>▪ comparison of the intervention points included in the case study with the security intervention program developed by the local government professionals</li> <li>▪ based on a comparison, the revision of the indicators of the local "Safe Homes in a Safe Community" program is determined</li> </ul>
<p style="text-align: center;"><b>LEE et al. (2011)</b></p>	<p><i>Well-being index of super tall residential buildings in Korea:</i> In the case of STRB (super-tall buildings) residents, the well-being indices based on the AHP (Analytic Hierarchy Process) weighting process show that health is the most important indicator, followed by safety, ecological environment, functionality and economic status.</p>	<ol style="list-style-type: none"> <li>1. a thorough review of previous studies on the well-being of STRB residents</li> <li>2. derivation of well-being indicators from expert surveys and factor analysis</li> <li>3. conducting an Analytic Hierarchy Process (AHP) survey to organize all well-being indices</li> </ol>
<p style="text-align: center;"><b>ZERRAHN – KREKEL (2015)</b></p>	<p><i>Sowing the wind and reaping the whirlwind? The effect of wind turbines on residential well-being:</i> comparing the externalities existing in space and time with the avoidable externalities resulting from the use of wind turbines (green energy), their positive returns are significantly greater than the negative effects they cause.</p>	<ol style="list-style-type: none"> <li>1. regional-level data collection based on precise geographic coordinates and construction dates</li> <li>2. estimation of the causal effect of the physical presence of a wind turbine (green energy) on residential well-being</li> <li>3. comparison of the tested group with the control group based on exogenous weather data</li> <li>4. a propensity score based on the geographical location of the place of residence, innovative spatial matching techniques, and the application of scoring to determine the propensity</li> </ol>

<p><b>KREKEL et al. (2016)</b></p>	<p><i>The greener, the happier? The effect of urban land use on residential well-being:</i> confirming the earlier result of White et al. (2013), it can be concluded that access to green areas (parks, gardens) within the city is positively related, and access to abandoned land and waste yards is negatively related to life satisfaction.</p>	<ul style="list-style-type: none"> <li>▪ examination of the impact of urban land use on residential well-being based on cross-sectional data</li> <li>▪ reduction of endogeneity concerns against fixed effects of city of residence by using internal estimates</li> <li>▪ regulation of an observable set of values</li> <li>▪ calculating the willingness of residents to pay for access to urban green surfaces and abandoned areas</li> <li>▪ calculating the life satisfaction-maximizing quantity related to access to urban green surfaces and brownfield sites</li> </ul>
<p><b>SENGUPTA et al. (2018)</b></p>	<p><i>The Role of Relationship Satisfaction in Predicting Residential Well-Being:</i> in the light of the research results, it can be concluded that relationship satisfaction has a wide-ranging effect on an individual's housing satisfaction.</p>	<ol style="list-style-type: none"> <li>1. a study of relationship satisfaction of 1,395 florida homeowners</li> <li>2. individual intention examined as a function of relationship satisfaction regarding the effort to improve and maintain the physical well-being of the place of residence based on Bronfenbrenner's (1994) ecological model</li> <li>3. exploration of interactions between an individual's internal (relationship satisfaction) and external (residential well-being) environment</li> </ol>
<p><b>WEI et al. (2020a)</b></p>	<p><i>Emotional Factors on Residential Well-Being in Densely Populated Cities:</i> based on the analysis of the correlations between five emotional factors (comfort, pleasantness, security, belonging, joy) and residential well-being, the five emotions are significantly correlated with residential well-being (the strongest correlation is with the feeling of joy).</p>	<ul style="list-style-type: none"> <li>▪ field visit to four smaller communities based on a Chinese case study</li> <li>▪ conducting 47 interviews and observing the interviewees in order to reveal the factors influencing the problems arising in the living environment</li> <li>▪ interpretation of the residents' perception of residential well-being</li> </ul>
<p><b>WEI et al. (2020b)</b></p>	<p><i>Identification of residential well-being factors in urban community design:</i> the living environment plays an important role in the development of depression, therefore, from the point of view of residential well-being, the identification of community planning factors that combine social, environmental and emotional aspects becomes urgent.</p>	<ul style="list-style-type: none"> <li>▪ questionnaire survey in two villages of almost the same size (103 valid questionnaires)</li> <li>▪ measuring housing satisfaction with various environmental factors by means of six questions</li> <li>▪ question-related self-assessment (based on a five-level scale)</li> <li>▪ exploring the relationship between environmental factors and residential well-being</li> </ul>
<p><b>WEI et al. (2021)</b></p>	<p><i>Influencing factors of residential well-being under COVID-19:</i> based on previous research, six environmental and five emotional factors under investigation are significantly related to residential well-being.</p>	<ul style="list-style-type: none"> <li>▪ nalysis of online questionnaire data (172 valid fillings) by SPSS</li> <li>▪ orrelation analysis and attitude analysis, taking into account six environmental (green surfaces, immediate environment, barrier-free transport, open spaces and facilities, asset management, housing quality) and five emotional (comfort, pleasantness, safety, togetherness, joy) factors</li> </ul>

<p><b>KISS et al. (2021)</b></p>	<p><i>Researches supporting the surrounding business and social environment Home sweet home– Residential well-being in District 9 of Budapest:</i> the results show that the perception of well-being does not increase significantly if the interviewed person speaks more positively about the elements describing the characteristics of the neighborhood as a whole. As a conclusion, it can be stated that in connection with the dimensions of well-being, opinions related to neighborhood characteristics should be examined in detail.</p>	<p>Personal and online questionnaire data (682 valid completions). Data analysis in addition to the application of basic descriptive statistics (mean, standard deviation, distribution) by SPSS:</p> <ul style="list-style-type: none"> <li>▪ examination of the normal distribution of the main statements with the Shapiro-Wilk test</li> <li>▪ principal component analysis with Varimax rotation</li> <li>▪ Cluster analysis using Ward's method in order to narrow individual segments and form groups</li> <li>▪ to examine correlations: <ul style="list-style-type: none"> <li>- Pearson's correlation analysis for metric variables</li> <li>- Mann-Whitney test for non-metric variables</li> </ul> </li> </ul>
<p><b>WEI et al. (2022)</b></p>	<p><i>Multifactors Affecting Residential Well-Being in Urban Communities of Shenzhen Incorporating Intelligent Technologies:</i> the results obtained through interviews and questionnaires showed that the use of artificial intelligence has a strong impact on the well-being of housing.</p>	<ul style="list-style-type: none"> <li>▪ conducting interviews with the employees of the asset manager and residents to determine typical environmental and emotional perceptions</li> <li>▪ evaluation of environmental and emotional perceptions in six small communities based on 179 questionnaires</li> <li>▪ exploration of two-component matrices by factor analysis, which explain more than 60 percent of the factors in the form of "internal" and "external" factors</li> </ul>
<p><b>SEONG-KYU et al. (2002)</b></p>	<p><i>Interracial Marriage and Residential Well Being – Consequences of Interracial Marriage for Korean Women in the US:</i> the motivation of mixed marriages is not only social and economic, but also the result of assimilation resulting from the lack of maintaining values.</p>	<p>Model building in three stages:</p> <ol style="list-style-type: none"> <li>1. calculating the probability of mixed marriage</li> <li>2. probability calculation corrected for migration selection bias is the existence of home ownership, something along the lines of overcrowded households</li> <li>3. calculating the effect of marriage in relation to Korean women, the existence of home ownership, something along the lines of overcrowded households</li> </ol>
<p><b>SIRGY (2012)</b></p>	<p><i>The psychology of quality of life – Hedonic well-being, life satisfaction and eudaimonia:</i> residential well-being is one of the six areas of life that affect the quality of life.</p>	<p>Overview of five theories related to areas of life:</p> <ol style="list-style-type: none"> <li>1. Bottom-up spiral theory</li> <li>2. Horizontal spiral theory</li> <li>3. Segmentation theory</li> <li>4. Compensation theory</li> <li>5. Balance theory</li> </ol>
<p><b>FU et al. (2022)</b></p>	<p><i>Relationship between ecosystem services and rural residential well-being in the Xin'an river Basin (XARB), China:</i> there is a significant positive correlation between healthcare and rule-following ecosystem services.</p>	<ul style="list-style-type: none"> <li>▪ personal questionnaire survey</li> <li>▪ 807 randomly selected residents</li> <li>▪ sample area: people living in the Xin'an river basin</li> </ul>
<p><b>HAMMER (2023)</b></p>	<p><i>Managing tourism impacts and residential well-being towards a sustainable tourism development – The case of Fürth, Germany:</i> see later, at the relevant part of Table 11.</p>	<p>See later, in the relevant section of the words "city tourism" and "residential well-being" included in Table 11.</p>
<p><b>LABELLE et al. (2022)</b></p>	<p><i>Not fit for 55: prioritizing human well-being in residential energy consumption in the European Union:</i> the results indicate a lack of convergence on the "Fit for 55" policy package.</p>	<p>Extensive economic analysis using a combination of the following methods:</p> <ul style="list-style-type: none"> <li>▪ ross-sectional analysis of data from 2000, 2008 and 2018, as well as along the 27 EU member states</li> <li>▪ using qualitative analytical methods</li> </ul>

Source: own editing



The main findings of the research detailed above also support the fact that in the experience and interpretation of residential well-being, subjective indicators based on housing satisfaction – especially emotional (personal projection) and factors related to the immediate environment (nearby streams, parks, urban green surfaces) are overrepresented, even though, that the research usually has a quantitative approach. However, the literature on residential well-being does not address how tourism affects the sense of well-being of local residents. However, the study prepared by Christou and her co-authors (2019) highlights the need for infrastructural developments that are in line with the local character, which has an integrative power, by examining locations that have undergone intensive tourism development. It would be desirable for tourists to choose the given destination because of its multifactorial characteristics, and not for other considerations typical of an undesirable level of tourism, especially party tourism. Kaplan (1985) also writes about the significant contribution of the natural environment, which establishes the character of a place, to human well-being, according to him, "*the nearby environment is often relegated to the category of "amenity", the findings suggest that the availability and adequacy of nearby natural elements is of far greater significance than such a characterization implies*" (Kaplan 1985 p. 115).

In the case of the research summarized in Table 5, it is striking how diverse the topic of environmental factors that can be detected by subjective criteria is – similarly to the previously published, tourism-related technical articles. Until more than two decades ago, environmental factors were placed unilaterally at the level of recommendations urging a broader interpretation of sustainable tourism (Hungary Tourism Rt. Research Directorate 2002) and negative aspects associated with hotel services and corporate activities (Kósi – Baranyi 2006) to mention, until then Lengyel (2019 p. 15) already emphasizes the mutual influence between man and environment, and that "*the question of transformation and the authentic way of being that emerges as a result is inseparable from the moral aspects between man and man and the environmental ethical aspects between man and environment*". The author also draws attention to the fact that "*tourism, which is still dominant today and is based on hedonistic motivations and escapism*", needs to be given a role<sup>10</sup> in the future that "*focuses its transformative potential*" (Lengyel, 2019 p. 15).

---

<sup>10</sup> good practice: Budapest Essential – Urban Festival (Bendover 2015)

As a continuation of the text section serving as a link between the topics of the theoretical background, the topic of tourism and an undesirable aspect of it should follow with the aim of getting closer to the possibility of answering the central research question.

## **2.2. From tourism to overtourism**

In the field of tourism, a number of stakeholders can be identified who play a key role. This includes district and city administrations, local competent authorities, public service and law enforcement agencies, commercial service and entertainment units, foreign tourists, domestic tourists living in other cities or districts, and especially the residents.

The starting point for placing the effects of tourism and the (physical) environmental impact in a broader context with regard to the circle of stakeholders is the overview of the effects of tourism, which were summarized thanks to the pioneering work of Mathieson and Wall (1982, 2005). Based on Wall and Mathieson's new method of organization, Kim, Uysal and Sirgy (2013) characterize the effects of tourism as follows, which are supplemented with information found in the domestic literature within the framework of this dissertation:

- *Economic impact of tourism*

Belisle and Hoy (1980) generally consider tourism to be a positive economic force, but it also has negative economic characteristics. In its positive aspect, the economic effects of tourism include the improvement of the standard of living, the increase in business activity and investments. An increase in the price of goods and services and an increase in taxes can be considered a negative effect (Allen et al. 1993).

The economic impact of tourism can be shown in the simplest way by taking into account the employment rate (Kardos 2011) and balance of payments (Michalkó 2004) of a given country – the effect on which is two-way (Puczkó – Rátz 2005) – but the well-being dimensions that can be paralleled with the quality of life of the local residents can be seen in action also through effects interpreted in the physical dimension of well-being. The multiplier effect – in which case "*the multiplier based on tourism income indicates the ratio of how much total income a unit of tourism expenditure generates in the economy*"

(Puczko – Rátz 2005 p. 93) – and impulses affecting the tourism balance can be considered as an economic effect. The latter represents the data related to tourism, which represent public spending on tourist services and realized in foreign currency, as well as the amount of money spent by foreigners in the given destination (Puczko – Rátz 2005).

- *Social and cultural impact of tourism*

When examining the impact of tourism from a social point of view, we can also talk about positive and negative aspects. Regarding negative effects, several studies highlight that crowding appears in the development cycle of tourism, which becomes most noticeable in public spaces (Backman – Backman 1997, Andereck 1995). The literature also points out that tourism contributes to social problems such as gambling, drug trafficking and prostitution, and has a role in cultural and social degradation (Andereck et al. 2005, Ahmed – Krohn 1992, Var – Kim 1989). On the other hand, some studies emphasize that tourism has such positive social effects – such as the modernization of facilities, the construction of outdoor recreation facilities, parks and roads – that can contribute to the reduction of congestion, which is interpreted as a negative effect (Lankford – Howard 1994, Perdue et al. 1991, Liu–Var 1986).

When approaching the impact of tourism from a cultural perspective, some tourism researchers believe that tourism is "exploitative of culture" (Pearce 1995, Young 1973) and capable of disrupting traditional cultural structures (Kousis 1989). Against all this, tourism can also serve as a means of revitalizing cultures. In terms of cultural impact, Tosun (2002) found that the relationship of local residents with tourists can be related to the level of education of the residents, the ability to communicate with tourists, and the image of international tourists.

From a demographic perspective, population growth can be attributed to the social and cultural impact of tourism, if it results from an increase in the number of jobs serving tourists (Rátz 1999). Furthermore, the presence of tourists can contribute to boosting the attendance of a cultural site, as well as strengthening the identity and preservation of traditions of the local residents (Puczko – Rátz 2005). The range of social and cultural effects is also increased by some of the effects on the quality of life of the population (Kardos 2011). In a social-cultural context, only the part of the effects affecting the quality of life that affect the social dimension of well-being is included here.

- *The (physical) environmental impact of tourism*

Special mention should be made of the (physical) environmental impact of tourism, which can usually be associated with stress from a negative approach (Farrell – Runyan 1991). However, according to some experts, tourism can contribute to the protection of the environment for tourism purposes and due to the increase of investments in the environmental infrastructure of the given country (Var – Kim 1989). These professionals believe that compared to, for example, manufacturing, tourism is a relatively clean industry with less pollution and helps improve the physical appearance of the community and neighborhood (Perdue et al. 1987). On the contrary, there are those who identify tourism with environmental pollution, which contributes to the destruction of natural resources, vegetation and wild animals (Andereck 1995, Koenen et al. 1995, Ahmed – Krohn 1992, Var – Kim 1989).

Highlighting the (physical) environmental impact and examining it more closely, it becomes visible that "*a system of interdependencies develops between tourism and its environment, so some factors of the environment influence the development of tourism, and tourism affects its environment, although the forces of influence are not necessarily equal size. In all cases, the interaction can be both positive and negative*" (Rátz 1999 p. 15). It can also be seen that a given destination and its natural environment affect both the tourists staying there and the local residents. However, since tourists are also part of the environment due to their direct contact during their stay, their consideration cannot be neglected when assessing the state of the natural environment and the quality of life of the local residents.

However, the quality of the physical environment affects everyone at the level of the physical well-being dimension. For all these reasons, great emphasis must be placed on the maintenance of environmental balance on the part of all stakeholders, in the realization of which the knowledge and application of the Tourism Related Quality of Life (TRQL) index (Kovács et al. 2006) can also help.

The creation of environmental balance is also supported by efforts to promote sustainable development, which emphasize the possibility of a positive impact of tourism in the context of the physical environment in the case of financing from revenues generated by tourism. Sustainable development is defined as "*a development process that satisfies the*

*needs of the present without reducing the ability of future generations to satisfy their own needs"* (Puczkó – Rátz 2005 p. 326). In parallel with all this, effects that sabotage the creation of environmental balance – such as noise and heat (Puczkó – Rátz 2005) and light pollution – are also present. While the first two effects are caused by the operation and heating of the catering industry units, the latter results to the greatest extent from the operation of the same units after dark and at night. Due to the details detailed above, it becomes more and more noticeable that, in addition to the positive and negative aspects, in relation to (physical) environmental effects, we can distinguish between indirect (improper waste water treatment) and direct (garbage), as well as reversible (can be eliminated) and irreversible (in the absence of a solution, cannot be eliminated ) effects (Puczkó – Rátz 2005).

### ***2.2.1. Conceptual aspect of overtourism***

The effects associated with the presence of tourists have a different influence on the local residents depending on whether the members of the local community are the beneficiaries or sufferers of a given effect. Before the pandemic, the number of cities around the world that were faced with daily challenges in solving the tasks arising from an undesirable level of tourism, be it the reasons arising from the day or the night economy, was increasing. It was particularly interesting to observe the daily struggle arising from conflicting contradictions and the attempts to deal with overloading and to harmonize the different needs in each part of the city, and in case of Budapest (in each inner district). Overcrowding creates a local problem, affecting the lives of the people living there and the local environment by placing a significant burden on water supply and infrastructure, resulting in housing shortages, littering and air pollution (Wilson-Powell 2020).

Dozens (Prabowo 2022, Rozmiarek et al. 2022, Dhiraj – Kumar 2021, Kodaş – Kodaş 2021, Meeteren 2021, Sharma – Yedla 2021, Hugo 2020, Kowarz 2020, Montanari 2020, Mrsic et al. 2020a, Mrsic et al. 2020b, Laman 2018) the number of studies according to which the term "overtourism" denoting an undesirable level of tourism is born from Twitter, which includes the social network and microblogging service. It is true that in August 2012, Twitter was the first online social platform to draw attention to destinations that had become overcrowded due to tourist activity. However, another part of tourism researchers (Santos-Rojo et al. 2023, Mohanty – Mishra 2021, Yazıcıoğlu et al. 2020,

Lopez et al. 2019, Goodwin 2019, Koens et al. 2018, Goodwin 2017) believes that the term is already It debuted in 2008 in the article by An and her co-authors, which focuses on the issue of overfishing. In this study (An et al. 2008), "overtourism" appears only once, accompanied by an intertextual reference, which directs the reader's attention to the first author's previous workshop study (An – Ittekkot 2006). In my opinion, the literature regarding the development of overtourism as a concept needs to be revised, and its creation can be linked to the writing of the 2006 workshop study by An – Ittekkot.

It is puzzling why the term only became a topic of public conversation in the years following the publication of the 2012 Twitter post? Presumably, An and Ittekkot's 2006 workshop study was only widely disseminated, and at the same time as the publication of the 2008 paper published by An and her co-authors, the global economic crisis was already unfolding, which resulted in a drop in demand in the tourism sector as well. Presumably, Ballester's study, written in 2011 and published in 2012, examining the relationship between cruises and overtourism, may have provided a good basis for the spread of the term #overtourism on Twitter, since the title, keywords and abstract of the study published in French include seven more – German, English, Spanish, also published in Italian, Portuguese, Chinese and Japanese.

The emergence of the problem in 2017, instead of a sudden jump in the number of tourists, was the result of a spectacular expression of opinion by local residents, through which the population publicly voiced the disruption of the state of equilibrium that had been experienced in their living space for years (O'Regan – Choe 2023). The specific expression of the local people's opinion was coupled with a significant media response. As a result of everything, this new phenomenon has gained more and more space in the media (Seraphin et al. 2018).

Overtourism is a Janus-faced (Avond et al. 2019) and "*invisible burden*" (Epler Wood et al. 2019 p. 45) term encompassing a new phenomenon whose translation into the Hungarian language is a challenging undertaking. Among the most common translations in domestic literature are the terms "overtourism" (Fehérvölgyi et al. 2019, Sikó 2020, Tevely 2023) and "excessive (extent) tourism" (Tóth 2019, Gózon 2021, Szöllős-Tóth 2022). However, these versions refer to something, while they no longer provide information about the "something" as a reference point. As a result of all this, I prefer the

application of a third solution alternative, "undesirable level of tourism" during the thesis. The translation of overtourism as a subtype of mass tourism (Petroman et al. 2022) is also inappropriate, considering that the former can be interpreted as a consequence of overtourism, and the latter denotes the camp of travelers in larger groups. However, depending on the context, studies with the keywords "urban tourism" (Meister 2017, Mirzaei – Zanghiabadi 2020, Shahbazi et al. 2020) and "city tourism" (Hammer 2023) may also include the phenomenon of overtourism. Regarding its conceptual definition, the formulation of UNWTO (2018) is authoritative, according to which overtourism is the impact of tourism on a destination or its parts, which excessively negatively affects the perceived quality of life of locals and/or the quality of visitors' experiences.

Guided by the need for completeness, it is important to say an important word about the opposite process related to the breaking state of equilibrium, the phenomenon of undertourism (Gowreesunkar – Thanh 2020). The state of undertourism exists when there are several lesser-known destinations in a given region, for which the ratio of the number of visitors to the number of local residents is not significant (Wilson-Powell 2020).

The period of the pandemic also brought to life the third version of the imbalance, which is equivalent to the temporary state of tourism "*converging almost to nothing*" (Molnár-Csomós – Kiss 2022a p. 33). However, in whatever capacity we are present in a destination – such as a local resident, tourist, tourism service provider, NGO, or member of the city administration – "*changing our attitude towards travel is key*" (Wilson-Powell 2020 p. 210) efforts to maintain a state of balance for its success.

The presence of overtourism is the source of many problems, the development of which is based on previous economic, social-cultural and (physical) environmental developments. The problems that arise as a result of the modernizations ultimately generate effects that follow one another in a chain reaction-like manner, which, in addition to their spatial distribution, also have an economic, social-cultural, and (physical) environmental aspect.

Table 7: The result and spatial distribution of the effects generated by the problems arising from the presence of overtourism, as well as aspects of the previous developments that underpin their development

Name of a problem attributable to an undesirable level of tourism	The result of an effect generated by a problem	Spatial distribution of the effect generated by the problem	Previous developments underlying the development of the problem	
			Economic developments	Social – cultural and (physical) environmental developments
<b>1. Neighborhoods full of tourists</b>	- relegated to the background of residential convenience services (due to the monoculture of tourist shops and establishments)	- tourist hotspots and city centers	- increased dominance of large tourism enterprises - increase in the number of tourists	- real estate speculation and urban modernization - increased costs of city services - reduction of urban planning restrictions
<b>2. Overcrowded urban public spaces</b>	- busy and overcrowded streets, sidewalks, and public transportation - loss of local character	- tourism hotspots and newly developing tourism areas	- appearance of cheaper flights - increase in cruise tourism	- increase in the number of residents and commuters - increasing public leisure time - growth of online shopping - flexible work schedule
<b>3. Congested local environment</b>	- increased water use, air pollution and waste production	- throughout the city, near frequented places (port, road intersections)	- higher resource consumption by tourists - increase in the number of tourists	- increase in the number of residents and commuters - increase in extreme weather events
<b>4. Visitor behavior causing unwanted effects</b>	- loss of local character - noise and disturbance	- tourism hotspots and newly developing tourism areas	- increase in cruise tourism - increase in the number of tourists - tourism distribution policies - tourists staying in the inner parts of cities and looking for authentic experiences	- increasing residents' leisure time - greater public connectivity through social media - the rise of online social platforms
<b>5. Locals displaced from populated areas (due to the spread of AirBnB platforms)</b>	- fewer housing options - loss of sense of community and security	- throughout the city, especially near tourist hotspots	- the rise of AirBnB online platforms - arousing visitors' desire for authentic experiences - increase in the number of tourists	- real estate speculation - residential gentrification - cost of living increase - increasing online vacation bookings - reduction of urban planning restrictions

Source: own editing based on Koens et al. (2018)

While the study by Koens and his co-authors (2018) summarizes the names of the problems, the effects they generate and their spatial distribution, as well as the previous developments that underpin their development (Table 7), the summary table following the description of the relevant literature (Table 8) can be found in the overtourism



literature it conveys positive and negative effects, distinguishing them according to economic, social-cultural and (physical) environmental effects. Emphasis is especially placed on the exploration of negative effects, considering that their overrepresentation can cause the loss of the sense of originality, which can result in a significant existential risk along with the decrease in the future attractiveness of the destination (Peeters et al. 2018).

The effects resulting from the rise of overtourism are not entirely the same as the effects of tourism discussed in the introduction of the chapter, for this reason the thesis will separately discuss the effects most closely associated with the phenomenon of overtourism based on the threefold division used in the above general presentation of the effects generated by tourism.

- *Positive and negative aspects of the economic impact of overtourism*

The positive economic effects of overtourism are typically not discussed, however it is indisputable that in some cases it can also result in an economic advantage for a vulnerable destination. One of the positive outcomes is the realization that planning and development models and practices affecting tourism should be developed in the spirit of awareness and a responsible attitude, as the current growth model is increasingly contradicting the negative effects reported in tourism studies (Milano et al. 2019a). It can also be considered a possible positive effect that the flow of money generated by the tourism industry – such as revenues, expenses and taxes – can result in the recovery of the local economy, and can play a decisive role in the job creation process by widening the range of seasonal jobs that can be undertaken (Julian 2019). The incomes generated by tourism activities can increase the financial resources of local governments, which can enable the development of tourism infrastructure and the local boom, reflected in the increasing number of available accommodation and events announced (Julian 2019). The rise of overtourism can also contribute to rethinking the incomplete measures and regulations arising as a result of the rapid development of the sharing economy, especially in the case of global tourist destinations. As a result, questions such as the extent to which the initial ethical principles follow the rapid development, and the extent to which the role of the most significant service providers is considered decisive in terms of economic processes based on sharing (Moreno-Gil – Coca-Stefaniak 2020) can come to the fore. The increase in GDP (gross domestic product) resulting from the increase in the number

of tourists can be considered a positive economic effect (Zmysłony et al. 2020), as well as the invigoration of economic activity, which as a whole can enable an increase in the income of the tourism sector (Nepal – Nepal 2021).

Beyond the advantages detailed above, there are negative effects caused by overtourism – such as the ecological footprint – the remedy of which has significant cost implications. It is also important to mention the consequence of the job creation recorded as a positive effect, due to which the predominance of tourism seasonal work and thus the lack of interest in the job opportunities offered by other industries can lead to the development of a labor shortage. Most often, however, the following negative effects occur in the context of overtourism. It is increasingly evident that the profit-oriented attitude of key companies and destination managers operating in the tourism industry, as well as political leaders – especially in the case of hotel ship tourism and airlines – is unsustainable and leads to undesirable tourism results and excessive dependence on tourism – which also adversely affects other industries can lead to the development of a relationship. As a result of everything, the quality of the well-being of the local residents may become a central issue for foundational roots movements protesting against the pressure imposed by the growth of tourism (Milano et al. 2019a). A textbook example of the displacement of local service providers by global companies is the case of Shenzhen residents, who increasingly preferred global companies in their purchases, thereby increasing social conflicts and disturbances (Cheung – Li 2019). Overloading the local infrastructure reinforces the feeling of overcrowding, which ultimately leads to price increases. In addition to the increase in the price level of properties for rent and sale (Julian 2019), there is also an increase in prices for locally available products and services. The rise in prices also puts a significant burden on the local residents, and maintaining the sense of well-being of the locals becomes challenging. From the service provider's point of view, the dependency relationship based on the existence of overtourism can be recorded as a negative economic impact, the biggest danger of which is the state of tourism "*converging almost to nothing*" (Molnár-Csomós – Kiss 2022a p. 33) as a result of a force majeure economic event (Raffay 2020).

Instability can also result if a region is overly dependent on tourism revenues, as natural or political events affecting the economy of that region can have a significant impact on the local economy through an unplanned decrease in tourism revenues. The many

advantages of AirBnB (AirBed & Breakfast) accommodation booking platforms and sharing services can be combined with shortcomings (Such-Devesa et al. 2021), which can lead to either safety or quality problems resulting from overuse. However, the negative economic effects resulting from the excessive concentration of tourism can be reduced with appropriate regulation.

- *Positive and negative aspects of the social and cultural impact of overtourism*

A significant social and cultural benefit of overtourism is more diversified international relations (Julian 2019), which help countries get to know each other's culture and traditions better. This cultural exchange allows people to broaden their horizons, understand the values of different cultures and thus contribute to the promotion of tolerance and cultural diversity. More diverse international relations give students and researchers the opportunity to study and work abroad. All of this can be beneficial not only for students and researchers, but also for countries, as students and researchers can use their experiences and knowledge gained at home in the development of the domestic economy and culture. With the help of more extensive international relations, countries are able to work together to address global challenges such as climate change, migration, terrorism and international security, which can ultimately help maintain peace and stability. The social benefits of more diversified international relations are felt in many areas and allow the citizens of countries to learn from each other and cooperate in dealing with different challenges. From a social and cultural point of view, the possibility of developing a positive image is also of decisive importance (Julian 2019), since a positive image of a destination can lay the foundation for a better reputation, clear communication, the existence of a competitive advantage, as well as the effectiveness of efforts made for environmental awareness and social responsibility. A wider cultural offer (Julian 2019) can have many social benefits. Its existence can increase mutual tolerance and understanding between different cultures, which can form the basis for the realization of peaceful coexistence and social cohesion. It can enable people to live a more diverse cultural life and provide a good basis for the creation of new works for artists and creators who prioritize innovation and cultural diversity. It can also help people to better know and understand their own culture and identity, thereby promoting self-identity and positive self-esteem. And the possibility of sharing knowledge and culture (Julian 2019) represents a social advantage that can result in increased access to education and culture. This can enable people to gain more knowledge and improve their skills, thereby

increasing their chances of a better job market position and a higher standard of living. It also creates an opportunity to improve social mobility and reduce social inequality. The chance to share knowledge and culture supports cultural diversity, as a result of which people have more opportunities to learn about, understand and respect different cultures. The sharing of knowledge and culture contributes to its wider dissemination, and also promotes the dissemination of cultural and artistic innovations and scientific discoveries. Overall, it can be said that the social benefits mentioned above can strengthen social cohesion and improve people's quality of life.

Staying with the social-cultural approach, one of the most striking disadvantages of overtourism is the destination becoming unlivable, which Koens et al. (2018). As a result of the excessive concentration of tourists, the seasonal departure of the locals from the given destination is becoming a feature of the summer period, which further deepens the lack of experiencing the local character, which includes both physical and social factors. Partly to reduce the feeling of crowding, and partly as a result of the extended tourist season in order to increase economic opportunities, the phenomenon of overtourism can be observed almost all year round. By linking tourism reduction principles, social movement theories and overtourism, according to Milano and co-authors (2019), based on Barcelona and the increase in the number of visitors, it becomes evident that tourism reduction and social movements are intertwined in the well-being of host communities. in sabotaging struggles. The study prepared by Milano and his co-authors (2019) also points out that the alienating effects resulting from the phenomenon of tourismophobia – which is understood as a response to unsustainable tourism practices – are closely related to calls for the reduction of tourism. In the context of Venice, Italy, Hosper (2019) also points out that an undesirable level of tourism threatens precisely those invisible values that create an authentic effect and that motivate a visit to the given destination.

However, the most obvious disadvantage of social-cultural effects can be related to environmental pollution, littering and noise (Julian 2019), the permanent presence of which can lead to health problems, a decrease in the quality of life, and a change in cultural traditions and customs. Following the example of Budapest, the lack of opportunities for local residents to express their opinions and the neglect of their well-being can also be said to be negative. All of this is manifested on the one hand in the fact that the local residents does not benefit, or only to a small extent, from the revenues

related to tourism, and on the other hand, it can be seen in the fact that, despite the continuous increase in the number of visitors, they are not involved in meaningful decisions that determine their well-being (Remenyik et al. 2021). Perkumienė – Pranskūnienė (2019) made the important statement in connection with the phenomenon of overtourism, according to which the rights of tourists are much clearer compared to the broad legal references to local residents. The authors' finding that the rights of tourists coming for entertainment and consumption are more defensible and therefore not equivalent to the rights of the local residents living there is both surprising and sobering. The negative aspect of social and cultural effects can also result in the devaluation of cultural values (Padrón-Ávila – Hernández-Martín 2019), which fundamentally contributes to the loss of identity, historical and cultural heritage, and the reduction of cultural diversity and cultural economic opportunities. Although tourism gentrification also increases the range of negative social and cultural effects, Jover and Díaz-Parra (2020) draw attention to the fact that the intensification of tourist activity in a given destination cannot be strictly identified with gentrification, which means the displacement of the local residents. In the absence of population exchange, "tourismization" can be considered a more to the point expression.

▪ *Positive and negative aspects of the (physical) environmental impact of overtourism*

The number of positive (physical) environmental effects of overtourism is small, however, the effective management of the phenomenon and the transition to sustainable tourism can promote the rise of positive impact mechanisms. The protection of historic neighborhoods can be considered a supporting effect (Julian 2019), which can enable the preservation of the built environment, historical-cultural wealth and artistic values. The restoration of traditional architecture, as well as increased liveliness and the existence of more leisure activities, can also be mentioned as positives (Julian 2019). While traditional architectural solutions can strengthen cultural and community identity and include the restoration of original architectural details, active community life that increases vibrancy can lead to social cohesion and closer community ties. The increasing number of leisure activities, in addition to being a good antidote to stress, can also promote mental well-being, community building and the acquisition of experiences close to nature.

Most of the many negative effects of overtourism are related to the difficulties experienced in transportation. Both the problem of the low number of parking spaces

(Milano et al. 2018) and the congestion of public transport (Julian 2019) represent social mobility limitations especially for those with limited mobility. All of this can lead to a decrease in equal opportunities in transport and ultimately to a more difficult participation in economic, social and cultural life. Traffic difficulties can also include the condition of crowded streets full of obstacles (Julian 2019), which is most noticeable in the case of pedestrian streets. The safety risk of everyday interruptions in the life of pedestrian traffic cannot be neglected. Streets full of obstacles – such as narrow sidewalks, missing or narrow bicycle lanes, traffic between parked cars – can pose a safety and accident risk for pedestrians. Many (physical) environmental disadvantages can also be caused by the small presence of housing experienced by the locals (Julian 2019), which can lead to social isolation, the lack of certain services and the resulting difficulties in meeting needs, as well as real estate market and sustainability challenges. The often-mentioned benefit of overtourism is the unaesthetic, unclean environment (Pinke-Sziva et al. 2019a), which, in addition to being unattractive, can also lead to environmental pollution, not to mention the resulting safety and health risks. The transformation of the natural environment as a result of undesired levels of tourism justifies the generalization of gap-filling and special tourism practices that are especially used to protect vulnerable places (Milano et al. 2019a).

Regarding overtourism, it is also necessary to mention the saturation of the infrastructure (Capocchi et al. 2019), as well as the damage to the ecosystem (Smith et al. 2019b). A paper by Capocchi et al. (2019) also notes that limited infrastructure resources inspire hotly debated environmental issues of air pollution, waste management and water supply. The reduction of biodiversity (Braga et al. 2020) is also a current topic of debate. Biodiversity is of key importance for both ecosystems and human communities. Biodiversity provides many economic and ecological services – such as provision of natural resources, soil productivity, pollination, degradation of pollutants, etc. – enables its use in addition to the fact that it also includes intellectual and cultural values. Bjarnadóttir (2021) mentions previously pristine places that are being degraded by the increasing number of tourists, the damage to natural features and tourist groups that can be associated with the destruction of tourist attractions.

Overall, in addition to the economic impacts, overtourism also has an impact on people (social – cultural impact) and nature (physical environmental impact) (Table 8).

Table 8: Literature summary of the positive and negative effects of overtourism

NAME OF IMPACT GENERATED BY OVERTOURISM	GENERATED EFFECT POSITIVE ASPECT (AUTHOR'S NAME, PUBLICATION YEAR)	GENERATED EFFECT NEGATIVE ASPECT (AUTHOR'S NAME, PUBLICATION YEAR)
<b>ECONOMIC IMPACT</b>	<ul style="list-style-type: none"> <li>- GDP growth (Zmysłony et al. 2020)</li> <li>- a larger number of tourist accommodations (Julian 2019)</li> <li>- increasing job opportunities for local people and especially young people (Koens et al. 2018, Martín et al. 2018, Kruczek – Szromek 2020)</li> <li>- sharing services (Moreno-Gil – Coca-Stefaniak 2020)</li> <li>- various events (Julian 2019)</li> <li>- various seasonal tourist jobs (Julian 2019)</li> <li>- rise of touristic online platforms (Koens et al. 2018)</li> <li>- becoming more aware of tourist planning (Milano et al. 2019a)</li> <li>- increase in the dominance of tourist businesses (Koens et al. 2018)</li> <li>- economic revenues of the tourism sector (Nepal – Nepal 2021)</li> </ul>	<ul style="list-style-type: none"> <li>- the spread of AirBnB (Such-Devesa et al. 2021)</li> <li>- inflation of the price of goods and services, decrease in availability for the population and other sectors (Milano 2017, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Szromek et al. 2020)</li> <li>- displacement of local service providers against global companies (Cheung – Li 2019)</li> <li>- real estate speculation, overpriced real estate (Milano 2017, Jordan et al. 2018, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Szromek et al. 2020)</li> <li>- commercial gentrification (Jordan et al. 2018, Peteers et al. 2018)</li> <li>- properties for rent and sale, as well as an increase in the price level and affordability of shops, restaurants, cafes and leisure activities, as well as taxis and public transport (Julian 2019)</li> <li>- decrease in consumer purchasing power (Milano 2017, Jordan et al. 2018, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Szromek et al. 2020)</li> <li>- increase in maintenance costs of facilities and infrastructure (Milano 2017, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Szromek et al. 2020)</li> <li>- the background of other sectors, excessive dependence on tourism (Milano et al. 2019a)</li> <li>- increase in living costs (Jordan et al. 2018, Peteers et al. 2018)</li> <li>- sharing services (Such-Devesa et al. 2021)</li> <li>- risk of events affecting tourism (Raffay 2020)</li> <li>- (suddenly) increasing demand for the use of tourism-supporting (commercial) activities, facilities and infrastructure (Milano 2017, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Szromek et al. 2020)</li> <li>- investments in infrastructure supporting tourism have an advantage over infrastructural investments supporting the residents (Milano 2017, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Szromek et al. 2020)</li> <li>- economic dependence on tourism: seasonality, impact of another sector in "low flight" (Milano 2017, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Szromek et al. 2020)</li> </ul>
		<ul style="list-style-type: none"> <li>- alcohol and drug abuse (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- disappearance of authentic – invisible – values (Hospers 2019)</li> <li>- depopulated city center (Jordan et al. 2018, Peteers et al. 2018)</li> <li>- becoming unlivable, the character of residential areas becoming unsuitable for the population (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- unsustainable tourist experiences (Oklevik et al. 2019)</li> <li>- seasonal congestion resulting from the growth of boat tourism (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- reduction of local character (Cheer et al. 2019)</li> <li>- displacement of local residents (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019,</li> </ul>

<p style="text-align: center;"><b>SOCIAL - CULTURAL IMPACT</b></p>	<ul style="list-style-type: none"> <li>- growing sense of community belonging (Koens et al. 2018; Martín et al. 2018; Trancoso González 2018)</li> <li>- a more positive image (Julian 2019)</li> <li>- wider cultural offer (Julian 2019)</li> <li>- more diverse international relations (Julian 2019)</li> <li>- more opportunities to share knowledge/culture with visitors (Julian 2019)</li> <li>- protection of endangered architectural and cultural monuments (Trancoso González 2018)</li> <li>- exciting (urban) atmosphere resulting from crowding (Popp 2012, Kim et al. 2016), which results in visitor satisfaction (Li et al. 2017)</li> <li>- positive visitor experience reports resulting from overcrowding (Zehrer – Raich 2016)</li> </ul>	<p>Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</p> <ul style="list-style-type: none"> <li>- increase in inequality between local residents (Jordan et al. 2018, Peteers et al. 2018)</li> <li>- termination of well-being (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Perkumienė – Pranskūnienė 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- devaluation of cultural values (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Padrón-Ávila – Hernández-Martín 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- ignoring public opinions and well-being (Remenyik et al. 2021)</li> <li>- residents migration (Milano 2017)</li> <li>- residents aversion (Peteers et al. 2018)</li> <li>- websites optimized for receiving visitors regarding architectural and historical sites, as well as various activities and event (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- decrease in (perceived) safety due to increased crime (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- loss of sense of belonging (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Cheer et al. 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- deteriorating traffic safety (Jordan et al. 2018, Peteers et al. 2018)</li> <li>- conflict between natural and human assets (Seraphin et al. 2018)</li> <li>- "<i>the Venice syndrome</i>" indicating the saturation of tourism (Milano 2017 p. 9)</li> <li>- legal inequality between tourists and residents (Perkumienė – Pranskūnienė 2019)</li> <li>- outrageous behavior of tourists (Milano 2017, Koens et al. 2018, Jordan et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- unbalanced population density compared to the number of tourists, marginalization (Milano 2017, Koens et al. 2018, Jordan et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- decrease in tourist experience (Waller 2011, McKinsey&amp;Company – World Travel and Tourism Council 2017, Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- movements and public protests aimed at reducing tourism (Croes et al. 2017, Milano 2017, Koens et al. 2018, Jordan et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Milano et al. 2019a, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- tourismophobia (Milano et al. 2019a)</li> </ul>
--	---	---



<p style="text-align: center;"><b>(PHYSICAL) ENVIRONMENTAL EFFECT</b></p>	<ul style="list-style-type: none"> <li>- increased vivacity (Julian 2019)</li> <li>- restoration of traditional architecture (Julian 2019)</li> <li>- development of central city districts (tourism) (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- more leisure activities (Julian 2019)</li> <li>- protection of historic districts (Julian 2019)</li> </ul>	<ul style="list-style-type: none"> <li>- reduction of biodiversity (Braga et al. 2020)</li> <li>- little presence of housing experienced by locals (Julien 2019)</li> <li>- dirty, unaesthetic environmental landscape (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Pinke-Sziva et al. 2019a, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- damage and endangerment of the environment due to the greater use of resources: water, noise and air pollution, as well as challenges related to the management of the growing amount of generated waste (Jordan et al. 2018, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Julian 2019, Szromek et al. 2020, Vagena 2021, Constantoglou – Thomai 2021)</li> <li>- few parking spaces (Milano et al. 2018)</li> <li>- privatization of public areas (Jordan et al. 2018, Peteers et al. 2018)</li> <li>- conflicts related to the use of public space (Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Szromek et al. 2020, Vagena 2021, Constantoglou – Thomai 2021)</li> <li>- formation of "last-chance" places (Leung et al. 2018:93)</li> <li>- destruction and damage of attractions (architectural and historical sites) (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Bjarnadóttir 2021, Jover – Díaz-Parra 2022)</li> <li>- the saturation and decrease in the quality of facilities and infrastructure specialized for the residents (Milano 2017, Jordan et al. 2018, Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Trancoso González 2018, Capocchi et al. 2019, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> <li>- damage to monuments and historical places (Jordan et al. 2018, Peteers et al. 2018)</li> <li>- ecosystem damage (Smith et al. 2019b)</li> <li>- increasing frequency of extreme weather events (Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Szromek et al. 2020, Vagena 2021, Constantoglou – Thomai 2021)</li> <li>- change, transformation and damage of the natural environment (Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Milano et al. 2019a, Szromek et al. 2020, Vagena 2021, Constantoglou – Thomai 2021)</li> <li>- crowded (walking) streets full of obstacles (Jordan et al. 2018, Peteers et al. 2018, Julian 2019) and natural environment (Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Szromek et al. 2020, Vagena 2021, Constantoglou – Thomai 2021)</li> <li>- crowded, congested (mass) transport (Koens et al. 2018, Martín et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Julian, 2019, Szromek et al. 2020, Vagena 2021, Constantoglou – Thomai 2021)</li> <li>- congestion in the architectural and historical sites, as well as in the central part of the city (Milano 2017, Koens et al. 2018, Peeters et al. 2018, Trancoso González 2018, Kuščer – Mihalič 2019, Escudero Gómez – Martínez Fernández 2020, Szromek et al. 2020, Díaz-Parra – Jover 2021, Vagena 2021, Jover – Díaz-Parra 2022)</li> </ul>
---	--	--

Source: own editing

Due to the wide spectrum of effects experienced, it is becoming more and more important to effectively deal with existing problems and strive towards a more sustainable tourism, both at the industry and local level. In the absence of political frameworks supporting the transformation, undesirable levels of tourism (Illustration 1) may become commonplace in many popular destinations (Nepal – Nepal 2021).

Illustration 1: Mind map of overtourism



Source: Milano et al. (2019b) book illustration edited by Wengel (2019)

### 2.2.2. Measurement options for overtourism

The literature dealing with factors for measuring undesirable levels of tourism (Weber et al. 2020, Peeters et al. 2018, McKinsey&Company – World Travel and Tourism Council 2017) provides help in the practical application after learning about the possible indicators, but it mostly does so from the negative aspect of the effects of overtourism. It is typical that the factors on which the metrics are based give feedback in particular about the negative aspects of the economic, social-cultural and (physical) environmental effects of overtourism.

The 2017 report prepared by McKinsey&Company and the World Travel and Tourism Council (WTTC) emphasizes the importance of creating cooperation between stakeholders. The study, published at the beginning of the rise of overtourism, appeals to decision-makers, collects already proven practices for them and formulates proposals in order to mitigate and reverse the negative consequences of undesirable levels of tourism.

It is not just a collection work. The authors strive for a study summarizing the negative effects of overtourism to be an aid in the hands of the city administration, which enables the development of a customized approach to the given destination. The authors of the study come to the realization that, due to their complexity, the solution alternatives can only be effective if the stakeholders cooperate. In the context of sustainable tourism, an attitude capable of compromise is considered a key factor.

The 2018 study (Peeters et al.) published by the staff of the Policy Department for Structural and Cohesion Policies (IPOL) also highlights the importance of cooperation. The authors determine the extent of the presence of overtourism in a given destination by considering five main and three additional factors. This publication also refers to the complex nature of the phenomenon, which conclusion is based on an overview of European-related case studies. The authors of the study come to the conclusion that there is no universal good practice, but unique solutions tailored to a given destination can be functional.

Weber et al. (2020)'s publication is equivalent to a partial SWOT analysis, especially regarding the opportunities and threats related to the phenomenon of overtourism. In addition to defining twenty basic indicators of the impact of overtourism, the study serves as a good starting point for illustrating the reactive attitude to undesirable levels of tourism. In the 2013 online publication of the Magyar Kereskedelmi és Iparkamara, it can be read that "*despite its apparent simplicity, the SWOT analysis is quite complex*" (Magyar Kereskedelmi és Iparkamara 2013 p. 10), however, without the exploration of external factors (PESTEL analysis), only the SWOT -the first half of the analysis (SW analysis) can be performed efficiently. Exploring the internal factors understood by SW analysis is also important because we have influence and can change them if we know them.

Although we have no influence on the external factors revealed by the PESTEL analysis and cannot change them, we must be aware of them, as they project the near future (OT analysis), which we can already influence. While SW analysis facilitates building on strengths (S) and developing based on weaknesses (W), OT analysis is a tool for mobilizing resources to exploit opportunities (O) and continuously managing threats (T). Analysis is also extremely important in the practice of tourism, as various analysis and

mapping methods are essential for forward-looking (proactive) planning. In my view, we are globally in a (reactive) state of continuous firefighting regarding the phenomenon of overtourism.

Prior to or in addition to a proactive approach based on the exploration of internal factors (SW analysis), external factors (PESTEL analysis) must be known, and not just react to their consequences (OT analysis). Weber et al. (2020) indicators (Table 9), the study explains in detail the dangers that require continuous management (T), as well as the possibilities of eliminating the discovered dangers (O).

Table 9: Summary of opportunities and threats (OT analysis) in relation to overtourism

<b>OPPORTUNITIES OF DISCOVERED DANGERS ELIMINATION (O)</b>	<b>THREATS THAT REQUIRE DRIVING (T)</b>
identifying key issues	heterogeneity
choosing a suitable set of indicators	aggregation
use of existing resources	validity of individual indicators
use of new tools and data sources	availability of data
careful selection of data sources	reliability of data
application of a dynamic approach	dynamism
spectrum extension	spectrum
the residents' point of view is in focus	ignoring residents

Source: own editing based on Weber et al. (2020)

It would be necessary for the proactive approach to be given (larger) space in the future literature on the subject, but for this, the methodical exploration of external and internal factors is essential.

The "*excessive local concentration of tourist demand*" (Vanyúr 2021 p. 134) is the current major challenge of the Hungarian capital and especially of the Budapest District VII, which, in addition to the functional transformation of the city, has a significant impact on both the experience experienced by arriving tourists and the quality of life of the local population. The following table (Table 10) summarizes the indicators for showing the extent of the effects.

Table 10: Table summarizing the factors supporting the measurement of overtourism

AUTHOR'S NAME (YEAR)	INDICATOR'S NAME	SIGNIFICANCE OF INDICATOR
<b>MCKINSEY &amp; COMPANY – WTTC (2017)</b>	- the percentage of people employed in tourism compared to the economic share of tourism	The set of nine main indicators shows the degree of exposure of the destination under investigation to the negative effects of overtourism.
	- increase in the number of visitors	
	- intensity of tourism <sup>11</sup>	
	- density of tourism <sup>12</sup>	
	- number of negative TripAdvisor indicators for the five most popular attractions	
	- the number of visitors arriving by plane during the seasonal and off-season periods	
	- percentage distribution of TripAdvisor reviews for the five most popular attractions	
	- average airborne dust (PM10) concentration in relation to a given year	
	- number of TripAdvisor historical attractions	
<b>PEETERS et al. (2018)</b>	- density of tourism (guest nights/km <sup>2</sup> )	The combination of the five main and the three additional indicators shows the extent of the presence of overtourism in the destination under investigation.
	- intensity of tourism (guest nights/residents)	
	- AirBnB bed capacity rate	
	- share of tourism in the regional GDP	
	- intensity of air travel (air arrivals/number of residents)	
	- proximity to airports	
	- proximity to marinas	
	- proximity to UNESCO World Heritage sites	
<b>WEBER et al. (2020)</b>	- spatial extent of reception area (m <sup>2</sup> )	The twenty basic indicators help to answer the extent to which the effect of overtourism can be perceived in relation to the destination under investigation.
	- the spatial extent of a city center rich in tourist attractions (m <sup>2</sup> )	
	- the number of residents of a city center rich in tourist attractions	
	- change in the number of residents in relation to two consecutive years	
	- the number of residents of the destination under investigation	
	- number of hotels	
	- number of beds in hotels	
	- number of hotel rooms	
	- absolute number of visitors in relation to the given year	
	- an increase in the total number of visitors over two consecutive years	
	- the number of visitors from abroad in relation to the given year	
	- total number of nights spent by visitors in relation to the given year	
	- increase in the number of nights spent by visitors over two consecutive years	
	- number of nights spent by visitors in the off-season	
	- number of nights spent by visitors during the seasonal period	
	- number of nights spent by visitors in the least visited month	
	- the number of months exceeding the average number of nights spent by visitors in relation to the given year	
	- the number of nights spent by visitors from abroad in relation to the given year	
	- estimated number of total visitors per day	
	- the percentage of persons employed in tourism with regard to the destination under investigation	

Source: own editing based on McKinsey&Company – WTTC 2017, Peeters et al. 2018, Weber et al. 2020, as well as Vanyúr (2021)

<sup>11</sup> number of tourists per unit of resident (Vanyúr 2021)

<sup>12</sup> number of visitors projected on the spatial extent of the destination under investigation (Vanyúr 2021)

The approximate determination of the extent of overtourism experienced in a given destination is a complex task, in which the indicators discussed in this chapter play a significant role. Expressing the economic, social-cultural and (physical) environmental effects caused by the phenomenon with numbers, as well as the development of solution alternatives taking into account the above factors, is a possible option.

Regarding Erzsébetváros, among the indicators listed in Table 10, the possibility of eliminating the eight threats included in Table 9 can be most effectively supported along the five main and three additional indicators proposed by the European Union (Petters et al. 2018) based on the availability of district-specific data. While among the five main indicators, the economic share of district tourism and the intensity of air travel related to it – compared to Budapest – are estimated data, the density and intensity of tourism in Erzsébetváros and the bed capacity ratio of AirBnB accommodations in the District VII is based on electronically available, official information. The quantification of additional indicators – such as the proximity of airports and marinas, as well as UNESCO world heritage attractions – is provided by specific data, which is provided in section 3.2 entitled "Presentation of the research area" are described within the framework of this chapter.

### ***2.2.3. The results of domestic and international research related to overtourism***

As a foreign outlook prior to examining the results of domestic and international research, it is worth gaining some insight into the beginning of the academic rise of overtourism in terms of the extent to which it was present and what kind of attitude it resulted in by the city administration, especially through the example of the European Union's big cities, such as Barcelona, Berlin and Prague.<sup>13</sup>

- **Barcelona:**

Taking a closer look at what we experienced in Barcelona, we can see similar snapshots of party tourists in the Hungarian capital as well. The proof of everything is an article published in 2018 under the auspices of BuzzFeed, which reports that both Barcelona and

---

<sup>13</sup> The following paragraphs – concerning Barcelona, Berlin, Prague and Belső-Erzsébetváros – are substantially identical in terms of content to the study included in the Hungarian-language conference volume publishing my previous findings on the topic (Molnár-Csomós 2019a), as well as the Hungarian-language book chapter publishing the preliminary research results (Molnár – Csomós 2019b) with the relevant parts.

Budapest were added to the list, which is designed to summarize the cities in which the presence of an undesirable level of tourism is the determining factor (portfolio.hu 2018). In the list detailing 16 cities, Barcelona is in first place, and Budapest is in 15th place (Mendoza 2018). After a year, Barcelona still held the "pole" position, but Budapest improved 11 places and was already 5th in the European list of the most touristic cities (Smith et al. 2019a).

- Berlin:

The perception of party tourism in Berlin is the exact opposite of what is experienced in our country. In Berlin, taverns and pubs are prioritized over residents. Both the service provider side, the city management, and the various media have in mind the interests of those who want to have fun. As a result of all this, civil initiatives were launched in order to create an official "club map" (Figure 1), and the authorities can only issue a new building permit if, based on the club map, the building under planning does not encroach on the surrounding catering units into your living space.

Figure 1: Official club map of Berlin



Source: Berlin Clubs by U-Bahn (2019)

- Prága:

However, the situation in Prague is similar to Hungary. In order to protect the historical part of Prague and the locals living there, the city administration considered the creation of an amenity district located in the suburbs. Contrary to the example of Berlin, Prague prioritizes the interests of residents, however, they agree with some of the practices also used in Berlin, such as the idea of creating more attractive destinations. All of this would be done in order to ensure that tourists who come for entertainment do not specifically concentrate in one part of the city (turizmusonline.hu 2018).

However, this was not always the case in Inner-Erzsébetváros either. Michalkó starts his study about District VII – which is based on social geographical research methods – with the idea that "*is Erzsébetváros really a part condemned to silent condemnation? Isn't there another solution?*" (Michalkó 1996 p. 119). The situation has undoubtedly changed since then. What acted as a repulsive force at the time is now considered a kind of unique value. The only question is whether this uniqueness can be seen as a value in the everyday life of the local residents.

In the years following the publication of the writing (Michalkó 1996), the first ruin pubs began to appear in the district, including the deservedly famous and flagship Szimpla. Szimpla was created by a small group of enthusiastic university students with a capital investment of a few hundred thousand forints, according to their own taste and vision. When Szimpla started, no one suspected that they had created a new market niche. Thanks to this initiative, it is now fully accepted to use the concept of "party district" merged with the ruin pub culture, which is surrounded by a tourist milieu "*specifically related to image building*" (Michalkó 2005 p. 43). Based on Taine's<sup>14</sup> interpretation of the concept of milieu, widespread in the social sciences, "*literary history records Taine's hypothesis as a milieu theory, according to which the creative environment occupies a decisive place among the factors influencing the art of the masters*" (Michalkó 2005 p. 44). Although it is still an open question, what results can be obtained by comparing the subjective and objective factors of the lifestyle associated with the Tain milieu (Michalkó 2005) with the subjective (well-being) and objective (welfare) aspects of the quality of life (Kiss 2016). However, it is clear that starting from the effects of tourism, then highlighting the environmental impact and examining it more closely, we arrive at the concept of the

---

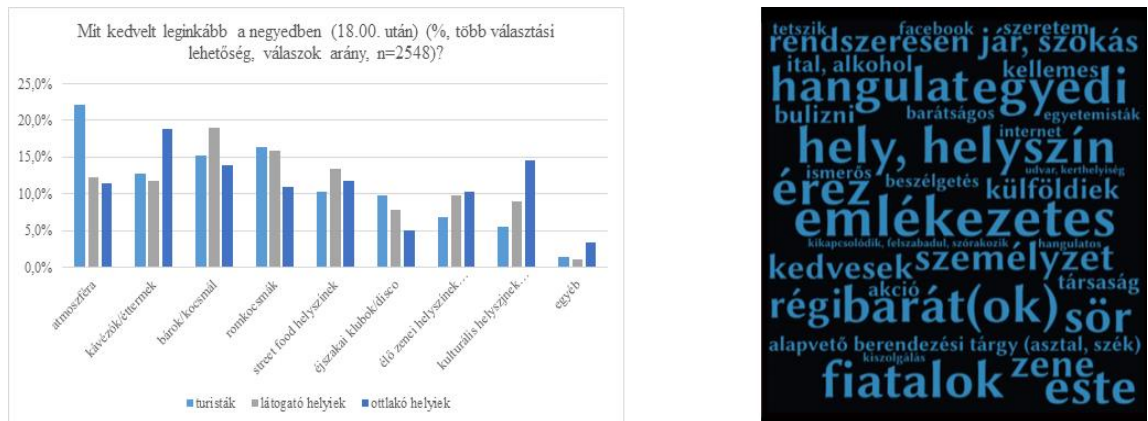
<sup>14</sup> Hippolyte Taine, French literary historian (1828-1893)



milieu, with the emergence of which, the topic of well-being, which is the first building block of the doctoral dissertation, is also evaluated.

Erzsébetváros' ERÖMŰVHÁZ<sup>15</sup>, a public cultural and cultural facility, as well as three<sup>16</sup> other district institutions that support the development of a cultural quarter, offer opportunities for the residents of the local and surrounding districts to develop their creativity it is embodied by the tourist milieu provided by the ruin pub district? To illustrate how the overtourism present in the Budapest District VII and the closely related ruin pub culture (Pinke-Sziva 2021), as a "*multifunctional community space*" imbued with an unique tourist milieu (Egedy – Smith 2016 p. 100), can be seen in the everyday life of the local population, Smith and his co-authors (2019b), Pinke-Sziva and her co-authors (2019b), as well as the studies of Mitev and Kelemen-Erdős (2017) and Kelemen-Erdős and Mitev (2017) provide guidance. Undesirable levels of tourism present continuous challenges to the local residents, causing everyday problems and problems for the people living in the district. Places frequented by tourists are becoming more and more unlivable and difficult to afford, parallel to which we can observe the ever-increasing mass presence of tourists, as well as the deterioration of public hygiene and public safety, which is coupled with the presence of high noise levels at night (Smith et al. 2019b).

Figure 2: Domestic research results supporting the mapping of the quality of life of local residents



Source: left side figure (Pinke-Sziva et al. 2019b p. 26), right side figure (Kelemen-Erdős – Mitev 2017 p. 65)

In the context of Inner-Erzsébetváros, famous as a stronghold of party tourists, a study prepared by Pinke-Sziva and her co-authors (2019b) draws attention to the fact that the

<sup>15</sup> "Concerts, lectures, museums, exhibitions (...). Everything that is culture" (ERÖMŰVHÁZ 2024 p. 1)

<sup>16</sup> Additional cultural spaces offering meaningful leisure time are in the District VII: Hernád Ház, K11 Art and Culture Center, Miksa Róth Memorial House and Collection

capital's District VII a significant part of the problems that can be seen. The study explains in detail the situation of the people who live there, who in most cases will be directly affected by the night life and daily sufferers against their will. The research (Figure 2. – left side figure) involving 574 local residents and 361 foreign tourists – a total of 935 respondents – aims to explore the *"impact of tourism in the district on the main stakeholders, on the other hand, what solution options can be used to remedy the problems"* (Pinke-Sziva et al. 2019b p. 23).

The phenomenon of ruin pubs can also be paralleled with the concept of "bricolage" – *"the focus of which is the creation (fabrication) of consumer experiences"* (Mitev – Kelemen-Erdős 2017 p. 26). The research of Kelemen-Erdős – Mitev (2017) is based on the Service-Dominant Logic (SDL) theory of Vargo – Lusch (2004), according to which, in addition to the systemic analysis of experiences, the investigation of commitment and joint value creation (co-creation) becomes feasible. In addition to collecting the key words for the topic in a word cloud (Figure 2 – right side figure), the main goal of the investigations is to answer how the mutual commitment between the consumer and service provider – who is sometimes the same as a member of the local community – can be interpreted in what way (according to what motivational model<sup>17</sup>).

Similar to the temporality observed in the domestic literature, relevant research results related to overtourism can also be found on the international scene from 2017, however, the publication of overview studies on the topic can be dated one year later, starting from 2018. The basis for all these findings was provided by the review of the literature in February 2024, for which the scientific search platform Google Scholar provided the basis. Combining both research and review studies, 3,450,000 hits were received for the word "tourism" and 12,100 for the word "overtourism". If we only take the review articles as a basis for the search, the number of results listed for the keyword "tourism" is 646,000, and for the word "overtourism" 474. The numbers also show that a huge amount of information has been generated over the past few years, which necessitated a further narrowing down of the results.

---

<sup>17</sup> E.g. the new motivational model for the 21st century (Loehr – Schwartz 2003), by "The Power of Full Engagement", the knowledge and application of which is an opportunity and tool for the effective management of human resources within the organization, as well as for building engagement with consumers

*Narrowing of results based on the intersection of the words "overtourism" and "residential well-being":*

In the first round, the means of narrowing down was the inclusion of the word "residential well-being" equivalent to the central theme of the previous chapter in the search. As a result of everything, and after filtering out duplicates and content not relevant to the topic based on abstracts, the number of remaining studies – excluding the publication contributing to the preliminary research – was equal to three publications (Bertocchi – Ferri 2021, Zhang et al. 2022, Klingmann 2023). Despite the fact that overtourism and residential well-being at first sight look for answers to different research questions, there are also points in common regarding the way the research is carried out. In the case of all the results – all of which are in English – the quantitative and qualitative methodological concepts appear. Only one study (Klingmann 2023) mentions the challenging nature of community participation.

A study by Bertocchi and Ferri (2021) examines the island of Murano in the lagoon of Venice as a core area. It identifies the social, territorial and economic factors that influence the quality of life of local residents through a questionnaire whose respondents cover a wide spectrum, given that nearly 15 percent of the residents of Murano strengthened the camp of those who completed the questionnaire. The answers to the questions bring to the surface the collective fear that residents identify with the loss of local character. Their answers show confidence that the process is not irreversible, and that the current situation can be steered in a positive direction with the support of decision-makers. In the conclusion, it is mentioned that by involving a large proportion of the population, they tried to compensate for the lack of qualitative aspects of the questions that made up the questionnaire.

Zhang et al.'s (2022) research on the short-term emotional benefits of urban green spaces (Urban Green Spaces – USG) is based on quantitative foundations, as it uses a randomized control trial (RCT) for 299 tourists who have never visited the research area. in the city of Xi'an (China). The applied regression model with three color scales (small, medium and large) proved to be a good choice, as it became suitable for identifying causal relationships. However, the authors emphasize that it is also justified to carry out qualitative research on the topic, which also assesses the mediating effects that influence the results.

Klingmann (2023) examines Riyadh, the capital of Saudi Arabia, based on the objectives of the program supporting the improvement of the quality of life called "Vision 2030". The quantitative aspect of the diversified methodology is manifested through the analysis of data collected from urban development plans. In terms of its practical relevance, the research can serve as an example for cities with similar characteristics in supporting the efforts made for the sustainable revitalization of the urban environment. In relation to the EIU (Economist Intelligence Unit) quality of life index, the study also discusses the importance of qualitative indicators in addition to quantitative indicators, especially from the aspect of dimensions such as education and infrastructure, the environment, culture, healthcare, and the issue of stability (The Economist Intelligence Unit 2021). The author also mentions community participation in agreement with what is described in studies by Hickey and Mohan (2004) and Said (2020), according to which development ideas based on community participation can only be successful if they are supported by decision-makers. In the case of autocratic systems like the one in Saudi Arabia, the use of community participation is challenging (Bohl 2020).

*Narrowing of results based on terms that include the phenomenon of overtourism – such as "urban tourism" or "city tourism" – and the intersection of "residential well-being":*

If instead of the word "overtourism" we add the term "urban tourism" to the search next to "residential well-being", then after checking the context and filtering out duplications, three (Mesiter 2017, Mirzaei – Zanghiabadi 2020, Shahbazi et al. 2020) announcement. If we prefer to use the word "city" instead of the word "urban" during the search, one more study (Hammer 2023) will come into the researcher's view.

The main results and methodological characteristics of the listed publications are summarized in the table below (Table 11). It is noticeable that the number of publications which, in addition to undesirable levels of tourism, also include the topic of residential well-being, however, the common point of the quantitative studies presented above can be considered that both "overtourism" and "residential well-being" are reflected at the same time.

Table 11: Main results and methodological characteristics of studies related to Urban / City tourism and Residential well-being

AUTHOR'S NAME (YEAR)	TITLE OF ARTICLE AND MAIN RESULTS	METHODOLOGICAL FEATURES
<b>literature section of „urban tourism” and „residential well-being” words</b>		
<b>MEISTER (2017)</b>	<p><i>Planning for Ecotourism Development in Panama: Using Government Policy and Spatial Analysis to Optimize Ecotourism Success:</i> from the point of view of the future sustainability of tourism, the observance of the stricter tourism rules by all stakeholders is extremely important in order to mitigate the unsustainable phenomena resulting from more permissive government regulations.</p>	<ul style="list-style-type: none"> <li>- performing a geographic-spatial analysis</li> <li>- use of government publications</li> <li>- identification of successful tourism components</li> <li>- the use of identified components for spatial analysis development tools and the preparation of geographical maps</li> <li>- using buffer analysis maps to identify the best places suitable for successful tourism development in the future along the following lines:               <ul style="list-style-type: none"> <li>- tourist comfort</li> <li>- existing services: unique attractions and other resources inherent in nature conservation areas, as well as proximity to transport hubs</li> </ul> </li> </ul>
<b>MIRZAEI – ZANGHIABADI (2020)</b>	<p><i>Spatial Analysis of Tourism and Urban Development Indicators with Happy City Approach (Case study:</i> based on the results of the research, the state of the city of Shiraz is unsatisfactory in terms of the current tourist infrastructure and the physical characteristics of the city development, the main reason of which is the excessive concentration resulting from the lack of proper distribution of land use, especially in the area of the central part of the city.</p>	<ul style="list-style-type: none"> <li>- statistical data analysis of the city's zones (11 zones) using software methods – such as WASPAS, Taxonomy Solver, Excel, Arc GIS</li> <li>- analysis of zone-specific statistical data as follows:               <ul style="list-style-type: none"> <li>- to determine the state of development of a given zone, the indicators that best support the achievement of the happy city</li> <li>- priority variables affecting the balance of urban space</li> </ul> </li> </ul>
<b>SHAHBAZI et al. (2020)</b>	<p><i>Analytical assessment of the components of the happy city in cities with enormous disaster: Case study Bam city:</i> based on the proven hypotheses, the population of the city of Bam suffers from a significant lack of happiness and vitality, as well as the lack of the four components necessary for a happy city (access to green spaces and sports and leisure facilities, as well as individual and collective satisfaction with the living environment) is the determining factor.</p>	<ul style="list-style-type: none"> <li>- establishment of two hypotheses</li> <li>- Survey of 350 local residents over the age of 15</li> <li>- four-part questionnaire: general characteristics, access to all types of public green space, level of satisfaction with individual life and the environment</li> <li>- 5-point Likert based on the four components of a happy city (with spectrum answers)</li> <li>- application of a random sampling method</li> <li>- assessment of the validity of the research instrument by expert opinions and a pilot questionnaire</li> <li>- calculation and verification of reliability by Cronbach's alpha, the result of which is: 75-92%</li> <li>- testing hypotheses by considering the range of variables</li> <li>- analytical models used during research:               <ul style="list-style-type: none"> <li>- one sample t Test</li> <li>- independent t Test</li> <li>- ANOVA and Chi-Square Test</li> <li>- cross-tab analysis</li> <li>- Levene's Test</li> </ul> </li> </ul>
<b>literature section „city tourism” and „residential well-being” words</b>		
<b>HAMMER (2023)</b>	<p><i>Managing tourism impacts and residential well-being towards a sustainable tourism development – The case of Fürth, Germany: according to the author's findings, in a medium-sized city such as Fürth, the public attitude towards tourism is generally positive, however, there are aspects that could be used to improve the level of tourism acceptance even in the event of an increase in tourism.</i></p>	<ul style="list-style-type: none"> <li>- based on the investigation of tourism impact studies, the discovery of gaps in the literature</li> <li>- formulation of a gap in the literature: in relation to medium-sized cities, the phenomenon of overtourism does not yet overshadow the everyday life of the locals</li> <li>- exploring the opinion of the population of a medium-sized German city (Fürth) on the current tourism situation using a questionnaire method</li> <li>- formulation of recommendations – four in number – to be implemented based on the opinions revealed</li> </ul>

Source: own editing

### **2.3. Literature cross-section of residential well-being and overtourism**

"*What is the good life?*", associated with the name of the ancient universal thinker Aristotle (Kopp – Skrabski 2009, Helliwell 2003, Crisp 2000, Diener – Suh 1997, Veenhoven 1991) answering the question about the quality of life (Fekete 2006), which is meant to comprehensively thematize the dimensions and criteria of the "good life" and beyond the interpretation of objective welfare, its subjective aspect, well-being it directs attention towards its topic, which is affected by so many external factors. However, the development of well-being on an individual and collective level (Kenesei – Kolos 2018) can contribute to improving the quality of life now and in the future.

Budapest District VII the undesired presence of tourists as an external factor affects the well-being of the residents. In addition, the external factors that are equivalent to the totality of the surrounding businesses and civil organizations, as well as the locally competent state and local government bodies, whose scope of activities can be partly or entirely linked to tourism. Both direct and indirect external effects are present as environmental factors that are related to tourism activity created through the dynamic interplay of tourist demand and supply.

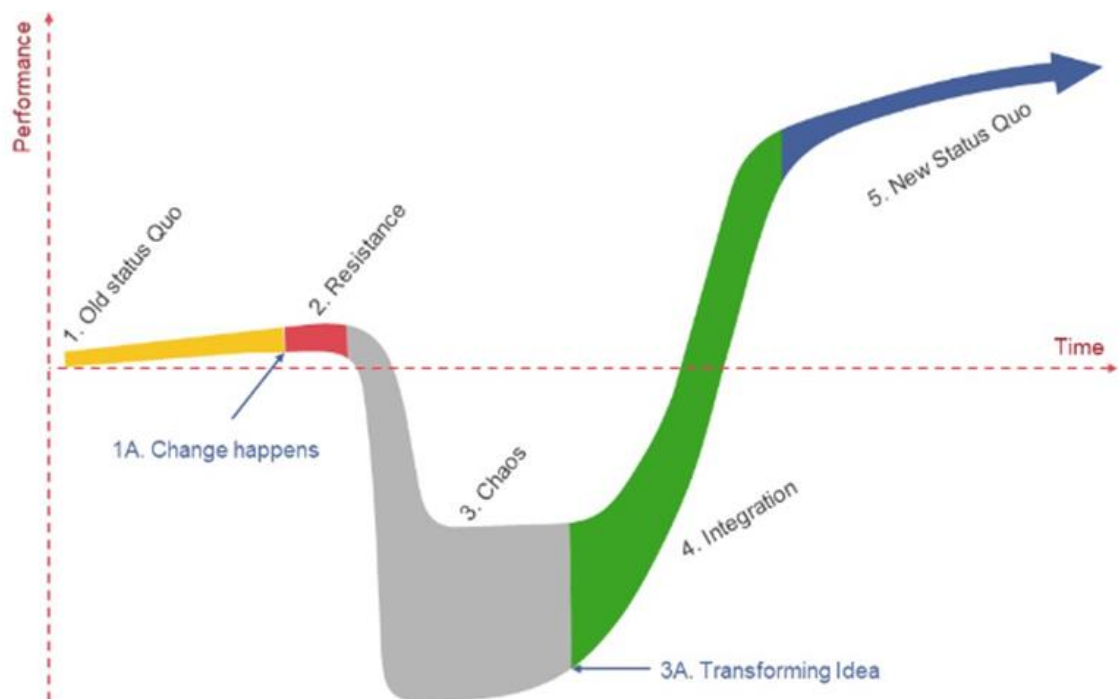
If – similarly to marketing (Kotler – Levy 1969) – we look at tourism as a social activity that permeates everything, the question arises as to what are the effects that can be shaped at the level of the individual, which through the temporary environmental changes related to tourism to an undesirable extent – housing aspect – they have a perceptible and measurable impact on the well-being of local residents? In order to reveal everything, in addition to searching for stakeholders who are of outstanding importance in shaping the quality of life of the local residents, it becomes necessary to answer the question of how the presence of overtourism affects the residential well-being of the local residents.

As a result of the preliminary research on the topic, it can be said that in the case of well-being, the environmental aspect including the natural and residential environment "interspersed" with the presence of tourists is of great importance, and as a conclusion it can be stated that there are environmental factors that affect residential well-being and, ultimately, the same subjective well-being as the subjective aspect of quality of life effects in the shaping of which the local residents can take an active role (Molnár-Csomós – Kiss 2022a).

The literature section of overtourism and residential well-being can serve as a good basis for determining possible intervention points. The goal is to achieve a transformative change (Grin et al. 2010) that offsets the problems arising from an undesirable level of tourism in such a way that, as a result, sustainability aspects also come to the fore. The Change Model supporting change management (Figure 3), which is attributed to Satir et al.

From a horizontal perspective, the intervention points can be divided into the five steps illustrated in Figure 3, however, from a vertical perspective, it is also possible to group them all together. While the initial stage, together with intervention points 1 and 2, serves to recognize the situation awaiting change, the second stage, contributed by intervention point 3 and partly 4, marks the dismantling phase. The breakdown phase is meant to bring to the surface non-supportive – expired and non-value-bearing – operations. The third stage – partly the 4th and 5th intervention points – is already equivalent to the construction stage following the "big shovel" period.

Figure 3: Change Model



Source: slidemodel.com (1999)

The old status quo (1.) exists as long as there is no need for change. If the old status quo is threatened by disturbing factors, the process enters the stage of resistance (2). After that, the methods that worked until then become inoperable, thus calling the state of chaos (3.). Achieving the desired results can only be achieved through the effective application of new methods and skills, in an integrative (4) way, which ultimately leads to the formation and consolidation of a new, higher level status quo (5).

The old status quo (1.) can also be illustrated by the effects of overtourism on residential well-being, which began to negatively affect the well-being of the local residents. This was the condition that led to the current "How not!" to experiences and which can be considered a kind of motivational factor in the "how?" in answering a question. In this way, gaining experience – even if it is negative – is of great importance, since *"a gram of experience is worth more than a ton of theory"* (Dewey 1993:193).

The non-supportive circumstances that most cause resistance (2.) can be related to the totality of the economic effects, which are explained in detail in section 2.2.1. of the thesis also took place in subsection. Based on the contents of the mentioned sub-chapter, it can be said that both the topic of overtourism and residential well-being are of decisive importance in the context of the local economy – especially in the area associated with local economic development. The state of chaos (3) is identical to the current situation, in which the greatest emphasis is on the dissatisfaction of the residents.

The driving force behind the state of willingness to change (4) is the intention not only to answer the question "how?", i.e. to implement the behavior to be followed, but also to implement it. It may seem that during the management of the change process affecting the local residents, a significant part of the related tasks fall under the competence of the city and/or district administration, however, in addition to educating tourists and the local residents, the qualitative development of the experiential way of experiencing and interpreting their sense of well-being, and moving towards higher-order need satisfaction requires individual efforts. In order to make the planning and development of tourism more efficient, the management of a district can only play a supporting and conditioning role in all of these. However, an essential condition for the change process is a kind of



openness on the part of the city and/or district management towards intensive<sup>18</sup> solutions aimed at prevention instead of extensive<sup>19</sup> or passive<sup>20</sup> methods of protecting the local environment, as well as a shift from a reactive attitude to a proactive attitude (willingness to do things) for tourists and regarding the local residents.

The new status quo (5.) representing the final chord is also the goal of the process, which carries the possibility of higher quality operation as an expected result. The operation based on the conscious inclusion of timeless values can also be regarded as a quality change, the issue of which is perhaps the most striking common point of the literature section that includes the topics of overtourism and residential well-being.

Different public attitudes (Seraphin et al. 2020)<sup>21</sup> and different experiences of well-being (Serra-Cantalops – Ramon-Cardona 2017) can also be associated with the three stages of change – recognition, demolition and construction – interpreted from the vertical aspect. While at the beginning (intervention points 1 and 2) a high degree of apathy is still typical, in the second stage (intervention point 3 and partly 4) the hostile (inflexible) attitude is already prominent. However, in the final stage (partially the 4th and 5th intervention points), the sympathetic (flexible) attitude of helping ourselves and each other is also given space. The methodology offered by Neuro-Linguistic Programming (NLP) – which *"deals with the structure of subjective human experience; with how we organize what we see, hear, feel and how we process (...) the external world through our senses"* (O'Connor – Seymour 2020 pp. 19-20) – application.

The developers of NLP (Grinder – Bandler 1981) studied the patterns used by three highly successful experts of the 1980s, but with different personality traits – including the creator of the future Change Model – in order to identify similarities. Based on the exploration of similarities, the author couple created the NLP method presented in the next chapter, which is also the basis of preliminary research, can be easily applied in practical life and is easily transferable, which was published in the book "Transformations" (1981).

---

<sup>18</sup> proactive reduction of pollutant emissions (emissions) from polluting sources

<sup>19</sup> eactive reduction of pollutant emissions (emissions) from a polluting source (based on lecture notes for the course "Environmental Economics" taken in 2008)

<sup>20</sup> reduction of pollutant concentration (immission) resulting from emissions (based on lecture notes from the course "Environmental Economics" taken in 2008)

<sup>21</sup> four archetypes: victims and vandals (hostile attitude) and peaceful activists and resilient locals (sympathetic attitude)

At the end of the chapter on the presentation of the theoretical background, it is advisable to review how we got from the subjective projection of well-being with the touch of NLP to the mention of the Change Model. While subjective well-being is the well-being that can be experienced, the components of experience can be compared to the NLP method. One of the pillars of the development of NLP is none other than Virginia Satir, creator of the Change Model.

### 3. RESEARCH METHODOLOGY

#### 3.1. Preliminary research: Sentiment analysis methodology<sup>22</sup>

Based on the theoretical overview, the close relationship between well-being and housing conditions becomes apparent, as well as the importance of previous research results and methods that are also related to residential well-being.

To conduct the preliminary research, Neuro Linguistic Programming (NLP)-based sentiment analysis – which uses text analysis to "*systematically identify, extract, quantify and study emotional states and subjective information*" (Kugler 2022 p. 1) – was applied exclusively to a group of people on an online platform where it could be demonstrated that the posts on that platform were public and available for anyone.

"The NLP-based analysis of the residential impressions thus extracted has contributed to the investigation of three of the most influential components of human experience: neuroscience, language and programming" (Molnár-Csomós – Kiss 2022 p. 39). "*The nervous system regulates our bodily functions, language determines how we interact and communicate with people, and programming is the models of the world that we create. Neuro Linguistic Programming describes the basic dynamics between the mind (neuro) and language (linguistic) and how their interaction affects our bodies and our behaviour (programming)*" (S. Tóth 2016 p. 2).

---

<sup>22</sup> The content of the subchapter is largely identical to the relevant parts of the Hungarian conference proceedings (Molnár-Csomós – Kiss 2022b) and the English journal article (Molnár-Csomós – Kiss 2022a) on the methodological aspects of preliminary research (English journal article attached to the thesis summary).

The preliminary research question aims at exploring which representational systems of individuals are primarily responsible for the sensory perception of the effects of tourism-induced temporary environmental changes and their measurable influence on the well-being of local people and our three main representational systems – such as visual perception for vision, acoustic perception for hearing, and kinaesthetic perception for sensation – are complemented by gustatory representational systems for taste and olfactory representational systems for smell (Molnár-Csomós – Kiss 2022). These systems of representation are modalities<sup>23</sup> that allow ways of experiencing the world and are made up of submodalities that represent the building "*blocks of the senses*" (O'Connor, Seymour 2020 p. 59). Submodality is equivalent to the qualitative characteristics of representation systems (Molnár-Csomós – Kiss 2022).

The literature that underpins the non-conventional methodology also points out that the quality of the senses – along with the quality of the "good life" – was already a concern of ancient Greek thinkers, and thus Aristotle dealt with submodalities in detail without naming them at the time. All this proves that a relationship can be assumed between the quality of an individual's sensory experience and the perception and quality of the personal state of well-being (O'Connor, Seymour 2020).

The sample area of the preliminary study is Erzsébetváros, Budapest District VII, which is a key area for the research topic, as the overtourism that marked the period before the COVID-19 epidemic generated daily problems for the residents and the city administration. The "field" of data collection was provided by the public group "Klauzália" (<https://www.facebook.com/groups/281195558585433>), which has been present on the Facebook community online platform for 12 years and which at the time of the research already had more than 1800 members, most of whom were local residents and a smaller number of people with District VII interest (Molnár-Csomós – Kiss 2022).

The investigated interval covered the period from 01.01.2017 to 01.12.2021. and the starting point of the investigation was an English-language keyword (overtourism) and

---

<sup>23</sup> The general sensory modality is equivalent to the sensation of pain, heat, and touch, and the special sensory modality is equivalent to the ability to sense balance, sight, hearing, taste, and smell (Márkus – Czigler 2018). Among the general sensory modalities and special sensory modalities, balance perception belongs to the kinesthetic representation system.

four Hungarian-language keywords party tourism, welfare<sup>24</sup>, housing, tourism) closely related to the research topic, which are often used in the Hungarian vernacular, with respect to 13145 comments (Molnár-Csomós – Kiss 2022). The first year of the study coincided with a period of academic interest in the ruin pub culture that is the breeding ground for significant tourism, then the years 2018-2019 are important in the context of overtourism and the years 2020-2021 in the context of the "redesign opportunity" created by the COVID-19 epidemic, the contrast between overtourism and the disappearance of tourists overnight, which leads to a population revival (Molnár-Csomós – Kiss 2022).

The research used the methodology of sentiment analysis to explore emotional reactions to digital content in order to explore the effects of overtourism as perceived by local residents and to identify possible factors that may play a role in the repositioning of the district in terms of the residential well-being of local residents (Molnár-Csomós – Kiss 2022).

### **3.2. Presentation of research area**

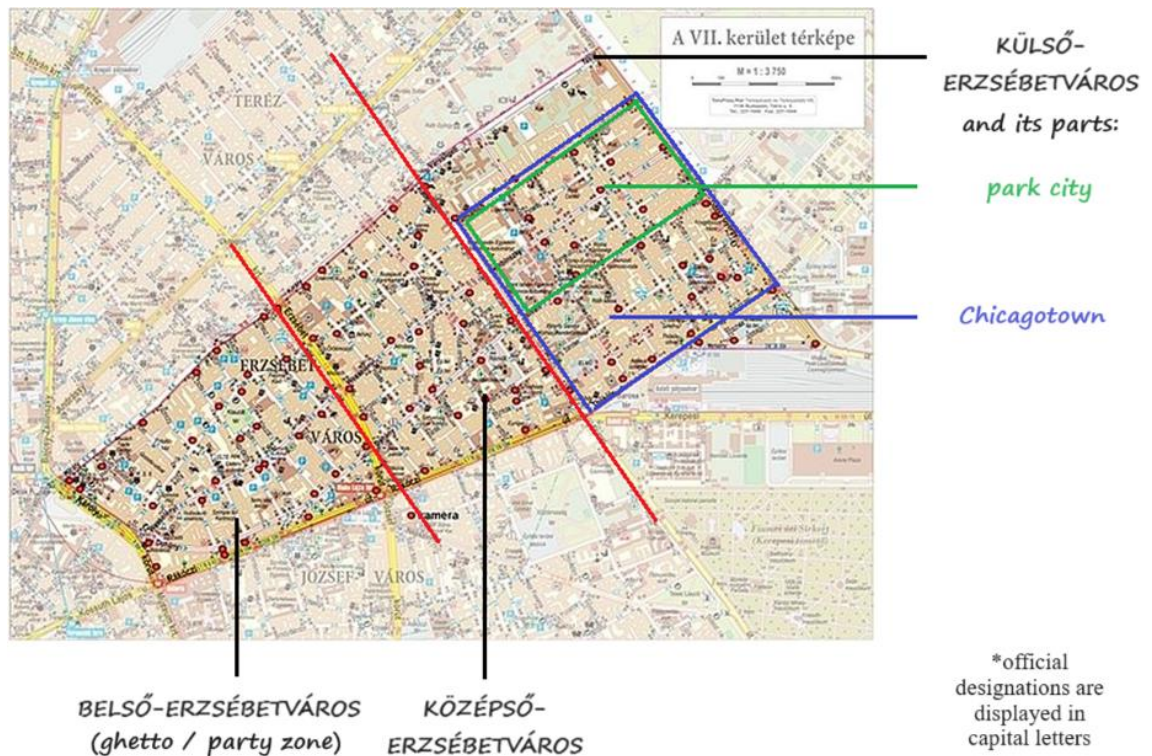
The choice of the title of my dissertation was motivated by the intention that already at the beginning of delving into the topic, Erzsébetváros, which is considered a key area in terms of research, i.e. Budapest District VII attention should be directed to its perimeter as a core area. Several books have been issued about the changing trends and timeless traditions characteristic of the district (Aubel 2007), as well as about the visible and invisible values of the district of Budapest with the smallest floor area and the highest population density (Valló 2013, Óvás! Közhasznú Egyesület 2013, Vágola 2012, Koltai – Rácz 2011), whose responsible publisher was in all cases the same person as the reigning mayor in the year of publication.

District VII of Budapest in the second half of the 19th century – until November 17, 1873 – it still belonged to Terézváros. It was founded as Erzsébetváros 142 years ago, on February 7, 1882. In the case of Erzsébetváros, three districts with official names can be distinguished, with their map (Figure 4) and text description, the presentation of the research area continues.

---

<sup>24</sup> The distinction between the words "welfare" and "well-being" is not typical in public colloquial usage. Despite its subjective content, the term "welfare" is particularly used in everyday life, which has also become visible in the content of the related posts of the "Klauzália" Facebook group.

Figure 4: Map display of the official and popular parts of Erzsébetváros



Source: own editing based on ittlakunk.hu (2016)

- External-Erzsébetváros (in Hungarian Külső-Erzsébetváros):

The outer part of the district is the same as the part delimited along Rottenbiller street – Thököly road – Dózsa György road – Városligeti alley. The most densely populated area of the district is also located here (Rottenbiller street – Thököly road – Dózsa György road – Damjanich street), which has become popularly known as the "Chicagotown" (Valló 2013). The part named "Chicagotown" contains the most impressive corner of the district (Rottenbiller street – Damjanich street – Dózsa György road – István street), which the locals call "park city" (Koltai – Rác 2011).

- Central-Erzsébetváros (in Hungarian Középső-Erzsébetváros):

The central part of the district with the smallest floor area of the capital is marked by Rottenbiller street – Rákóczi road – Erzsébet Boulevard – Király street, which is a particularly calm part of the district rich in cultural and historical values.

- Inner-Erzsébetváros (in Hungarian Belső-Erzsébetváros):

The most inner-city part of the District VII is equivalent to the inner part of the city connected by Erzsébet Boulevard – Dohány street – Károly Boulevard – Király street, which has been the "Jewish quarter" since the 2000s (ÓVÁS! Közhasznú Egyesület 2013, Vágola 2012), and starting from 2014 "*also became famous under the name: party zone*" (Élhető Erzsébetváros Egyesület 2019 p. 1).

Thanks to its urban character, Budapest District VII provides plenty of opportunities for researchers in various scientific fields, such as tourism, architecture, history, urbanism, cultural anthropology. While it was once a stronghold of commerce and industry, in the last decade it has become a model area for party tourism and the night economy. With the emergence of overtourism, tourism professionals and urban development researchers are mostly devoted to the district with specific problems and economic structure. All this is accompanied by an unique culture and tradition, which can be derived from the mixed composition of the residents of Erzsébetváros.

Before the pandemic Budapest, which also includes the District VII, broke visitor records year after year, and 2019 can be considered a high point. In terms of the number of recorded guest nights, the counter stopped at 14,005,480 nights, which is considered to be the highest guest traffic data measured in the life of the capital (KSH 2020a). However, such an increase in visitor traffic can lead to the saturation of tourism, and then to the development of the phenomenon of touristicization (tourismophobia). In order to determine the level of tourism, the European Parliament recommends taking into account the following indicators in Tables 12 and 13 in its statement issued the year before the domestic record year:

- "*tourist density (bed-nights per km<sup>2</sup>) and intensity (bed-nights per resident),*
- *the share of Airbnb bed capacity of the combined Airbnb and booking.com bed capacity*
- *the share of tourism in the regional Gross Domestic Product (GDP),*
- *air travel intensity (arrivals by air divided by number of residents),*
- *closeness to airports, cruise ports and UNESCO World Heritage Sites"* (Peeters et al. 2018 p. 2).

In the following, it is presented along the indicators proposed by the European Parliament (Peeters et al. 2018) both Budapest and District VII tourism in relation to the year 2019. The upper third of the tables provides the basic data needed to perform the analysis. The middle part reflects on the indicators published by Peeters and his co-authors (2018), while the last two rows of the Tables contain information about the housing stock.

Regarding Budapest, it can be established (Table 12) that the density of tourism is 26,667 guest nights/km<sup>2</sup>, and its intensity is 8.3 guest nights/residents. The tourist density exceeds the population density by 40.82 percent. The number of guest nights registered by other (formerly: private) accommodation for business purposes is almost a quarter (23.93 percent) of all registered guest nights.

The record year also resulted in a significant GDP share at the capital city level. In 2019, 32.647 percent, i.e. 4.244 percent, of the 13 percent GDP share of Hungarian tourism was generated by Budapest tourism.

Although the historical record of 2006 was not broken, the measurable size of air travel can be considered significant in relation to the 0.039 air arrivals/residents index. The attractiveness of the capital was further strengthened by the five international airports located throughout the country (Budapest, Debrecen, Győr, Zalavár/Sármellék, Pécs), the 29 international and public boat ports located along the Danube, as well as one in Buda (Buda Castle) and two in Pest (Danube and its skyline, Heroes' Square together with Andrassy road lying in front of it) is also a world heritage site.

Table 12: Indicators suitable for determining the extent of the excessive amount of tourists in relation to Budapest in 2019.

<b>BUDAPEST</b>	<b>2019</b>
Population (Belügyminisztérium 2019)	1 686 361 resident
Number of guest nights in commercial accommodation (KSH 2020a)	10 653 950 night
Number of guest nights in other (formerly: private) accommodation for business purposes (KSH 2020a)	3 351 530 night
<b><i>Number of guest nights in other (previously: private) accommodation for commercial + business purposes (KSH 2020a)</i></b>	<b><i>14 005 480 night</i></b>
Area (nepesseg.com 2015a)	525,2 km <sup>2</sup>
Density of population (KSH 2020a, nepesseg.com 2015a)	3211 lakos/ km <sup>2</sup>

Density of tourism (KSH 2020a, nepesseg.com 2015a)	26 667 guest nights/km <sup>2</sup>
Intensity of tourism (KSH 2020a, Belügyminisztérium 2019)	8,3 guest nights/residents
National tourism is Budapest's share of the 13 percent regional GDP in 2019 (KSH 2019, MTÜ 2023)	32,647 percent <sup>25</sup>
Number of air arrivals (airport.hu 2020)	66 407 air arrivals
Intensity of air arrivals (airport.hu 2020, Belügyminisztérium 2019)	0,039 air arrivals/residents
Number of international airports (Google Maps 2024)	5
Number of international and public marinas (mahartports.hu 2019)	29
Number of UNESCO World Heritage sites (UNESCO Világörökség egyezmény 2022)	3
Number of apartments (nepesseg.com 2015a)	909 962 apartments
Number of residents per 1 apartment (nepesseg.com 2015a, Belügyminisztérium 2019)	0,54 resident/apartment

Source: own editing

In the record year 2019, the largest visitor traffic at the district level can be attributed to Erzsébetváros (KSH 2020a). Based on the table (Table 13) summarizing the annual data, it can be seen that the density of tourism is 1,307,710 guest nights/km<sup>2</sup>, which is 49 times higher than the tourist density established at the capital city level. The data related to the intensity of tourism is also telling, which shows a value of 52.72 guest nights/inhabitant, 6.35 times more than the intensity in the capital. In the Budapest District VII, the tourist density exceeds the population density of Erzsébetváros by an astounding 5,271.75 percent. The number of registered guest nights belonging to the category of other (formerly: private) accommodation for business purposes is 40.53 percent of all registered guest nights in the district. The outstanding numbers are associated with an outstanding GDP share, as a result of which the district with the smallest floor area of Budapest can be attributed 0.828 percent of the 13 percent GDP share of national tourism. Both the number of air trips and their intensity are estimated values, which were determined based on the available data. The popularity of the district is further strengthened by the Budapest Ferenc Liszt International Airport, which is 16 kilometers away, the 22 international and public shipping ports served by the Nagykörút, the main road of the capital (mahartports.hu 2019), and the proximity of the UNESCO World Heritage Sites (UNESCO World Heritage Convention 2022) located on the Pest side of the capital, in the immediate vicinity of the District VII.

<sup>25</sup>Number of domestic guest nights in commercial + other (previously: private) accommodation for business purposes (KSH 2019) 42,900,000 guest nights with a share of 13 percent of GDP. The number of guest nights in Budapest in commercial + other (previously: private) accommodation for business purposes (KSH 2020a) 14,005,480 guest nights, which is 32.647 percent of the 13 percent domestic GDP share of the capital city ((14,005,480/42,900,000) x 100).



Table 13: Indicators suitable for determining the extent of the excessive amount of tourists in relation to Budapest District VII in 2019

<b>BUDAPEST DISTRICT VII</b>	<b>2019</b>
Population (Belügyminisztérium 2019)	51 845 residents
Number of guest nights in commercial accommodation (KSH 2020b)	1 625 373 night
Number of guest nights in other (formerly: private) accommodation for business purposes (KSH 2020a)	1 107 741 night
<b><i>Number of guest nights in other (previously: private) accommodation for commercial + business purposes (KSH 2020a, KSH 2020b)</i></b>	<b><i>2 733 114 night</i></b>
Area (nepesseg.com 2015b)	2,09 km <sup>2</sup>
Density of population (KSH 2020a, nepesseg.com 2015b)	24 806 residents/km <sup>2</sup>
Density of tourism (KSH 2020a, KSH 2020b, nepesseg.com 2015b)	1 307 710 guest nights/km <sup>2</sup>
Intensity of tourism (KSH 2020a, KSH 2020b, Belügyminisztérium 2019)	52,72 guest nights/residents
Budapest tourism's 4.244 percent 4,244 százalék <sup>26</sup> of regional GDP share part of the District VII	19,502 percent <sup>27</sup>
Number of air arrivals <sup>28</sup>	12 951 air arrivals
Intensity of air arrivals <sup>29</sup>	0,008 air arrivals/residents
Number of international airports (Google Maps 2024)	1
Number of international and public marinas (mahartports.hu 2019)	22
Number of UNESCO World Heritage sites (UNESCO Világörökség egyezmény 2022)	2
Number of apartments (nepesseg.com 2015b)	36 853 apartments
Number of residents per 1 apartment (nepesseg.com 2015b, Belügyminisztérium 2019)	1,4 residents/ apartment

Source: own editing

While in Budapest there are 0.54 inhabitants per apartment, the figure for District VII is 1.4 inhabitants per apartment. It follows from the data in Figure 5 that in 2019, almost every 10th apartment of District VII operated as other (AirBnB) accommodation for business purposes. Based on the information in the figure, there were 2,422 AirBnBs in operation in 2020, however, from the additional information in the lower right corner of

<sup>26</sup> The capital's share of the 13 percent GDP share of national tourism in 2019 (KSH 2019, MTÜ 2023) is 32.647 percent. 32.647 percent of 13 percent equals 4.244 percent.

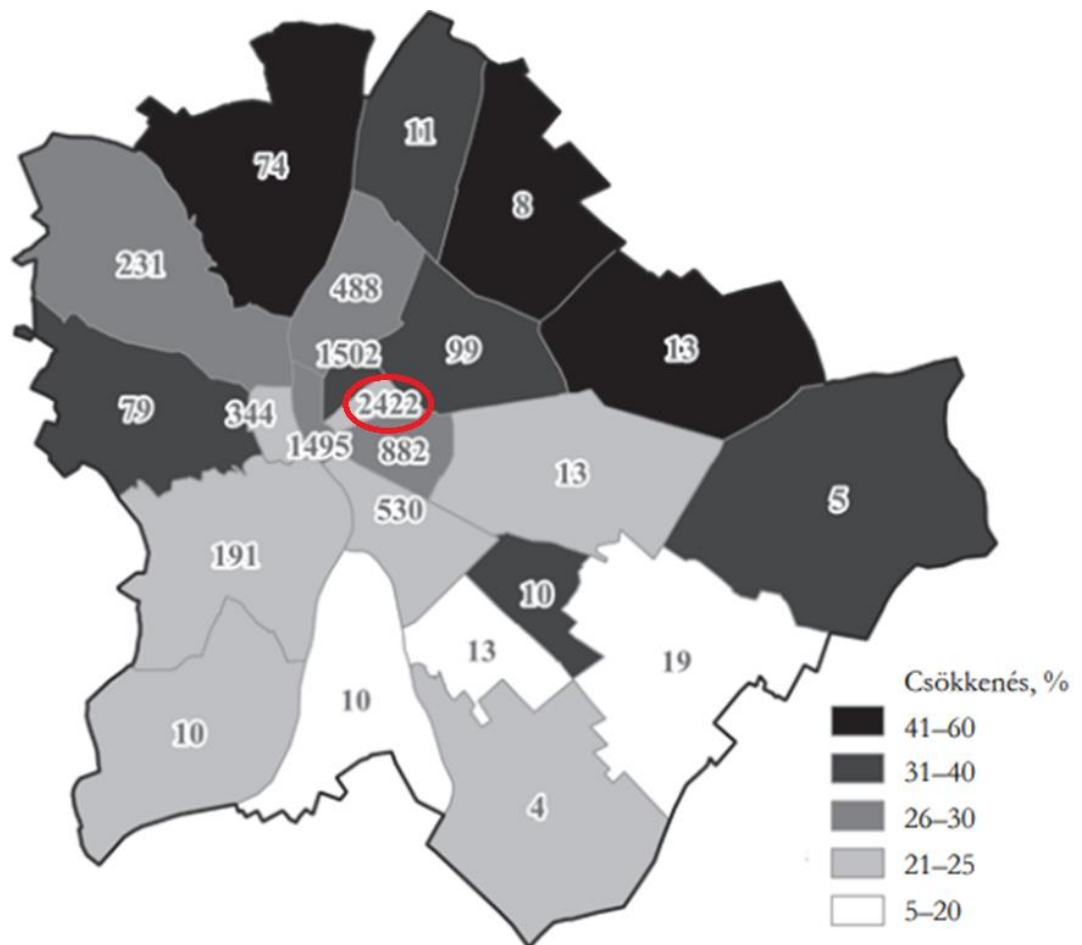
<sup>27</sup> Of the 4.244 percent GDP share of Budapest tourism, 76.07 percent  $((10,653,950/14,005,480) \times 100)$  is commercial, and 23.93 percent  $((3,351,530/14,005,480) \times 100)$  other (formerly: it consists of private) accommodations. 15.256 percent  $((1,625,373/10,653,950) \times 100)$  of the guest nights spent in Budapest's commercial accommodations are from realized in the District VII, and in terms of other (previously: private) accommodation for business purposes, the district has a share of 33 percent  $((1,107,741/3,351,530) \times 100)$ . Based on the above, the share of GDP of Budapest tourism its share per District VII is 19.502 percent  $((76.07 \times 0.15256) + (23.93 \times 0.33))$ , which is equal to 0.828 percent  $(4.244 \times 0.19502)$  of the 13 percent GDP share of national tourism.

<sup>28</sup> Estimated value of the number of air arrivals in Budapest (airport.hu 2020), as well as the 4.244 percent regional GDP share of Budapest tourism based on its share per District VII  $(66\,407 \times 0.19502)$ .

<sup>29</sup> Estimated value based on the estimated value of District VII air arrivals and population (Belügyminisztérium 2019)  $(12,951/51,845)$ .

Figure 5, it follows that this number could have been 25 percent larger in 2019, with 3,230 operating AirBnB accommodations. Compared to the housing stock in the district in 2019 (36,853 apartments), the number is significant, approximately 9 percent of the district apartments, the proportion of business and other accommodations. It is also striking that even after the reduction caused by the pandemic, only one neighboring internal – V., VI., VIII. – district does not come close to the figure realized in the District VII.

Figure 5: The available number of other business (AirBnB) accommodation in the capital in 2020, as well as the rate of decrease from 2019 to 2020



*Megjegyzés:* az egyes kerületekben elérhető aktív AirbnB-szállások 2020. augusztusi számának feltüntetésével.  
*Forrás:* AirDNA adatai alapján saját szerkesztés.

Source: Boros – Kovalcsik (2021 p. 389)

The "Airbnb Travel Trends Report: 16 Neighborhoods to Discover in 2016" (airBnB 2016), which provides an online booking platform for short-term apartment rentals, also predicted the growth and flagship role that Erzsébetváros will play in the district

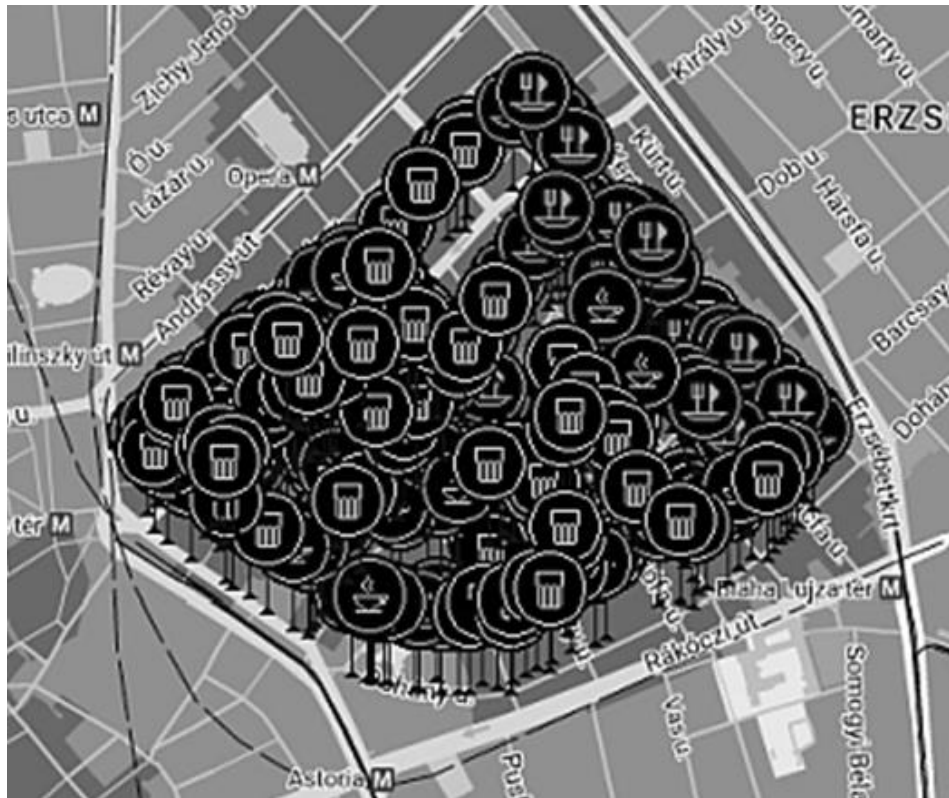
apartment business, surpassing all other Budapest districts. you can currently own it on the market for publishing it as other accommodation for the purpose of.

In the 2016 report prepared by airBnB, the travel habits of more than 40 million users in 190 countries were analyzed. The basis of the analysis was the rate of increase in bookings, on the basis of which a TOP16 list was prepared. The focus was not on cities, but on identifying the most popular neighborhoods in the world. Budapest's District VII was the only Hungarian district to rank 13th on this list, thanks to a 145% increase in bookings. With this result, in 2016, Erzsébetváros was declared the 13th most popular district in the world and the 5th most popular in Europe, based on first-hand booking data. Looking at the attractiveness of the neighborhoods on the list, the report's authors also discovered the same patterns, underscoring the importance of art scenes, delicious local food, and outdoor experiences.

Although the 2018 referendum on the midnight closing of catering units in Inner-Erzsébetváros was invalidated due to the low participation rate ( Nemzeti Választási Iroda 2018), two years later – with the return of the pandemic – the district was given another opportunity to re-plan. The future rethinking of the processes also included the possibility of countering the negative externalities associated with tourism – such as overtourism – in a more effective way. For the population suffering from the phenomenon of tourismophobia, the epidemic situation gave them a chance to escape from this squirrel wheel, which is often considered toxic by the locals (Pinke-Sziva 2021). However, after the mitigation of the effects generated by the epidemic situation, the problematic situation caused by overtourism became everyday again. All this is well illustrated in Figure 7 on the next page.

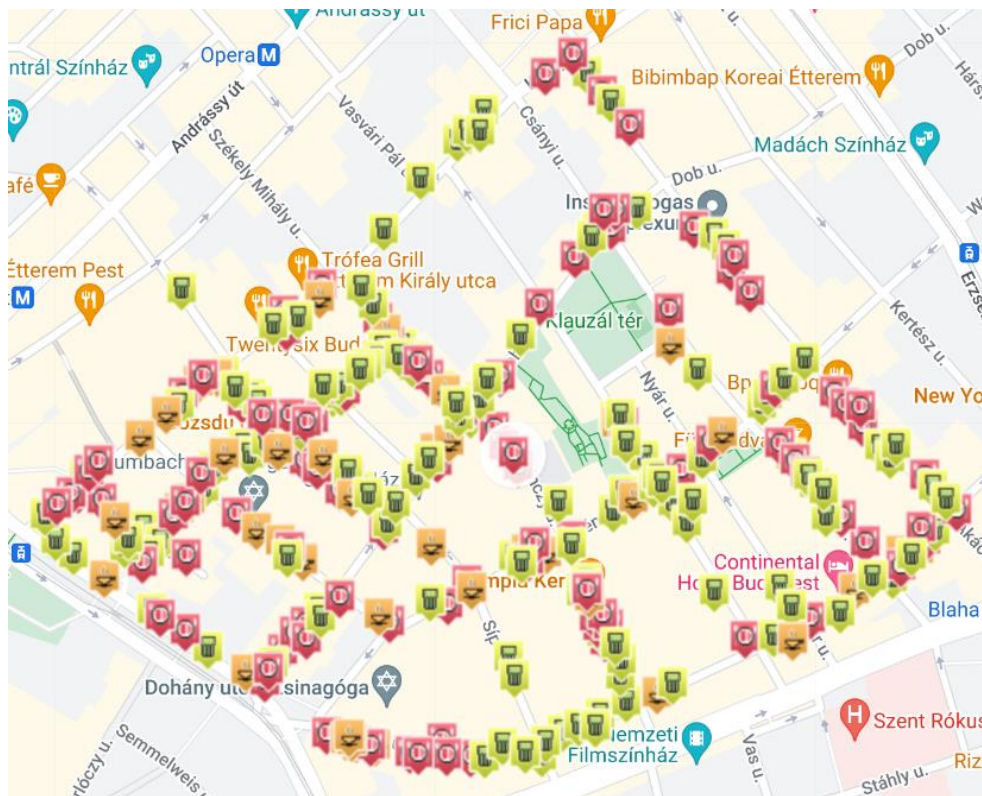
While Figure 6 shows nearly 300 catering units in Bulinegyed in relation to the year 2014, Figure 7 clearly shows that after 9 years – despite the years overshadowed by the pandemic – the rate of decrease is small. A decrease of roughly 5 percent can be seen, given that based on the data of October 2023, only 285 operating catering units welcome locals and visitors to the district in an area of approximately one km<sup>2</sup> bordered by Erzsébet Boulevard – Rákóczi road – Károly Boulevard – Király street.

Figure 6: Party zone 2014



Source: A mi Erzsébetvárosunk (2018)

Figure 7: Party zone 2023



Source: Google Maps (2023)

There is a reason why 2014 was used as the basis for the comparison. However, to reveal the cause-and-effect relationships, you have to look back to the summer of 2005. On June 18, 2005 was established for the first time in the history of the Hungarian entertainment industry on the Hajógyári Island belonging to the Budapest District III, a modern dance music complex (predecessor of the party zone in the District VII) that presented 12 different styles almost within arm's reach for visitors to the island. The electronic flyer about the opening (Figure 8) was the first information material during the existence of the entertainment complex.

Figure 8: Electronic flyer of the 2005 opening of Hajógyári-island



Source: pulzar.hu (2005)

Despite the solution being significantly separated from the population, presumably as a result of years of disapproval by the locals, the Government of Hungary passed the 1663/2013. in Government Decision No. 1, it was decided to acquire the right of ownership in favor of the state in order to "create a community space on Hajógyári Island that promotes extensive active and passive recreation – primarily for cultural and sports purposes – and provides opportunities for public recreation and leisure activities" (Magyar Közlöny 2013:67170).

The party island, known as Dream Island, closed its doors permanently in September 2013 after 8 years of existence, thus opening a new chapter in the life and heart of the capital.

Figure 9: Infographic of the "Midnight closing" regulation



**MI TÖRTÉNIK, HA VALAKI NEM TARTJA BE A SZABÁLYOKAT?**

Amelyik üzlet ezeket teljesíti, **egy évre engedélyt kap**, hogy nyitva tarthasson éjféltől után is.

Azonban, ha egy üzlet megsérti a kritériumrendszer bármelyikét is, egy első figyelmeztetés után már súlyos pénzbüntetést kap. Ha ezután se tartja be a megállapodást, maximum öt alkalommal büntethető azzal, hogy 3 napig nem tarthat nyitva éjféltől után.

után. Ezek a bezárások kizárólag a legforgalmasabb hétfői napokra eshetnek. Ha ezután se tartja be a szabályokat, végleg megvonjuk az éjféltől utáni nyitvatartási engedélyt.

**Súlyosbító tényező, ha a társasház tesz panaszt, de fontos változás, hogy az egyéni bejelentéseket is komolyan kivizsgáljuk.**



VIGYÁZUNK ERZSÉBETVÁROSRA

Source: Erzsébetváros Önkormányzata (2020)

The management of Erzsébetváros at the time could probably feel the forewind of the economic opportunity inherent in the "new chapter", because even during the year 2013, a decree regulated the opening hours of the catering industry units in the district (Erzsébetváros Önkormányzata 2013, Peeters et al. 2018), as well as only Internal In the

area of Erzsébetváros, he allowed the operation of entertainment industry units and catering establishments under significantly more favorable conditions. Seven years later, with the decree that came into force on June 27, 2020 (Figure 9), the creation and maintenance of the tranquility of the population of Inner-Erzsébetváros has already come to the fore.

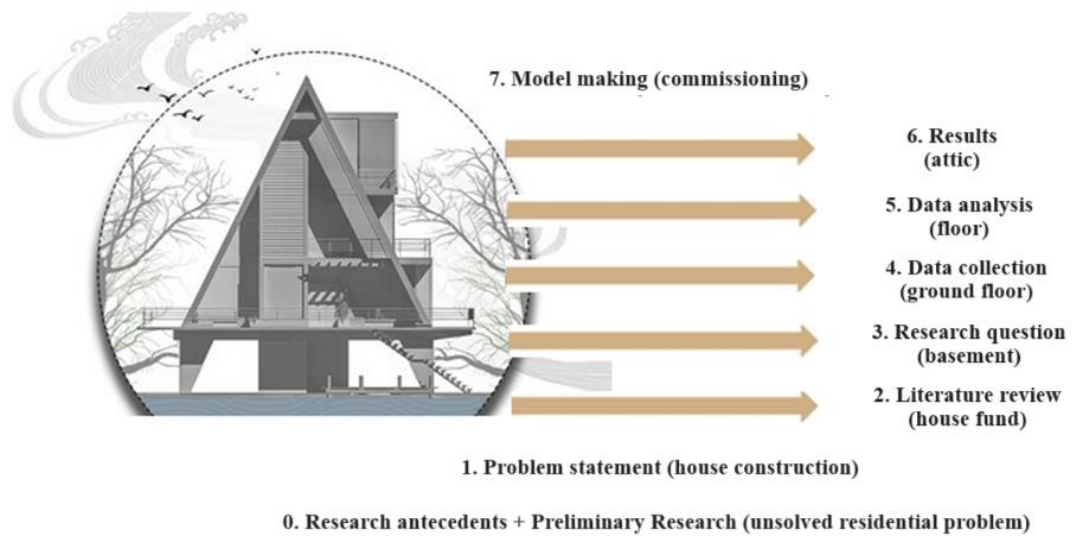
After the end of the Óbuda dance and music complex, the demand was still there and the paying demand remained, so it was almost natural that the value of other options would soon increase for the crowd who wanted to have fun. In my opinion, this appreciation process was an important driving force behind the rise of the ruin pub culture in Hungary, which resulted in the mushrooming of nearly 300 catering units (Figure 6) in the course of a year, especially in the area of Inner-Erzsébetváros. The increase in interest generated by places opening at an "*exponential speed*" (Élhető Erzsébetváros Egyesület 2019 p. 1) experienced in 2013 a few years later – hand in hand with the neighboring District VI. (Hudák 2017) – the district administration somewhat countered this by banning beer bikes, known as "beerbikes", which are extremely disturbing and dangerous at the same time, from public roads (Kovács 2017, Peeters et al. 2018), however, all this is only an indication of the phenomenon of undesirable levels of tourism meant symptomatic treatment.

By a twist of fate, the leisure district of Hajógyári Island ceased operation with the aim of creating a passive and active recreation community space – which has not been realized to this day – but as a result of its termination, the opportunity for passive and active recreation in Budapest's inner city was put in jeopardy. For residents of its districts at the level of everyday life. It can now be stated that party zone of District VII already has a greater history than the former Dream Island, and its success is unbroken, which even the pandemic could not permanently damage.

### **3.3. Research design**

A research design enables a simple and transparent summary of the essential points of the implementation, as well as a self-sustaining house construction project with practical relevance in the field of housing – as an analogy and also a reference to the possibility of the well-being functioning in a self-sustaining manner – before the start of the visual plan (Figure 10).

Figure 10: Illustrating the steps of the research plan using the example of building a self-sustaining house



Source: own editing based on Salah (2023)

The doctoral research plan covers the four chapters of the thesis along the eight steps detailed in Figure 10. While steps 0, 1, 2, and 3 are related to what is described in the "Introduction" and "Theoretical background" chapters, steps 4 and 5 are related to the "Research methodology" chapter, 6 .and the 7th step can be compared to the "Research results" part of the thesis.

In subsection 5.2. in addition to the validity to be explained, the research plan also strives for the characteristics of impartiality, reliability and generalizability. Unbiased results, which form the basis of validity and reliability, must necessarily be consistent with the stated findings. While the degree of validity is a measuring tool suitable for determining the results that correspond to the research goal, the degree of reliability is a function of the existence of the same results that are likely to occur after the research is carried out again. Increasing the quality of the latter becomes possible by detailing the development process of the research questions, which is covered in the thesis within the framework of Table 1. The existence of generalizability can already be assumed based on the formulation of the purpose of the research. In this case, the location of this research is Budapest District VII's core area, however, the ultimate goal is to explore the mechanism of the effect of the "*excessive local concentration of tourist demand*" (Vanyúr 2021 p. 134) as a phenomenon that affects the everyday life of the residents of the inner-city districts.



The elements of the research plan are the same as the eight steps detailed in the aforementioned figure, which are explained in Table 14. Due to the predominance of empirical data collection, which enables flexible planning, the type of research plan can be categorized as qualitative, which, after a deep exploration and understanding of the problem, provides the opportunity to produce the information necessary for change regarding the investigated phenomenon, as well as to determine the possible direction of change (Pamplona 2022).

Table 14: Presentation of the steps of the research plan

<b>Step 0:</b> Research antecedents + Preliminary research	<i>Research antecedents:</i> based on the survey of experts, the local residents and tourists, there is a division of values in relation to the local character marked as the main value <i>Preliminary research:</i> local people have the ability to make efforts for their own residential well-being		
<b>Step 1:</b> Problem statement	Overtourism can pose a threat to the balance of the natural (at the collective level: tourist milieu/residence effect) and human (at the individual level: well-being) factors that make up the local character.		
<b>Step 2:</b> Literature review	Processing the theoretical background of <i>From well-being to residential well-being + From tourism to overtourism</i> topics		
<b>Step 3:</b> Research question	How does an undesirable level of tourism affect the residential well-being of the locals?		
Three district-specific sub-questions	<b>Sub-question 1:</b> The multifactorial characteristic of the district's local character – as a value – can be seen along the lines of what buzzwords?	<b>Sub-question 2:</b> What ways can the durability of the multifactorial characteristics of the district's local character be supported?	<b>Sub-question 3:</b> a nemkívánatos mértékű turizmus milyen hatással van a kerületi helyi jelleg soktényezős karakterisztikájára?
<b>Step 4:</b> Data collection	local residents	experts + local residents	local residents + field observation
<b>Step 5:</b> Data analysis	qualitative and quantitative / content analysis	qualitative/in-depth interview (cross-sectional research)	qualitative/in-depth interview
<b>Step 6:</b> Results	identification of buzzwords	identification of modes/conditions that support durability	identification of mitigation and solution alternatives
<b>Step 7:</b> Model making	spatial projection (tourist milieu/residence effect) of the dynamics between conflict fields exposed to direct external influences (physical and social well-being dimension) and the common denominator (mental well-being dimension) in relation to tourists and the local residents		

Source: own editing

While the content analysis used to answer the first sub-question is a method "*on the border between qualitative and quantitative methods*" (Géring 2014 p. 11), the in-depth interviews used for the second and third sub-questions are a "*uniquely sensitive and powerful method to get to know the subjects' experiences drawn from their everyday world and the lived meanings of this everyday world. During the interviews, the subject can convey his situation to others in his own words*" (Kvale 205 p. 79).

In addition to the visual presentation of an analogy taken from practical life in Figure 10, Table 14 also illustrates the possibility that the eight steps of the research plan include the following three divisions:

- Stage I – previous experiences leading to problem recognition: steps 0 and 1
- Stage II – diagnosis of the current situation: the stage from step 2 to step 6
- Stage III – solution proposal: step 7

The discovery of the causes of the diagnosis (Stage II) (Stage I) can bring you closer to the interpretation of the problematic situation experienced by the local residents, so that the formulated recommendations (Stage III) serve as a real solution. All of this is also in line with the three stages of the Change Model presented in subsection 2.3, interpreted vertically, such as recognizing, breaking down and building. While steps 0 and 1 lead to the recognition of the problematic situation (recognition stage), the (decomposition) stage from step 2 to step 6 is the sense of place, including environmental (collective) and human (individual) factors. outlines its unbalanced current state in order to rethink it, thereby providing space for the creation of a model that supports better functioning (step 7) and gaining ground not only in theory, but also in the practical arena of the everyday life of the local residents.

The key to harmonious cooperation between the steps that are an element of the research plan is their building on each other and thereby strengthening each other through the harmony found between the steps.

### **3.4. Justification of the choice of methodology**

After the review of the literature, it can be concluded that, in terms of applied research methods, quantitative research methods are preferred in previous researches related to residential well-being and overtourism. It is therefore clearly visible that the literature related to the topic of residential well-being is exclusively limited to quantitative research results, and tourism is not mentioned in the slightest.

The study by Dekker et al. (2011) indicates that if local people spend more time in the vicinity of their residence, it can increase housing satisfaction by strengthening their social network, as a result of which it becomes possible to form more social relationships.

From an interdisciplinary approach, the literature on subjective well-being in psychology also points out that the emotional experience of routine activities has a significant impact on an individual's cognitive subjective well-being (Gamble – Gärling 2012).

Both community relations and routine activities can be affected in relation to tourism, however, in connection with the factors mentioned above, the lack of empirical research is striking. For all these reasons, a qualitative research that, in addition to the quality of community relations and routine activities, also includes an examination of the relationship between residential well-being and tourism can be considered a gap-filling research direction. However, when reviewing the literature on overtourism, the number of research methods that effectively contribute to the investigation of various aspects of the topic is considerable. Consciously striving to use publications more than five years old as the basis for the search, Table 15 gives an idea of the methods most often used in the period between 2019-2023 and their percentage distribution in relation to each other. The Google Scholar scientific search platform was used to create the table. In all cases, the searched keyword was overtourism, to which the Hungarian and then the English language equivalent of the given research method was linked as an additional keyword, thereby ensuring both domestic and international visibility.

Table 15: The frequency of the appearance of keywords searched in the context of "overtourism" in relation to the period between 2019-2023<sup>30</sup>

WAN- TED KEY- WORD	Kvan- titatív	Quan- titative	Kvali- tativ	Quali- tative	Tér- ségi elem- zés	Regi- onal ana- lysis	Szo- cio- lógia	So- cio- logy	An- tropo- lógia	An- thro- pology	Közös- ségi rész- vétel	Com- munity parti- cipa- tion
<b>&amp;OVERTOURISM</b>												
<b>Since 2023</b>	5	707	4	800	0	8	0	311	0	160	0	136
<b>Since 2022</b>	20	2183	21	2070	0	41	11	999	1	515	0	364
<b>Between 2019- 2021</b>	63	4220	65	3910	0	68	31	2880	6	1325	0	690
<b>Total since 2019<sup>31</sup></b>	<b>88</b>	<b>7110</b>	<b>90</b>	<b>6780</b>	<b>0</b>	<b>117</b>	<b>42</b>	<b>3490</b>	<b>7</b>	<b>2000</b>	<b>0</b>	<b>1190</b>
<b>Distri- bution<sup>32</sup> (%)</b>	<b>0,42</b>	<b>34</b>	<b>0,43</b>	<b>32,4</b>	<b>0</b>	<b>0,56</b>	<b>0,2</b>	<b>16,7</b>	<b>0,03</b>	<b>9,6</b>	<b>0</b>	<b>5,69</b>

Source: own editinb based on Google Scholar

<sup>30</sup> Based on data available on May 23, 2023 from the scientific search platform Google Scholar.

<sup>31</sup> In the case of searched keywords, the total number of contexts analyzed since 2019 is 20,914.

<sup>32</sup> The distribution ratio of the Hungarian-language context compared to the English-language context is 1.08 percent.

It can be seen that the emergence of the quantitative method, which also includes data analysis and questionnaire techniques, in the context of overtourism in English literature is the most significant (34 percent). This is followed by the qualitative method covering various interviews, observations and conversations, which was found in 32.4 percent of the examined time interval. In terms of publications in English, sociology focused on attitude research (16.7 percent) and anthropology related to quality of life research (9.6 percent) also deserve mention. Methods based on regional analysis dealing with environmental effects and community participation encouraging the involvement of stakeholders are not available in Hungarian in the context of overtourism, and they are also present to a small extent in English-language literature.

However, I carried out the preliminary research results of my doctoral research using a method that was significantly appreciated in the field of international literature during the pandemic period. During the preliminary research, I chose sentiment analysis based on the idea of large data sets borrowed from the methodology of data mining. Thanks to Google Scholar's search platform, it can be established that since 2019, sentiment analysis has been published in English 291 times in a context to which overtourism can also be linked. Almost half of the 291 cases can be dated from the year 2022, so the occurrence of sentiment analysis in the context of overtourism has doubled in the last few years. If we look at the domestic literature, apart from our own announcement summarizing the results of the preliminary research, there was no study that examined the phenomenon of overtourism using sentiment analysis.

Based on the methodological overview detailed above, it can be stated that, while qualitative methods, in addition to the quantitative approach, also have a place in research on the phenomenon of overtourism, the qualitative aspect proves to be a shortcoming in relation to the issue of residential well-being.

### **3.5. Doctoral research methodology**

During my doctoral research, I prefer the use of the qualitative methodology that best suits the set research goal, which is described in section 3.4. The over-representation of the quantitative methodology in the topics of overtourism and residential well-being explained within the framework of subsection.

### **3.5.1. First district-specific sub-question – content analysis of residents' perceptions**

Due to the availability of a large amount of data resulting from the preliminary research, the first step was to use the toolbox of content analysis, which is "*at the border of qualitative and quantitative methods*" (Géring 2014 p. 11). Since the methodology allows the use of both mechanical and manual methods, the latter option was chosen for the reasons detailed in the preliminary research.

Since the formulation of the first district-specific sub-question supporting the answer to the central question of the doctoral research was inspired by the data obtained during the preliminary research, the database – which is equivalent to 13,145 comments from the "Klauzália" Facebook group – is identical in terms of answering the first sub-question of both the preliminary research and the doctoral research.

As mentioned in 1.2. also mentioned in the subsection, the multifactorial characteristic of the local character (Vecco 2020) denotes "*the creative power immanent in the landscape, created together by natural and human factors*" (Fogarasi 2019 p. 1). However, it would be important to see how the multi-factorial characteristics of the character of District VII can be understood in the lives of local people, so that the public's sense of well-being can be understood as a value that can be exploited in tourism.

The significance of everything is that the projection of the local residents's well-being, or sense of well-being, in addition to the residential effect experienced by the residents, becomes perceptible to tourists as an attraction that forms part of the tourist milieu.

For this reason, when examining textual content revealing public perceptions, the basis of the search was the version of the word "value" without the suffix, since the use of the suffixed version would have significantly reduced the number of hits.

This was followed by the grouping of the main characteristics of the relevant entries appearing in relation to the word "value" along buzzwords. The identification of buzzwords – as codes – plays a significant role in answering the next district-specific sub-question, as well as in summarizing mitigation and solution alternatives.

### ***3.5.2. Second district-specific sub-question – conducting in-depth expert/resident interviews***

The cross-sectional research aimed at answering the second district-specific sub-question is based on six in-depth interview questions revived from the publication "Erzsébetvárosiak – Portrék" by Vágola (2012). The cross-sectional research was aimed at revealing in which cases, in relation to the same questions, over the course of a decade, we get the possibility of identifying the same modes of operation or states that support time resistance. All of this was achieved by approaching six questions from six different aspects along the lines of questions in Annex No. 2.

The in-depth interviews took place in person, in the summer of 2022. In terms of the average length of the interviews, half an hour was typical, of which a written description was prepared in all cases. The location of the personal meetings was always the downtown part of Budapest. In the vast majority of cases, one of the catering units found in the quieter parts of Erzsébetváros. The range of interviewees included members of the local residents in addition to professionals with professional insight. After the interviews with 30 people, it can be said that the number of interviewees was balanced (15-15 people) in terms of both experts and local residents. During the interviews, gender and generational affiliation were also recorded. Regarding the range of respondents, women and men were equally present, and the X generation (11 people) was represented in the largest proportion, followed by the Baby Boomer generation (9 people). Regarding the composition of the sample, Generation Z was present in 20 percent of the sample, while Generation Y was present in 13.33 percent. For all interviewees, the interview was conducted in Hungarian.

### ***3.5.3. Third district-specific sub-question – conducting in-depth interviews with residents***

Unlike the in-depth interviews conducted in relation to the second sub-question, in order to answer the third district-specific sub-question, the range of interviewees was limited to the local residents only. 40 percent of the respondents (4 people) were the same as the interviewees two years ago, another 6 people were from the members of the "Klauzália" Facebook group, which was the site of the data collection for the preliminary research, for the March 2024 call for respondents published in the group (Annex No. 3) thanks to.

The qualitative set of questions aimed to explore how overtourism affects the natural (collective-level environment, which includes the tourist milieu and the effect of the place of residence) and human (individual-level well-being dimensions) factors that make up the local character from the perspective of the residents. After the literature review of the research antecedents, the preliminary research and the present doctoral dissertation, the assumption is that the nature of this impact mechanism determines that Budapest District VII the conditions currently experienced in its surroundings are perceived as added value or as a pulling force. It can be assumed that if the values outlined during the answer to the first sub-question, and then the ways and conditions that support their timeliness through the answer to the second sub-question, were to be consciously included in the dynamic interaction, then this mechanism of influence could be an added value both at the level of tourists and the local residents to manifest. However, if there is no awareness of an axis of balance and the origin serving as its starting point (to which, similarly to the Keljfeljancs game, you can return in the event of any swing), then the case of a negative spiral exists and the local character can only be distorted, as a kind of retraction force to manifest. Based on the thought process detailed above, the qualitative questions were made up of the questions listed in Annex No. 4.

The in-depth interviews were conducted in person and online in March and April 2024. A separate written transcript was prepared of the answers given during the interviews, which lasted an average of 44 minutes. In each case, the location of the personal meetings was one of the catering units located along Dohány street, because, in addition to the cultural and historical values embodied by Dohány street, the street starting from the party district – connecting Inner-Erzsébetváros and Közésső-Erzsébetváros as a bridge – carried over can also be interpreted as an escape route, which takes you away from the hustle and bustle towards calmness. The Microsoft Teams messaging application was used to conduct the online interviews. Demographic data regarding gender and generation were recorded for the respondents. The proportion of women – men and online – personal respondents (50-50 percent) was balanced. While the online respondents were men, women were present in a higher proportion (60 percent) during the personal interviews. The language of the interviews was Hungarian, but in one case the conversation took place in English, as a Baby Boomer man who also lives in the district as a local resident with German citizenship also applied for the invitation to participate in the research.

#### ***3.5.4. Field observation related to district-specific sub-questions***

The field observation is intended to capture the multi-factorial characteristics of "Ezerarcú" (Koltai – Rác 2011) Erzsébetváros and thus to display it visually. The importance of the representational system that detects visual display is discussed in detail in the subsection entitled "Preliminary research – Results of Sentiment Analysis" of the next chapter, but in advance it can be said that the main conclusion of the preliminary research is valid both at the level of housing and overtourism, according to "*for every keyword – the regardless of year distribution – the visual representation system representing vision-related modalities has a significant advantage*" (Molnár-Csomós – Kiss 2022a p. 47).

The mentioned superiority can be realized at the level of 50 percent for the word "housing" and 35 percent for the keyword "overtourism". Due to the over-representation of submodalities related to vision as a modality, the visual representation system resulting in vision has the greatest importance, the driving force of which is equivalent to the objective indicators in the physical and social dimension of well-being, and the subjective aspect of the indicators in the mental well-being dimension.

Based on all of this, it became reasonable from the point of view of the doctoral research to document the most characteristic features of the characteristics of Erzsébetváros in the form of self-made images in their current state, affected by overtourism. The field observation carried out in March 2024 also fulfilled this requirement with the bird's-eye view of the District VII's party zone, through the visual documentation of nearly half a hundred fire wall paintings reflecting the district's diversity, Dohány street, which displays cultural and historical values in an artistic way, and the Health Development Point of the Bischitz Johanna Integrated Human Services Center, which supports the physical and social well-being of the locals.

Despite its appearance disfigured by vandalism, the Health Promotion point located in the party district is significant, which is reflected in the fact that "*in addition to providing counseling and training opportunities as a permanent service, it also provides excellent space and opportunities for organizing age- and condition-specific programs. The themed group sessions create an opportunity to make new acquaintances, exchange experiences, and also develop the community*" (Bischitz 2024 p. 1).



## 4. RESEARCH RESULTS

During the description of the results, the references included in some places were justified due to the necessity of either helping the interpretation of the obtained results, or showing parallels with those previously published in the chapter entitled "Theoretical background".

### 4.1. Preliminary research: Results of sentiment analysis<sup>33</sup>

The starting point for the analysis of the past five years was the screening of 13,145 contributions that were relevant to one of the target keywords (Table 16). In order to explore the emotional responses evoked by posts and comments, the research focused only on the seven kinds of pictograms – positive: 😊 😄 😁; negative: 😞 😡; neutral: 🙄 🙃 – which the Facebook social platform offers as default options for group members. The word "unidentifiable" appears in the table when no digital content was generated for the given keyword for the current year, or no emoticon was associated with posts or comments that appear.

16. Table: Distribution of comments related to the keywords examined by year in the "Klauzália" group

Year	Overtourism	Party tourism	Welfare	Housing	Tourism
2017	0	55	0	0	173
2018	14	88	0	37	636
2019	303	693	15	451	1,561
2020	3	773	0	725	4,374
2021	126	260	145	240	2,473
<b>In total</b>	446	1,869	160	1,453	9,217
<b>All total</b>	<b>13,145</b>				

Source: based on Molnár-Csomós – Kiss (2022 p. 41) own editing

The data also show that comments connected to the word "overtourism" were made in large numbers in the year before the pandemic (in 2019), and the words "party tourism", "housing" and "tourism" appeared most in 2020. However, the number of comments related to the word "welfare" skyrocketed in 2021. It is also clear that the sentiment analysis at the level of comments was relevant for all five keywords under analysis (Table 17).

<sup>33</sup> In terms of the content of the sub-chapter, it is substantially identical to the relevant parts of the study published in the Hungarian conference proceeding (Molnár-Csomós – Kiss 2022b) and the English journal article (Molnár-Csomós – Kiss 2022a).

17. Table: Distribution of the number of sentiments related to posts and comments by keyword, emoticon, and year

Year	All posts without comments & post-related comments for that year	Posts	Post-related comments	Sentiments I. (based on post-related emoticons)			Sentiments II. (based on comment-related emoticons within posts)		
				Positive	Negative	Neutral	Positive	Negative	Neutral
<b>OVERTOURISM</b>									
2017	0	0	0	unidentifiable			unidentifiable		
2018	14	1	12	0	0	7	1	1	17
		2	0	0	0	4	unidentifiable		
2019	303	6	302	0	4	45	74	48	361
		1	0	0	0	1	unidentifiable		
2020	3	1	3	0	0	8	1	1	2
2021	126	2	126	2	0	12	13	10	109
<b>In total</b>	<b>446</b>	-	-	<b>2</b>	<b>4</b>	-	<b>89</b>	<b>60</b>	-
<b>PARTY TOURISM</b>									
2017	55	2	55	0	5	44	0	0	64
2018	88	3	87	0	6	14	22	21	128
		1	0	0	0	5	unidentifiable		
2019	693	10	693	7	13	52	154	58	651
2020	773	12	773	37	6	91	236	29	813
2021	260	5	260	13	8	28	65	37	422
<b>In total</b>	<b>1,869</b>	-	-	<b>57</b>	<b>38</b>	-	<b>477</b>	<b>145</b>	-
<b>WELFARE</b>									
2017	0	0	0	unidentifiable			unidentifiable		
2018	0	0	0	unidentifiable			unidentifiable		
2019	15	1	15	1	0	7	4	0	5
2020	0	0	0	unidentifiable			unidentifiable		
2021	145	2	145	0	36	46	27	13	228
<b>In total</b>	<b>160</b>	-	-	<b>1</b>	<b>36</b>	-	<b>31</b>	<b>13</b>	-
<b>HOUSING</b>									
2017	0	0	0	unidentifiable			unidentifiable		
2018	37	1	37	0	6	1	4	3	32
2019	451	9	448	7	3	37	66	29	351
		3	0	0	1	10	unidentifiable		
2020	725	11	725	24	24	78	89	37	532
2021	240	6	239	12	5	141	71	10	215
		1	0	unidentifiable			unidentifiable		
<b>In total</b>	<b>1,453</b>	-	-	<b>43</b>	<b>39</b>	-	<b>230</b>	<b>79</b>	-

TOURISM									
2017	173	11	171	3	3	103	4	4	105
		2	0	0	0	9	unidentifiable		
2018	636	11	635	7	14	88	74	11	550
		1	0	0	0	3	unidentifiable		
2019	1,561	40	1,555	34	68	263	290	94	1,504
		6	0	0	0	3	unidentifiable		
2020	4,374	79	4,370	96	118	623	1,063	237	4,737
		4	0	2	0	18	unidentifiable		
2021	2,473	41	2,466	54	123	345	504	202	3,394
		7	0	0	1	3	unidentifiable		
<b>In total</b>	<b>9,217</b>	-	-	<b>196</b>	<b>327</b>	-	<b>1,935</b>	<b>548</b>	-

Source: based on Molnár-Csomós – Kiss (2022 pp. 42-44) own editing

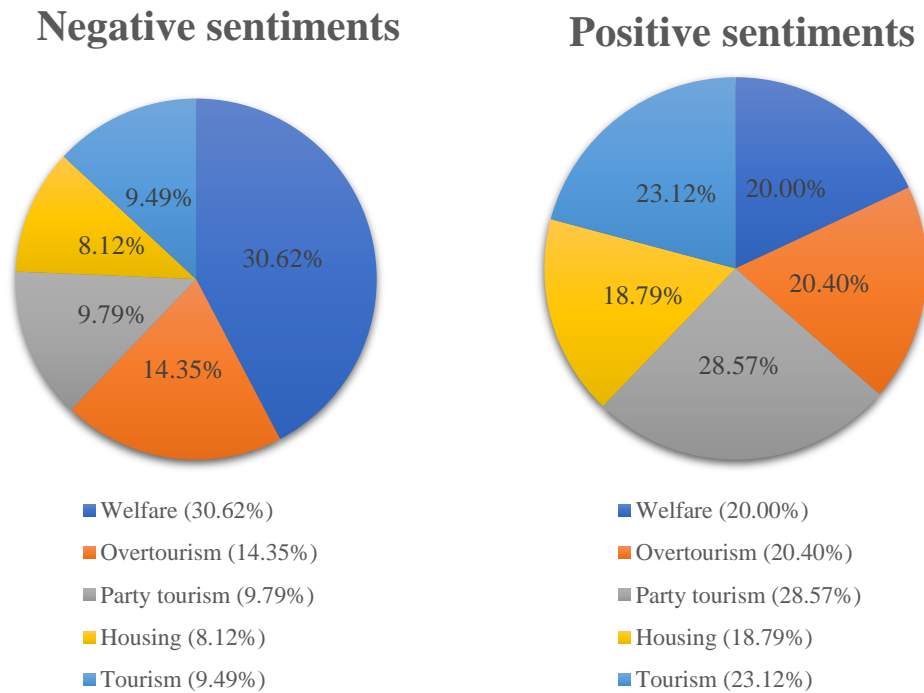
It is necessary to point out here that the emoticons "wow" and "like" were considered to represent emotional reactions in the neutral range in the context of the research. This was because an examination of the examined posts and comments showed that they expressed symbolic agreement with what was written in the posts and were not typically intended to indicate any positive or negative mood evoked by a particular post or comment.

Based on the emoticons associated with both posts and comments within posts, the highest number of pictograms representing neutral emotional responses are found, suggesting a predominance of reactive attitudes to external stimuli.

Preliminary research (Molnár-Csomós – Kiss 2022) has shown, that the number of emoticons representing negative responses shows the proportion of respondents who are victims of knee-jerk reactions, i.e. of circumstances and based on the ratio<sup>34</sup> of the total number of negative pictograms for keywords to the total number of uncommented posts and comments related to a post, the most negative reactions were quantified for the word "welfare" (30.62 %), followed by "overtourism" (14.35 %). The negative tone for the words "party tourism" (9.79 %), "housing" (8.12 %) and "tourism" (9.49 %) is similar (left diagram/ Figure 11).

<sup>34</sup> welfare= $((36+13)/160)*100$ ; overtourism= $((4+60)/446)*100$ ; party tourism= $((38+145)/1,869)*100$ ; housing= $((39+79)/1,453)*100$ ; tourism= $((327+548)/9,217)*100$

Figure 11: Ratio of negative and positive sentiments to total posts and total post-related comments by keyword



Source: based on Molnár-Csomós – Kiss (2022 p. 45) own editing

The number of positive emoticons gives an approximate picture of the extent of emotional responses that are more likely to be associated with a positive outlook on life, which is a breeding ground for proactivity and the total number of positive emoticons for the keywords analysed in relation<sup>35</sup> to the total number of posts without comments and comments related to a post shows that the highest proportion of pictograms suggesting positivity is found for the word "party tourism" (28.57 %), followed in descending order by "tourism" (23.12 %). Similar to the negative sentiment indicators was observed (right diagram/ Figure 11) almost identical results for three keywords: "overtourism" (20.40 %), "welfare" (20.00 %), "housing" (18.79 %) (Molnár-Csomós – Kiss 2022). Sensory perception can be seen as the starting point of the communication cycle, since our sensory organs, the gateways of perception, are our points of contact with the world (Huxley 1932). When exploring the modalities of perception, the non-suffixed version of the verb or noun most closely related to the given system of representation – visual = see; acoustic = hear; kinesthetic = feel; olfactory = smell; gustatory = taste – were used and the results

<sup>35</sup>welfare= $((1+31)/160)*100$ ; overtourism= $((2+89)/446)*100$ ; party tourism= $((57+477)/1869)*100$ ; housing= $((43+230)/1453)*100$ ; tourism= $((196+1935)/9217)*100$

of the content analysis according to the keywords were illustrated on an annual basis (Table 18).

Table 18: Distribution of number of posts in relation to the modalities by keyword, representation system, and year

Year	Posts	Distribution of number of posts in relation to the modalities according to representation system				
		Visual	Acoustic	Kinesthetic	Olfactory	Gustatory
<b>OVERTOURISM</b>						
2017	0	Unidentifiable				
2018	3	2	2	2	2	2
2019	7	1	0	0	0	0
2020	1	3	1	1	2	1
2021	2	1	0	0	0	0
<b>In total</b>	<b>13</b>	<b>20</b>				
<b>PARTY TOURISM</b>						
2017	2	0	0	0	1	0
2018	4	1	1	1	1	1
2019	10	1	1	2	1	1
2020	12	5	2	2	3	2
2021	5	2	1	1	1	1
<b>In total</b>	<b>33</b>	<b>32</b>				
<b>WELFARE</b>						
2017	0	unidentifiable				
2018	0	unidentifiable				
2019	1	0	0	0	0	0
2020	0	unidentifiable				
2021	2	1	0	0	0	0
<b>In total</b>	<b>3</b>	<b>1</b>				
<b>HOUSING</b>						
2017	0	unidentifiable				
2018	1	0	0	0	0	0
2019	12	2	1	1	1	1
2020	11	6	1	1	2	1
2021	7	1	0	0	0	0
<b>In total</b>	<b>31</b>	<b>18</b>				
<b>TOURISM</b>						
2017	13	1	1	1	1	1
2018	12	3	1	1	1	1
2019	46	6	6	6	6	5
2020	83	18	9	9	10	9
2021	48	6	5	4	4	4
<b>In total</b>	<b>202</b>	<b>119</b>				

Source: based on Molnár-Csomós – Kiss (2022 p. 46) own editing

Based on the ratio<sup>36</sup> of the number of posts associated with the modalities to the total number of posts for a given keyword, it can be said that in the last five years information was most often found to be associated with the keywords ‘overtourism’ (153.85%) and ‘party tourism’ (96.97%), which shows which topics the digital content authors favor in relation to posts. The interpretation of this ratio is of little relevance due to the modality associated with a single post in the keyword (‘welfare’), but the results for the keywords ‘housing’ and ‘tourism’ – 58.06% and 58.91% – are more cogent. Based on the "data table" (Table 18), which provides the basis for the percentage information, it is striking that for all keywords – regardless of the annual distribution – the visual (60 posts) representation system representing modalities related to vision has a significant superiority, followed by the olfactory (36 posts) representation system representing modalities related to smell. The use of acoustic (32 posts), kinesthetic (32 posts) and gustatory (30 posts) representational systems for hearing (32 posts) and taste (30 posts) is almost equally represented in the posts studied (Molnár-Csomós – Kiss 2022).

In the sample under study, the highest proportion of vision is achieved through a complex series of active perceptual filters, where the perceived world is not equivalent to the real world, but to the map of it made by our nervous system (Molnár-Csomós – Kiss 2022). The filters created by our beliefs, interests and prejudices determine what we observe on this map and the ability to perceive more of the world and make finer distinctions is an innate ability, and by becoming aware of it and skilled at it, our quality of life can be significantly improved (O'Connor – Seymour 2020).

#### **4.2. Doctoral research results**

The exploratory nature of the preliminary research served as a contribution to the foundation of the results of the doctoral research. The research results support the need for transformation, which is becoming more and more urgent at the individual and collective level, in addition to predicting its direction along the balancing of disagreements in the value system.

In my view, both the physical and social well-being dimension, which can be measured by objective indicators, and the mental well-being dimension, which can be experienced

---

<sup>36</sup> overtourism =  $(20/13)*100$ , party tourism =  $(32/33)*100$ , housing =  $(18/31)*100$ , tourism =  $(119/202)*100$

through subjective indicators, need to function well in order to be able to give ourselves an answer to the question borrowed from Aristotle, "What is the good life?" for asking questions. In this way, in the world around us and in each other, in addition to the externals, the inner self can also become perceptible. While the exterior draws attention, the interior anchors it. You need both. What is at stake is the creation and existence of the relationship (O'Connor – Seymour, 2020) between the quality of the individual's sensory experience and the perception and experience of their state of well-being.

#### ***4.2.1. First district-specific sub-question – interpretation of residents' perceptions***

The results were based on the 251 entries from the digital dialogues created in the Facebook group "Klauzália" during the five-year period from 2017 to 2021, which were involved in the case of the word "value" (Table 19).

Table 19: Distribution of the number of posts related to the keyword "value" by year in the "Klauzália" group

For the word "value", the year of publication of the relevant posts	2017	2018	2019	2020	2021	<i>In total</i>
In the case of the word "value", the number of posts affected	15	15	52	92	77	<i>251</i>

Source: own editing

Based on the figures, it becomes visible that at the beginning of the rise of the overtourism academy (number data of 2017) a slow change that began in the past and is still ongoing, a permanently increasing public demand (number data of 2018) began to surface (emergence of cultural creatives (Ray – Anderson 2000)), the universal virtues behind the word value towards its integration into everyday life. In addition to the peak period of the problematic situation provoked by overtourism (number data of 2019), the beginning of the pandemic (number data of 2020) also gave impetus to the change process, which includes the transformation of the value system. Although, parallel to the mitigation of the pandemic effects, this momentum waned somewhat, but it was realized at a significantly higher level compared to 2019 (number data of 2021).

Overcoming the limitations experienced during the preliminary research, filtering out the excessive activity of opinion leaders associated with the keyword "value" and the reactive

attitudes stimulated by members who play a decisive role in the formation of the community's opinion was prioritized in the content analysis carried out within the framework of the doctoral research. This endeavor was supported by the foundational roots, population-level initiative, which began in February 2022 at the same time as the analysis of the results of the preliminary research.

The essence of the public initiative was the compilation of a questionnaire, the range of questions of which particularly touched on topics of value to the local residents. To fill in the questionnaire prepared by the former (2019) and current (2024) civil representative candidate of Inner-Erzsébetváros, a separate email had to be sent to the email address shared in the "Klauzália" facebook group. The compiler of the questionnaire tried to comply with the basic idea that only the population of Inner-Erzsébetváros should be filling out the questionnaire in order that the quantitative results reflect the real opinions of the population as accurately as possible. Due to the relatively high willingness to fill in, the completion of the questionnaire was suspended after a few days, and the results were distributed to the members of the "Klauzália" group with the help of diagrams. Based on the data obtained in this way, it can be concluded that the 251 entries related to the word "value" show a similar pattern in terms of the content of the introductory text and question line of the questionnaire compiled by the locals, as well as the content elements of the related digital conversations (Figure 12).

Figure 12: Buzzwords revealed during the content analysis in a word cloud display



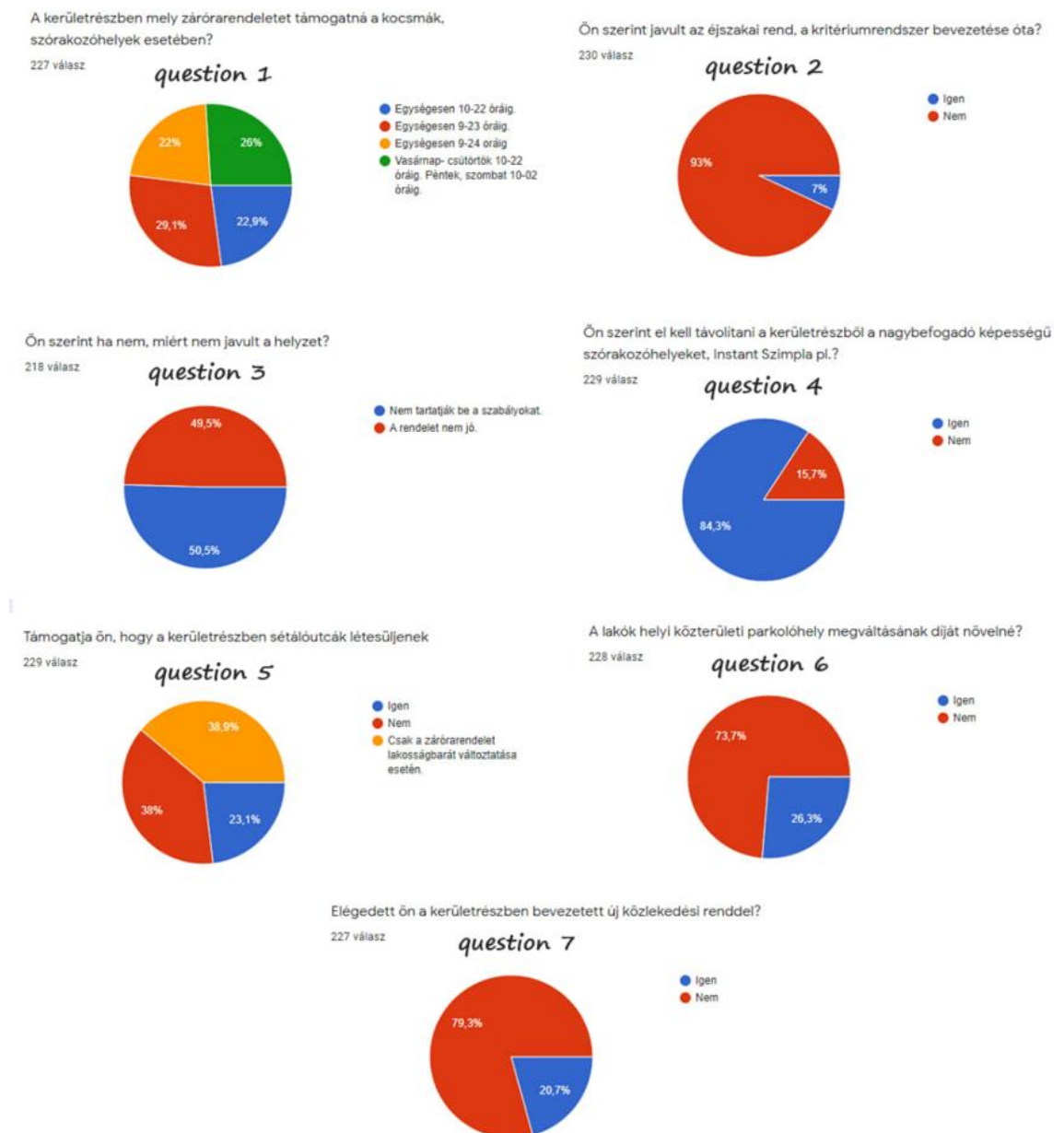
Source: own editing

In addition to the introductory text of the questionnaire, the word "lifestyle" also appeared in the context of the need for the right approach. The word "vigilance" was expressed in the non-judgmental and non-judgmental wording of the questions, which instead of emotional involvement directed the response towards solution-centric alert awareness. The word "focusing" came to the fore along the consistent sequence of the questions asked, saving them from wandering thoughts. The preparation of the questionnaire was



motivated by joint "thinking" with the affected residents, which made possible the development of a pair of "speech" free of untruths for the population of Inner-Erzsébetváros who are open to "action". The questionnaire also contained a question that, instead of making it impossible for catering units, tried to reveal how they could make a decent "livelihood" taking into account the basic needs of the residents. From the comments, it became apparent that a kind of "effort" on the part of all stakeholders is essential for the development of a state of harmonious balance.

Figure 13: The results of the questionnaire called "Inner-Erzsébetváros" are shown graphically



Source: „Klauzália” facebook csoportban 2022. február 22-én közzétett adatok alapján saját szerkesztés

At the request of the creator of the questionnaire, 233 completions were made, however, only 218 people filled in all the questions completely. The questionnaire omitted the collection of demographic information. The seven questions asked (Figure 13) touched on topics such as the closing order applicable to catering units (question 1), the quality and reason for the night order that has developed since the introduction of the criteria system (questions 2 and 3), entertainment venues with a large capacity The issue of staying in Inner-Erzsébetváros and the creation of pedestrian streets (questions 4 and 5), the draft of the increase in the amount of the redemption of public parking spaces (question 6), and the degree of satisfaction with the newly introduced traffic order (question 7) .

If we take the triple unity of body – soul – spirit (Michalkó 2023), which is also considered significant from the point of view of the essential approach to tourism – which, in case of coordinated operation, we can speak of balance –, based on the content analysis, it can be established that the field of conflict representing the scene of disagreements is limited to the levels of the physical – social plane. Of the three dimensions of well-being, the physical dimension can be compared to the health of the body, the social dimension to the health of the soul, and the mental dimension to health of the spirit. Thanks to the content analysis, it also became clear that all of these are taken into account by the district administration in the impact assessments prior to the adoption of various decrees with the simplified formulation that the word "health" refers to the dimensions of well-being, while its spatial projection is referred to by the word "environment"<sup>37</sup>.

In addition to the fact that the eight buzzwords revealed during the content analysis can be connected to the spatially expanded version of the approaches that include the components of the word "health" (Table 20), they can also be visually displayed in the wake of a hot air balloon ride (Figure 14) by making the "value" we look at buzzwords that play a role in defining the word as essential components for the success of a trip. These can be identified as components that, for their (co)operation in a supportive capacity, need to be done at the same time in order for individual level well-being as an achievable goal to become a value that can be experienced in the state of "here and now" (Horlings – Smith 2019).

---

<sup>37</sup> The statement is based on the contents of the draft decree published in the "Klauzália" facebook group's post of July 21, 2020 shared by District VII representative Dóra Garai.

Table 20: Good life = components and spatial projection of being in health (in balance)

While the spatial projection of the word "health" can also be associated with the buzzword "lifestyle" along the word "environment", its components can be outlined in the following three approaches:		
Based on the WHO declaration (1946)	Based on individual performance (Gládi 2011)	Based on buzzwords revealed during the content analysis (in supporting quality) and components of human experience (O'Connor – Seymour 2020)
mental well-being	health of the spirit	vigilance
		focusing
		thinking ( <i>Neuro</i> )
social well-being	health of the soul	speech ( <i>Linguistic</i> )
		action ( <i>Programming</i> )
physical well-being	health of the body	livelihood
		effort

Source: own editing

Recognizing the over-representation of the vision-related modality (subsection 4.1), the hot air balloon analogy (Figure 14) aims to illustrate by means of visual elements that the integration of the successful "reach of the goal" aimed at experiencing well-being into everyday life is the key to the simultaneous (good) operation of the identified buzzwords.

Figure 14: Visual representation of keywords that play a role in defining the word "value" using the example of an air balloon trip



Source: own editing based on graphics from Locus Assignments (2024)

Thinking further about the obtained results, the (poetic) question arises as to whether the simultaneous existence of the qualities that presuppose the realization of a hot air balloon trip can affect the successful outcome of any type of trips, even the internal trip mentioned in the opening quote of the "Acknowledgment" part of the dissertation?

#### 4.2.2. Second district-specific sub-question – evaluation of expert/resident in-depth interviews

The results are based on the study of 17 interviews in the publication "Erzsébetvárosiak – Portraits" (Vágola 2012) and the evaluation of 30 in-depth interviews (15 experts and 15 local residents) conducted in 2022 as part of the doctoral research. While the Table 21 provides the names and titles of those authorities who, through their personal stories and professions, are closely connected to Erzsébetváros (Vágola 2012), the Table 22 characterizes the 30 respondents prepared in 2022 by gender and generation. The persons listed in italics below (Table 21) were also interviewed during the 2022 in-depth interviews conducted to answer the second sub-question.

Table 21: The names and titles of the interviewees of the publication "Erzsébetvárosiak – Portraits"

Name of the interviewees	Titles of the interviewees
Pál Mácsai	Örkény István Theater artistic director
Mihály Ráday	founder of the Budapest City Defender Association, director, Kossuth Award-winning cinematographer, art historian
Zsuzsanna Toronyi	head of the Hungarian Jewish Archives
Tibor Galambos	director of FÉSZEK Art Club
<i>Sándor Boross</i>	<i>leader of the János Bihari Dance Ensemble</i>
Tünde Hrivnák	fashion designer of the brand "BY ME".
Ágnes Szávay	tennis player
Dr. Béla Roncz	director of Budapest-Fasori Evangelical High School
Father Zoltán Varga	pastor of St. Erzsébet Parish Church in Árpád-házi
<i>Nikoletta Szőke</i>	<i>jazz singer</i>
Kinga Engelbrecht	directress of Boscolo New York Palace Hotel*****
Tamás Novokrescenszkov	printer
Tamás Zoltán	goldsmith craftsman
dr. Vilmos Oláh	former doctor of Péterfy Sándor street Hospital
Tamás Szirtes	Madách Theater artistic director
Nándor Beke Farkas	general manager of the 100-member Gypsy Orchestra, leader of the second violin part
Ferenc Demjén	songwriter, singer, honorary citizen of Erzsébetváros

Source: own editing based on Vágola (2012)

Table 22: Gender and generation distribution of the subjects of the 2022 in-depth personal interviews supporting the answer to 2nd sub-question of the doctoral research

Viewpoints	Baby Boomer	Generation X	Generation Y	Generation Z	Total
Female	5	5	2	3	15
Male	4	6	2	3	15
Total	9	11	4	6	30

Source: own editing

While in 2012, the "What does Erzsébetváros mean to you?" showed full commitment to the district. in relation to this question, by the words "full of life" (Vágola 2012 p. 74), "connection" (Vágola 2012 p. 84), "life space" (Vágola 2012 p. 119) and "love place", until then 10 years after that, the negative echoes (6 pieces/20 percent) also appeared. After that, in addition to the same number of (6 pieces/20 percent) answers with positive content, the optimistic, but rather neutral tone of the responses (18 pieces/60 percent) was the authority (Table 23).

Table 23: Distribution of negative, positive and neutral responses to the question revealing the underlying meaning of Erzsébetváros in 2022 by gender and generation

Viewpoints	Baby Boomer	Generation X	Generation Y	Generation Z	-	+	0
Female	downtown, memory, memory loss, public safety, crowd	downtown (2x), memory, youth, party zone	memory, bustling and peaceful	experience, "I don't like" district, ruin pubs	3	3	9
Male	memory (2x), cultural and culinary diversity, home	memory (3x), neighborhood worthy of a better fate, work, poverty	downtown, continuous opportunity for change	party and friends, party zone, home	3	3	9
-	2	2	0	2	6		
+	2	0	2	2		6	
0	5	9	2	2			18

Source: own editing

Regardless of the number of answers, however, it can be considered a common point that the expressions used as answers in the examined period lift the veil about "the relationship between space and society" (Enyedi 1987 p. 3) – if only to the extent of a specific opinion.

In 2012, the District VII as a "living space" was a "place of love" for the people living there and its creators, whose "full of life" quality was the existence of a living tradition marked by the word "connection". It was alive because, in addition to the display of visible symbols, it also maintained the invisible emotional bonds associated with them, which was essential so that – similar to the triple pillar of NLP thinking-speech-action – the ideas of the ancestors passed on through oral tradition form a practical part of

everyday life. However, it seems as if the commitment attributed to the living traditions has weakened over the course of ten years, and although there is still faith in the manifestations, in addition to the emerging pessimistic overtones, the continuation of a somewhat still hopeful, but rather withdrawn, lonely way of life is gaining more and more space, which is the driving force resulting from commitment is only preserved in his memories. Recognizing that the lack of retention of nation-shaping values – such as timeless traditions (Aubel 2007) – leads to assimilation (Seong-Kyu et al. 2002), the fact of remembering is also important, which the interviewees interviewed in 2022 also voiced, since almost a third of the 30 people asked (9 people: 1 person BBwoman, 2 people BBmen, 1 person Xwoman, 3 people Xmen, 1 person Ywomen) used the word memory, or the phrase "loss of memory" (1 person BBwoman) District VII has the same meaning as its negative projection. The interviews provided an opportunity for the "loss of memory" related to local history<sup>38</sup> and its problematic nature to become more understandable. Due to its inner-city character – which the interviewees also referred to four times (1 person BBwoman, 2 womanX, 1 manY) – District VII is indeed a place where "there is constant opportunity for change" (1 person Yman) by depicting the prevailing value system like a chameleon, thereby providing a kind of chronological picture of the current state of society, or an x-ray of the internal conflicts at the individual level, to make visible the canvas given by the multifactorial characteristics of the district.

The preservation of memories manifests itself in a thousand different ways in the district, however, conscious recall "sometimes" fails, and those who are unable to recall the past repeat it over and over again (Santayana 1905). This is also happening with the party district, as the situation attributed to an undesirable level of tourism is actually not new. Inner-Erzsébetváros – then still part of Terézváros – was already in the 19th century the most famous entertainment district of the region among foreigners. This was also the case with the "Blaue Katze", i.e. the "Blue Cat", which once operated at Király utca 15, which was even more famous than Petőfi (Ágai 1912), while at that time the nation's poet was also considered a local uniqueness a resident of Schiller-house (Dubniczky 2023) at Dohány street 16 – at that time Tabaggasse 373 (Forgách 2016) – and also as a co-tenant of Mór Jókai. On March 15, 1848, the young people of March also started from here to the Pilvax coffee house. One of the X-generation male respondents of the 2022

---

<sup>38</sup> good practice: local history short film series "Ezerarcú Szödliget" (szodligetiek.hu 2024)

interviewees touched on this lesser-known historical fact, going on to emphasize the district's past in terms of amenities, which even Lajos Kossuth had trouble with in the past (Jánossy 2017), where "not restaurants, but places of entertainment we talked about musical coffee houses, orpheums, many stars of that time performed in the district. And all this is not well known today. But it is also not known that the 15th of March 1848-49 also started from this district. So the guys went from Dohány street to Pilvax".

The multifactorial characteristic, which in addition to the cultural values found in the place is also reflected in the historical involvement of significant past events and periods, is coded at the level of submodalities. However, it depends on the individual attitude, who perceives how much of it, as well as what thoughts arise during the perception and what kind of mood it is ultimately projected into. A place that makes it possible to experience "a thousand different" moods, which are only limited by the individual attitude along the resulting world of thoughts. The end result of this process is also illustrated by the words arranged in Table 24. It can be clearly seen that more than two-thirds of the respondents (21 people) refer to the District VII.

Table 24: Distribution of the 2022 responses to the description of the district's milieu by word association by gender and generation

Viewpoints	Baby Boomer	Generation X	Generation Y	Generation Z
Female	homely, Atlantis, lively, diverse, unsafe	friendly, unique, noisy, bohemian, lively	magical, rainbow	exciting, unorganized, fast-paced
Male	full of life, pulsating, ruin bar, bohemian	rush, effervescence, pulsating, lively, rustic, complexity	thousand-faced, disgusting	full of life, cheerful, lively

Source: own editing

The most significant match can be found in the case of the word "lively", with which three respondents (1 person BBwoman, 1 person Xwoman, 1 person Xman) compared the atmosphere of Erzsébetváros. The atmosphere, which can be interpreted as a tourist milieu from the point of view of tourists, and as the effect of the place of residence from the point of view of the locals. For three other words – such as "bohemian", "full of life" and "pulsating" – only duplication can be observed. While all three expressions appear in the Baby Boomer male respondents, the female and male respondents of the X generation, as well as the male interviewees of the Z generation, are affected only to the extent of one match each. In Table 24, the lack of colored words shows the respondents (1 person Ywoman, 1 person Yman, 1 person Zwoman) who are in relation to the words used to

express the District VII's atmosphere, they cannot be related to the other respondents. If, on the other hand, the answers of the interviewees interviewed in 2012 are also taken into account, the words "*pulsating*" (Vágola 2012 p. 64) and "*effervescent*" (Vágola 2012 p. 74) gain one more vote each than "*dense*" (Vágola 2012 p. 18) and using the terms "*spring*" (Vágola 2012 p. 120). It can be seen that the word "pulsating" which shows the greatest similarity is also present over a decade, in addition to the fact that in ten years' time the term "effervescence" can also be seen in action when the atmosphere of Erzsébetváros needs to be captured by a single word or phrase.

The answers summarized in tables 23 and 24 bring us ever closer to uncovering what secrets Erzsébetváros hides, what is "visible and invisible" (ÓVÁS! Közhasznú Egyesület 2013). Two groups of secrets are outlined by the responses of the authorities interviewed in 2012. The first group represents the „*past of the buildings*” themselves (Vágola 2012 pp. 170-171)... here beyond the „*special tile images*” of the doorways (Vágola 2012 p. 25) – such as the "*Patrona Hungariae*" which can be found in one of the doorways in Nyár Street and which depicts the Hungarian Lady (Vágola 2012 p. 24) – the „*romances around the former Bástya cinema*” were mentioned (Vágola 2012 p. 184), as well as the legendary „*Wichmann pub*” (Vágola 2012 p. 63) and the "*shockingly beautiful*" "*Rumbach (...) synagogue*" (Vágola 2012 p. 138). However, the second group of answers, following an unconventional approach, brings Dohány street, starting from Inner-Erzsébetváros, into the conversation, which is considered a kind of "*axis of life*" (Vágola 2012 p. 74) from the Great Synagogue (popular name) to the New York Coffee house, which ends (or reaches its destination) at Roses' Square, referred to as the "*island of peace*" (Vágola 2012 p. 119).

After ten years, in connection with the discovery of district secrets, Dohány street was discovered because of March 15. The X-generation male interviewee, who knows the district exceptionally well, also confirmed that it is true that the iconic figures of the 1848 War of Independence started their journey from Dohány street that year, as the young people of March targeted the Pilvax café from here. However, it is clearly delineated from the interviews that with regard to district secrets, the emphasis is more on hidden buildings (1 person Ywoman), streets (1 person Xman), parks (1 person Xwoman), restaurants (1 person BBwoman, 1 person Yman) and markets (1 BBwoman), as well as inner courtyards of houses (2 people Xman) are mentioned. These inner courtyards and



the related doorways are known by many as treasure chests (1 person Zwoman) that are just waiting to be discovered, before they disappear into the shadows of the past due to possible vandalism. However, there are those who are of the opinion that there are no secrets here (1 person BBman, 1 person Xwoman), just lots and lots to discover (1 person Yman, 1 person Zman)). While, according to several interviewees, "coming to life in the play of light and shadow" (1 person Zman) and "present" (1 person Ywoman) is "past" (1 person BBwoman, 1 person BBman, 1 person Xwoman) and from that resulting "complicated life paths" (1 person Xwoman), and the various mementos associated with the 19th century comfort quarter (1 male BB, 1 male Z) and Jewish quarter (1 male BB, 1 female X, 1 female Z) are the ones most shrouded in mystery, until then there were those who could not provide any answer to the question (1 person BBwoman, 1 person Xman)). However, there was one respondent who highlighted the local art history that can be seen in action in the present (1 person Xman), as well as the less well-known underlying content of the firewall paintings, as well as the beneficial effect mechanism on passers-by (1 person Zwoman).

The answers to the question aimed at uncovering the secrets of the district bring us closer to formulating what makes Erzsébetváros different. Based on what the interviewees said, valuable insights would come to the surface, along which it becomes clear that the special feature of the Budapest District VII lies in the experience that traces of the past come alive in an artistic way. One of the 2012 interviewees alludes to this, since in her opinion *"Erzsébetváros' remaining and still renovating neighborhoods hide the promising future that their past protects"* (Vágola 2012 p. 33), which provides a kind of guideline that for the sake of a hopeful future let's become receptive to the past preserved by the district's "blocks of stone" and make it part of the present in our own creative way. Another telling statement is that since *"Erzsébetváros still belonged to Terézváros until November 17, 1873, it still vibrates together with it today (divided streets, such as Király Street, Railway tree line), therefore the future of Erzsébetváros is inseparable from Terézváros on a micro level, and from Budapest on a macro level"* (Vágola 2012 p. 32). The interview transcripts included in the book also provide guidance regarding the goal to be followed and the implementation method. Joint action with Terézváros and helping each other along the lines of encouragement is the right direction, and to implement everything, it would be necessary to create a joint body – including both districts – (Vágola 2012), which summarizes

the results of the visual content analysis carried out in 2022, "*Photos taken in the party district of Budapest location*" (Michalkó et al. 2022:7) is also supported by the figure.

The endpoints of the axis of life, which can also be considered local uniqueness – such as the Great Synagogue on Dohány street (20 people) and Roses' Square (9 people) – as well as the intermediate New York Coffee House (7 people) and Gozsdu courtyard located next to Dohány street (5 people) were mentioned by the also most of the interviewees in connection with the answer to the question, which was aimed at revealing that if the respondent were to guide someone in the area, what they would definitely show. All this is supported by the numerical summary of the answers (Table 25).

Table 25: Distribution of 2022 answers to the question about district attractions by gender and generation

Viewpoints	Baby Boomer	Generation X	Generation Y	Generation Z
<b>Female</b>	<ul style="list-style-type: none"> <li>▪ the part of Baross square close to the District VII</li> <li>▪ the part of Keleti railway station close to the District VII</li> <li>▪ Király street</li> <li>▪ Great Synagogue(2x)</li> <li>▪ Roses' square</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gozsdu courtyard(2x)</li> <li>▪ Great Synagogue(4x)</li> <li>▪ New York Coffee House</li> <li>▪ Roses' square(2x)</li> <li>▪ ghetto</li> </ul>	<ul style="list-style-type: none"> <li>▪ Great Synagogue (2x)</li> <li>▪ Roses' square(2x)</li> </ul>	<ul style="list-style-type: none"> <li>▪ walk</li> <li>▪ Gozsdu courtyard (2x)</li> <li>▪ Great Synagogue</li> </ul>
<b>Male</b>	<ul style="list-style-type: none"> <li>▪ Great Synagogue(4x)</li> <li>▪ New York Coffee House</li> <li>▪ Roses' square</li> </ul>	<ul style="list-style-type: none"> <li>▪ buildings</li> <li>▪ Gozsdu courtyard</li> <li>▪ the part of Keleti railway station close to the District VII</li> <li>▪ Király street (as the central street of the Jewish quarter and the 19th century comfort district)</li> <li>▪ Great Synagogue(3x)</li> <li>▪ New York Coffee House(2x)</li> <li>▪ Roses' square</li> </ul>	<ul style="list-style-type: none"> <li>▪ Great Synagogue(2x)</li> <li>▪ New York Coffee House</li> <li>▪ Roses' square(2x)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gozsdu courtyard</li> <li>▪ Great Synagogue (2x)</li> <li>▪ New York Coffee House(2x)</li> </ul>

Source: own editing

In 2012, next to the Great Synagogue and the New York Kávéház, the "*restored (...)* facade" of the former Hungária Baths (Vágola 2012 pp. 27, 74), the Inner-Erzsébetváros gates "*embossed with copper*" (Vágola 2012 p. 150), as well as the Hungarian Jewish Museum and "*archive*" (Vágola 2012 p. 44) were also on the list of the main district attractions. It was mentioned above that in 2022, after the Great Synagogue, Roses' square, imbued with a peaceful milieu, will be the most frequently mentioned district attraction. Many people might think that the Parish Church of Árpád-házi St. Elizabeth in the middle of the square and the many rose bushes surrounding the building are the only reason for the special atmosphere, but this statement is only partially true. Behind the church, but still belonging to Roses' square, the 3,600 m<sup>2</sup> area is occupied by Europe's current "largest Diamond Road Buddhist Center, where the long-term goal is to establish

an international and national cultural and meditation center"<sup>39</sup>. In the 2022 interview conducted with one of the senior officials of the non-profit association with Jewish roots, she also highlights meditation as the most effective means of inclusion in relation to the district's values. In her opinion, "the stone cannot tell" ... so only the art that takes on a body through creative works is able to recall the past preserved by the building blocks, as long as the audience becomes receptive to it.

Although Table 25 also testifies to the fact that one of the female respondents of Generation Z surprisingly mentioned the option of "walking" as a district attraction, this activity, which is also considered a blessing in terms of well-being dimensions, was significantly mentioned in the answers to the penultimate in-depth interview question. to the fore. Due to the revelation in the last century that "*walking expresses the most human rhythm of life*" (boklaszok.hu 2019 p. 1), people are becoming more and more aware of the importance of walking. Walking is a way of getting inspiration, which is "*the most read and the most translated*" (Young Writers Association 2024 p. 1), our Hungarian writer of the 19th century, Mór Jókai, also often used it in his everyday creative work. This led to the birth of the downtown tour called "*Hotel Jókai*" (turizmusonline.hu 2016). The ten stops of the literary city tour starting from Erzsébetváros try to revive the writer's six-decade past in Budapest.

The importance of walking – as a meaningful pastime combined with the opportunity to visit the many district theaters – was already brought up during the 2012 interviews along the lines of the statements "*here you can take a good walk (...) and enjoy*" (Vágola 2012 p. 64). In connection with the walk, the restaurants of Erzsébetváros featuring local gastronomy and the ruin pubs, which were still emerging at the time, were also discussed as indispensable components of a future "*bohemian artist district*" (Vágola 2012 p. 174). Ten years later, in 2022, the theater and the walk are recommended by the respondents in equal proportions (7 to 7 people), despite the fact that one baby boomer female respondent expresses her indignation about the undesirable level of tourism, according to which it would be best if visitors looking for a "meaningful" pastime wouldn't even come here. 6 of the respondents drew attention to the part of the district that became known as the party district by including the words "Gozsdu" (1 person), "ruin bars" (2 people) and "entertainment" (3 people) in their answers. In the same proportion (2-2 people) the "Hello

---

<sup>39</sup> <https://www.buddhizmusma.hu/budapest>

Mom!" they recommended visiting a baby-friendly cafe, the "Great Synagogue" and the "New York Coffee House". One of the X-generation male interviewees could not choose any of the many options, but the wide spectrum of alternatives is shown by the fact that some people tried one of the dozens of themed "escape rooms" in the district – nine of which are located in Inner-Erzsébetváros (Quest Hunter 2024). (1 person) and advocated visiting the deservedly famous "Miksa Róth Memorial and Collection" (1 person).

The most telling results regarding the individual attitude towards the district came from the last question intended to predict the future of Erzsébetváros. It became clearly visible that those who are not committed in any way to living in the district in relation to the coming years, have a gloomy outlook on the future of Erzsébetváros. Eight of the 30 main respondents held this position. In the revelation of the pessimistic attitude, a few female respondents from all generations were involved, in addition to the disillusioned and apathetic expression of 1 gentleman from Generation Z. Almost half of the respondents (13 people) envisioned a hopeful future as a result of the effort to avoid the seemingly desperate outside world. And almost a third of the interviewees (9 people) had no doubts and had faith in the expected positive outcome of the coming period at the local level.

...and as mentioned above, the importance of the theatres in District VII, then in addition to the Örkény theater located on Madách tér in Inner-Erzsébetváros, the Madách theater located on Erzsébet körút, which marks the imaginary boundary between inner and middle Erzsébetváros, should also be mentioned... and if we are talking about Madách tér and Madách theater, then the deservedly famous revelation of Imre Madách and his work "*The Tragedy of Man*" is "*I said, man: fight and trust with confidence!*" (Hungarian Electronic Library 2024 p. 1) also appears. All of this can be paralleled with the triple unity of belief, hope and engagement – as the mental states that support timeliness – brought to the surface by sub-question 2, but it must also be seen that it represents significantly different qualities when a person is against others, with himself, or fights for others.

#### ***4.2.3. Third district-specific sub-question – evaluation of in-depth interviews with residents***

The upcoming results of the doctoral research are based on the evaluation of in-depth population interviews conducted with the participation of five female and five male respondents – of whom 60 percent (6 people) are born of the Baby Boomer generation. Based on the respondents' narratives, it can be assumed that the proportion of generations in the sample approximately reflects the generational composition of the residents living

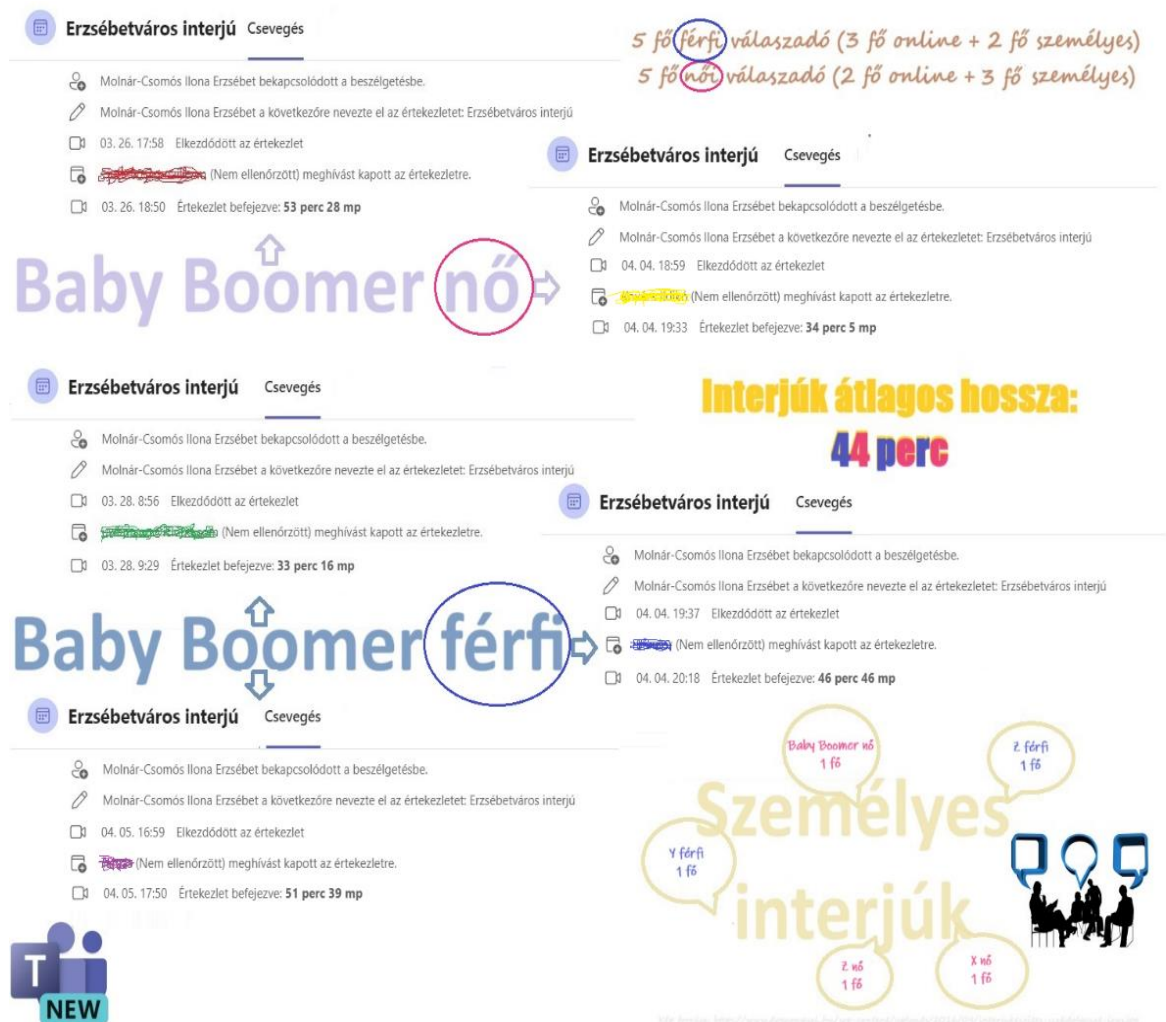
in the district. While Table 26 characterizes the respondents of the five online and five face-to-face interviews by gender and generation, Figure 15 provides a "mind map"-like summary of the interview parameters in Hungarian.

Table 26: Gender and generation distribution of the subjects of the 2024 online and in-person in-depth interviews supporting the answer to 3<sup>rd</sup> sub-question of the doctoral research

Viewpoints	Baby Boomer	Generation X	Generation Y	Generation Z	Total
<b>Female</b>	2 people online + 1 person face-to-face	1 person face-to-face	-	1 person face-to-face	5
<b>Male</b>	3 people online	-	1 person face-to-face	1 person face-to-face	5
<b>Total</b>	<b>6</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>10</b>

Source: own editing

Figure 15: Mind map-like summary of 2024 in-depth interviews



Source: own editing based on Highlighted content from the Microsoft Teams account connected to the email address [ilona.csomos@uni-corvinus.hu](mailto:ilona.csomos@uni-corvinus.hu) (with the names of interviewees hidden), as well as the official logo

The set of interview questions (Annex No. 4) consists of ten questions, which, arranged in pairs (Questions 1-2, 3-4, 5-6, 7-8 and 9-10), can be broken down into five distinct sub-units, which will provide the outline of the theoretical model emerging at the end of the subsection. The answers to the questions will also be analyzed in pairs, along the successive paragraphs.

In several cases, the questions asked affect the well-being of the local residents on a social and physical level. Under the social level, we mean the social and cultural elements of undesirable levels of tourism and the local character, and under the physical level we mean the undesirable levels of tourism and the economic and (physical) environmental elements of the local character. The elements to be understood under the social and physical level were clarified in each case at the beginning of the interviews. Quotations from interviewees are coded as follows: generation abbreviated + not abbreviated + serial number according to inclusion in the research (for example: Zn10 = female respondent of generation Z, who is the interviewee with serial number 10). The special feature of the sample is the already mentioned local resident with German citizenship, whose answers can be read in the text sections marked with the code BBf3.

Questions 1 and 2 of the qualitative guide sought to examine the impact of tourism on the well-being of local residents on both a social and physical level. The social aspect of the questions resulted in mixed responses. 60 percent of the respondents to a large extent (*divisiveness* (BBn1), *apathy* (BBn2), *disappearing residential communities* (BBf5), *continuous suffering* (BBf6), *unbearable presence of tourists since the summer of 2022* (Zn10), *population becoming antisocial* (Yf8)) 20 percent and to a small extent (*does not perceive: there is no connection between tourists and residents* (Xn7), *the problem is the unlivability due to exceeding the district's capacities* (Zf9)) his opinion was negative, while 20 percent were positive (*many tourists – many policemen – greater public safety* (BBf3), *priority of condominium interests* (BBn4)) declared. Regarding the second question on the physical aspect – apart from one positive (*many tourists – regular cleaning – high sense of cleanliness* (BBf3)) and one less negative opinion (*lack of direct experience in terms of physical atrocities* (BBn1)) – essentially (80 percent) negative (*quality sleep /lack of rest* (BBn2), *appearance of drugs and prostitution in the apartment building* (BBn4), *inappropriate behavior in public areas* (BBf5), *boycotting of places visited by tourists* (BBf6), *congestion of public transport is disturbing* (Xn7), *seclusion or only the most secluded places in the district visit* (Yf8), *initiation of physical atrocity by the population against roadblock-like crowds* (Zf9), *one stumbles upon tourists or their tracks* (Zn10)).

Questions 3 and 4 aimed to explore the impact of the immediate environment on the well-being of local residents. The diversity of the answers to the questions shows that the "glasses" (or filter) representing the current attitude at the time of answering have a significant influence, through which the interviewees view their immediate environment both on a social and physical level. 60 percent of the female respondents (BBn2, BBn4, Zn10) and 20 percent of the male respondents (BBf6) – only 4 people – believe that their immediate environment has a negative effect on their well-being on a social level, but a larger proportion (6 people) are those who for whom the positives provided by the immediate environment also become perceptible. In positive responses, male respondents were significantly overrepresented, as 80 percent of them (BBf3, BBf5, Yf8, Zf9) included the values experienced in the immediate environment in their answers. The same can only be said for 40 percent of female respondents (BBn1, Xn7).

Negatives on a social level:

- *"separation within the apartment building"* (BBn2),
- *"apathy due to the unacceptable state of public spaces"* (BBn4),
- *"the "residents have been sold" feeling"* (BBf6),
- *"isolation"* (Zn10).

Positives on a social level:

- *"many connection points within an apartment building"* (BBn1),
- *"cohesion within an apartment building"* (BBf3),
- *"in the case of tourists, undiscovered, hidden parks (e.g. Dob Street) serve as safe havens"* (BBf5),
- *"a supportive and positive environment inspires everyday work"* (Xn7),
- *"if my environment is good, I feel good... You can't beat Erzsébetváros, it's always varied, so it always adapts to my mood"* (Yf8),
- *"even on weekdays, you can always find something new and interesting in the usual places"* (Zf9).

Regarding the impact of the immediate environment on physical well-being, the ratio of negative (6 people) and positive (4 people) responses changed in the opposite way, despite the fact that the gender distribution is the same. While 2 each of the male and female respondents (BBn1, BBf3, Xn7, Yf8) expressed themselves positively, 3 each of the male and female respondents (BBn2, BBn4, BBf5, BBf6, Zf9, Zn10) commented negatively.

### Negatives on a physical level:

- *"lack of support for co-residents in individual initiatives (e.g.: development of the inner courtyard and common spaces of the apartment building)" (BBn2),*
- *"due to the unacceptable state of public spaces, visiting the outer parts of the district and other districts is prioritized" (BBn4),*
- *"visiting places outside the district in order to reduce the everyday inconvenience caused by the state of the immediate environment" (BBf5),*
- *"minimum contact with the outside world" (BBf6),*
- *"the lack/complexity of parking-related infrastructure is a daily annoyance" (Zf9),*
- *"infrastructure is constantly destroyed by visitors, buildings are vandalized, so unfortunately this also affects everyday life, to the delight of the residents – I think there is less desire to explore the district, we rarely get a program that is written by the locals for the locals" (Zn10).*

### Positives on a physical level:

- *"implementation of individual initiatives (e.g.: community composter on Almásy tér)" (BBn1),*
- *"implementation of individual initiatives (e.g. limiting the number of airBnB apartments within an apartment building)" (BBf3),*
- *"admiring buildings, passers-by and the district fills me with calmness" (Xn7),*
- *"I find the environment that is currently happening inside me, but this is also true the other way around... since external influences and feelings shape my emotions at the same time" (Yf8).*

The answers to the questions so far brought me closer to how the outside world affects the individual. Questions **5** and **6** highlight the role of the individual's inner world <sup>40</sup>. The answers to the questions help to collect the everyday good practices that the residents of the district use on a mental level in order to maintain a sense of well-being and to manifest

---

<sup>40</sup> During the preparation of the interviews, the answers given to questions 5 and 6 resulted in the realization that the "seat" of the individual's well-being can be placed in the social well-being dimension, which, consciously supported by the mental well-being dimension, leads to desirable manifestations of the physical well-being dimension. In terms of the meaning of the word "interval", it is *"a space that separates persons and things; "narrow street"* (Arcanum 2024 p. 1) also actually denotes the individual-level "feeling of what it is like" of this social space between persons and things, as expressed by.



it as fruitfully as possible on a physical level. The good practices mentioned by the residents are summarized in 10 points<sup>41</sup> (in descending order based on the frequency of mentions):

1. to walk: BBn1, Xn7, Yf8, Zn10
2. to include authentic places and district cultural values in everyday life: BBn4, BBf6, Zf9
3. to visit the 3rd district exercise center: BBn1, BBn2,
4. to ventilate with roommates and roommates: BBn2,
5. the district is a "10-minute city"<sup>42</sup> due to its nature, to be aware of the possibility that "everything is within reach with a few minutes' walk" and to experience the solution resulting from this every day: BBf3
6. ride a bike: BBf5
7. hang out on the balcony: BBf6
8. to create: Xn7
9. meditate, do yoga and read: Yf8
10. sit somewhere to talk with friends: Zf9

While, according to members of Generation Z (Zf9, Zn10), the well-being that occurs as a result of the support activities listed above does not manifest itself on a physical level, the members of Baby Boomer, Generation X and Generation Y have a different opinion. Two of the three main female Baby Boomer respondents expressed a negative opinion, since at the time of the interviews they saw that the "lack of realization of individual ideas" (BBn2) was typical, as well as that "the level of depression is inversely proportional to the new knowledge with the degree of openness to receiving it" (BBn4). However, 60 percent of the interviewees are of the opinion that their current state of well-being manifests itself positively on the physical level. In this regard, several people emphasized the openness and support in the implementation of individual ideas (BBn1, BBf3), as well as the fact that a sense of well-being gives impetus to the implementation of self-organized district events (BBf5), the qualitative increase of local connections (BBf6), and the greater physical for activity (Xn7, Yf8) in the form of district discovery walks.

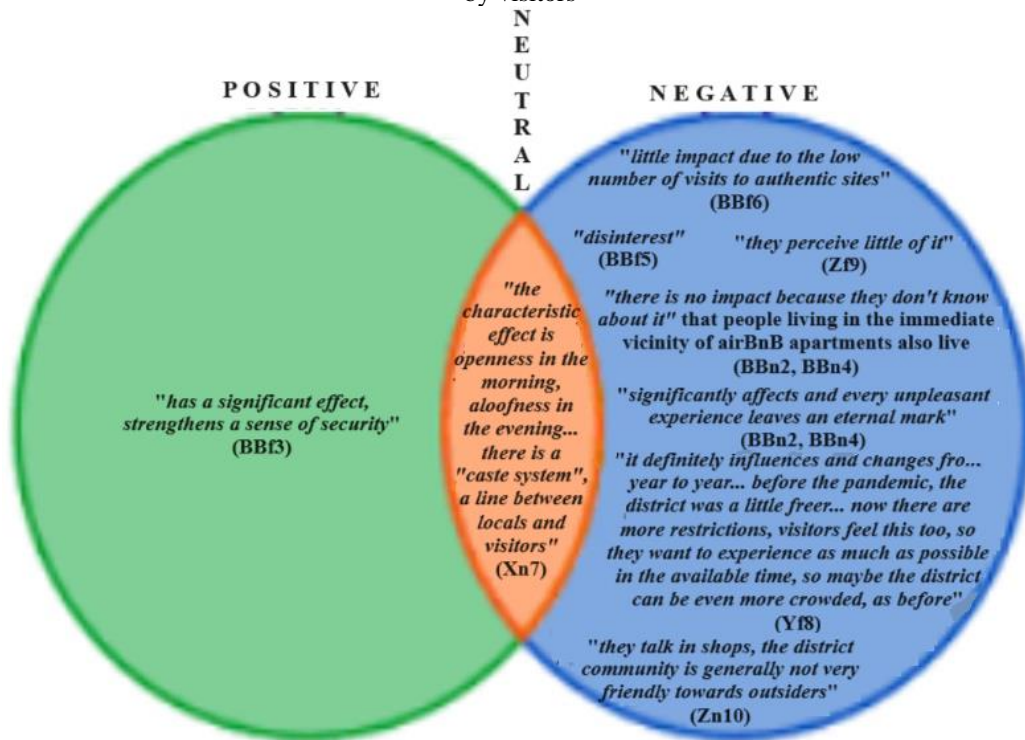
---

<sup>41</sup>Walking and cycling can also be considered movement (active) meditation due to the change (improvement) in the mental state resulting from the performance of the given activity.

<sup>42</sup> The "10-minute city" feature as a district attraction is mentioned by almost all respondents when answering the additional questions of the interview.

Questions 7 and 8 are intended to answer how the quality of well-being established by the individual's inner world, as well as its physical manifestation, affects the outside world, i.e. the milieu of the district experienced by visitors and the local residents.

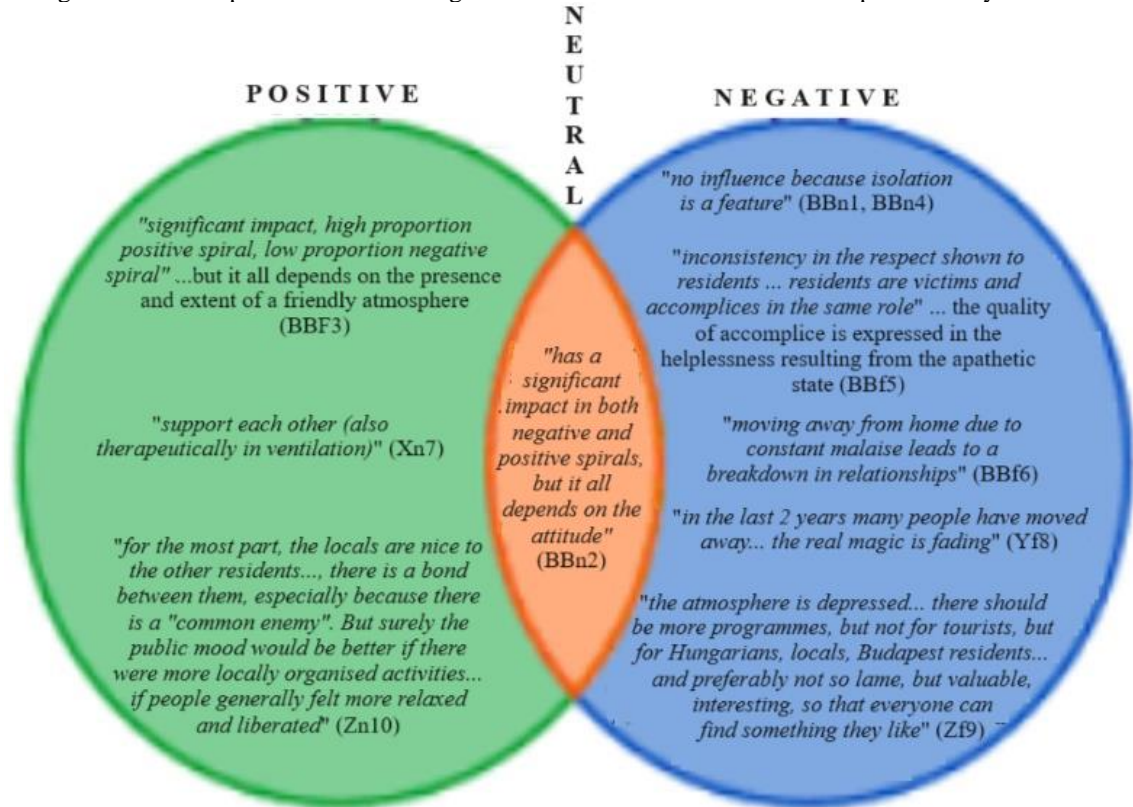
Figure 16: The impact of the well-being of the locals on the milieu of the district that can be experienced by visitors



Source: Own editing based on the graphic elements of Dancsó (2022)

As Figure 16 shows, according to a significant proportion of the interviewees (7 people), the well-being of the locals affects the district milieu experienced by visitors, despite the fact that 3 people are of the opinion that the low number of visits to authentic places (BBf6), as well as due to the lack of knowledge about the people living there (BBn2, BBn4), there is no or little influence on it. Overall, it can be said that only the local resident of German nationality (1 person) can report a positive impact. The negative tone related to the question is authoritative for 8 people. The most interesting manifestation is perhaps related to the X generation female respondent (Xn7), due to her simultaneously positive and negative content minds. Based on what he said, the effect the population's well-being has on the atmosphere of Erzsébetváros perceived by tourists depends on the time of day. While in the morning it is sociable, in the evening the characteristic effect is aloofness. In the morning, you can feel the good will and the hope of a better day even in the air, however, as the sunlight decreases, all this dissipates in direct proportion, dividing the residents and visitors, creating a kind of "caste system" (Xn7)-like state.

Figure 17: The impact of the well-being of the locals on the district milieu experienced by the locals



Source: Own editing based on the graphic elements of Dancsó (2022)

Figure 17, however, already reports that a large proportion of the respondents (8 people) experience that the well-being of the locals affects the district milieu experienced by the residents. Those who are of the opinion that there is no impact (BBn1, BBn4) blame the population's attitude resulting in separation for all of this. In four cases (BBf5, BBf6, Yf8, Zf9), the male respondents emphasize the strongly negative impact, while 3 men talk about the friendly milieu (BBf3), mutual support (Xn7), and the continuous presence of a "common enemy" that can be compared to tourists mentions cohesion (Zn10). Similar to Figure 16, here too, one of the most telling answers is the expression categorized as neutral. One of the female Baby Boomer respondents (BBn2) draws attention to the fact that the kind of experience an external influence results in – and, as a result, a negative or positive spiral – for the residents is actually a function of individual attitude. This can also explain the fact that certain respondents (BBf3, Xn7) have a higher proportion of positively charged expressions, regardless of the content of the question asked.

The answers to questions 9 and 10 are summarized in Table 27, since it gives an account of the consensus, which clearly shows that the milieu of Erzsébetváros as an attractive force results in the appearance of tourists in the district.

Table 27: Who is attracted to the milieu of District VII?

INTERVIEWEES	CHARACTERISTICS OF TOURISTS	CHARACTERISTICS OF INSTALLERS
<b>BBn1</b>	party tourists to a large extent, to a small extent family tourists	there are no people moving in, the reason for which is the tourism-focused local service palette and associated pricing
<b>BBn2</b>	party tourists	there are no people moving in, the reason for which is the tourism-focused local service palette and associated pricing
<b>BBf3</b>	party tourists and family tourists in equal measure	there are no people moving in, the reason for which is the tourism-focused local service palette and associated pricing
<b>BBn4</b>	80 percent are party tourists (who like and look for cheap entertainment).	minimum number of young people moving in
<b>BBf5</b>	party tourists (mostly male or female groups, mixed groups to a small extent)	there are no movers and the number of young tenants is also minimal
<b>BBf6</b>	Hungarian party tourists	young subtenants renting apartments of young Hungarians living abroad
<b>Xn7</b>	young people looking for a sense of life in a ruin pub instead of the treasures of the district	the number of typically self-motivated, energetic movers – who are attracted by family, memories, work or some special passion or love – is also minimal
<b>Yf8</b>	it varies a lot: there are people who come specifically for religion, culture, and architectural monuments, but there are also people who are looking for unique experiences offered by ruin pubs	foreigners who were enchanted by the district + young people looking for a short-term sublet <i>("the real tribal population is disappearing")</i>
<b>Zf9</b>	young people who want "grey euro feeling" experiences, parties and entertainment	the number of people moving in is zero, the number of people moving out and short-term subtenants is high
<b>Zn10</b>	to a large extent party tourists (looking for junk pubs, cheap entertainment), to a lesser extent those who like the values of the district (buildings, special stories)	the number of people who move and invest in Budapest is large, the number of people who like challenges (typically foreigners) who move in is minimal (due to the charm of the district, they are characterized by a lack of recognition of disadvantages)

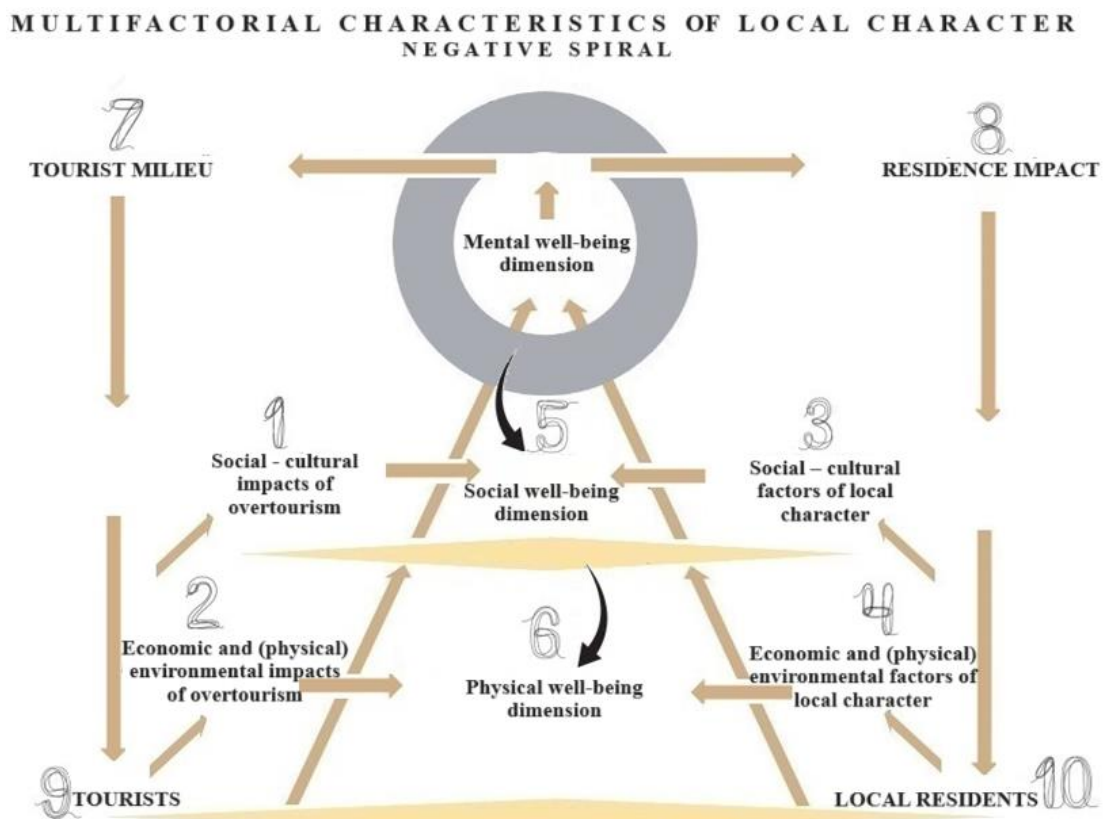
Source: own editing

All the interviewees agree that the largest proportion of young party tourists visit the streets of the district compared to visitors with families (BBn1, BBf3) who are only slightly present, as well as those who seek and like culture (Yf8, Zn10). Half of the interviewees highlighted the telling experience that there are no long-term movers. The district is currently "attracting" emigrants, as a result of which "the real tribal residents are disappearing" (Yf8). Those who do move here are foreigners who fell in love with the district (such as in the case of respondent BBf3), those who come with the intention of investing, or come from the ranks of students. Three respondents (Bbn1, BBn2, BBf3) indicated that the real reason for moving out is the composition of the tourism-focused

local service palette and the related pricing. They also see district tourism, which is taking shape in undesirable levels, as a direct consequence of everything.

The 2024 interviews ended with a special coincidence... on the very day of the last interview, the János Hild award-winning urbanist's article "*Will the party district become a cultural district?*" was published (Ongjerth 2024 p. 1), in which the author highlights that the deterioration of the living conditions of those who remain there causes a process that leads to the formation of a downward spiral. The ubiquity of this downward negative spiral was also confirmed by the interviewees' narratives. As a result of the answers given to the questions – marked with numbers in Figure 18 – the process model acting as a retraction force was increasingly outlined and became visible at the level of the individual. As a result of all this, the Figure 18 was created as a novel scientific result.

Figure 18: Spatial projection (tourist milieu/residence effect) of the dynamics between conflict fields exposed to direct external influences (physical and social well-being dimension) and the possible common denominator (mental well-being dimension) in relation to tourists and the local residents<sup>43</sup>



Source: own editing

<sup>43</sup> For its visual presentation, the "Corvinus presentation template (HU)" published by BCE (2020) is used. ppt freely resizable graphic elements, as well as <https://www.shutterstock.com/hu/image-vector/arabic-numerals-set-decorative-numbers-drawn-2093858503> and <https://www.shutterstock.com/hu/image-vector/black-arrow-icon-on-white-background-1271045194> provided the background.

#### ***4.2.4. Interpretation of field observations related to district-specific sub-questions***

A comprehensive interpretation of Figure 18 – the illustration of which also concluded the previous subsection – will take place in the next subsection (4.3), as a result of which the possibility of a positive spiral will also be outlined. Before all this, however, field observation and some additional analyzes should follow in order to better understand the processes that regulate the living conditions of the residents. The starting point for this is the statement of the X generation female respondent (Xn7), who says that there is an invisible but clearly perceptible line between locals and visitors, just like in the case of Terézváros and Erzsébetváros. Király Street, known as "A legpestibb utca" in Hungarian – which is also pointed to by the top of the pentagon shown in Illustration 2 – can also be seen as a symbol of division, the even side of which belongs to Terézváros and the odd side to Erzsébetváros. The District VI and District VII in the 19th century were still considered an administrative unit, but nowadays this unit is only really visible at the level of the location of the blocks, from a bird's eye view.

Illustration 2: Terézváros and Inner-Erzsébetváros from a bird's eye view



Source: own editing based on self-made photos

In the methodological introduction of field observation (subsection 3.5.4), vision was also mentioned, as well as the fact that the visual representation system related to vision is of the greatest importance, the driving force of which is external (objective) and internal (subjective) perception. If there is no awareness in this, then we cannot speak of conscious perception. Looking at the database on which the preliminary research is based, it can be interestingly said that regarding the content of the posts related to the factors named in relation to the District VII (Kiss et al. 2021), conscious perception does not appear in 12082 (91.91 %) posts. At the time of the research, 1,063 respondents (Table 28) voiced the presence of alert awareness, representing objective or subjective perception.

Table 28: The distribution of factors marking the degree of conscious perception of the local residents by year at the three levels of the well-being dimensions

Perceived factors along well-being dimensions	Named factor in relation to the District VII	2017	2018	2019	2020	2021
Physical well-being dimension	Built <u>heritage</u>	1	1	7	8	4
	Historic <u>buildings</u>	12	14	32	20	71
	19th century <u>apartment buildings</u>	0	1	2	3	8
	Cozy squares and <u>streets</u>	90	91	92	95	94
	An environment that invites you to take a <u>walk</u>	1	5	11	5	12
	Street art works on <u>firewalls</u>	0	1	4	2	6
	<i>All comments (by year)</i>	<i>104</i>	<i>113</i>	<i>148</i>	<i>133</i>	<i>195</i>
Social well-being dimension	Time spent with <u>friends</u> and acquaintances	4	3	9	11	10
	Random <u>encounters</u>	1	1	1	0	0
	Greater presence of domestic <u>consumers</u>	0	3	4	7	2
	Kindness, <u>hospitality</u>	0	0	1	0	1
	Congestion, <u>crowd</u>	8	11	26	45	34
	<i>All comments (by year)</i>	<i>13</i>	<i>18</i>	<i>41</i>	<i>63</i>	<i>47</i>
Mental well-being dimension	<u>Slow down</u>	0	0	0	1	0
	<u>Nostalgia</u>	1	1	1	4	2
	<u>Movement</u>	0	0	0	0	0
	An <u>atmosphere</u> full of life	4	5	6	16	12
	<u>Terraces</u> as a pleasant place to relax	2	3	14	54	56
	A colorful <u>gastronomic</u> experience	0	0	4	1	1
	<i>All comments (by year)</i>	<i>7</i>	<i>9</i>	<i>25</i>	<i>76</i>	<i>71</i>
<i>Total comments (by year)</i>		<i>124</i>	<i>140</i>	<i>214</i>	<i>272</i>	<i>313</i>
<b>Total comments (over the entire time period examined)</b>		<b>1 063</b>				

Source: own editing based on Kiss et al. (2021)

During the examination of the textual contents related to the factors, the unsuffixed version of the noun marked with an underline (Table 28) – as a code – was the basis of the search. These text contents show that the 4.2.1. in addition to those detailed in the subsection, a very slow change in the direction of conscious objective and subjective perception – also known as attention, or alert awareness – began in the past, which was also given impetus by the phenomenon of overtourism. The degree of increase or decrease in momentum is synchronized with the frequency of occurrence of comments related to the word "overtourism" by year (Table 29).

Table 29: Distribution of the number of entries perceived along the physical, social and mental well-being dimensions and related to the keyword "overtourism" by year in the "Klauzália" group

<b>VIEWPOINTS</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>
<b>Overtourism</b>	0	14	303	3	126
<b>% change from year to year</b>	-	0	+2164,29%	-99%	+420%
<b>Objective perception: <i>factors perceived along the physical and social well-being dimension</i></b>	117	131	189	196	242
<b>% change from year to year</b>	0	+11,97%	+44,27%	+3,7%	+23,47%
<b>Subjective perception: <i>factors perceived along the mental well-being dimension</i></b>	124	140	214	272	313
<b>% change from year to year</b>	0	+12,9%	+52,86%	+27,1%	+15,07%

Source: own editing

It can be seen that both 4.2.1. Overtourism acted as a kind of catalyst in the integration of the universal virtues behind the word value explained in the subsection into everyday life, and in raising awareness and bringing to the surface the change process that started in the field of objective and subjective perception. All this leads to the conclusion that an advantage can be formed even from a phenomenon that is widely considered to be harmful, which in preparing for adaptation to a future global (e.g. climate emergency) or local (e.g. loss of authenticity of parts of a city or district due to a marked decrease in population) impact it may be important due to temporality. If the possibility of the effect occurring is expected earlier than the latent process becomes perceptible at the level of

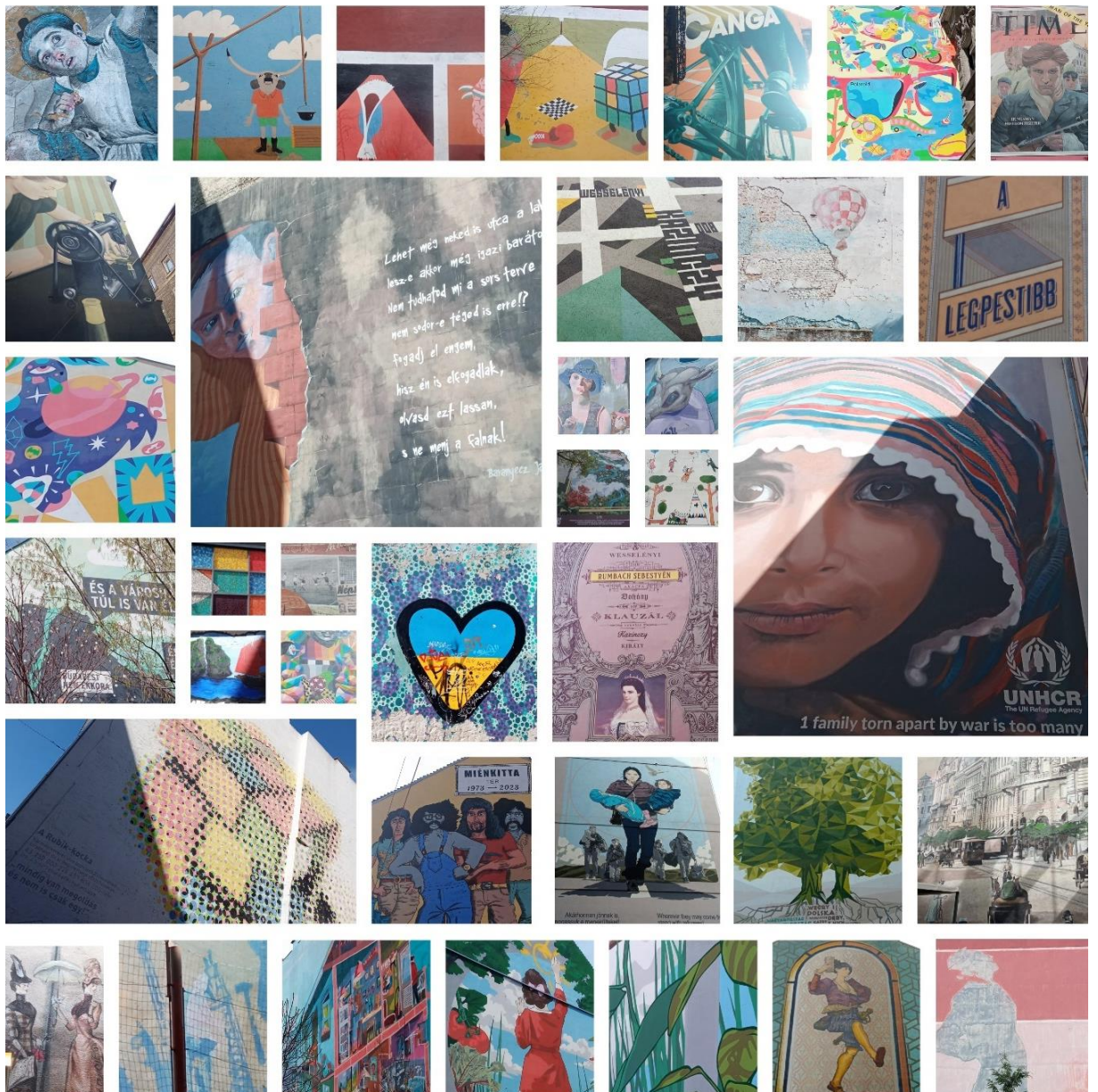


the critical mass, phenomena such as overtourism can also function as a catalyst, thereby accelerating the increase in the number of those involved in the process. However, the unfolding of these processes intended to offset external influences can also be supported in a conscious way, an excellent example of which is the nearly half a hundred fire wall paintings in the District VII. These attention-grabbing outdoor paintings with a specific approach convey and anchor the value related to the theme of the given work at the level of everyday life, despite the fact that the monumental size and the multi-colored representation give the passer-by almost no chance to free themselves from paying attention to the work and what they see. from its interpretation.

All of this is important because the lack of attention is a problem at the societal level nowadays, as well as the difficulties in interpretation that affect more and more young people (OECD 2023). A lack of attention equals a lack of concentration, which results in the continuity of frequent changes of location as a substitute action. This very process can also be observed among partygoers when hordes of people move from place to place. The difficulties in interpretation, or the lack of understanding, can be seen mostly at the level of the local residents. In such cases, instead of mental level (internal) answers that can be put together in the mind, attention is directed to the environment representing the outside world. This gives space to apathy or antipathy towards tourists, which is actually a projection of the internal conflict that can be seen in the physical and social well-being of the residents. Experiencing what is experienced in the outside world as a problem is a symptom of the existence of an internal conflict at the individual level. However, the common denominator lies in understanding and sympathy on an intellectual level through introspection. In short, the timeless artistic value represented by the fire wall paintings can have a supportive effect on tourists and the local residents as well. They exert their supporting effect through the exploration, processing and preservation of past events (Jelenczki – Zseni 2016).

Illustration 3 presents a self-made photo of almost three-quarters (36 pieces) of all the firewall paintings currently found in the District VII in the form of a large-scale montage. The individually created photo documentation of the firewall paintings can be viewed in a larger size, as well as the related data – such as the title of the work and the exact location of the personal viewing – within the framework of Annex No. 5 of the "Appendices" chapter.

Illustration 3: Firewall painting mixture called "Life in the seventh"



Source: own editing based on self-made photos

While the fire wall paintings affect both locals and passers-by visiting the district, Dohány street, which has already been mentioned several times, has characteristics that are particularly important from the point of view of tourists, considering that they convey heritage and tradition through the artistic revelations of the buildings found in the area. (Illustration 4). Based on the observations, it can be said that in terms of well-being dimensions, heritage is physical, tradition is social, and the mediation of all these can be paralleled with the mental well-being dimension. The method and origin of the mediation is the creative intention, which can be identified as an artistic activity.

Illustration 4: Dohány street = Jewish heritage + Christian traditions + Buddhist culture



Source: own editing based on self-made photos

It can also be said about the iconic Dohány Street, which starts from Inner-Erzsébetváros and leads to the central part of the district, that 3.2. it has all three attractions found in the 2016 AirBnB research presented within the framework of subsection (Illustration 5).

Illustration 5: Dohány street = Artistic venues + Delicious local food + Outdoor experiences



Source: own editing based on <https://player.hu/eletmod/araz-etterem-grillestek>, as well as the official logos

Regarding the local residents, while Dohány street plays a role in the daily support of the mental well-being dimension through the spatial connection of different belief systems along the lines of practice provided by the denominations, the free services of the local human service center's (dressy-looking) branch located in the party district (Illustration 6) It helps to develop a sense of well-being, interpreted in terms of physical and social well-being dimensions, along with the maintenance of individual habit systems that promote a healthy lifestyle, identified as the most important indicator by Lee and his co-authors (2011).

Illustration 6: Bischitz Johanna Integrated Human Services Center operated Health Development Center in Inner-Erzsébetváros



Source: self-made photo

#### **4.3. Conclusions, suggestions – "Added value or a holding back force?"<sup>44</sup>**

Although the results of the in-depth population interviews in 2024 and the article published at the end of the interview period (Ongjerth 2024) put the dot on the "i", it is also important to see the milestones of the doctoral thesis that led to the model contributed by Figure 18 for the possibility of its creation.

##### ***4.3.1. The way to the positive spiral***

During the doctoral research, the triple unity of the tourist milieu – mental well-being dimension – place of residence effect became perceptible, however, behind the mental well-being dimension there is currently neither a collective nor an individual level strategy, it is not consciously operated. However, the tourism that appears as a result of the attractiveness of the tourist milieu has a tangible and difficult to control effect on the sense of well-being of the locals, which ultimately affects the local character, which is the combination of the tourist milieu and the effect of the place of residence. All of this is supported by the digital dialogues taking place between the locals (Chapter 4.1). If, on the other hand, through an initiative starting from the bottom, at the level of the local residents (Csizmady – Olt 2014) – realized by the inclusion of the community

---

<sup>44</sup> Molnár-Csomós (2019a p. 258)

development tool system – a commitment to the restoration of the cultural and historical values of a given destination were to gain ground, then this would presuppose the conscious operation of the mental well-being dimension. In this way, the locals could also influence on an individual level the preferences of tourists who choose the given destination. This is how, in the context of local character, the mental well-being dimension can become a key factor in ensuring that the shift from undesirable levels of tourism to quality tourism (Árva – Várhelyi 2020) is realized through the restoration of local character. The improved version of the model presented in Figure 18 would like to contribute to the development of this process (Figure 19).

The creation of the theoretical model is based on the consistent stringing together of the most defining pearls of the theoretical background, which are Aristotle's "What is the good life?" his questioning was motivated by the insight that clues are needed to answer. These benchmarks are the criteria and dimensions of the "good life", which lead to the conceptual definition of quality of life (Fekete 2006), which is to be interpreted as a multi-dimensional concept, certain dimensions are judged by those involved, and this can be attributed to the partially subjective nature of the concept (Kovács et al. 2011). Along the criteria of 2.1. two types of interpretations detailed in the subsection are widespread, however, in the literature we do not come across a division taking into account the mental – social – physical dimensions, while the WHO, in connection with the conceptual definition of the term "health", already identified the mentioned three dimensions of well-being in its 1946 constitution.

The physical and social dimension is due to similar factors (Chirico 2016) – such as personal (cultural), social, economic, (physical) environmental – with the undesirable effects of tourism, and the mental dimension is related to housing (Puskás et al. 2020). Hovik's (1992) study also confirms that the three-fold division of the objective criteria of residential well-being research at the collective level, as well as the quality criteria of the neighborhood at the individual level (Sirgy 2016), can be paralleled with the effects of overtourism. It follows from all this that objective criteria can be assigned to the physical and social dimensions of well-being, and subjective criteria to the mental dimension. In my opinion, the subjective criteria that can be experienced are based on the satisfaction with the objective criteria that can be measured, so they are in a hierarchical relationship with each other, which is also supported by the contents of Table 3.

Based on the above, it can be established that:

- overtourism has a direct and measurable effect on the objective criteria of the physical and social well-being dimensions, and an indirect effect that can be experienced along the physical and social dimensions on the subjective criteria of the mental well-being dimension, and
- the mental well-being dimension can be experienced as a spatial manifestation of the synergy resulting from the interaction of the factors of the physical and social dimensions (a multifactorial characteristic of local character), which on the one hand affects the local residents (residence effect) and on the other hand has an impact on tourism (tourist milieu), stimulating a kind of spiral effect with this.

Based on Sirgy's (2016) integrated approach to residential well-being, it can be stated that residential well-being is actually the spatial extension of quality of life. It lends spatiality to the interpretation of the quality of life by taking into account how a given space affects the quality of life. All of this is completely in line with the approach represented by the discipline of regional sciences detailed in the researcher perspective. In addition to the results of the European Quality of Life Survey and the World Cities Report published in 2016, attention is drawn to the importance of the spatial interpretation of quality of life in 1.2. also my own research history in relation to tourists, experts and the local residents detailed in subsection.

In my opinion, overtourism is actually a cause and a consequence of the unconsciously operated mental well-being dimension along the multifactorial characteristics of the local character, which both the tourist arriving at the given place and the local residents perceive along their own well-being dimensions. A mental well-being dimension without a strategy results in a tourist milieu that can lead to the presence of an undesirable amount of tourists. Basically, the problem is not the high number of tourists – since the presence of tourism is a destination goal in terms of competitiveness. A challenging situation is created if a significant part of the tourists who come to increase their sense of well-being visit the 2.1. with regard to the needs mentioned in the subsection, they strive to satisfy their basic needs (Sirgy 2016), which results in low-level interpretable experiences for both tourists and the local residents. However, this spiral effect can be directed in a positive direction by the qualitative development of the experience along the submodalities.

Based on the literature review, it can be assumed that tourists coming to the District VII base their stay on their basic needs in order to increase their sense of well-being, thereby leaving the experience of satisfying higher-order needs unexplored. The lack of everything causes the concentrated presence of tourists in districts that are more racially biased in terms of satisfying basic needs. Over the past few years, the population living in the district has voiced their distaste for the negative effects of overtourism, thereby closing themselves off from the possibility of positive returns from the presence of tourists. While the publications published in the context of residential well-being differ between objective and subjective criteria resulting from the effect of the place of residence, the literature on overtourism suggests a significant contradiction in individual value judgments related to the positive and negative effects resulting from the excessive presence of tourists. This contradictory situation creates the conditions for a conflict field in which both tourists and local residents are actors, and whose permanent presence can result in a loss of balance. However, the situation related to the permanent endangerment of the state of equilibrium is unsustainable and therefore demands change.

It can be assumed that the solution is partly a function of education for cooperation and the shift towards higher-order demand satisfaction mentioned above, and partly lies at the level of submodalities in relation to both tourists and the residents. Conditioning through district leadership based on timeless values that can be interpreted in terms of mental well-being – even by making a series of short films on local history (szodligetiek.hu 2024) – is of key importance in the shift towards the satisfaction of higher-order needs. However, in order to experience and interpret the synergy resulting from the combination of economic and (physical) environmental, as well as social and cultural factors, efforts must be made at the individual level, since "*the participants do not suffer from trials, do not experience and intense experiences through which they could understand themselves better, they do not undergo a real transformation*" (Mitev et al. 2017 p. 46). The submodalities can be assigned to the mental well-being dimension, as they are based on experience, ignoring measurability. In this way, the method of preparations aimed at the development of experience can only come from the tool system that can be interpreted in the mental dimension.

As the common denominator of the deviation in the order of values, it is necessary to indicate such timeless values, which, based on my own research history, also play a role



in the multifactorial characteristics of the local character. The first and second research sub-questions serve to support this. The third sub-question is aimed at exploring the impact mechanism of overtourism on the dimensions of well-being, in order to have the necessary starting point for formulating recommendations aimed at mitigating the impact. To mitigate the problematic situation, the physical and social well-being dimension that connects the conflict field, while the mental well-being dimension, which can be considered the common denominator, represents the suitable field for presenting solution alternatives.

In the end, both the tourists and the local residents strive to increase their own well-being, however, due to the native interpretation of the aspirations in terms of physical and social well-being, the tourists' desire to increase the sense of well-being at first sight pulls back the sense of well-being of the local residents, causing them to suffer. However, from a higher perspective, the presence of an undesirable level of tourism – which can also be interpreted as a kind of added value – draws attention to the need to include a different approach, a different way of thinking than before – the mental well-being dimension – which, in the end, both tourists and the local residents can contribute to increasing your sense of well-being. A few years ago (Molnár-Csomós 2019a) – at that time ignoring the distinction from the lower and higher aspects – it became obvious to me that the subsection "Added value or retraction force?" answering a question is a matter of perspective. Based on my observations at the time, the "*grey, crumbling tenements*" (Michalkó 1996 p. 119) once acted as a repulsive force, but nowadays visitors to Inner-Erzébetváros see them as a kind of Hungarian specialty, a local specialty. All of these have become attractions that can be interpreted as travel destinations, which from the point of view of foreigners can argue in favor of visiting our country as soon as possible. Although there are local residents for whom the drastic rise in real estate prices in the neighborhood can be counted as added value, most of them experience the daily conflicts related to party tourists as a drag on their quality of life. In short, what the party district actually embodies is a matter of perspective. However, it is certain that the ruin pub culture created an opportunity for the district to jump out, which gave it a privileged role in the life of the capital. If, according to the principle of moderation, the more cultured behavior of party tourists and the improvement of the quality of life of the locals would become perceptible to all residents, we would probably get closer to the development of

a cooperation in which both the locals and the tourists coming to the district find their calculations.<sup>45</sup>

As it was already mentioned in the introductory part of the dissertation, a tourist prefers to go to a place where the general public also feels good. This is how the well-being of the local residents interpreted in the mental dimension – to which overtourism also contributes to recognition – becomes a value that can also be used in tourism. Where at first sight there are only dangers, there may also be opportunities from a higher perspective, the following revelation is a gem and a school example of this statement: *"Today's good advice: anyone who complains about the heat should plant a tree. Thank you also in the name of the Earth"* ("Klauzália" facebook group / shared by Sandor Resko / 24.06.2023) ...that is, if there is an external factor over which we apparently have no influence, however, moving away is not an option, then we have to look at what can be done on an individual level, thereby serving the interests of the community as well.

The objective criteria of well-being – similar to the effects of overtourism – can be interpreted and measured in terms of physical and social well-being. However, the third dimension of well-being, the mental dimension, is dominated by subjective criteria. It was already mentioned in the theoretical review that well-being can only be experienced, not measured along subjective criteria (Schneider 1975). Based on the ideas of renowned management experts (Kaplan – Norton 1996), all indicators have an influence on our actions and decisions, however, if we cannot measure something, we cannot control it. Based on everything, instead of managing the processes, preparing them to experience them – conditioning both tourists and the local residents to a state of mental well-being – the good direction is along the timeless values that play a role in housing as a common denominator. The problematic situation that can be experienced in the District VII along the physical and social dimensions of well-being – even in 2.2.3. Taine's milieu creation certificate (collective level) mentioned in subsection 2.2.1. by including the toolbox of spatial planning (individual level) presented in the subsection (individual level) – it can be mitigated, but a lasting solution can only be found in the mental dimension of the well-being of those involved, both on a collective and individual level.

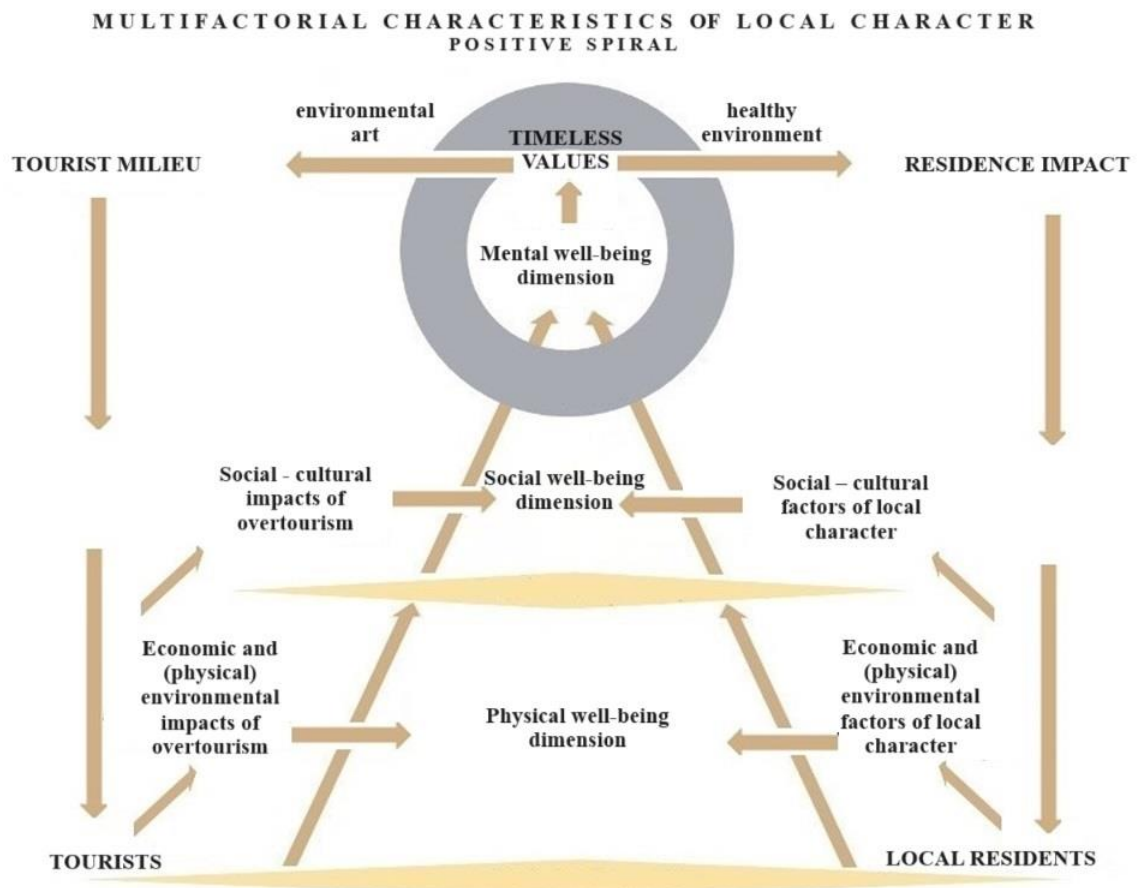
---

<sup>45</sup> In terms of the content of the paragraph, it is substantially identical to the relevant part of the study (Molnár-Csomós 2019a) published in the Hungarian conference proceeding that published my previous conclusions on the topic.

### 4.3.2. Mitigation and solution alternatives at the local and collective level

The goal is a transformation in the value system, a kind of leveling up by bringing different individual value judgments to a common denominator. However, it has been known since Einstein that "no problem can be solved with the way of thinking that created it" (Stahlbaum 2020 p. 1). Taking Einstein's recognition as a basis, in order to resolve the problematic situation, it seems obvious that the intellectual plane that affects the place of residence (from the point of view of locals) or the tourist milieu (from the point of view of tourists) – a mental experience associated with a state of flow (Michalkó 2023) – should be the transformative change. can be apostrophized as the end point to a common denominator (Figure 19).

Figure 19: The mechanism of action of including the timeless values (calling words + mental modes supporting time resistance) predicted on the basis of the doctoral research into the mental well-being dimension <sup>46</sup>



Source: own editing

<sup>46</sup> For the visual presentation of the figure, use the "Corvinus presentation template (HU)" published by Corvinus University of Budapest (2020). ppt's freely scalable graphic elements provided the basis.

The triple unit of attraction identified in the report prepared by airBnB (2016) (Illustration 5) can represent a way out of lower-level needs towards higher-order need satisfaction, such as:

1. cultural and artistic scenes,
2. delicious local food and drinks,
3. locations providing outdoor experiences.

In most cases, all of these can be achieved separately, without a coordinated strategy at the district level, in a way and at a price specifically tailored to tourists, while expanding the target group to include locals could also make the everyday life of the population more diverse. However, in the year prior to the 2016 airBnB study, there were already domestic program organizers who, based on these three attractions, organized multiday downtown events that appealed not only to tourists but also to the residents. A prime example of these previous initiatives is the "Budapest Essential – Urban Festival" held between 2014 and 2016. The organization of the multiday event was the idea of some young people enthusiastic and committed to Budapest, who came up with the idea of organizing *"the first urban festival for those who live here, those who don't live here, foreigners, young and not so young. For everyone who loves the city and even more so what has happened to the capital in the last couple of years. This became Budapest Essentials, which is everything the city has to offer: music, parties, culture, gastronomy and an indescribable feeling!"* (Bendover 2015 p. 1). Due to budgetary difficulties, Budapest Essential only lasted three years, however, due to the fact that the organizers artistically combined culture with gastronomy and music programs, it remains an eternal reference point as a good practice.

During the field observation of the district, one place can currently be mentioned – the garden area of the ARAZ Restaurant connected to Dohány street (Illustration 5) – the operation of which does not disturb the residents of the area in the slightest, despite the fact that it is cultural for both visitors and residents ("Century Round" c. fire wall painting), it represents gastronomic (delicious food and drink) and outdoor (atmospheric garden space with lush vegetation and podium-like mini-stage) experiences. The actors on the service side should also operate such places and recommend them to tourists, the district administration should also support such places, civil organizations should also inform the residents about such places, and in the end it would be good for the residents

to visit such places as well. However, for the interpretation of Figure 19, which supports the need for places similar to ARAZ's garden space, research results related to the spatial projection (subquestion 3) of mental states (subquestion 2) that support the timeliness of human striving (subquestion 1) expressed in the dimensions of well-being (subquestion 3) are essential – as for the subquestions given answers – summary:

Sub-question 1 = buzzwords outlining the human endeavor manifested at the three levels of well-being dimensions (all of which are dominated by the supportive quality): *lifestyle, vigilance, focus, thinking, speech, action, livelihood, effort*

Sub-question 2 = mental states (origin/balance point) that support the durability of the values (calling words) that represent the balance axis of the spatial projection of human endeavor: *belief, hope, engagement*, which are the 2.2.3. can also be compared with the motivational model named "The Power of Full Engagement" mentioned in the subsection

Sub-question 3 = a spiral effect caused by the primitiveness (environmental art/visitor aspect) and/or lack (healthy environment/residents' aspect) of the spatial projection of human endeavor: *negative spiral = regressive force, positive spiral = added value*

The name of Miksa Róth, an iconic figure of Erzsébetváros – the imperial and royal glass painter can also be seen on the fire wall painting at 4 Garay street – The Memorial House and Collection in District VII is associated with Miksa Róth, and one of its famous works is also a proclamation of his name (Róth Museum 2018) that "art is eternal, life is short" (*Ars longa, vita brevis*). The events of the past become perceptible and a part of the present through the artistic transmission of heritage and tradition. Quoting Ráday's thoughts, "*The parts of Erzsébetváros that remain and can still be renovated hide the promising future that their past protects*" (Vágola 2012 p. 32). Therefore, environmental art is significant from the point of view of the tourist milieu, which is a creative intention that takes into account the environmental conditions and takes shape through human endeavor. If the consideration of the environmental features becomes fundamental, the residential effect can also be steered in a positive direction by creating a healthier environment. The field observation related to district-specific sub-questions is a kind of insight into the fact that while Erzsébetváros has progressed in some respects in the field

of environmental art – following the fire wall paintings found in the district (Figure 20) and Kolodko's minisculptures (Joó 2021) – there is still a lot to be done in creating a healthy environment (Illustration 6). However, a long-term (local) solution can only be hoped for in cooperation with Terézváros. The future of the District VII is inseparable from the future of the neighboring District VI. Helping each other while making institutionalized joint action are necessary for a desirable future where the preservation of *"the past becomes part of the present"* (Vágola 2012 p. 32). As a symbol of joint cooperation, 4.2.1. already mentioned in the subsection, a hot air balloon can prove to be a good solution, since even an airship can only reach a target in cooperation with the wind. Another common point is that in the case of both Erzsébetváros (Annex No. 5/page 213: Felhős gyzzótér/Király utca 25.) and Terézváros (Illustration 7), the fire wall can also be seen in action on the hot air balloon, such as freedom, travel and a symbol of experiential discovery.

Illustration 7: Air ballon firewall painting in Terézváros



Source: welovebudapest.com (2022)

In order to be effective, it is important to take into account all communication opportunities that can increase *"cooperation, share experiences and good practices, thereby helping each other and your own situation"* (Sirkó – Keller 2021 p. 15). The district administration also plays a key role in educating for cooperation, and the tool I developed in 2017 and published years later (Molnár-Csomós 2021) concept map, which was positively received (Vető 2017) by the former deputy mayor of District VII. The recommendations contained therein can be linked to the local level of mitigation and solution alternatives.

The current situation in the district can be found in 2.3. can be paralleled with the part in the constructive section of the 4th intervention point of the Change Model published in subsection. In my view, the transformation process in the value system is at the tipping point of the demolition and construction phase, which can be effectively supported with collective and individual level recommendations. However, it must also be seen that in order for the essential nature of a collective transformation process to become visible on the surface as soon as possible, phenomena acting as catalysts such as overtourism are sometimes necessary.

#### ***4.3.3. Mitigation and solution alternatives at the individual level***

The question may arise, beyond the collective level, what can we do on an individual level or as a member of a community in order to move in a positive direction? To answer everything, I would like to look back at 2.3. to the "how yes" that arose in connection with intervention points 1 and 4 of the Change Model mentioned in subsection. A life based on "yes" – which, in my interpretation, means not acting against something, but doing and acting for something – is not easy, but it is savior. A proactive person – avoiding judgment and blaming others – takes responsibility for how he feels, and "*it's not what happens to us in life, but what we do with it*" (Covey 2014 p. 83). Feelings are in fact a function of the stories endowed with reason by the individual (Burns 1999). In addition to feelings, Rosenberg (2003) extends responsibility to the way of thinking and the resulting behavior. Furthermore, he emphasizes that it is up to the individual how he accepts the words and actions of other people, thereby revealing that everyone has only control over himself. While proactive people have a kind of internal demand for change that points in the direction of "functioning well" and well-being, reactive people only take action as a result of phenomena that also function as catalysts – such as overtourism – that lead to "non-functioning" state is no longer tolerant of contradiction.

A book about the Jewish heritage of Erzsébetváros, which is entitled "What is visible and what is invisible" (ÓVÁS! Közhaznú Egyesület 2013), brings you closer to experiencing the mental dimension of well-being. Invisible, infinite, infinite...however, "*how could the infinite become the object of perception? According to early modern thinkers, perception is inseparable from thinking. (...) The perception of infinity is not impossible at all, but rather a privileged case of perception. (...) The perception of infinity is fundamentally different from all other modes of perception. (...) It does not occur spontaneously, like other perceptions, but requires certain mental preparations*" (Pavlovits 2020 p. 15). Relaxation, meditation, imagination and the toolbox of contemplation can also be considered as mental preparation.

Examining the origin of all four tools and what kind of methodological tools they have, we can see differences, but there are common points. In the case of all four devices, it is true that through their use we withdraw from the environment around us, as a result of which our perception also undergoes a qualitative change. The purpose and essence of each of the listed tools is to make contact with oneself<sup>47</sup> (Egedi-Kovács 2023) in order to return to a state of equilibrium.

Meditation, as a term, can be derived from the Greek noun "meléte", the meaning of which can be paralleled with the activity of attention, care and practice. The verb version of the noun "meléte" is "mélétáo", which in the modified version in ancient Rome is spread as the expression "meditatio". From a semantic point of view, meditation is also related to healing, which is indicated by the appearance of the word "med" in the term "medicare" (Farmalibri 2014). Meditation is a process, a long pilgrimage, the beginning of which is "eyewitnessing" and the end of which is the state of "mindlessness" (Osho 1996).

The Greek equivalent of imagination can be traced back to the word "phantassia", which is linked to Aristotle's book "De Anima" (Ross 1956), in which it is of decisive importance due to its intermediate position in relation to both thinking and perception – as human abilities (Steiger 1988, Polish 2017). However, the term used today comes from the term "imago", registered as a scientific term of Latin origin, which has the meaning of image and image-like content (Arcanum 2023). Imagination works with the power of imagination, which is an innate ability available to all people. *"Imagination is a regression to early pictorial thinking. Imagery acts as a mediator between unconscious content and conscious experience. The visual experience brings reworkable unconscious contents into consciousness. This makes it possible to fill in early emotional deficits, to later mature the personality structure, and to process conflicts on a visual plane"* (Titkos 2021 p. 125). This intuitive tool is really only limited by the imagination of the individual, as well as the extent to which the power of the imagination, as an innate ability, has been used on a skill level as well.

Calmer than the general state of consciousness, but significantly more alert than meditation (Burján 2022), contemplation – also known as contemplation – is a tool for getting to know the essential (indispensable) parts of our being, for which the smaller and larger breaks that occur naturally during the day are the most suitable. In this way, mastering the method of

---

<sup>47</sup> The Hungarian equivalent of the English word "self", which originates from the translation of Baktay (1934) following the interpretation of Bhagavan Sri Ramana Maharsi, an Indian sage (Maharsi 2015). The self is equivalent to the consciousness that is not visible to the eye, cannot be touched with the hand, and arises from within (Kis 2015).



pausing is almost essential for the application of contemplation (Rudd 2022). Its root comes from the word "con templum" – which means: "with the sanctuary", "with the sight of God". The well-known ancient Greek philosopher, Socrates, sums up the meaning of contemplation to the point, following which he reveals that an "*unexamined, unscrutinized*" life is not "*worth living*" (Dyer 1890 p. 138). In a mechanically, unconsciously operated life, there is no reserve of strength to experience the sudden change of circumstances as a task to be solved instead of a problem, as a result of which we will be able to stay on our feet in a more difficult situation (Burján 2022).

The French word relaxation, as a legal term, goes back eight centuries. At that time, it was used in completely different situations, since it meant the release of the shackles (slavery). However, semantic parallels can be found even in such large horizons, since "*the meaning of the relaxed state used today is: to let go of the anxiety, fear, tension and flood of harmful thoughts that keep the body and soul "captive"*" (Szentendrei Járás Egészségfejlesztési Iroda 2023 p. 1). In today's sense, relaxation is one of the "*methods based on the passive body technique*" (Korbai 2019 p. 13), during which we direct attention to the body and "*create physical and mental relaxation through passive attention directed at ourselves*" (Debreceni Egyetem – Klinikai Központ 2022 p. 1).

Environmental art that reshapes the attractiveness of the tourist milieu, as well as a healthy environment that is essential for the sense of well-being desired by the residents, can be given space along such mental states as belief, hope and engagement that support the timeliness of values. The above list of mental tools that help to experience timeless values on an individual level and integrate them into everyday life can serve as a solution for those district residents who do not yet have an answer to question No. 5<sup>48</sup> of the 2024 qualitative guide.

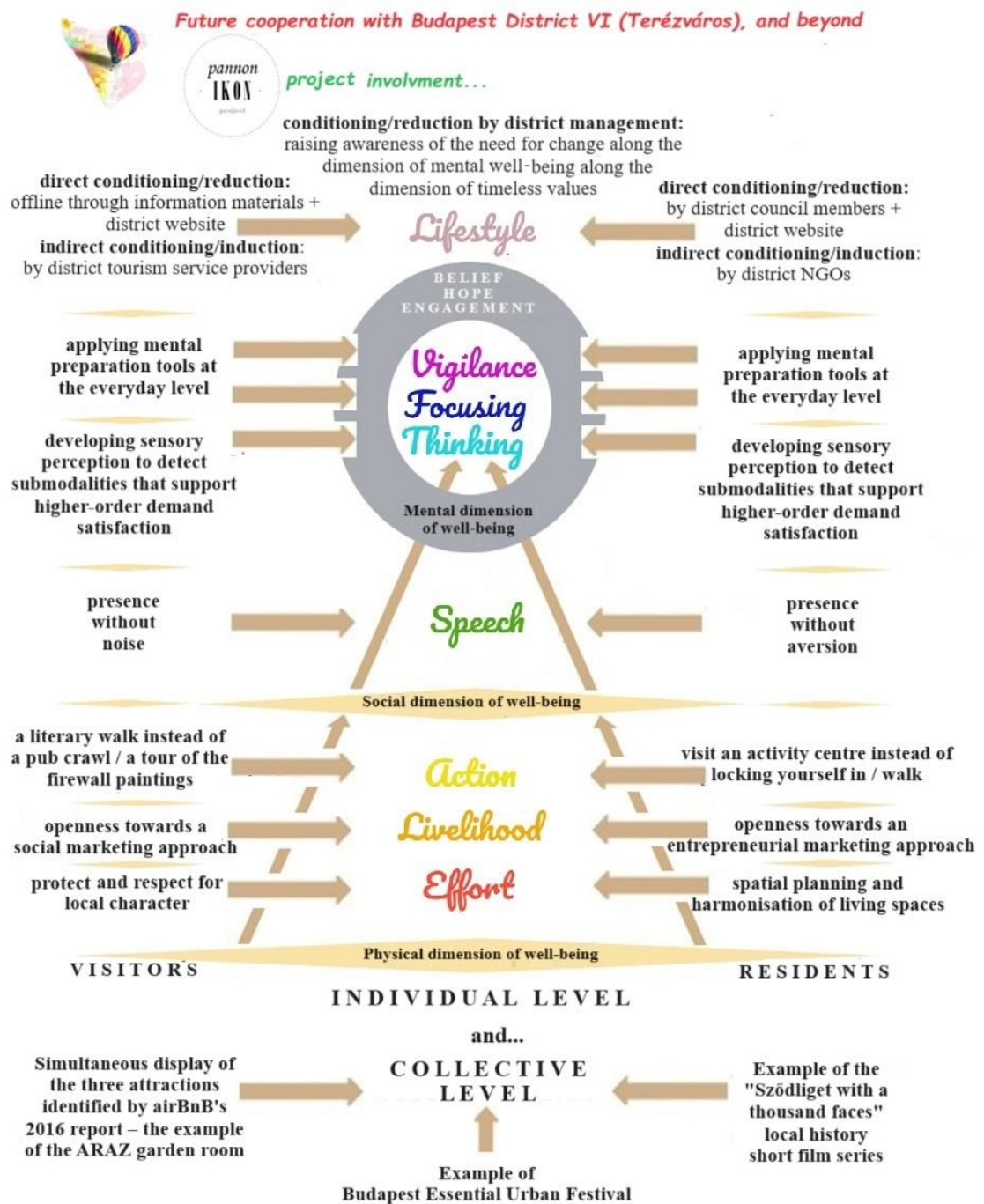
Returning to Aristotle, the question asked by him lacks a personal perspective, in this way the questioning is only suitable for answering with qualitative characteristics, not for formulating recommendations. Based on everything, the version proposed by rethinking the question is "How to live well?". However, for a better feeling of well-being, cooperation must begin with ourselves, because external conflicts are projections of our existing internal conflicts. If there is no internal conflict, we do not experience the outside world as a conflict either (Jelenczki – Zseni 2016). In addition to collecting both local recommendations and

---

<sup>48</sup> Question No. 5 – "What mental ways do you support yourself in maintaining a sense of well-being?" – caused surprise in most cases and resulted in 50 percent (5 people) mentioning physical and/or social methods instead of mental methods, which suggests that the mental well-being dimension functions without strategy

good practices at the collective level, it is also for this reason that the formulation of recommendations for individuals and awareness of the values that can be defined by buzzwords (subchapter 4.2.1), and the mental states that support the durability of values (4.2.2. subsection), as well as 4.2.3. along with the inclusion of the structure and visual elements of Figure 18 (process) published in subsection (Figure 20). The display of the information in Figure 20 is in all cases the result of their significant and telling presentation in the related previous subsections of the thesis.

Figure 20: "How yes?!" at local, individual and collective levels



Source: own editing

## 5. SUMMARY

### 5.1. Theoretical, practical and methodological relevance

From the intellectual aspect of understanding, the theoretical relevance of the research is equivalent to the understanding of the problems of local residents related to undesirable levels of tourism. From a practical approach, the practical relevance of the research topic is embodied in the emphasis on the balancing of disagreements in the value system, as well as in the development of a model that supports higher-order need satisfaction, the application of which is becoming increasingly urgent.

The methodological relevance comes from preliminary research based on a non-conventional approach – sentiment analysis of manually collected data – the results of which draw attention to the need for an approach that is significantly different from the usual. However, "*changing the perspective of need to the perspective of abundance, i.e. the ability to focus on effective solutions instead of difficulties (resilience) can become a skill through educating the population. When the concept of abundance becomes a skill, the point is not only what goods we have at the individual level, but what we can contribute to the well-being of those around us as a tourist or a resident of a place*" (Molnár-Csomós – Kiss 2022a p. 48). In terms of doctoral research, the choice of a methodology equivalent to content analysis and in-depth interviewing is relevant to the effort to explore residents' perceptions, the necessity of which is motivated by the strong personal projection of residential well-being recorded in the literature.

### 5.2. Validity

In order to ensure the validity of my research, both sentiment analysis and content analysis prove to be useful methods, as both methods draw from easily retrievable and reliable databases, thereby truly mapping the current state that serves as a starting point. Determining the current state from the database is of outstanding importance because the three most influential components of human experience – such as neurology, language and programming – can be mapped using the pictograms (symbols<sup>49</sup>), which components

---

<sup>49</sup> The Katatím Imaginative Therapy Method (KIP) is also based on depicting the changes in personality through symbols (Leuner 2012).

contribute to emphasizing the importance of the submodalities that mark the quality of sensory perception in relation to the quality of the sense of well-being that can be experienced.

Regarding the validity of the internal validity, it can be said that the suitability of the research method chosen to achieve the set research goal can be proven based on the results of the doctoral research.

The existence of representativeness – which basically supports the external validity of the research – was especially important during the preliminary research. All of this was ensured by the more than 1,800 members of the "Klauzália" Facebook group, whose comments related to the keywords on which the sentiment analysis was based – regardless of demographic characteristics – had the same chance of appearing in the 13,145 comments under investigation.

The concepts that make up the research model can only be measured by objective criteria, they can be experienced according to subjective criteria. For all these reasons, it is also important to address the issue of construct validity, the existence of which is supported by measurability in terms of the physical and social well-being dimension, and interpretability in terms of the mental well-being dimension.

The research also has content validity, since the research question and the concepts observed to answer it can be considered relevant both in relation to overtourism and residential well-being research.

### **5.3. Limitations of the research**

It is also necessary to address the shortcomings related to both the processing of the literature and the preliminary research.

During the writing of the dissertation, I tried to prioritize the critical approach, however, despite everything, there are paragraphs in which the descriptive character is more strongly manifested. All of this stems from the fact that, during the processing of the topic, I made every effort to create a connection between the points of view involved in

the topic, in addition to presenting scientific opinions that complement each other or contradict each other, when summarizing the relevant literature. Attempting to create this connection reflects my intention, which considers bringing opinions to a common denominator as the direction to follow.

NLP-based text analysis software is most often used for sentiment analysis during preliminary research. The disadvantage of these text analysis software is that they can only use public posts shared within the news stream of a given online platform, but they cannot access public posts from closed groups. The NLP-based sentiment analysis of public posts shared within the public group of the local residents provided an opportunity to specifically interpret the opinions of the population and to answer the impact of overtourism on the well-being of the local residential community in the context of housing. Instead of using software solutions, it became necessary to use the sentiment analysis manually, which – in addition to the fact that it also represented a limitation of the research due to the possibility of errors due to manual calculations – contributed to supporting the fact that tourism has both affective and affective effects on the well-being of the local residents' experience, and in terms of housing satisfaction, it also has a perceptible effect at the level of modalities.

Further limitations of the research can be considered the challenges related to mapping the excessive activity of opinion leaders associated with the keywords, as well as filtering out reactive attitudes stimulated by members who play a decisive role in the formation of the community's opinion,<sup>50</sup> which could be remedied by applying specific filters in the future.

In addition to all this, the fact that neither the preliminary research results, nor the preliminary research, nor the doctoral research covers the inclusion of the opinions of tourism service providers and local civil organizations on the subject can also be considered as a limitation of the research. All of this is premeditatedly based on the assumption that the main goal of tourism service providers can be identified with profit making instead of "*not economic growth at all costs, but*" a moral value, "*improving people's quality of life*" (Kiss 2016 p. 3) would fill this role. However, the dialogue on the

---

<sup>50</sup> In terms of the content of the paragraph, it is substantially identical to the relevant part of the study published in the Hungarian conference proceeding (Molnár-Csomós – Kiss 2022b) and the English journal article (Molnár-Csomós – Kiss 2022a).

sustainability of tourism is currently more influenced by a profit-centered paradigm, as a result of which the protection of the environment – and thus the existence of environmental art and a healthy environment – is neglected and is primarily interested in business acquisition (Afanasiev et al. 2018). As long as the hospitality industry units prioritize profit in a greater proportion and are not sufficiently interested in educating the party tourists themselves to a more cultured way of behaving, it cannot be expected, that the current operation of Inner-Erzsébetváros should be reconsidered on their part on a moral basis (along the lines of improving the quality of life of the residents).<sup>51</sup> In the vast majority of cases, the members of local civil organizations are selected from among the volunteers of the local residents. By including them in the research, there would be a risk of duplicating opinions, which could lead to distortions in the results.

#### **5.4. Final ideas – possible research directions**

A new, sustainable culture can only be created through the cooperation of all of us. If, on the other hand, there is no substantial shift from the way of life leading to the exploitation of our planet – which can also be derived from the increase in the standard of living – towards sustainability, then it is not possible to improve the well-being of the local residents in such a way that it becomes sustainable in the long term. A positive shift must be achieved on an individual and collective level, in which one of the main benefits of the increase in the standard of living is tourism – which is equivalent to a temporary environmental change coupled with the use of services, the main result of which is the acquisition of experiences (Michalkó et al. 2020) – as well as the undesirable effects associated with tourism scale or type of tourism effects also play a key role. The rise of a way of looking at something different from the usual is "*desirable because only in this state can focused attention on things beyond ourselves – such as our environment and those existing in it – become a skill level*" (Molnár-Csomós – Kiss 2022a p. 48).

The statement that came to the fore during the presentation of the theoretical background – that the feeling of well-being in housing has a strong personal aspect, its interpretation is based on the individual's attitudes, which is ultimately decided by the individual – is also legitimized by the following revelation of Csíkszentmihályi (1990 p. 24):

---

<sup>51</sup> In terms of the content of the paragraph, it is substantially identical to the relevant part of the Hungarian book chapter that published the research antecedents (Molnár-Csomós 2019b).

*"A person can make himself happy, or miserable, regardless of what is actually happening "outside," just by changing the contents of consciousness."*

In addition to including the quantitative and qualitative aspects of the content analysis based on the results of sentiment analysis, future research directions that also extend to the level of submodalities<sup>52</sup> can promote a deeper understanding. Another possible research direction could be the application of the specific filters mentioned in the research limitations, which would serve to filter out members who play a decisive role in the formation of opinions, as well as opinion leaders.

Based on the results of the doctoral research – have already been accepted for publication in an international (Q2/Q3) journal (Annex No. 6) – the assumption is confirmed that the well-being of local residents in the Budapest District VII is significantly affected by the presence of overtourism, however, the interpretation of housing takes place primarily at the level of the individual. However, the right to change related to the quality of the interpretation of the local effect is in the hands of the individual, which affects the environment and ultimately affects the individual. This is a kind of spiral effect, which can be channeled in a positive direction through conditioning to submodalities that predestinate the satisfaction of higher-order needs.

This is confirmed by Figure 11, which summarises the most relevant results of the preliminary research, showing that most negative sentiments were associated with the keyword "welfare", which is not used in the vernacular to distinguish between the words "welfare" and "well-being", while most positive sentiments were associated with the keyword "party tourism". All this shows that, ultimately, the sense of well-being of the locals is not the result of party tourism, which can be posited as an external circumstance, but is the result of an ethos that culminates along the dimensions of well-being. The negative spiral resulting from inappropriate lifestyles can be turned in a positive direction along the buzzwords summarised in Figure 18 and the origo (Figure 19) summarising the mental modes that support the durability of time.

---

<sup>52</sup> The importance of the submodalities goes beyond the system of techniques used in NLP, since it is also the basis of the targeted age regression method, which can be used in integrative therapy (Daubner – Kalo 2005).

The answer to the central question of the thesis was somewhat hinted at even by the question itself. Based on the results, the guess was substantiated: an undesirable level of tourism affects the residential well-being of the locals in an undesirable way. In a negative spiral, overtourism acts as a kind of retraction force on residential well-being, which can also be apostrophized as a place of residence effect, in addition to having a negative influence on the tourist milieu, if the passing on of values in a timeless way is lost in the darkness of ignorance.

However, if the integration of timeless values, which can also be interpreted as a point of balance, as an original way of life, is surrounded by a vigilant awareness on the part of both tourism and the residents, then the prominence of environmental art as an attraction can also function as an added value that increases the concentrated presence of tourists in the future. These values help the creation of a more livable, healthier environment and eases its maintenance by the stakeholders.

Coming to the closing chords of the dissertation, the question may legitimately arise as to how the mental well-being dimension currently takes shape along the spatial projection of timeless values? A district-specific example should follow as an answer:

In Inner-Erzsébetváros (Illustration 8) there is an inner street, a narrow inner path called Dohány street, which connects the "Mosts", the intellectual essence of Budapest. The largest synagogue in Europe, one of the most beautiful churches in Hungary, which is the largest Gyémánt Út meditation center in Europe can be found along the route provided by the street. Jewish heritage, Christian traditions, and "*transmission of intellectual and artistic values of Tibetan Buddhist culture*" (Tibet-Europa Foundation 2024 p. 1.) in one place. A single street that connects centuries and faith systems that exist with different paths but with the same goal (Illustration 9), thereby giving space to all those who have belief, hope and engagement. Where these exist, there is balance, and where there is balance, there is peace.

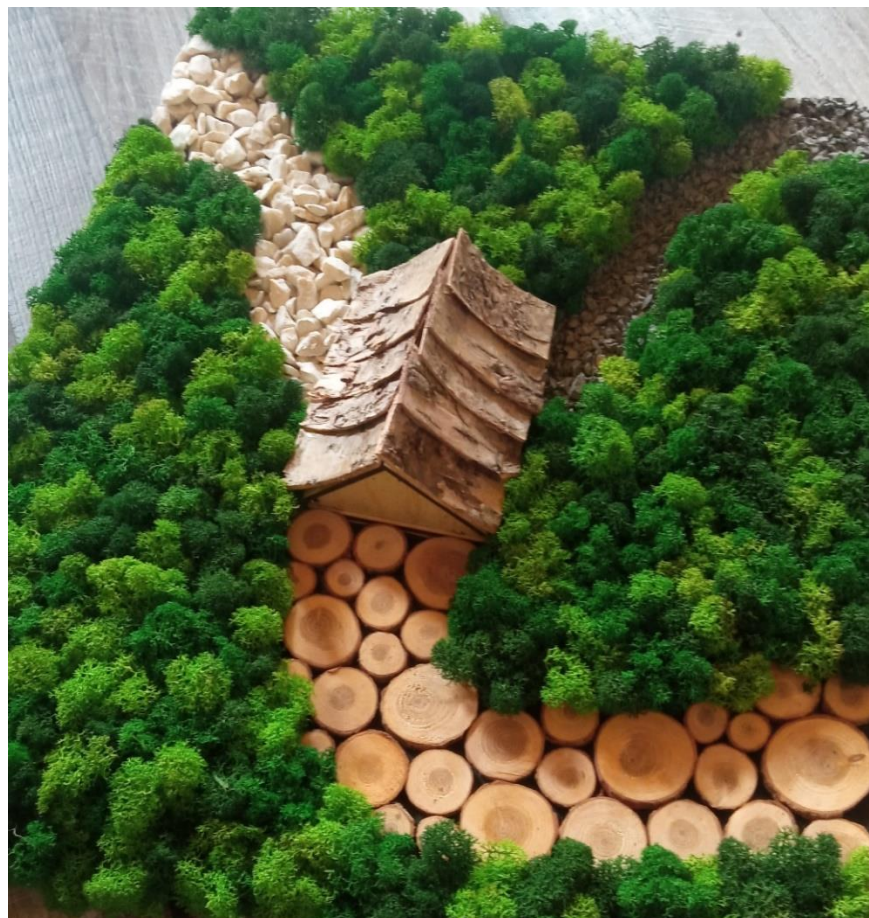


Illustration 8: Map illustration of the party zone – "Hungary's Favorite Streets" project



Source: Krnács (2014)

Illustration 9: Artistic representation of the significance of Dohány Street from bustle to the peace of mind (different roads – same destination), tuned to the most significant (visual) system of representation



Source: based on own designs and ideas created (in summer 2024) by the ZuzmoStyle team

## LIST OF REFERENCES

accor.hu (2024): Alapvető értékeink. <https://karrier.accor.hu/alapveto-ertekeink>  
retrieved: 2024.05.07.

Afanasiev, O. – Afanasieva, A. V. – Seraphin, H. – Gowreesunkar, V. G. (2018): A critical debate on the concept of ecological tourism – the Russian experience. In: Korstanje, M. E. (ed.) Critical essays in tourism research. Nova Science Publishers Inc., New York, pp. 129-148.

Ahmed, Z. U. – Krohn, F. B. (1992): International tourism, marketing and quality of life in the third world – India, a case in point. In: Sirgy, M. J. – Meadow, M. H. – Rahtz, D. – Samli, A. C. (eds.): Development in quality of life studies in marketing. Academy of Marketing Science, Blacksburg, pp. 150-156.

airBnB (2016): Airbnb Travel Trends Report – 16 Neighborhoods to Discover in 2016. <https://airbnb.app.box.com/v/2016placestogo/file/48856656589> retrieved: 2024.02.25.

airportal.hu (2020): Megközelítette a 16,2 milliót a Budapest Airport utasforgalma 2019-ben. <https://airportal.hu/megkozelitette-a-16-2-milliot-a-budapest-airport-utasforgalma-2019-ben/> retrieved: 2024.02.25.

Ali, R. (2016): Exploring the Coming Perils of Overtourism. <https://skift.com/2016/08/23/exploring-the-coming-perils-of-overtourism/> retrieved: 2023.08.13.

Allen, L. R. – Hafer, H. R. – Long, P. T. – Perdue, R. R. (1993): Rural residents' attitude toward recreation and tourism development. Journal of Travel Research, 31(4), pp. 27-33. <https://doi.org/10.1177/004728759303100405>

A mi Erzsébetvárosunk (2018): Kocsmatérkép. – <http://cdn.blog.hu/mi/mierzsebetvarosunk/image/kepek/kocsmaterkep1.jpg> retrieved: 2024.01.21.

Amole, D. (2009): Residential satisfaction in students' housing. *Journal of Environmental Psychology*, 29, pp. 76–85.

An, N. T. – Ittekkot, V. (2006): Reflections on the Management of coastal zone in Viet Nam. In: Proceedings of the Workshop on „Finalization of the Projects VS/RDE/02: Management tools of Coastal Environment for Sustainable Development”, Nhatrang, pp. 5-7.

An, N. T. – Phung, N. K., – Chau, T. B. (2008): Integrated Coastal Zone Management in Vietnam: Pattern and Perspectives. *Journal of Water Resources and Environmental Engineering*, 23, pp. 297-304.

Ananda, J. (1992): Helyreállíthatjuk egészségünket. Édesvíz Kiadó, Budapest, 220 p.

Andereck, K. L. (1995): Environmental consequences of tourism – a review of recent research. *Former Intermountain Research Station*, 323(36), pp. 77-81.

Andereck, K. – Valentine, K. – Knopf, R. – Vogt, C. (2005): Residents' perceptions of community tourism impacts. *Annals of Tourism Research*, 32(4), pp. 1056-1076.  
<https://doi.org/10.1016/j.annals.2005.03.001>

Andrews, F. M. – Withey, S. B. (2012): *Social Indicators of Well-Being – Americans' Perceptions of Life Quality*. Springer Science & Business Media, Berlin, 476 p.

Arcanum (2023): Reference Library – Magyar etimológiai szótár – imágó.  
<https://www.arcanum.com/en/online-kiadvanyok/Lexikonok-magyar-etimologiai-szotar-F14D3/i-i-F266A/imago-F26BD/> retrieved: 2023.06.27.

Arcanum (2024): Reference Library – Magyar etimológiai szótár – köz.  
<https://www.arcanum.com/hu/online-kiadvanyok/Lexikonok-magyar-etimologiai-szotar-F14D3/k-F287B/koz-F2D07/> retrieved: 2024.04.10.

Aubel, E. (2007): A trendek változnak, a hagyomány örök. In: Hunvald, Gy (ed.) Kismesterek – Erzsébetvárosi örökség I. Budapest Erzsébetváros Polgármesteri Hivatala, Budapest, 135 p.

Auh, S., – Cook, C. C. (2009): Quality of community life among rural residents – An integrated model. *Social Indicators Research*, 94, pp. 377-389.  
<https://doi.org/10.1007/s11205-008-9427-0>

Avond, G. – Bacari, C. – Limea, I. – Seraphin, H. – Gowreesunkar, V. – Mhanna, R. (2019): Overtourism – A result of the Janus-faced character of the Tourism Industry. *Worldwide Hospitality and Tourism Themes*, 11(5), pp. 552-565.  
<https://doi.org/10.1108/WHATT-06-2019-0039>

Ágai, A. (1912): Utazás Pestről-Budapestre 1843-1907. Pallas Irodalmi és Nyomdai Részvénytársaság, Budapest, 446 p.

Árva, L. – Várhelyi, T. (2020): Elmozdulás a minőségi turizmus felé – A fenntarthatóság a turizmusban a koronavírusjárvány után. *Polgári Szemle*, 16(1-3), pp. 94-114.  
<https://doi.org/10.24307/psz.2020.0707>

Bachok, K. S. R. – Hamsa, A. A. K. – bin Mohamed, M. Z. – Ibrahim, M. (2017): A theoretical overview of road hump effects on traffic noise in improving residential well-being. *Transportation research procedia*, 25, pp. 3383-3397.  
<https://doi.org/10.1016/j.trpro.2017.05.224>

Backman, K. F. – Backman, S. J. (1997): An examination of the impacts of tourism in a gateway community. In: Meadow, H. L. (ed.) *Development in quality of life studies*. International Society for Quality of Life Studies, Blacksburg.

Baker, D. A. – Palmer, R. J. (2006): Examining the effects of perceptions of community and recreation participation on quality of life. *Social Indicators Research*, 75, pp. 395-418.

Baktay, E. (ford.) (1934): Paul Brunton – India titkai. Rózsavölgyi és Társa Kiadó, Budapest, 348 p.

Balestra, C. – Sultan, J. (2013): Home Sweet Home – The determinants of residential satisfaction and its relation with well-being. OECD Statistics Working Papers, 2013/05. <https://doi.org/10.1787/5jzbcx0czc0x-en>

Ballas, D. (2013): What makes a ‘happy city’? *Cities*, 32(1), pp. 39-50. <https://doi.org/10.1016/j.cities.2013.04.009>

Ballester, P. (2012): Croisières et overtourism (surtourisme) – Les nouvelles logiques spatiales du port de Barcelone: tourisme de croisière, aménagement et paysage. *Etudes Caribéennes*, 18. <https://doi.org/10.4000/etudescaribeennes.5154>

Barkin, D. (2000): Welfare and well-being in modern Mexico. *A Journal of Economics, Culture & Society*, 12(3), pp. 99-108. <https://doi.org/10.1080/08935690009359014>

Bashari, S. – Hashim, A. H. – Samah, A. A. – Ahmad, N. (2019): Residential Environmental Livability in Nigeria: An Overview. *International Journal of Humanities and Social Science*, 9(4), pp. 92-99. <https://doi.org/10.30845/ijhss.v9n4p11>

Bedi, C. – Kansal, A. – Mukheibir, P. (2023): A conceptual framework for the assessment of and the transition to liveable, sustainable and equitable cities. *Environmental Science & Policy*, 140, pp. 134-145. <https://doi.org/10.1016/j.envsci.2022.11.018>

Belisle, F. J. – Hoy, D. R. (1980): The perceived impact of tourism by residents, a case studies in Santa Marta, Columbia. *Annals of Tourism Research*, 7(1), pp. 83-101. [https://doi.org/10.1016/S0160-7383\(80\)80008-9](https://doi.org/10.1016/S0160-7383(80)80008-9)

Belügyminisztériumi Nyilvántartások Vezetéséért Felelős Helyettes Államtitkárság (2019): Magyarország állandó lakossága 2019. január 1-jén. [https://nyilvantarto.hu/letoltes/statisztikak/kozerdeku\\_lakossag\\_2019.xlsx](https://nyilvantarto.hu/letoltes/statisztikak/kozerdeku_lakossag_2019.xlsx) retrieved: 2024.02.02.

Bendover (2015): Interjú Manninger Mátéval, a Budapest Essentials egyik főszervezőjével. <https://primate.hu/2015/05/08/interju-manninger-mateval-a-budapest-essentials-egyik-foszervezojevel/> retrieved: 2024.04.15.

Berlin Clubs by U-Bahn (2019): [https://cdn.hometogo.net/assets/wl-blog/c2c97207d05af5ede920f03366b27e77\\_BerlinClubs-UBahn-EN1-1024x1759.jpg](https://cdn.hometogo.net/assets/wl-blog/c2c97207d05af5ede920f03366b27e77_BerlinClubs-UBahn-EN1-1024x1759.jpg)  
retrieved: 2024.02.04.

Bertocchi, D. – Ferri, C. (2021): Far from gentrification and touristification – Residents' perceptions of displacement on Murano Island. *Shima*, 15(1), pp. 186-205.  
<https://doi.org/10.21463/shima.105>

Bischitz, J. (2024): Egészségfejlesztési Pont.  
<https://www.bjhuman.hu/egeszsegfejlesztesi-pont> retrieved: 2024.02.24.

Bjarnadóttir, S. (2021): How can Iceland reconceive its tourism industry in a more sustainable way after the Covid-19 pandemic. Uppsala Universitet, Master thesis, 88 p.

Bohl, R. (2020): As the economy undermines the Saudi social contract – Riyadh finds other ways to keep order. <https://worldview.stratfor.com/article/economy-undermines-saudi-social-contract-riyadh-finds-other-ways-keep-order> letölve: 2023.05.31.

boklaszok.hu (2019): Séták – Válogasson erzsébetvárosi sétáink közül!  
<https://boklaszok.hu/setak/> retrieved: 2024.05.01.

Bonaiuto, M. – Fornara, F. – & Bonnes, M. (2003): Indexes of perceived residential environment quality and neighbourhood attachment in urban environments – a confirmation study on the city of Rome. *Landscape and urban planning*, 65(1-2), pp. 41-52. [https://doi.org/10.1016/s0169-2046\(02\)00236-0](https://doi.org/10.1016/s0169-2046(02)00236-0)

Bonaiuto, M. – Fornara, F. – Bonnes, M. (2006): Perceived residential environment quality in middle- and low-extension Italian cities. *European Review of Applied Psychology*, 56(1), pp. 23-34. <https://doi.org/10.1016/j.erap.2005.02.011>

Boros, L. – Kovalcsik, T. (2021): A COVID-19-járvány hatása a budapesti AirBnB-piacra. *Területi Statisztika*, 61(3), pp. 380-402. <https://doi.org/10.15196/TS610306>

Bowling A. – Windsor J. (2001): Towards the good life – A population survey of dimensions of quality of life. *Journal of Happiness Studies*, 2, pp. 55-82. <https://doi.org/10.1023/A:1011564713657>

Bubshait, A. A. – Al-Atiq, T. H. (1999): ISO 9000 quality standards in construction. *Journal of Management in Engineering*, 15, pp. 41-46.

Buchecker, M. – Frick, J. (2020): The implications of urbanization for inhabitants' relationship to their residential environment. *Sustainability*, 12(4), 1624. <https://doi.org/10.3390/su12041624>

Buckley, R. C. – Brough, P. (2017): Economic value of parks via human mental health – An analytical framework. *Frontiers in Ecology and Evolution*, 5(6), pp. 1-9. <https://doi.org/10.3389/fevo.2017.00016>

Burján, K. (2022): A kontempláció. <https://www.kozeppont.com/a-kontemplacio/> retrieved: 2022.06.26.

Burns, D. D. (1999): *Feeling Good*. Harper Collins Publishers, New York, 736 p.

Butcher, J. (2021): Covid-19, tourism and the advocacy of degrowth. *Tourism Recreation Research*, 48(5), pp. 633-642. <https://doi.org/10.1080/02508281.2021.1953306>

Braga, F. – Sarpa, G. M. – Brando, V. E. – Manfè, G. – Zaggia, L. (2020): COVID-19 lockdown measures reveal human impact on water transparency in the Venice Lagoon. *Science of The Total Environment*, 736, 139612. <https://doi.org/10.1016/j.scitotenv.2020.139612>

Braubach, M. (2007): Residential conditions and their impact on residential environment satisfaction and health – Results of the WHO large analysis and review of European housing and health status (LARES) study. *International Journal of Environment and Pollution*, 30(3/4), pp. 384-403. <https://doi.org/10.1504/IJEP.2007.014817>

Bronfenbrenner, U. (1994): Ecological models of human development. International Encyclopedia of Education, Elsevier Sciences Ltd., Oxford, pp. 1643-1647.

Campbell, A. – Converse, P. E. – Rodgers, W. L. (1976): The quality of American life – Perceptions, evaluations, and satisfactions. Russell Sage, New York, 600 p.

Capocchi, A. – Vallone, C. – Pierotti, M. – Amaduzzi, A. (2019): Overtourism – A Literature Review to Assess Implications and Future Perspectives. Sustainability, 11(12), 3303. <https://doi.org/10.3390/su11123303>

Cheer, J. M. – Milano, C. – Novelli, M. (2019): Tourism and community resilience in the anthropocene – accentuating temporal overtourism. Journal of Sustainable Tourism 27(4), pp. 554-572. <https://doi.org/10.1080/09669582.2019.1578363>

Cheung, K. S. – Li, L.-H. (2019): Understanding visitor–resident relations in overtourism developing resilience for sustainable tourism. Journal of Sustainable Tourism, 27(8), pp. 1197-1216. <https://doi.org/10.1080/09669582.2019.1606815>

Chirico, F. (2016): Spiritual well-being in the 21st century – It is time to review the current WHO's health definition. Journal of Health and Social Sciences, 1(1), pp. 11-16. <https://doi.org/10.19204/2016/sprt2>

Christou, P. A. – Farmaki, A. – Saveriades, A. – Spanou-Tripinioti, E. (2019): The „genius loci” of places that experience intense tourism development. Tourism Management Perspectives, 30, pp. 19-32. <https://doi.org/10.1016/j.tmp.2019.01.002>

Çimen, Ö. (2021): Construction and built environment in circular economy – A comprehensive literature review. Journal of cleaner production, 305(10), 127180. <https://doi.org/10.1016/j.jclepro.2021.127180>

Ciorici, P. – Dantzler, P. (2019): Neighborhood satisfaction – A study of a low-income urban community. Urban Affairs Review, 55(6), pp. 1702-1730. <https://doi.org/10.1177/1078087418755515>



Cloutier, S. – Pfeiffer, D. (2015): Sustainability through happiness – A framework for sustainable development. *Sustainable Development*, 23(5), pp. 317-327. <https://doi.org/10.1002/sd.1593>

Collier, M. J. – Connop, S. – Foley, K. – Nedović-Budić, Z. – Newport, D. – Corcoran, A. – Crowe, P. – Dunne, L. – de Moel, H. – Kampelmann, S. – McQuaid, S. – Schwarz von Raumer, H.-G. – Slaev, A. – Stumpp, E.-M. – Van den Abeele, P. – Vandergert, P. (2016): Urban transformation with TURAS open innovations; opportunities for transitioning through transdisciplinarity. *Current Opinion in Environmental Sustainability*, 22, pp. 57-62. <https://doi.org/10.1016/j.cosust.2017.04.005>

Constantoglou, M. – Thomai, K. (2021): How much tourism is too much stakeholder's perceptions on overtourism – Sustainable destination management during the pandemic of COVID-19 Era in Santorini Island Greece. *Journal of Tourism and Hospitality Management*, 9(5), pp. 288-313. <https://doi.org/10.17265/2328-2169/2021.05.004>

Covey, S. (2014): A kiemelkedően eredményes fiatalok hét szokása. Harmat Kiadó, Budapest, 340 p.

Croes, R. – Manuel, A. – Rivera, K. J. – Semrad, K. J. – Khalilzadeh, J. (2017): Happiness and tourism – Evidence from Aruba. The Dick Pope Sr. Institute for Tourism Studies, Orlando, 68 p. <https://doi.org/10.13140/RG.2.2.29257.85602>

Crisp, R. (2000): Aristotle – Nicomachean Ethics. Cambridge University press, 85 p. <https://doi.org/10.1017/CBO9781139600514>

Cummins, R. A. (1991): The comprehensive Quality of Life scale – Intellectual disability: An instrument under development. *Australia and New Zealand Journal of Developmental Disabilities*, 17(2), pp. 259-264. <https://doi.org/10.1080/07263869100034481>

Cummins, R. A. (2005): Moving from the quality of life concept to a theory. *Journal of Intellectual Disability Research*, 49(10), pp. 699-706. <https://doi.org/10.1111/j.1365-2788.2005.00738.x>

Csizmady, A. – Olt, G. (2014): Kreatív milió egy átalakuló negyedben-a romkocsmák belső-erzsébetvárosi világa. *Kultúra és közösség*, 5(2), pp. 27-42.

Csikszentmihályi, M. (1990): *FLOW – The Psychology of Optimal Experience*. Harper & Row, New York, 303 p.

Damnjanović, I. (2021): Overtourism Effects – Positive and Negative Impacts for Sustainable Development. In: Filho, W. L. – Azul, A. M. – Brandli, L. – Lange Salvia, A. – Wall, T. (eds.) *Industry, Innovation and Infrastructure. Encyclopedia of the UN Sustainable Development Goals*. Springer, Cham. pp. 808-818.  
[https://doi.org/10.1007/978-3-319-95873-6\\_112](https://doi.org/10.1007/978-3-319-95873-6_112)

Dancsó (2022): Halmazok különbsége.  
<https://www.matekmindenkinek.hu/tudastar/halmazok-kulonbsege> retrieved:  
2024.04.10.

Daubner – Kalo (2005): *A tudattalan nehezen járható ösvényén I-II. Integratív Pszichoterápiás Egyesület, Budapest, 526 p.*

Deb, S. (2022): Introduction: Child safety, welfare, and well-being – Need of the hour. In: Deb, S. (eds.) *Child safety, welfare and well-being*. Springer, Singapore, pp. 1-13.  
[https://doi.org/10.1007/978-981-16-9820-0\\_1](https://doi.org/10.1007/978-981-16-9820-0_1)

Debreceni Egyetem – Klinkiai Központ (2022): *A relaxációról röviden*.  
<https://klinikaikozpont.unideb.hu/relaxaciorol-roviden> retrieved: 2023.06.27.

Deery, M. – Jago, L. – Fredline, L. (2012): Rethinking social impacts of tourism research – A new research agenda. *Tourism Management*, 33(1), pp. 64-73.  
<https://doi.org/10.1016/j.tourman.2011.01.026>

Dekker, K. – de Vos, S. – Musterd, S. – Van Kempen, R. (2011): Residential satisfaction in housing estates in European cities – A multi-level research approach. *Housing Studies*, 26(4), pp. 479-499. <https://doi.org/10.1080/02673037.2011.559751>

Deutsch, Sz. – Fejes, E. – Kun, Á. – Medvés, D. (2015): A jóllétet meghatározó tényezők vizsgálata egészségügyi szakdolgozók körében. *Alkalmazott pszichológia*, 15(2), pp. 49-71. <https://doi.org/10.17627/ALKPSZICH.2015.2.49>

Dewey, J. (1993): *Demokratie und Erziehung – Eine Einleitung in die philosophische Pädagogik*. Beltz, Weinheim, 517 p.

Dhiraj, A. – Kumar, S. (2021): Overtourism – Causes, impacts and solution. Sharma, A. – Hassan, A. (eds.) *Overtourism as Destination Risk (Tourism Security-Safety and Post Conflict Destinations)*. Emerald Publishing Limited, Bingley, pp. 49-56. <https://doi.org/10.1108/978-1-83909-706-520211004>

Díaz-Parra, I. – Jover, J. (2021): Overtourism, place alienation and the right to the city – Insights from the historic centre of Seville, Spain. *Journal of Sustainable Tourism*, 29(2-3), pp. 158-175. <https://doi.org/10.1080/09669582.2020.1717504>

Diener, E. – Suh, E. (1997): Measuring quality of life – Economic, social, and subjective indicators. *Social Indicators Research*, 40, pp. 189-216. <https://doi.org/10.1023/A:1006859511756>

Diener, E. – Suh, E. – Oishi, S. (1997): Recent findings on subjective well-being. *Indian Journal of Clinical Psychology*, 24(1), pp. 25-41.

Dittmann, J. – Goebel, J. (2021): Neighborhoods and Life Satisfaction in Germany. In: Maggino, F. (eds) *Encyclopedia of Quality of Life and Well-Being Research*. Springer, Cham., pp. 1-5. [https://doi.org/10.1007/978-3-319-69909-7\\_3702-2](https://doi.org/10.1007/978-3-319-69909-7_3702-2)

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 wellbeing. *Journal of Economic Psychology*, 29(1), pp. 94-122. <https://doi.org/10.1016/j.joep.2007.09.001>

Dorrell, J. – Lee, K. (2020): The cost of wind – Negative economic effects of global wind energy development. *Energies*, 13(14), 3667. <https://doi.org/10.3390/en13143667>

Drmic, I. E. – Sztamari, P. – Volkmar, F. (2018): Life course health development in autism spectrum disorders. In: Halfon, N. – Forrest, C. – Lerner, R. – Faustman, E. (eds.) Handbook of Life Course Health Development, Springer, Cham., pp. 237-274. [https://doi.org/10.1007/978-3-319-47143-3\\_11](https://doi.org/10.1007/978-3-319-47143-3_11)

Dubniczky, Zs. (2023): Így élt Petőfi és Jókai a Dohány utcai Schiller-házban 1848 márciusában. [https://pestbuda.hu/cikk/20230314\\_igy\\_elt\\_petofi\\_es\\_jokai\\_a\\_dohany\\_utcai\\_schiller\\_hazban\\_1848\\_marciusaban](https://pestbuda.hu/cikk/20230314_igy_elt_petofi_es_jokai_a_dohany_utcai_schiller_hazban_1848_marciusaban) retrieved: 2024.03.11.

Dyer, L. (1890): Plato – Apology of Socrates and Crito. Ginn & Company, Boston, 225 p.

Edgerton, R. B. (1990): Quality of life from a longitudinal research perspective. Quality of life – Perspectives and issues, pp. 149-160.

Egedi-Kovács, M. (2023): Ködoszlató előadás meditációról, imaginációról, kontemplációról – Tudatos Emberért Alapítvány. <https://www.youtube.com/watch?v=wODIuD4LYDI&t=12s> retrieved: 2023.06.26.

Egedy, T. – Smith, M. K. (2016): Old and new residential neighbourhoods as creative hubs in Budapest. Mitteilungen der Österreichischen Geographischen Gesellschaft, 158, pp. 85-108. <https://doi.org/10.1553/moegg158s85>

Ekkel, E. D. – de Vries, S. (2017): Nearby green space and human health – Evaluating accessibility metrics. Landscape and urban planning, 157, pp. 214-220. <https://doi.org/10.1016/j.landurbplan.2016.06.008>

Elsinga, M. – Hoekstra, J. (2005): Homeownership and Housing Satisfaction. Journal of Housing and the Built Environment, 20, pp. 401-424. <https://doi.org/10.1007/s10901-005-9023-4>

Endicott, J. – Nee, J. – Harrison, W. – Blumenthal, R. (1993): Quality of life enjoyment and satisfaction questionnaire – A new measure. Psychopharmacol Bulletin, 29(2), pp. 321-326.

Enyedi, Gy. (1987): Köszöntjük az olvasót! Tér és Társadalom, 1(1), pp. 3-4.

Epler Wood, M. – Milstein, M. – Ahamed-Broadhurst, K. (2019): Destinations at risk – The invisible burden of tourism. The Travel Foundation, Bristol, 64 p.

Erdogan, N. – Akyol, A. – Ataman, B. – Dokmeci, V. (2007): Comparison of urban housing satisfaction in modern and traditional neighbourhoods in Edirne, Turkey. Social Indicators Research, 81, pp. 127-148. <https://doi.org/10.1007/s11205-006-0018-7>

ERÖMŰVHÁZ (2024): ERÖMŰVHÁZ Erzsébetváros – Rólunk. <https://www.eromuvhaz.hu/rolunk/> retrieved: 2024.02.26.

Erzsébetváros Önkormányzata (2013): Budapest Főváros VII. kerület Erzsébetváros Önkormányzata Képviselő-testületének 2/2013. (I.25.) önkormányzati rendelete a közösségi együttélés alapvető szabályairól és ezek elmulasztásának jogkövetkezményeiről. [https://erzsebetvaros.net/uploads/files/phpyXjdKE-1626879791-02\\_2013%20A%20k%C3%B6z%C3%B6ss%C3%A9gi%20egy%C3%BCtt%C3%A9l%C3%A9s%20alapvet%C5%91%20szab%C3%A1lyair%C3%B3l%20%C3%A9s%20ezek%20elmulaszt%C3%A1s%C3%A1nak%20jog%C3%B6vetkezm%C3%A9nyeir%C5%91.pdf](https://erzsebetvaros.net/uploads/files/phpyXjdKE-1626879791-02_2013%20A%20k%C3%B6z%C3%B6ss%C3%A9gi%20egy%C3%BCtt%C3%A9l%C3%A9s%20alapvet%C5%91%20szab%C3%A1lyair%C3%B3l%20%C3%A9s%20ezek%20elmulaszt%C3%A1s%C3%A1nak%20jog%C3%B6vetkezm%C3%A9nyeir%C5%91.pdf) retrieved: 2024.02.26.

Erzsébetváros Önkormányzata (2020): Éjféli záróra – A szabályozás. <https://www.facebook.com/Erzsebetvaros.hu/photos/a.101737907967470/181525406655386/> retrieved: 2024.02.26.

Escudero Gómez, L. A. – Martínez Fernández, P. (2020): Comunidades anfitrionas frente al overtourism – Un estudio comparado entre San Martín de los Andes (Argentina) y Toledo (España). In: Pons, G.X. – Blanco-Romero, A. – Navalón-García, R. – Troitiño, L. – Blázquez-Salom, M. (eds.) Sostenibilidad Turística: overtourism vs undertourism. Monografies de la Societat d'Història Natural de les Balears, 31, pp. 307-318.

Eurofound (2016): European Quality of Life Survey. <https://www.eurofound.europa.eu/surveys/european-quality-of-life-surveys/european-quality-of-life-survey-2016> retrieved: 2023.02.20.

European Commission (2016): Quality of Life in European Cities 2015. [https://ec.europa.eu/regional\\_policy/sources/docgener/studies/pdf/urban/survey2015\\_en.pdf](https://ec.europa.eu/regional_policy/sources/docgener/studies/pdf/urban/survey2015_en.pdf) retrieved: 2023.02.20.

Ewane, E. B. – Bajaj, S. – Velasquez-Camacho, L. – Srinivasan, S. – Maeng, J. – Singla, A. – Lubber, A. – deMiguel, S. – Richardson, G. – Broadbent, E. N. – Cardil, A. – Jaafar, W. S. W. M. – Abdullah, M. – Dalla Corte, A. P. – Carlos, A. S. – Doaemo, W. – Mohan, M. (2023): Influence of urban forests on residential property values – A systematic review of remote sensing-based studies. *Heliyon*, 9, e20408. <https://doi.org/10.1016/j.heliyon.2023.e20408>

Élhető Erzsébetváros Egyesület (2019): A bulinegyed története. <https://7ker.hu/2019/01/16/a-bulinegyed-tortenete/> retrieved: 2024.02.20.

Farmalibri (2014): la Meditazione. <http://www.farmalibri.it/menu/la-pratica/prat2/80-meditazione-un-equivoco.html> retrieved: 2023.06.27.

Farrell, B. H. – Runyan, D. (1991): Ecology and tourism. *Annals of Tourism Research*, 18(1), pp. 26-40. [https://doi.org/10.1016/0160-7383\(91\)90037-C](https://doi.org/10.1016/0160-7383(91)90037-C)

Fehérvölgyi, B. – Hajmásy, G. – Madarász, E. (2019): Naggyon Balaton... – A túlturizmus jelensége a Balaton térségében. In: Csapó, J. – Gonda, T. – Raffay, Z. (szerk.) *Turizmus, fogyasztás, generációk – II. Nemzetközi Turizmus Konferencia: Tanulmánykötet*. Pécsi Tudományegyetem – Közgazdaságtudományi Kar, pp. 333-342.

Fekete, Zs. (2006): Életminőség – Konceptiók, definíciók, kutatási irányok. In: Utasi, Á. (szerk.) *A szubjektív életminőség és forrásai – Biztonság és kapcsolatok*. MTA Politikai Tudományok Intézete, Budapest, pp. 277-301.

Felce, D. – Perry, J. (1995): Quality of life – Its definition and measurement. *Research in Developmental Disabilities*, 16(1), pp. 51-74.

Fiatalkorúak Szövetsége (2024): Hotel Jókai – Belvárosi barangolás Jókai Mór nyomában. <https://jokaiseta.webnode.hu/> retrieved: 2024.03.13.

Fillis, I. – Lehman, K. – Rentschler, R. – Lee, B. (2023): Arts marketing during COVID-19 – A critical review and theoretical integration. *Arts and the Market*, 20(13.1.), pp. 48-63. <https://doi.org/10.1108/AAM-09-2022-0049>

Fishbein, M. – Ajzen, I. (1975): *Belief, attitude, intention, and behavior*. Addison – Wesley Publishing Company, Boston, 578 p.

Fogarasi, S. (2019): A magyarság kórrajza. <http://www.naputonline.hu/2019/03/23/fogarasi-sandor-a-magyarsag-korrajza-szaktudomanyos-kiegeszitesek-az-ot-geniusz-hoz/> retrieved: 2021.08.25.

Forgách, K. (2016): Irodalmi városnézés Jókai Mór nyomában. [https://www.magyarhirlap.hu/kultura/Irodalmi\\_varosnezes\\_Jokai\\_Mor\\_nyomaban](https://www.magyarhirlap.hu/kultura/Irodalmi_varosnezes_Jokai_Mor_nyomaban) retrieved: 2024.03.13.

Francescato, G. (2002): Residential Satisfaction Research – The Case for and against. In: Aragonés, J. I. – Francescato, G. – Gärling, T. (eds.) *Residential Environments – Choice, satisfaction and behavior*. Bergin & Garvey, Westport, pp. 15-34.

Franco, B. (2021): The effect of green space on the physiologic function of the adult – A systematic review. *Graduate Research and Major Papers Overview*, 380, Master thesis, 78 p. <https://doi.org/10.28971/532021fb99>

Fu, L. – Ren, Y. – Lu, L. – Chen, H. (2022): Relationship between ecosystem services and rural residential well-being in the Xin'an river Basin, China. *Ecological Indicators*, 140, 108997. <https://doi.org/10.1016/j.ecolind.2022.108997>

Gamble, A. – Gärling, T. (2012): The relationships between life satisfaction, happiness, and current mood. *Journal of Happiness Studies*, 13(1), pp. 31-45. <https://doi.org/10.1007/s10902-011-9248-8>

Gallegos-Riofrío, C. A. – Arab, H. – Carrasco-Torrontegui, A. – Gould, R. K. (2022): Chronic deficiency of diversity and pluralism in research on nature's mental health effects

– A planetary health problem. *Current Research in Environmental Sustainability*, 4, 100148. <https://doi.org/10.1016/j.crsust.2022.100148>

Galster, G. C. – Hesser, G. W. (1981): Residential Satisfaction – Compositional and contextual correlates. *Environment and Behavior*, 13(6), pp. 735-758. <https://doi.org/10.1177/0013916581136006>

Galster, G. (1987): Identifying the correlates of dwelling satisfaction – An empirical critique. *Environment and Behavior*, 19(5), pp. 539-568. <https://doi.org/10.1177/0013916587195001>

Gaspar, D. (2005): Subjective and objective well-being in relation to economic inputs – Puzzles and responses. *Review of Social Economy*, 63(2), pp. 177-206. <https://doi.org/10.1080/00346760500130309>

Gebhard, U. (2023a): Nature experience and mental health in children-theoretical approaches and selected empirical findings. *Bundesgesundheitsblatt, Gesundheitsforschung, Gesundheitsschutz*, 66(7), pp. 803-810. <https://doi.org/10.1007/s00103-023-03729-w>

George, L. K. (2006): Perceived Quality of Life. In: Binstock, R. H. – George, L. K. (eds.) *Handbook of aging and the social sciences* (6th ed.). Elsevier Inc., pp. 320-336. <https://doi.org/10.1016/B978-012088388-2/50021-3>

Géring, Zs. (2014): Tartalomelemzés: a virtuális és a 'valós' világ határán – Egy vállalati honlap-elemzés bemutatása. *Kultúra és közösség*, 5(1), pp. 9-24.

Gládi, G. (2011): A rekreáció elmélete és gyakorlata. In: Rétsági, E. – H. Ekler, J. – Nádori, L. – Woth, P. – Gáspár, M. – Gáldi, G. – Szegnerné Dancs, H. (szerk.) *Sportelméleti ismeretek*. Dialóg Campus Kiadó, Budapest, pp. 134-195.

Goodwin, H. (2017): The challenge of overtourism. *Responsible tourism partnership*, 4, pp. 1-19.



Goodwin, H. (2019): Overtourism: Causes, symptoms and treatment. *Tourismus Wissen-* quarterly, 16, pp. 110-114.

Google Maps (2023): Bulinegyed Budapest.  
[https://www.google.com/maps/d/viewer?mid=1WCT0cqF\\_Y1KKFw-fZlhiF8bVLt4&hl=en&ll=47.49890299879216%2C19.061351275506933&z=16](https://www.google.com/maps/d/viewer?mid=1WCT0cqF_Y1KKFw-fZlhiF8bVLt4&hl=en&ll=47.49890299879216%2C19.061351275506933&z=16)  
retrieved: 2024.02.05.

Google Maps (2024): Budapesti repülőterek.  
[https://www.google.com/search?q=budapest+rep%C3%BCI%C5%91terek&sca\\_esv=ea470e4985ed4d8d&rlz=1C1GCEU\\_huHU1067HU1071&sxsrf=ACQVn0-tNoeEC5h4jjhQgRsF8eJNFMBYw:1707184377622&udm=1&sa=X&ved=2ahUKEwjYpJOzzZWEAxXFgv0HHU8uCp4QjGp6BAgUEAE&biw=1536&bih=730&dpr=1.25](https://www.google.com/search?q=budapest+rep%C3%BCI%C5%91terek&sca_esv=ea470e4985ed4d8d&rlz=1C1GCEU_huHU1067HU1071&sxsrf=ACQVn0-tNoeEC5h4jjhQgRsF8eJNFMBYw:1707184377622&udm=1&sa=X&ved=2ahUKEwjYpJOzzZWEAxXFgv0HHU8uCp4QjGp6BAgUEAE&biw=1536&bih=730&dpr=1.25)  
retrieved: 2024.02.05.

Gózon, M. Sz. (2021): A túlzott turizmus hatásai és az ellen hozott intézkedések Európában, kiemelve az olaszországi Velence és Budapest helyzetét. Budapesti Gazdasági Egyetem – Kereskedelmi, Vendéglátóipari és Idegenforgalmi Kar, Alapszakos szakdolgozat. <https://dolgozattar.uni-bge.hu/28382/> retrieved: 2024.03.05.

Grinder, J. – Bandler, R. (1981): *Trance-formations – Neuro-linguistic Programming*. Real People Press, Lafayette, 255 p.

Gowreesunkar, V. – Vo-Thanh, T. (2020): Between Overtourism and Under-Tourism – Impacts, implications, and probable solutions. In: Séraphin, H. – Gladkikh, T. – Vo-Thanh, T. (eds.) *Overtourism*. Palgrave Macmillan, Cham, pp. 45-68.  
[https://doi.org/10.1007/978-3-030-42458-9\\_4](https://doi.org/10.1007/978-3-030-42458-9_4)

Grzeskowiak, S. – Sirgy, M. J. – Lee, D-J. – Claiborne, C. B. (2006): Residential well-being – Developing and validating a measure. *Social Indicators Research*, 79, pp. 503-541. <https://doi.org/10.1007/s11205-005-5667-4>

Grin, J. – Rotmans, J. – Schot, J. – Geels, F. – Loorbach, D. (2010): Transitions to sustainable development – New directions in the study of long-term transformative change (1<sup>st</sup> ed.). Routledge, New York, 418 p. <https://doi.org/10.4324/9780203856598>

Hammer, P. (2023): Managing tourism impacts and residential well-being towards a sustainable tourism development – The case of Fürth, Germany. Universitat Politècnica de València, Doctoral dissertation. <http://hdl.handle.net/10251/192545> retrieved: 2024.3.9.

Handal, P. J. – Barling, P. W. – Morrissy, E. (1981): Development of perceived and preferred measures of physical and social characteristics of the residential environment and their relation to satisfaction. *Journal of Community Psychology*, 9(2), pp. 118-124. [https://doi.org/10.1002/1520-6629\(198104\)9:2<118::AID-JCOP2290090203>3.0.CO;2-B](https://doi.org/10.1002/1520-6629(198104)9:2<118::AID-JCOP2290090203>3.0.CO;2-B)

Handayani, W. – Ariescy, R. R. – Widjanarko, H. – Cahya, F. A. – Yusnindi, S. I. – Badi'ah, R. (2022): Literature review – Green satisfaction. *Nusantara Science and Technology Proceedings*, 24, pp. 62-64. <https://doi.org/10.11594/nstp.2022.2411>

Helliwell, J. (2003): How's life? Combining individual and national variables to explain subjective wellbeing. *Economic Modelling*, 20(2), pp. 301-360. [https://doi.org/10.1016/S0264-9993\(02\)00057-3](https://doi.org/10.1016/S0264-9993(02)00057-3)

Henninger, N. A., – Taylor, J. L. (2013): Outcomes in adults with autism spectrum disorders – A historical perspective. *Autism*, 17(1), pp. 103-116. <https://doi.org/10.1177/1362361312441266>

Herbold, V. – Thees, H. – Philipp, J. (2020): The Host Community and Its Role in Sports Tourism – Exploring an Emerging Research Field. *Sustainability*, 12(24), 10488. <https://doi.org/10.3390/su122410488>

Hickey, S. – Mohan, G. (eds.) (2004): Participation: From Tyranny to Transformation – Exploring New Approaches to Participation in Development (1<sup>st</sup> ed.). Zed Books Ltd., London and New York, 304 p.

Horlings, E. – Smits, J.-P. (2019): Measuring well-being and sustainability in the Netherlands – The first monitor of well-being. In Proceedings of the ESCoE Conference, London, pp. 8-10.

Hospers, G.-J. (2019): Overtourism in European Cities – From Challenges to Coping Strategies. CESifo Forum, ISSN 2190-717X, ifo Institut – Leibniz-Institut für Wirtschaftsforschung an der Universität München, München, 20(03), pp. 20-24.

Houlden, V. – Weich, S. – Porto de Albuquerque, J. – Jarvis, S. – Rees, K. (2018): The relationship between greenspace and the mental wellbeing of adults – A systematic review. PloS one, 13(9), e0203000, <https://doi.org/10.1371/journal.pone.0203000>

Hovik, N. (1992): Using socioeconomic indicators and perceived quality of life in the marketing of a community. In: Sirgy, M. J. – Meadow, H. L. – Rahtz, D. – Samli, A. C. (eds.) Developments in quality-of-life studies in marketing. Academy of Marketing Science, Blacksburg, pp. 128-132.

Hudák, H. (2017): A VI. kerület is kitiltotta a beerbike-okat. [https://index.hu/belfold/budapest/2017/06/29/a\\_vi\\_kerulet\\_is\\_kitiltotta\\_a\\_beerbike-okat/](https://index.hu/belfold/budapest/2017/06/29/a_vi_kerulet_is_kitiltotta_a_beerbike-okat/) retrieved: 2024.02.12.

Hugo, N. C. (2020): Overtourism at heritage and cultural sites. In: Séraphin, H. – Gladkikh, T. – Vo-Thanh, T. (eds.) Overtourism. Palgrave Macmillan, Cham. pp. 169-185. [https://doi.org/10.1007/978-3-030-42458-9\\_10](https://doi.org/10.1007/978-3-030-42458-9_10)

Huxley, A. (1932): Brave New World. Chatto and Windus Ltd., London, 311 p.

Ibem, E. O. – Amole, D. (2013): Residential satisfaction in public core housing in Abeokuta, Ogun State, Nigeria. Social Indicators Research, 113, pp. 563-581. <https://doi.org/10.1007/s11205-012-0111-z>

ittlakunk.hu (2016): Erzsébetváros a világ legmenőbb helyei között. <https://7.kerulet.ittlakunk.hu/kultura-szabadido/160127/erzsebetvaros-vilag-legmenobb-helyei-kozott> retrieved: 2024.02.25.

Ivlevs, A. (2016): Happy hosts? International tourist arrivals and residents' subjective well-being in Europe. *Journal of Travel Research*, 56(5), pp. 599-612. <https://doi.org/10.1177/0047287516662353>

Jansson, M. – Fors, H. – Lindgren, T. – Wiström, B. (2013). Perceived personal safety in relation to urban woodland vegetation – A review. *Urban forestry & urban greening*, 12(2), pp. 127-133. <https://doi.org/10.1016/j.ufug.2013.01.005>

Jánossy, V. (2017): Már Kossuth Lajos is nekiment a bulinegyednek. <https://24.hu/kultura/2017/09/27/mar-kossuth-lajos-is-nekiment-a-bulinegyednek/> retrieved: 2024.03.11.

Jeffres, L. W. – Dobos, J. (1990): Communication and public perceptions of quality of life. In: Meadow, H. L. – Sirgy, M. J. (eds.) *Quality-of-life studies in marketing and management*. Virginia Tech, Center for Strategy and Marketing Studies, Blacksburg, pp. 633-644.

Jeffres, L. W. – Dobos, J. (1992): Communication and public perceptions of the quality of life – Testing the model. In: Sirgy, M. J. – Meadow, H. L. – Rahtz, D. – Samli, A. C. (eds.) *Developments in quality-of-life studies in marketing*, Academy of Marketing Science, Blacksburg pp. 43-49.

Jeffres, L. W. – Dobos, J. (1995): Communication and public perceptions of quality of life. In: Sirgy, M. J. – Samli, A. C. (eds.) *New dimensions of marketing/quality-of-life research*. Quorum Books, Westport, pp. 227-252.

Jelenczki, I. – Zseni, A. (2016): Ön-tér-kép. <https://www.magyaridok.hu/lugas/eljatszott-tortenelem-727375/> retrieved: 2024.03.08.

Jokela, M. (2020): Neighborhoods, psychological distress, and the quest for causality. *Current opinion in psychology*, 32, pp. 22-26. <https://doi.org/10.1016/j.copsyc.2019.06.009>

Joó, A. (2021): A kicsi is lehet óriási (élmény) – Kolodko-miniszobrok nyomában. <https://www.turistamagazin.hu/hir/a-kicsi-is-lehet-oriasi-elmany-kolodko-miniszobrok-nyomaban> retrieved: 2024.04.17.

Jordan, B. (2008): Welfare and well-being – Social value in public policy. Policy Press, Bristol, 288 p.

Jordan, P. – Pastras, P. – Psarros, M. (2018): Managing tourism growth in Europe – The ECM toolbox. <https://www.ucm.es/data/cont/media/www/pag-107272/2018-Managing%20Tourism%20Growth%20in%20Europe%20The%20ECM%20Toolbox.pdf> Retrieved: 2024.01.13.

Jover, J. – Díaz-Parra, I. (2020): Who is the city for? – Overtourism, lifestyle migration and social sustainability. *Tourism Geographies*, 24(1), pp. 9-32. <https://doi.org/10.1080/14616688.2020.1713878>

Julian, M. (2019): ‘Overtourism’? – Understanding and Managing Urban Tourism Growth beyond Perceptions. [https://etc-corporate.org/uploads/06022019\\_Michel\\_Julian\\_ETCKrakow.pdf](https://etc-corporate.org/uploads/06022019_Michel_Julian_ETCKrakow.pdf) retrieved: 2023.02.20.

Kaplan, R. (1985): Nature at the doorstep – Residential satisfaction and the nearby environment. *Journal of Architectural and Planning Research*, 2(2), pp. 115-127.

Kaplan, R. S. – Norton, D. P. (1996): *Balanced Scoreboard – Translating Strategy into Action*. Harvard Business School Press, Boston, 336 p.

Kardos, Z., (2011): Turisztikai ismeretek. <https://adoc.pub/regionalis-turisztikai-menedzsment-modul151662013562108.html> retrieved: 2023.10.29.

Kelemen-Erdős, A. – Mitev, A. (2017): Tematikus szolgáltatásélmény art- és romkocsmák környezetben. *Turisztikai és Vidékfejlesztési Tanulmányok*, 2(3), pp. 58-73.

Kenesei Zs. – Kolos K. (2018): Szolgáltatásmarketing: múlt vagy jövő? *Vezetéstudomány*, 49 (1), pp. 2-12. <https://doi.org/10.14267/veztud.2018.01.01>

Kim, K. – Uysal, M. – Sirgy, M. J. (2013): How does tourism in a community impact the quality of life of community residents? *Tourism Management*, 36, pp. 527-540.  
<https://doi.org/10.1016/j.tourman.2012.09.005>

Kim, D. – Lee, C. – Sirgy, M. J. (2016): Examining the differential impact of human crowding versus spatial crowding on visitor satisfaction at a festival. *Journal of Travel & Tourism Marketing*, 33(3), pp. 293-312.  
<https://doi.org/10.1080/10548408.2015.1024914>

Kis, A. (2015): Kiállítás – Önvaló.  
[https://www.egriszin.hu/tartalom/cikk/11986\\_kiallitas\\_onvalo](https://www.egriszin.hu/tartalom/cikk/11986_kiallitas_onvalo) retrieved: 2024.04.17.

Kiss, K. (2016): Transzformatív szolgáltatáskutatás – Régi-új dimenziók és hazai perspektívák.  
[https://marketing.org.hu/attachments/article/124/Kiss-transzformativ\\_szolgaltataskutatas\\_MTA2016.pp](https://marketing.org.hu/attachments/article/124/Kiss-transzformativ_szolgaltataskutatas_MTA2016.pp) retrieved: 2022.08.30.

Kiss, K. – Hegedüs, S. – Kovács, E. – Kökény, L. – Molnár-Csomós, I. – Michalkó, G. (2021): Researches supporting the surrounding business and social environment Home sweet home – Residential well-being in District 9 of Budapest. In: Kemény, I. – Kun, Zs. (eds.) *New perspectives in serving customers, patients, and organizations – A Festschrift for Judit Simon*. Corvinus University of Budapest, Budapest, pp. 171-188.

Kiss, K. – Kovács, B. – Michalkó, G. (2020): Boldogságyár túl az Óperencián – Az életminőség-orientált turizmusfejlesztés Ausztriában. *Földrajzi közlemények*, 144(1), pp. 13-26. <https://doi.org/10.32643/fk.144.1.2>

Kiss, K. – Molnár-Csomós, I. – Kincses, F. (2021): Buli van? – Mitől lehet vonzó Budapest VII. kerülete a hazai fogyasztók számára? *Turizmus Bulletin*, 21(4), pp. 43-51.  
<https://doi.org/10.14267/TURBULL.2021v21n4.5>

Klingmann, A. (2023): Rescripting Riyadh – How the capital of Saudi Arabia employs urban megaprojects as catalysts to enhance the quality of life within the city's neighborhoods. *Journal of Place Management and Development*, 16(1), pp. 45-72. <https://doi.org/10.1108/JPMD-06-2021-0062>

Koch, F. – Signer, J. – Kappeler, P. M. – Fichtel, C. (2016): The role of the residence-effect on the outcome of intergroup encounters in Verreaux's sifakas. *Scientific Reports*, 6, 28457. <https://doi.org/10.1038/srep28457>

Kodaş, B. – Kodaş, D. (2021): Demarketing as a potential solution to overtourism problems in tourism destinations. In: Sharma, A. – Hassan, A. (eds.) *overtourism as destination risk (Tourism security-safety and post conflict destinations)*. Emerald Publishing Ltd., Bingley: pp. 111-127. <https://doi.org/10.1108/978-1-83909-706-520211009>

Koenen, J. – Chon, K. S. – Christianson, D. (1995): Effects of tourism growth on air quality: the case of Las Vegas. *Journal of Sustainable Tourism*, 3(3), pp. 135-142. <https://doi.org/10.1080/09669589509510718>

Koens, K. – Postma, A. – Papp, B. (2018): Is overtourism overused? – Understanding the impact of tourism in a city context. *Sustainability*, 10(12), 4384. <https://doi.org/10.3390/su10124384>

Koltai, G. – Rácz, A. (2011): *Ezerarcú Erzsébetváros*. Erzsébetvárosi Önkormányzat, Budapest, 196 p.

Kopp, M. – Skrabski, Á. (2009): Magyar lelkiállapot az ezredforduló után. *Távlatok: világnézet, lelkiség, kultúra*, 19(86), pp. 32-52.

Korbai, H. (2019): *Testtudati technikák különböző alkalmazott területeken – A terapeuták testi tudatosságának, kapcsolati kompetenciáinak és a terápiás hatékonyságnak az összefüggései*. Eötvös Loránd Tudományegyetem – Pedagógiai és Pszichológiai Kar – Pszichológiai Doktori Iskola, Doktori értekezés, 182 p.

Kósi, K. – Baranyi, R. (2006): A fenntartható turizmus mérése indikátormódszer alkalmazásával. *Turizmus Bulletin*, 10(2), pp. 27-32.

Kotler, P. – Levy, S. J. (1969): Broadending the concept of marketing. *Journal of Marketing*, 33(1), pp. 10-15. <https://doi.org/10.1177/002224296903300103>

Kousis, M. (1989): Tourism and the family in a rural cretan community. *Annals of Tourism Research*, 16(3), pp. 318-333. [https://doi.org/10.1016/0160-7383\(89\)90047-9](https://doi.org/10.1016/0160-7383(89)90047-9)

Kovács, B. – Horkay, N. – Michalkó, G. (2006): A turizmussal összefüggő életminőség-index kidolgozásának alapjai. *Turizmus Bulletin*, 10(2), pp. 19-26.

Kovács, E. – Pataki, Gy. – Kelemen, E. – Kalóczkai, Á. (2011): Az ökoszisztéma-szolgáltatások fogalma a társadalomkutató szemszögéből. <http://www.matud.iif.hu/2011/07/03.htm> retrieved: 2020. március 2.

Kovács, M. D. (2017): Kitiltották a beerbike-okat a hetedik kerületből. [https://index.hu/kultur/eletmod/2017/06/21/kitiltottak\\_a\\_beerbike-okat\\_a\\_hetedik\\_keruletbol/](https://index.hu/kultur/eletmod/2017/06/21/kitiltottak_a_beerbike-okat_a_hetedik_keruletbol/) retrieved: 2024.02.12.

Kowarz, R. (2020): Overtourism – Analyse, Auswirkungen und Anpassungsstrategien. Bachelor thesis, 103 p. <https://doi.org/10.34726/hss.2020.73842>

Krekel, C. – Zerrahn, A. (2015): Sowing the wind and reaping the whirlwind? – The effect of wind turbines on residential well-being. *SOEPpaper*, 760. <https://dx.doi.org/10.2139/ssrn.2614805>

Krekel, C. – Kolbe, J. – Wüstemann, H. (2016): The greener, the happier? – The effect of urban land use on residential well-being. *Ecological Economics*, 121, pp. 117-127. <https://doi.org/10.1016/j.ecolecon.2015.11.005>

Krnács, Á. (2014): Map illustration for the Forbes Hungary. <https://www.behance.net/gallery/25085019/Map-illustration-for-the-Forbes-Hungary-June-2014/modules/165356183> retrieved: 2024.02.29.

Kruger, P. S. (2012): Perceptions of tourism impacts and satisfaction with particular life domains. In: Uysal, M. – Perdue, R. – Sirgy, M. J. (eds.) *Handbook of tourism and quality-of-life research – Enhancing the lives of tourists and residents of host communities*. Springer, Dordrecht, pp. 279-292. [https://doi.org/10.1007/978-94-007-2288-0\\_16](https://doi.org/10.1007/978-94-007-2288-0_16)



Kugler, P. (2022): A szentimentelemzés alapjai I.: áttekintés és szövegelemzés. <https://www.ludovika.hu/blogok/cyberblog/2022/06/22/a-szentimentelemzes-alapjai-i-attekintes-es-szovegelemzes/> retrieved: 2024.03.24.

Kullberg, A. (2010): My home is my castle – Residential well being and perceived safety in different types of housing areas in Sweden. Linköping University, Doctoral dissertation, 95 p.

Kuščer, K. – Mihalič, T. (2019): Residents' attitudes towards overtourism from the perspective of tourism impacts and cooperation – The case of Ljubljana. Sustainability, 11(6), pp. 1-18. <https://doi.org/10.3390/su11061823>.

Kruczek, Z. – Szromek, A. R. (2020): The identification of values in business models of tourism enterprises in the context of the phenomenon of overtourism. Sustainability, 12(4), pp. 1-12. <https://doi.org/10.3390/su12041457>.

KSH (2019): Helyzetkép a turizmus, vendéglátás ágazatról 2019. <https://www.ksh.hu/docs/hun/xftp/idoszaki/jeltur/2019/index.html> retrieved: 2024.03.02.

KSH alapadatok 2020a: Még egyszer a 2019-es rekordévről Budapesten, a magán szálláshelyek tükrében. <https://www.budapestinfo.hu/hu/meg-egyszer-a-2019-es-rekordevrol-budapesten-a-maganszallashelyek-tukreben> retrieved: 2024.03.02.

KSH alapadatok 2020b: Turizmus – Országosan a főváros 5. kerülete, vidéken Hévíz volt a legjobb 2019-ben. [https://www.balatontipp.hu/balatoni\\_hirek/turizmus-orszagosan-a-fovaros-5-kerulete-videken-heviz-volt-a-legjobb-2019-ben/](https://www.balatontipp.hu/balatoni_hirek/turizmus-orszagosan-a-fovaros-5-kerulete-videken-heviz-volt-a-legjobb-2019-ben/) retrieved: 2024.03.02.

Kshetrimayum, B. – Bardhan, R. – Kubota, T. (2020): Factors affecting residential satisfaction in slum rehabilitation housing in Mumbai. Sustainability, 12(6), 2344. <https://doi.org/10.3390/su12062344>

Kvale, S. (2005): Az interjú – Bevezetés a kvalitatív kutatás interjútechnikáiba. József Műhely Kiadó, Budapest, 288 p.

LaBelle, M. C. – Tóth, G. – Szép, T. (2022): Not fit for 55 – prioritizing human well-being in residential energy consumption in the European Union. *Energies*, 15(18), 6687. <https://doi.org/10.3390/en15186687>

Laman, R. (2018): Amsterdam: the European playground for tourists – How can the Internet of Things be used to manage overtourism? Bachelor thesis. <https://frw.studenttheses.ub.rug.nl/2468/> retrieved: 2023.03.02.

Lankford, S. V. – Howard, D. R. (1994): Developing a tourism impact attitude scale. *Annals of Tourism Research*, 21(1), pp. 121-139. [https://doi.org/10.1016/0160-7383\(94\)90008-6](https://doi.org/10.1016/0160-7383(94)90008-6)

Leung, Y. – Spenceley, A. – Hvenegaard, G. – Buckley, R. (2018): Tourism and visitor management in protected areas – Guidelines for sustainability. In: Groves C. (ed.) *Best practice protected area guidelines series*, 27. 120 p. <https://doi.org/10.2305/IUCN.CH.2018.PAG.27.en>

Lengyel, A. (2019): A mindfulness és liminalitás felértékelődése – Spirituális elvonulási központok, a fenntartható jövő desztinációi? *Turizmus Bulletin*, 19(1), pp. 14-24. <https://doi.org/10.14267/turbull.2019v19n1.2>

Lengyel, Zs. M. (2017): Képzeloerő és megértés hermeneutikai nézőpontból Dilthey, Heidegger és Gadamer műveiben. In: Fehér, M. I. – Lengyel, Zs. M. – Kiss, A. L. – Bognár, L. (eds.): *Imagináció a filozófiában – Hermeneutikai, fenomenológiai, vallásfilozófiai megközelítések*. L'Harmattan Kiadó – Magyar Tudományos Akadémia – Eötvös Lóránd Tudományegyetem – Hermeneutika Kutatócsoport, Budapest, pp. 159-204.

Lee, E. – Park, N. (2010): Housing satisfaction and quality of life among temporary residents in the United States. *Housing and Society*, 37(1), pp. 43-67. <https://doi.org/10.1080/08882746.2010.11430580>

Lee, J. – Je, H. – Byun, J. (2011): Well-being index of super tall residential buildings in Korea. *Building and Environment*, 46(5), pp. 1184-1194. <https://doi.org/10.1016/j.buildenv.2010.12.010>

Leuner, H. (2012): A katasítim immaginativ pszichoterápia alapjai – A képzélet használata a rövid pszichoterápiában. Animula Kiadó, Budapest, 180 p.

Li, C-H. – Tsai, M-C. (2014): Is the easy life always the happiest? – Examining the association of convenience and well-being in Taiwan. Social Indicators Research, 117, pp. 673-688. <https://doi.org/10.1007/s11205-013-0392-x>

Li, L. – Zhang, J. – Nian, S. – Zhang, H. (2017): Tourists' perceptions of crowding, attractiveness, and satisfaction – A second-order structural model. Asia Pacific Journal of Tourism Research, 22(12), pp. 1250-1260. <https://doi.org/10.1080/10941665.2017.1391305>

Li, Z. – Wu, F. (2013): Residential satisfaction in china's informal settlements – A case study of Beijing, Shanghai, and Guangzhou. Urban Geography, 34(7), pp. 923-949. <https://doi.org/10.1080/02723638.2013.778694>

Liu, J. C. – Var, T. (1986): Resident attitudes toward tourism impacts in Hawaii. Annals of Tourism Research, 13(2), pp. 193-214. [https://doi.org/10.1016/0160-7383\(86\)90037-X](https://doi.org/10.1016/0160-7383(86)90037-X)

Locus Assignments (2024): Unit 1 Assignment on Travel and Tourism Sector. <https://www.locusassignments.com/solution/unit-1-assignment-travel-tourism-sector> retrieved: 2024.02.22.

Loehr, J. – Schwartz, T. (2003): The power of full engagement – Managing energy, not time, is the key to high performance and personal renewal. The Free Press – A Division of Simon & Schuster, Inc., New York, 245 p.

Lopez, L. – Otón, M. P. – Antelo, M. D. L. Á. P. (2019): ¿ Existe overtourism en Santiago de Compostela? – Contribuciones para un debate ya iniciado. Boletín de la Asociación de Geógrafos Españoles, 83(2825), pp. 1-48. <https://doi.org/10.21138/bage.2825>

Lőrincz, K. – Kiss, K. – Banász, Z. (2023): The power of the place we live – What roles do home and the community play in well-being. *Economics & Sociology*, 16(1), pp. 29-44. <https://doi.org/10.14254/2071789X.2023/16-1/2>

Lu, M. (1999): Determinants of Residential Satisfaction – Ordered Logit vs. Regression Models. *Growth and Change*, 30, pp. 264-287. <https://doi.org/10.1111/0017-4815.00113>

Lucas, R. E. – Brent Donnellan, M. (2012): Estimating the reliability of single-item life satisfaction measures – Results from four national panel studies. *Social Indicators Research: An International and Interdisciplinary Journal for Quality of Life Measurement*, 105(3), pp. 323-331. <https://doi.org/10.1007/s11205-011-9783-z>

mahartports.hu (2019): Budapest – Nemzetközi és közforgalmú kikötőink. <https://www.mahartports.hu/hu/kikotok/budapest> retrieved: 2024.03.17.

Magyar Elektronikus Könyvtár (2024): Tizenötödik szín. <https://mek.oszk.hu/00900/00914/html/madach15.htm> retrieved: 2024.04.17.

Magyar Kereskedelmi és Iparkamara (2013): Exportkalauz. [https://mkikexport.uzletahalon.hu/sites/default/files/fajlok/exportkalauz\\_piackutatas\\_tu\\_dastar\\_v1.pdf](https://mkikexport.uzletahalon.hu/sites/default/files/fajlok/exportkalauz_piackutatas_tu_dastar_v1.pdf) retrieved: 2023.05.04.

Magyar közlöny (2013): Magyarország Hivatalos Lapja 153. szám. <https://magyarkozlony.hu/dokumentumok/ec098990db8d3daf0022847fde6ded61f417fd7c/megtekintes> retrieved: 2024.03.04.

Magyar Turizmus Rt. Kutatási Igazgatósága (2002): Québec-i nyilatkozat az ökoturizmusról. *Turizmus Bulletin*, 6(4), pp. 13-17.

Maharsi, R. (2015): Über die Wirklichkeit – Vierzig Verse mit Ergänzungsversen (Ulladu Narpadu mit Anubandham): mit Bildern von Miles Wright. BoD Books on Demand GmbH, Norderstedt, 52 p.

Markle, C. P. (2021): The relationship between type of residence and community engagement and friendship for individuals with intellectual and developmental disabilities in the state of Ohio. Creighton University, Doctoral dissertation, 118 p.

Martín, J. M. M. – Guita Martínez, J. M. – Salinas Fernández, J. A. S. (2018): An analysis of the factors behind the citizen's attitude of rejection towards tourism in a context of overtourism and economic dependence on this activity. *Sustainability*, 10(8), pp. 1-18. <https://doi.org/10.3390/su10082851>

Márkus, A. – Czigler, B. (2018): *Neurológia*. Akadémiai Kiadó, Budapest, 392 p. <https://doi.org/10.1556/9789634540557>

Mathieson, A. – Wall, G. (1982): *Tourism, economic, physical and social impacts*. Longman Group, London, 208 p.

McCarron, M. – Lombard-Vance, R. – Murphy, E. – May, P. – Webb, N. – Sheaf, G. – McCallion, P. – Stancliffe, R. – Normand, C. – Smith, V. – O'Donovan, M. A. (2019): Effect of deinstitutionalisation on quality of life for adults with intellectual disabilities – A systematic review. *BMJ open*, 9(4). <https://doi.org/10.1136/bmjopen-2018-025735>

McKinsey&Company – World Travel and Tourism Council (2017): *Coping with success – Managing overcrowding in tourism destinations*. McKinsey Global Institute, New York, 64 p.

Meeteren, V. (2021): *Rebuilding of the tourist industry after COVID-19 – Cases of Dutch and Flemish urban tourist destinations*. Master thesis. <https://theses.ubn.ru.nl/handle/123456789/13466> retrieved: 2023.02.28.

Meister, C. M. (2017): *Planning for ecotourism development in panama – Using government policy and spatial analysis to optimize ecotourism success*. California State University, Master Thesis, 94 p.

Mendoza, A. (2018): 16 Places That Are No Longer Like They Were Before Because Of Overtourism <https://www.buzzfeed.com/annamendoza/places-ruined-by->

[over-tourism/?utm\\_source=dynamic&utm\\_campaign=bffbbuzzfeed&ref=bffbbuzzfeed&fbclid=IwAR1zo0H9tTyWy0LyYFLkadia4\\_Es9aaveJuvz1onHGcD9Sel8lhTq7MZh1s](https://www.bffbbuzzfeed.com/over-tourism/?utm_source=dynamic&utm_campaign=bffbbuzzfeed&ref=bffbbuzzfeed&fbclid=IwAR1zo0H9tTyWy0LyYFLkadia4_Es9aaveJuvz1onHGcD9Sel8lhTq7MZh1s)  
retrieved: 2024.03.10.

Michalkó G. (1996): Erzsébetváros szociálgeográfiai vizsgálata. I. Földrajzi Értesítő, 45, (1-2), pp. 119-143.

Michalkó, G. 2004: A turizmuselmélet alapjai. Kodolányi János Főiskola, Székesfehérvár, 218 p.

Michalkó, G. (2005): A turisztikai milió földrajzi értelmezése. Tér és Társadalom, 19 (1) pp. 43-44. <https://doi.org/10.17649/tet.19.1.983>

Michalkó, G. (2010): Boldogító utazás – A turizmus és az életminőség kapcsolatának magyarországi vonatkozásai. MTA Földrajztudományi Kutatóintézet, Budapest, 122 p.

Michalkó, G. (2023): A turizmus esszenciája. Akadémiai kiadó, Budapest, 104 p.

Michalkó, G. – Bal, D. – Erdélyi, E. (2022): Repositioning Budapest's tourism milieu for a post-Covid-19 period: Visual content analysis. European Journal of Tourism Research, 32, 3204. <https://doi.org/10.54055/ejtr.v32i.2602>

Michalkó, G. – Kiss, K. – Kovács, B. (2009): Boldogító utazás – A turizmus hatása a magyar lakosság szubjektív életminőségére. Tér és Társadalom, 23(1), pp 1-17. <https://doi.org/10.17649/tet.23.1.1213>

Michalkó, G. – Németh, J. – Ritecz, Gy. (2020): Turizmusbiztonság. Dialóg Campus, Budapest, 463 p.

Michalkó, G. – Rátz, T. (2006): The Mediterranean Tourist Milieu, Anatolia. An International Journal of Tourism and Hospitality Research, 17(1), pp. 93-109. <https://doi.org/10.1080/13032917.2006.9687029>

Michalos, A. C. (ed.) (2014): Encyclopedia of quality of life and well-being research. Springer Science+Business Media, Dodrecht, 7347 p. [https://doi.org/10.1007/978-94-007-0753-5\\_104496](https://doi.org/10.1007/978-94-007-0753-5_104496)

Milano, C. (2017): Overtourism and tourismphobia: global trends and local contexts. Ostelea School of Tourism and Hospitality, Barcelona, 46 p. <https://doi.org/10.13140/RG.2.2.13463.88481>

Milano, C. – Cheer, J. – Novelli, M. (2018): Overtourism – A growing global problem. <https://theconversation.com/overtourism-a-growing-global-problem-100029> retrieved: 2023.02.11.

Milano, C. – Novelli, M. – Cheer, J. M. (2019a): Overtourism and Tourismphobia – A journey through four decades of tourism development, planning and local concerns. Tourism Planning & Development, 16(4), pp. 353-357. <https://doi.org/10.1080/21568316.2019.1599604>

Milano, C. – Cheer, J. M. – Novelli, M. (2019b): Overtourism – Excesses, discontents and measures in travel and tourism. CABI, Oxfordshire, 232 p.

Miller, D. – de Roo, G. (ed.) (2004): Integrating city planning and environmental improvement – Practicable strategies for sustainable urban development. Routledge, London, 360 p. <https://doi.org/10.4324/9781315252162>

Miller, F. D. – Tsemberis, S. – Malia, G. P. – Grega, D. (1980): Neighborhood satisfaction among urban dwellers. Journal of Social Issues, 36(3), pp. 101-117. <https://doi.org/10.1111/j.1540-4560.1980.tb02038.x>

Mirzaei, S. – Zanghiabadi, A. (2020): Spatial analysis of tourism and urban development indicators with happy city approach – Case study: Shiraz Metropolitan. Geography and Planning, 24(73), pp. 379-404. <https://doi.org/10.22034/gp.2020.10785>

Mitev, A. (2005): A társadalmi marketing elméleti és empirikus kérdései – Egyetemisták alkoholfogyasztási történeteinek narratív elemzése. Budapesti Corvinus Egyetem Gazdálkodástani Doktori Iskola, Doktori értekezés, 198 p.

Mitev, A. – Irimiás, A. R. – Michalkó, G. (2017): Rítusba oltott átalakulás – Transzformáció a vallási turizmusban. In: Régi, T. – Rátz, T. – Michalkó, G. (szerk.) Turizmus és transzformáció (Turizmus Akadémia 8). Kodolányi János Főiskola – MTA CSFK Földrajztudományi Intézet – Magyar Földrajzi Társaság, Orosháza – Budapest, pp. 37-50.

Mitev, A. – Kelemen-Erdős, A. (2017): Romkocsmá mint bricolage – Élményközpontú szolgáltatásérték-teremtés a romkocsmákban. Turizmus Bulletin, 17(1–2), pp. 26-34. <https://doi.org/10.14267/turbull.2017v17n1-2.3>

Mohanty, P.P. – Mishra, N. (2021): Overtourism in Religious Places – Is it a myth or a journey towards faith, a reflection from golden triangle (Bhubaneswar-Puri-Konark) of Odisha, India. In: Sharma, A. – Hassan, A. (eds.) Overtourism as destination risk (Tourism security-safety and post conflict destinations). Emerald Publishing Ltd., Bingley: pp. 235-260. <https://doi.org/10.1108/978-1-83909-706-520211016>

Mohit, M. A. – Ibrahim, M. – Rashid, Y. R. (2010): Assessment of residential satisfaction in newly designed public low-cost housing in Kuala Lumpur, Malaysia. Habitat International, 34(1), pp. 18-27. <https://doi.org/10.1016/j.habitatint.2009.04.002>

Mohit, M. A. – Nazyddah, N. (2011): Social housing programme of Selangor zakat board of Malaysia and housing satisfaction. Journal of Housing and the Built Environment, 26, pp. 143-164. <https://doi.org/10.1007/s10901-011-9216-y>

Molnár-Csomós, I. (2017): Országimázs-építés Magyarországon – Burgenland által alkalmazott imázsselemek adaptációja alapján. Budapesti Gazdasági Egyetem – Külkereskedelmi Kar, Mesterszakos szakdolgozat.

Molnár-Csomós, I. (2019a): Bulinegyed = Hozzáadott érték, avagy visszahúzó erő? – Esettanulmány Belső-Erzsébetváros példája mentén. In: Csapó, J. – Gonda, T. – Raffay



Zoltán (szerk.) Turizmus, fogyasztás, generációk – II. Nemzetközi Turizmus Konferencia, Tanulmánykötet, pp. 258-269.

Molnár-Csomós, I. (2019b): Buliturizmus. In: Irimiás, A. – Jászberényi, M. – Michalkó, G. (szerk.) A turisztikai termékek innovatív fejlesztése. Akadémiai Kiadó, Budapest. pp. 115-125.

Molnár-Csomós, I. (2021): A belföldi turizmus támogatását célzó koncepció térkép a járványhelyzet idején. *Marketing & Menedzsment*, 55(2): pp. 61-73.  
<https://doi.org/10.15170/MM.2021.55.02.06>

Molnár-Csomós, I. – Kiss, K. (2022a): The impact of overtourism on residential well-being – The case of Budapest (Hungary) District VII. *Space and Society*, 36(4), pp. 32-51. <https://doi.org/10.17649/TET.36.4.3425>;  
<https://www.webofscience.com/wos/woscc/full-record/000920486300002>;  
<https://openurl.ebsco.com/EPDB%3Agcd%3A5%3A8206597/detailv2?sid=ebsco%3Aplink%3Ascholar&id=ebsco%3Agcd%3A160720814&crl=c>

Molnár-Csomós, I. – Kiss, K. (2022b): A turizmus lakhatási jóllétre (residential well-being) gyakorolt hatása Budapest Erzsébetvárosban. In: Piskóti, I. – Nagy, Sz. – Nagy, K. (szerk.) *Transzformatív Marketing – Társadalmi és üzleti kihívások integrált marketing-megoldásai*. EMOK XXVIII. Nemzetközi Konferencia, Tanulmánykötet, pp. 199-209.

Montanari, A. (2020): Covid-19 as an opportunity to tackle the phenomenon of overtourism in European historic centres – The case of Rome/Covid-19 un'occasione per affrontare il fenomeno dell'overtourism nei centri storici europei: il caso di Roma. *Il capitale culturale – Studies on the Value of Cultural Heritage*, (11), pp. 285-305.  
<https://doi.org/10.13138/2039-2362/2542>

Moreno-Gil, S. – Coca-Stefaniak, J. A. (2020): Overtourism and the sharing economy – Tourism cities at a crossroads. *International Journal of Tourism Cities*, 6(1), pp. 1-7.  
<https://doi.org/10.1108/IJTC-03-2020-174>

Morrison, C. D. – Poulin, M. J. – Holman, E. A. (2018): Gender, genes, and the stress-buffering benefits of „home” – Evidence from two national U.S. studies. *Journal of Environmental Psychology*, 60, pp. 89-99. <https://doi.org/10.1016/j.jenvp.2018.10.007>

Moufakkir, O. – Reisinger, Y. (eds.) (2013): *The host gaze in global tourism*. Wallingford, CABI. <https://doi.org/10.1079/9781780640211.0000>

Mouratidis, K. (2017): Rethinking how built environments influence subjective well-being: a new conceptual framework. *Journal of Urbanism – International Research on Placemaking and Urban Sustainability*, 11(1), pp. 24-40. <https://doi.org/10.1080/17549175.2017.1310749>

Mouratidis, K. (2020): Commute satisfaction, neighborhood satisfaction, and housing satisfaction as predictors of subjective well-being and indicators of urban livability. *Travel Behaviour and Society*, 21, pp. 265-278. <https://doi.org/10.1016/j.tbs.2020.07.006>

Mouratidis, K. (2021a): How COVID-19 reshaped quality of life in cities – A synthesis and implications for urban planning. *Land Use Policy*, 111, 105772. <https://doi.org/10.1016/j.landusepol.2021.105772>

Mouratidis, K. (2021b): Urban planning and quality of life – A review of pathways linking the built environment to subjective well-being. *Cities*, 115, 103229. <https://doi.org/10.1016/j.cities.2021.103229>

Mridha, M. (2020): The effect of age, gender and marital status on residential satisfaction. *The international journal of justice and sustainability*, 25(8), pp. 540-558. <https://doi.org/10.1080/13549839.2020.1801615>

Mrsic, L. – Surla, G. – Balkovic, M. (2020a): Technology-driven smart support system for tourist destination management organizations. In: Khanna, A. – Gupta, D. – Bhattacharyya, S. – Snasel, V. – Platos, J. – Hassanien, A. (eds) *international conference on innovative computing and communications*. *Advances in intelligent systems and computing – Springer, Singapore*, 1087. [https://doi.org/10.1007/978-981-15-1286-5\\_7](https://doi.org/10.1007/978-981-15-1286-5_7)

Mrsic, L. – Surla, G. – Balkovic, M. (2020b): Smart tourist destination management using demand forecasting techniques – Using big data for destination demand forecasting as part of a destination management system. In: Thomas, J. – Fiore, U. – Lechuga, G. – Kharchenko, V. – Vasant, P. (eds.) Handbook of research on smart technology models for business and industry, IGI Global, Hershey: pp. 273-293. <https://doi.org/10.4018/978-1-7998-3645-2.ch011>

Mthembu, C. Z. (1997): Crime, a continuing national crisis: Its consequences on quality of community life. In: Meadow, H. L. (ed.) Developments in quality-of-life studies. International Society for Quality-of-Life Studies, Blacksburg, 1, pp. 1-60.

MTÜ 2023: Mindenkit megleptek a turizmus tavalyi számai. <https://www.vg.hu/vilaggazdasag-magyar-gazdasag/2023/01/mindenkit-megleptek-a-turizmus-tavalyi-szamai> retrieved: 2024.02.11.

Mustafa, N. A. – Hamsa, A. A. K. (2018): A review of literature on the effects of road hump on traffic speed and traffic noise in institutional area. <https://core.ac.uk/outputs/300471153?source=oai> retrieved: 2024.01.31.

Nemzeti Választási Iroda (2018): 2018. évi helyi népszavazások. [https://www.valasztas.hu/documents/20182/554968/eredmeny\\_jkv\\_BpVI\\_ker\\_180218.pdf/fde0d41a-0544-4642-89c7-85a64c20f53e?t=1519026226092](https://www.valasztas.hu/documents/20182/554968/eredmeny_jkv_BpVI_ker_180218.pdf/fde0d41a-0544-4642-89c7-85a64c20f53e?t=1519026226092) retrieved: 2024.02.29.

Nepal, R. – Nepal, S. K. (2021): Managing overtourism through economic taxation – Policy lessons from five countries. *Tourism Geographies*, 23(5-6), pp. 1094-1115. <https://doi.org/10.1080/14616688.2019.1669070>

Newton, P. W. (2012): Liveable and sustainable? – Socio-technical challenges for twenty-first-century cities. *Journal of Urban Technology*, 19(1), pp. 81-102. <https://doi.org/10.1080/10630732.2012.626703>

nepesseg.com (2015a): Budapest népessége. <http://nepesseg.com/budapest/> retrieved: 2024.01.29.

nepesseg.com (2015b): Budapest 7. kerület népessége. <http://nepesseg.com/budapest/budapest-07-kerulet> retrieved: 2024.02.29.

Norman, W. C. – Harwell, R. – Allen, L. R. (1997): The role of recreation on the quality of life of residents in rural communities in South Carolina. In: Lee Meadow, H. (ed.) Development in quality-of-life studies in marketing. International Society for Quality-of-Life Studies, Blacksburg, 1, pp.1-65.

Nunkoo, R. – Gursoy, D. (2012): Residents' support for tourism – An identity perspective. *Annals of Tourism Research*, 39(1), pp. 243-268. <https://doi.org/10.1016/j.annals.2011.05.006>

OECD (2019): Better Life Index (Edition 2017) – OECD Social and Welfare Statistics. [https://www.oecd-ilibrary.org/social-issues-migration-health/data/oecd-social-and-welfare-statistics/better-life-index-edition-2017\\_678d7570-en](https://www.oecd-ilibrary.org/social-issues-migration-health/data/oecd-social-and-welfare-statistics/better-life-index-edition-2017_678d7570-en) <https://doi.org/10.1787/678d7570-en> retrieved: 2023.02.20.

OECD (2023): PISA 2022 Results (Volume I): The State of Learning and Equity in Education. <https://www.oecd-ilibrary.org/sites/53f23881-en/index.html?itemId=/content/publication/53f23881-en> retrieved: 2023.12.05.

O'Connor, J. – Seymour, J. (2020): NLP – Segítség egymás és önmagunk megértéséhez – Pszichológiai gyakorlatok. Bionergetic Kiadó, Budapest, 241 p.

Oklevik, O. – Gössling, S. – Hall, C. M. – Steen Jacobsen, J. K. – Grøtte, I. P. – McCabe, S. (2019): Overtourism, optimisation, and destination performance indicators – A case study of activities in fjord Norway. *Journal of Sustainable Tourism*, 27(12), pp. 1804-1824. <https://doi.org/10.1080/09669582.2018.1533020>

Okulicz-Kozaryn, A. – Valente, R. R. (2019): Livability and subjective well-being across European cities. *Applied Research in Quality of Life*, 14(1): pp. 197-220. <https://doi.org/10.1007/s11482-017-9587-7>

Olt, G. – Smith, M. K. – Csizmady, A. – Pinke-Sziva, I. (2019): Gentrification, tourism and the night-time economy in Budapest's District VII – the role of regulation in a post-socialist context. Special Issue – Tourism and the Night, *Journal of Policy Research in Tourism, Leisure & Events*, 11(3), pp. 394-406.  
<https://doi.org/10.1080/19407963.2019.1604531>

Ongjerth, R. (2024): Lesz-e kultúrnegyed a bulinegyedből? [https://nepszava.hu/3230734\\_lesz-e-kulturnegyed-a-bulinegyedbol](https://nepszava.hu/3230734_lesz-e-kulturnegyed-a-bulinegyedbol) retrieved: 2024.04.12

O'Regan, M. – Choe, J. (2023): #overtourism on Twitter – A social movement for change or an echo chamber? *Current Issues in Tourism*, 26(7), pp. 1082–1095.  
<https://doi.org/10.1080/13683500.2022.2047161>

Osho (1996): *Meditation – The First and Last Freedom*. St. Martin's Press, Manhattan, 304 p.

Oxford Learner's Dictionaries (2021a): Meaning of residential in English.  
<https://www.oxfordlearnersdictionaries.com/definition/english/residential?q=residential>  
retrieved: 2021.10.28.

Oxford Learner's Dictionaries (2021b): Meaning of well-being in English.  
<https://www.oxfordlearnersdictionaries.com/definition/english/well-being?q=well-being>  
retrieved: 2021.11.03.

ÓVÁS! Közhasznú Egyesület (2013): *Ami látható, és ami láthatalan – Erzsébetváros zsidó öröksége*. Erzsébetváros Polgármesteri Hivatala, Budapest, 245 p.

Padrón-Ávila, H. – Hernández-Martín, R. (2019): Preventing overtourism by identifying the determinants of tourists' choice of attractions. *Sustainability*, 11(19), 5177.  
<https://doi.org/10.3390/su11195177>

Pamplona, F. (2022): Types of research design – An overview.  
<https://mindthegraph.com/blog/types-of-research-design/> retrieved: 2024.01.13.

Panzer, E. (2022): The Socio-Economic Impact of Cultural Heritage – Setting the Scene. In: Panzer, E. (2022) Cultural heritage and territorial identity. Advances in Spatial Science – Springer, Cham, pp. 1-41. [https://doi.org/10.1007/978-3-030-94468-1\\_1](https://doi.org/10.1007/978-3-030-94468-1_1)

Papastergiou, E. – Latinopoulos, D. – Evdou, M. – Kalogeresis, A. (2023): Exploring associations between subjective well-being and non-market values when used in the evaluation of urban green spaces – A Scoping Review. Land, 12(3), 700. <https://doi.org/10.3390/land12030700>

Park, S. – Park, S. – Ryu, B. – Baek, J. – Amano, T. – Kim, B. (2024): Subsidized Senior Housing in the US – A Scoping Review. Journal of Applied Gerontology, 43(7), pp. 814-828. <https://doi.org/10.1177/07334648231223028>

Parkers, A. – Kearns, A. – Atkinson, R. (2002): What makes people dissatisfied with their neighbourhoods? Urban Studies, 39(13), pp. 2413-2438. <https://doi.org/10.1080/0042098022000027031>

Pavlovits, T. (2020): A végtelen észlelése a kora újkorban. Gondolat Kiadó, Budapest, 312 p.

Pearce, L. P. (1995): From culture shock and culture arrogance to culture exchange – Ideas towards sustainable socio-cultural tourism. Journal of Sustainable Tourism, 3(3), pp. 143-154. <https://doi.org/10.1080/09669589509510719>

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, European Parliament. Policy Department for Structural and Cohesion Policies, Brüssel, 260 p.

Perdue, R. R. – Long, P. T. – Allen, L. (1987): Rural resident perceptions and attitudes. Annals of Tourism Research, 14(3), pp. 420-429. [https://doi.org/10.1016/0160-7383\(87\)90112-5](https://doi.org/10.1016/0160-7383(87)90112-5)

Perdue, R. R. – Long, P. T. – Gustke, L. D. (1991): The effect of tourism development on objective indicators of local quality of life. In: *Tourism – Building credibility for a credible industry*. Proceedings of the Travel and Tourism Research Association twenty-second annual conference. University of Utah, Salt Lake City, pp. 191-201.

Perkumienė, D. – Pranskūnienė, R. (2019): Overtourism – Between the Right to Travel and Residents' Rights. *Sustainability*, 11(7): 2138. <https://doi.org/10.3390/su11072138>

Petroman, I. – Văduva, L. – Marin, D. – Sava, C. – Petroman, C. (2022): Overtourism – Positive and negative impacts. *Quaestus*, (20), pp. 171-182.

Picard, D. – Di Giovine, M. (2014) (eds.): *Tourism and the power of otherness – Seductions of Difference*. Blue Ridge Summit – Channel View Publications, Bristol, 208 p. <https://doi.org/10.21832/9781845414177>

Pinke-Sziva, I. (2021): A bulinegyed után is van élet – Így alakulhat át Budapest a túlturizmus és a nullturizmus sokkja után. <https://forbes.hu/uzlet/budapest-korona-turizmus-bulinegyed/> letöltés dátuma: 2021.07.18.

Pinke-Sziva, I. – Smith, M. K. – Olt, G. – Berezvai, Z. (2019a): Overtourism and the night-time economy – A case study of Budapest. *International Journal of Tourism Cities*, 5(1), pp. 1-16. <https://doi.org/10.1108/IJTC-04-2018-0028>

Pinke-Sziva, I. – Smith, M. K. – Olt, G. – Molnár-Csomós, I. (2019b): Éjszakai gazdaság kutatása Budapesten – A budapesti romkocsmá-negyed megítélése az érintettek körében. *Turisztikai és Vidékfejlesztési Tanulmányok*, 4(1), pp. 20-30. <https://doi.org/10.33538/TVT.190401.2>

Piskóti, I. (2012): A társadalmi marketing modellje és hazai működésének feltételei. *Gazdaságtudományi Közlemények*, 6(1), pp. 103-104.

Popp, M. (2012): Positive and negative urban tourist crowding: Florence, Italy. *Tourism Geographies*, 14(1), pp. 50-72. <https://doi.org/10.1080/14616688.2011.597421>

portfolio.hu 2018: Ijesztő listára került fel a magyar főváros a külföldiek miatt.

<https://www.portfolio.hu/ingatlan/varos/ijeszto-listara-kerult-fel-a-magyar-fovaros-a-kulfoldiek-miatt.308497.html> retrieved: 2022.03.28.

Prabowo, R. R. (2022): Overtourism and animal abuse in santorini. SEIKO: Journal of Management & Business, 5(2), pp. 474-486.

Puczkó, L. – Rázt, T. (2005): A turizmus hatásai (4. javított kiadás). Aula Kiadó, Budapest.

pulzar.hu (2005): Szórakoztatókomplexum NYITÁS! @ Hajógyári Sziget. [https://www.pulzar.hu/news/050614/050618\\_WaterE\\_image.jpg](https://www.pulzar.hu/news/050614/050618_WaterE_image.jpg) retrieved: 2024.02.12.

Puskás, É. – Kormos-Krakkó, Á. – Nagy B. M. – Csieklinszki, Zs. (2020): A lakhatási körülmények hatása a mentális egészségre. Egészségfejlesztés Folyóirat, 61(2), pp. 43-53. <https://doi.org/10.24365/ef.v61i2.585>

Quest Hunter (2024): Szabadulósobák térképe budapest. <https://questhunter.hu/quest-map/> retrieved: 2024.03.13.

Raffay, Z. (2020): A COVID-19 járvány hatása a turisták fogyasztói magatartásának változására. Pécsi Tudományegyetem, Pécs. [https://ktk.pte.hu/sites/ktk.pte.hu/files/images/008\\_A%20COVID19%20jarvany%20hatasa%20a%20turistak%20fogyasztoi%20magartasanak%20valtozasara.pdf](https://ktk.pte.hu/sites/ktk.pte.hu/files/images/008_A%20COVID19%20jarvany%20hatasa%20a%20turistak%20fogyasztoi%20magartasanak%20valtozasara.pdf) retrieved: 2023.02.07.

Rahman, T. – Mittelhammer, R. C. – Wandschneider, P. (2005): Measuring the quality of life across countries – A sensitivity analysis of well-being indices. WIDER Working Paper Series RP2005-06, 35 p.

Rahtz, D. R. – Sirgy, M. J. – Meadow, H. L. (1989): The elderly audience – Correlates of television orientation. Journal of Advertising, 18(3), pp. 9-20. <https://doi.org/10.1080/00913367.1989.10673157>



Ray, P. H. – Anderson, S. R. (2000): *The Cultural Creatives – How 50 million people are change the world*. Harmony Books, New York, 384 p.

Rázt, T. (1999): *A turizmus társadalmi-kulturális hatásai*. Budapesti Közgazdaságtudományi Egyetem – Külgazdaságtan Tanszék Turizmus Kutatócsoport, Doktori értekezés, 230 p.

Rechnitzer, J. (2007): *A társadalomtudomány új ága – A regionális tudomány*. Magyar Tudomány, 12, pp. 1580-1589.

Reisinger, Y. (ed.) (2015): *Transformational tourism – Host perspectives*. CABI, Wallingford, 2019 p. <https://doi.org/10.1079/9781780643922.0000>

Remenyik, B. – Barcza, A. – Csapó, J. – Szabó, B. – Fodor, Gy. – Dávid, L. (2021): *Overtourism in Budapest – Analysis of spatial process and suggested solutions*. Regional Statistics, 11(3), pp. 1-19. <https://doi.org/10.15196/RS110303>

Rogers, D. S. – Duraiappah, A. K. – Antons, D. C. – Munoz, P. – Bai, X. – Fragkias, M. Gutscher, H. (2012): *A vision for human well-being – Transition to social sustainability*. Current Opinion in Environmental Sustainability, 4(1), pp. 61-73. <https://doi.org/10.1016/j.cosust.2012.01.013>

Rosenberg, M. (2003): *Nonviolent Communication – A Language of Life*. PuddleDancer Press, Encinitas, 246 p.

Ross, W. D. (ed.) (1956): *Oxford Classical Texts – Aristotelis: Aristotelis: De Anima*. Oxford University Press, Oxford, 120 p. <https://doi.org/10.1093/actrade/9780198145080.book.1>

Rozmiarek, M. – Malchrowicz-Moško, E. – Kazmierczak, M. (2022): *Overtourism and the impact of tourist traffic on the daily life of city residents – A case study of Poznan*. Journal of Tourism and Cultural Change, 20(5), pp. 718-734. <https://doi.org/10.1080/14766825.2022.2029463>

Róth Múzeum (2018): Ars longa, vita brevis. A művészet örök, az élet rövid.  
<https://www.facebook.com/RothMiksa/photos/ars-longa-vita-brevis-am%C5%B1v%C3%A9szet-%C3%B6r%C3%B6k-az-%C3%A9let-r%C3%B6vidr%C3%B3th-m%C3%A9zeum/2276215145752952/> retrieved:  
2024.04.15.

Rudd, R. (2022): The Art of Contemplation – Gentle path to wholeness and prosperity. Gene Keys Publishing, Poole, 100 p.

Said, S. (2020): Participatory urban planning approaches in the Arab region.  
[https://kluedo.ub.uni-kl.de/frontdoor/deliver/index/docId/6086/file/Dissertation\\_SibaþSaid\\_b2020.pdf](https://kluedo.ub.uni-kl.de/frontdoor/deliver/index/docId/6086/file/Dissertation_SibaþSaid_b2020.pdf)  
retrieved: 2023.05.31.

Salah, R. (2023): A vidéki ház, avagy egy öfenntartó kollektíva víziója.  
<https://epiteszforum.hu/a-videki-haz-avagy-egy-onfenntarto-kollektiva-vizioja> retrieved:  
2024.01.29.

Santayana, G. (1905): The life of reason, or the phases of human progress. Charles Scribner's Sons, New York, 291 p.

Santos, L. D. – Martins, I. – Brito, P. (2007): Measuring subjective quality of life – A survey to Porto's residents. Applied Research in Quality of Life, 2, pp. 51-64.  
<https://doi.org/10.1007/s11482-007-9029-z>

Santos-Rojo, C. – Llopis-Amorós, M. – García-García, J. M. (2023): Overtourism and sustainability – A bibliometric study (2018-2021). Technological Forecasting and Social Change, 188, 122285. <https://doi.org/10.1016/j.techfore.2022.122285>

Satir, V. – Banmen, J. – Gerber, J. – Gomori, M. (2006): The Satir Model: Family Therapy and Beyond. Science and Behavior Books, Palo Alto, 398 p.

Schneider, M. (1975): The quality of life in large American cities – Objective and subjective social indicators. *Social Indicators Research*, 1, pp. 495-509.  
<https://doi.org/10.1007/bf00353066>

Sengupta, P. – Harris, V. W. – Visconti, B. – Hinton, G. (2018): The role of relationship satisfaction in predicting residential well-being. Southeastern council on family relations conference, Baton Rouge.

Senior, S. L. – Caan, W. – Gamsu, M. (2020): Welfare and well-being: towards mental health-promoting welfare systems. *The British Journal of Psychiatry*, 216(1), pp. 4-5.  
<https://doi.org/10.1192/bjp.2019.242>

Seong-Kyu, H. A. – Woo, L. S. – Myers, D. – Ran, S. H. (2002): Interracial Marriage and Residential Well Being – Consequences of Interracial Marriage for Korean Women in the US. *Asian Journal of Women's Studies*, 8(3), pp. 55-85.  
<https://doi.org/10.1080/12259276.2002.11665932>

Seraphin, H. – Ivanov, S. – Dosquet, F. – Bourliataux-Lajoinie, S. (2020): Archetypes of Locals in Destinations Victim of Overtourism. *Journal of Hospitality and Tourism Management*, 43, pp. 283-288. <https://doi.org/10.1016/j.jhtm.2019.12.001>

Seraphin, H. – Sheeran, P. – Pilato, M. (2018): Over-tourism and the fall of Venice as a destination. *Journal of Destination Marketing and Management*, 9, pp. 374-376.  
<https://doi.org/10.1016/j.jdmm.2018.01.011>

Serra-Cantallops, A. – José Ramon-Cardona (2017): Host community resignation to nightclub tourism. *Current Issues in Tourism*, 20(6), pp. 566-579,  
<https://doi.org/10.1080/13683500.2016.1161604>

Shahbazi, A. – Ghanizadeghasemabadi, H. – Sargazi, Z. (2020): Analytical assessment of the components of the happy city in cities with enormous disaster – Case study Bam city. *Research and urban planning*, 11(41), pp. 53-64.

Sharma, A. – Yedla, V.R. (2021): Facing Overtourism – Social Media to Advise Tourists to Visit Unexplored Destinations. In: Hassan, A. – Sharma, A. (eds) Overtourism, technology solutions and decimated destinations. Springer, Singapore, pp. 33-45. [https://doi.org/10.1007/978-981-16-2474-2\\_3](https://doi.org/10.1007/978-981-16-2474-2_3)

Sharpley, R. (2014): Host perceptions of tourism – A review of the research. *Tourism Management*, 42, pp. 37-49. <https://doi.org/10.1016/j.tourman.2013.10.007>

Shaw, M. (2004): Housing and public health. *Annual Review of Public Health*, 25, pp. 397-418. <https://doi.org/10.1146/annurev.publhealth.25.101802.123036>

Sheridan, K. – Raffield, T. (2008): Teaching adaptive skills to people. *Practical Resources for the Mental Health Professional*, pp. 327-350. <https://doi.org/10.1016/b978-012373606-2.50013-9>

Shin, D. C. (1980): Subjective indicators and the comparative evaluation of the quality of community life. *American Journal of Community Psychology*, 8(5), pp. 523-536. <https://doi.org/10.1007/bf00912590>

Sikó, B. (2020): Túlturizmus és alternatív szálláshelyek-új trendek a budapesti szálláshelypiacon. *Prosperitas*, 7(3), pp. 67-77.

Simon J. – Lantos Z. (2016): Közösségi egészségügyi szolgáltatások jólléti szerepe – Egy hazai kísérlet tapasztalatai. *Marketingtudományi disputa*, Budapest. [https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fmarketing.org.hu%2Fattachments%2Farticle%2F124%2FSimon-Lantos-Szolg%25C3%25A1ltat%25C3%25A1smarketing\\_MTA\\_2016.ppt&wdOrigin=BROWSELINK](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fmarketing.org.hu%2Fattachments%2Farticle%2F124%2FSimon-Lantos-Szolg%25C3%25A1ltat%25C3%25A1smarketing_MTA_2016.ppt&wdOrigin=BROWSELINK) letöltve. 2023.03.11.

Sirgy, M. J. (2011): Theoretical perspectives guiding QOL indicator projects. *Social Indicators Research*, 103, pp. 1-22. <https://doi.org/10.1007/s11205-010-9692-6>

Sirgy, M. J. (2012): The psychology of quality of life – Hedonic well-being, life satisfaction. Social Indicators Research Series, 50. Springer, Dordrecht, 622 p. [https://doi.org/10.1007/978-94-007-4405-9\\_3](https://doi.org/10.1007/978-94-007-4405-9_3)

Sirgy, M. J. (2016): Towards a new concept of residential well-being based on bottom-up spillover and need hierarchy theories. In: Maggino, F. (eds) A life devoted to quality of life. social indicators research series (60). Springer, Cham, 327 p. [https://doi.org/10.1007/978-3-319-20568-7\\_9](https://doi.org/10.1007/978-3-319-20568-7_9)

Sirgy, M. J. – Cornwell, T. (2002): How neighborhood features affect quality of life. Social Indicators Research, 59(1), pp. 79-114.

Sirgy, M. J. – Rahtz, D. R. – Cicic, M. – Underwood, R. (2000): A method for assessing residents' satisfaction with community-based services – A quality-of-life perspective. Social Indicators Research, 49, pp. 279-316. <https://doi.org/10.1023/A:1006990718673>

Sirgy, M. J. – Widgery, R. N. – Lee, D.-J. – Yu, G. B. (2010): Developing a measure of community well-being based on perceptions of impact in various life domains. Social Indicators Research, 96, pp. 295-311. <https://doi.org/10.1007/s11205-009-9479-9>

Sirkó, M. – Keller, K. (2021): Turisztikai válságkommunikáció a hazai üzleti szállodákban a koronavírus-járvány idején. Jel-kép: kommunikáció, közvélemény, média, 2021(4): pp. 1-18. <https://doi.org/10.20520/jel-kep.2021.4.1>

slidemodel.com (1999): Virginia Satir's Change Model PowerPoint Diagram. <https://slidemodel.com/templates/virginia-satirs-change-model-powerpoint-diagram/>  
retrieved: 2023.02.08.

Smith, C. – Clay, P. (2010): Measuring subjective and objective well-being – Analyses from five marine commercial fisheries. Human Organization, 69(2), pp. 158-168. <https://doi.org/10.17730/humo.69.2.b83x6t44878u4782>

Smith, M. K. – Diekmann, A. (2017): Tourism and well-being. Annals of Tourism Research, 66, pp. 1-13. <https://doi.org/10.1016/j.annals.2017.05.006>

Smith, M. K. – Olt, G. – Csizmady, A. – Pinke-Sziva, I. (2019a): A túlturistasodás Budapest bulinegyedében. <https://tk.hun-ren.hu/a-tulturistasodas-budapest-bulinegyedeben> retrieved: 2023.07.09.

Smith, M. K. – Pinke-Sziva, I. – Olt, G. (2019b): Overtourism and resident resistance in Budapest. *Tourism planning and development*, 16(4): pp. 376-392. <https://doi.org/10.1080/21568316.2019.1595705>

Speare, A. (1974): Residential satisfaction as an intervening variable in residential mobility. *Demography*, 11(2): pp. 173-188. <https://doi.org/10.2307/2060556>

Stahlbaum, D. (2020): Probleme kann man niemals mit derselben Denkweise lösen, durch die sie entstanden sind: Zeitkritische Beiträge. BookRix GmbH & Co. KG, München, 267 p.

Steiger, K. (1988): *Arisztotelész – Lélektudományi írások*. Európa Kiadó, Budapest, 432 p.

Such-Devesa, M. J. – Ramón-Rodríguez, A. – Aranda-Cuéllar, P. – Cabrera, A. (2021): AirBnB and Overtourism – An Approach to a Social Sustainable Model Using Big Data. In: Balsalobre-Lorente, D. – Driha, O.M. – Shahbaz, M. (eds.) *Strategies in sustainable tourism, economic growth and clean energy*. Springer, Cham, pp. 211-233. [https://doi.org/10.1007/978-3-030-59675-0\\_12](https://doi.org/10.1007/978-3-030-59675-0_12)

Syamili, M. S. – Takala, T. – Korrensalo, A. – Tuittila, E. S. (2023): Happiness in urban green spaces – A systematic literature review. *Urban Forestry & Urban Greening*, 86, 128042. <https://doi.org/10.1016/j.ufug.2023.128042>

S. Tóth, M. (2016): NLP képzések. <https://docplayer.hu/19300058-Nlp-kepzesek-nlpszakember-alapkepzes-nlp-szakember-mesterkepzes.html> retrieved: 2021.11.03.

Szentendrei Járás Egészségfejlesztési Iroda (2023): A relaxációról. <http://efi.szentendre.hu/index.php/2019/05/03/a-relaxaciorol/> retrieved: 2023.06.27.

szodligetiek.hu (2024): ezerarcú SZŐDLIGET – Az első helytörténeti kisfilmsorozat. <https://www.szodligetiek.hu/ezerarcu-szodliget-epizodlista> retrieved: 2024.06.11.

Szöllős-Tóth, A. (2022): A túlzott mértékű turizmus hatásmenedzsmentje európai fővárosokban. Régió kutatás Szemle, 7(1), pp. 20-33.

Szromek, A. R. – Kruczek, Z. – Walas, B. (2020): The attitude of tourist destination residents towards the effects of overtourism – Kraków case study. Sustainability, 12(1), 228. <https://doi.org/10.3390/su12010228>

Takahashi, T. – Uchida, Y. – Ishibashi, H. – Okuda, N. (2021): Subjective well-being as a potential policy indicator in the context of urbanization and forest restoration. Sustainability, 13(6), 3211. <https://doi.org/10.3390/su13063211>

Tevely, T. V. (2023): Reménysugár a turizmusárnyékban – A túlturizmus és annak lehetséges megoldásai. Külügyi Szemle, 22(3), pp. 148-152. [https://doi.org/10.47707/kulugyi\\_szemle.2023.3.10](https://doi.org/10.47707/kulugyi_szemle.2023.3.10)

The Economist Intelligence Unit (2021): The global liveability index 2021. [www.eiu.com/n/campaigns/global-liveability-index-2021/](http://www.eiu.com/n/campaigns/global-liveability-index-2021/) leöltve: 2023.05.31.

Thißen, M. – Niemann, H. – Varnaccia, G. – Rommel, A. – Teti, A. – Butschalowsky, H. – Manz, K. – Finger, J. D. – Kroll, L. E. – Ziese, T. (2017): What potential do geographic information systems have for population-wide health monitoring in Germany? Perspectives and challenges for the health monitoring of the Robert Koch Institute. Bundesgesundheitsblatt-Gesundheitsforschung-Gesundheitsschutz, 60, pp. 1440-1452. <https://doi.org/10.1007/s00103-017-2652-4>

Tibet-Európa Alapítvány (2024): A Budapesti Gyémánt Út Meditációs Központ. <https://www.buddhizmusma.hu/kapcsolat> retrieved: 2024.03.12.

Tirri, C. – Swanson, H. – Meenar, M. (2021): Finding the „heart” in the green: conducting a bibliometric analysis to emphasize the need for connecting emotions with biophilic

urban planning. *International Journal of Environmental Research and Public Health*, 18(18), 9435. <https://doi.org/10.3390/ijerph18189435>

Titkos, Cs. (2021): *Önismereti alapok: Nézőpontok – folyamatok – módszerek*. Pécsi Tudományegyetem – Közgazdaságtudományi Kar, Pécs, 174 p.

Torabi, F. (2020): *IoT and its implications on sustainability*. LAB University of Applied Sciences, Bachelor thesis, 40 p.

Tosun, C. (2002): Host perceptions of impacts: a comparative tourism study. *Annals of Tourism Research*, 29(1), pp. 231-253. [https://doi.org/10.1016/S0160-7383\(01\)00039-1](https://doi.org/10.1016/S0160-7383(01)00039-1)

Tóth, A. (2019): *A túlzott mértékű turizmus („overtourism”) vizsgálata nemzetközi viszonylatban és hazánkban*. Debreceni Egyetem, Mesterszakos szakdolgozat.

turizmusonline.hu (2016): *Hotel Jókai – Belvárosi séta az író nyomában*. [https://turizmusonline.hu/cikkek/belfold/hotel\\_jokai\\_belvarosi\\_seta\\_az\\_iro\\_nyomaban.html](https://turizmusonline.hu/cikkek/belfold/hotel_jokai_belvarosi_seta_az_iro_nyomaban.html) retrieved: 2024.03.13.

turizmusonline.hu (2018): *Prága vágóhídra küldené a bulituristákat*. [http://turizmusonline.hu/kulfold/cikk/praga\\_a\\_kulvarosba\\_koltoztetne\\_a\\_buliturizmust](http://turizmusonline.hu/kulfold/cikk/praga_a_kulvarosba_koltoztetne_a_buliturizmust) retrieved: 2019. március 5.

Trancoso González, A. (2018): Venice – The Problem of overtourism and the impact of cruises. *Investigaciones Regionales – Journal of Regional Research*, 42, pp. 35-51.

UNESCO Világörökség egyezmény (2022): *Budapest – a Duna-partok, a Budai Várnegyed és az Andrássy út*. <https://vilagorokseg.e-epites.hu/helyszinek/budapest.html#kiemelkedo> retrieved: 2024.02.20.

UN-Habitat (2016): *World Cities Report – Urbanization and Development – Emerging Futures*. <https://unhabitat.org/sites/default/files/download-manager-files/WCR-2016-WEB.pdf> retrieved: 2023.02.20.



UNWTO (2018): Overtourism? – Understanding and managing urban tourism growth beyond perceptions, UNWTO, Madrid, 60 p. <https://doi.org/10.18111/9789284419999>

Vagena, A. (2021): Overtourism – Definition and impact. Academia Letters, 1207, pp. 1-6. <https://doi.org/10.20935/AL1207>

Valló, J. (2013): Képzelt Csikágó. Erzsébetvárosi Önkormányzat, Budapest, 135 p.

van Kamp, I. – van den Berg, F. (2018): Health effects related to wind turbine sound, including low-frequency sound and infrasound. Acoustics Australia, 46(1), pp. 31-57. <https://doi.org/10.1007/s40857-017-0115-6>

Var, T. – Kim, Y. (1989): Measurement and findings on the tourism impact. Unpublished paper, Department of Recreation, Park and Tourism Sciences, Texas A&M University.

Varady, D. P. – Carrozza, M. A. (2000): Toward a better way to measure customer satisfaction levels in public housing: A report from Cincinnati. Housing Studies, 15 (6), pp. 797-825. <https://doi.org/10.1080/02673030020002555>

Vargo, S. L. – Lusch, R. F. (2004): Evolving to a new dominant logic for marketing. Journal of Marketing, 68(1), pp. 1-17. <https://doi.org/10.1509/jmkg.68.1.1.24036>

Vágola, É. (2012): Erzsébetvárosiak – Portrék. Erzsébetvárosi Önkormányzat, Budapest, 196 p.

Vanyúr, B. (2021): Az overtourism jelenségének vizsgálata Budapest példáján. Észak-magyarországi Stratégiai Füzetek, 18(1), pp. 134-142. <https://doi.org/10.32976/stratfuz.2021.27>

Vecco, M. (2020). Genius loci as a meta-concept. Journal of Cultural Heritage, 41(1), pp. 225-231. <https://doi.org/10.1016/j.culher.2019.07.001>

Veenhoven, R. (1991): Is happiness relative? Social Indicators Research, 24, pp. 1-34. <https://doi.org/10.1007/BF00292648>

Veenhoven, R. (2000): The four qualities of life – Ordering concepts and measures of the good life. *Journal of Happiness Studies*, 1, pp. 1-39. <https://doi.org/10.1023/A:1010072010360>

Vető, M. (2017): Szakdolgozat külső bírálati lap. Budapesti Gazdasági Egyetem – Külkereskedelmi Kar, Budapest, 4 p.

Vidal, D. G. – Dias, R. C. – Oliveira, G. M. – Dinis, M. A. P. – Filho, W. L. – Fernandes, C. O. – Barros, N. – Maia, R. L. (2022): A review on the cultural ecosystem services provision of urban green spaces – Perception, use and health benefits. In: Leal Filho, W. – Vidal, D.G. – Dinis, M.A.P. – Dias, R.C. (eds) *Sustainable Policies and Practices in Energy, Environment and Health Research – World Sustainability Series*, Springer, Cham. pp. 287-331. [https://doi.org/10.1007/978-3-030-86304-3\\_18](https://doi.org/10.1007/978-3-030-86304-3_18)

Vladislavljević, M. – Mentus, V. (2019): The structure of subjective well-being and its relation to objective well-being indicators: evidence from EU-SILC for Serbia. *Psychological reports*, 122(1), pp. 36-60. <https://doi.org/10.1177/0033294118756335>

Vogl, T. – Bargstädt, H. J. (2022): The impact of Coworking spaces on residential areas – A systematic literature review. In 28th Annual European Real Estate Society (ERES) Conference, Milan, 142. [https://doi.org/10.15396/eres2022\\_142](https://doi.org/10.15396/eres2022_142)

Voukelatou, V. – Gabrielli, L. – Miliou, I. –, Cresci, S. – Sharma, R. – Tesconi, M. – Pappalardo, L. (2021): Measuring objective and subjective well-being – Dimensions and data sources. *International Journal of Data Science and Analytics*, 11, pp. 279-309. <https://doi.org/10.1007/s41060-020-00224-2>

Walton, D. – Murray, S. J. – Thomas, J. A. (2008): Relationships between population density and the perceived quality of neighbourhood. *Social Indicators Research*, 89, pp. 405-420. <https://doi.org/10.1007/s11205-008-9240-9>

Wall, G. – Mathieson, A. (2005): *Tourism: Changes, impacts, and opportunities*. Pearson Prentice Hall, New York, 412 p.

Waller, I. (2011): Less law, more order. *Acta Criminologica – African Journal of Criminology & Victimology*, 24(1). I-IV.

Wang, D. – Wang, F. (2016): Contributions of the usage and affective experience of the residential environment to residential satisfaction. *Housing Studies*, 31(1), pp. 42-60. <https://doi.org/10.1080/02673037.2015.1025372>

Weber, F. – Stettler, J. – Cramer, U. – Egli, F. (2020): Measuring Overtourism. Indicators for overtourism – Challenges and opportunities. Lucerne University of Applied Sciences and Arts, Luzern, 122 p. <https://doi.org/10.5281/zenodo.3759178>

Wei, X. – Zou, G. – Siu, K. W. M. (2020a): Emotional factors on residential well-being in densely populated cities. In: International Conference on Construction and Real Estate Management. American Society of Civil Engineers, Reston, pp. 632-638. <https://doi.org/10.1061/9780784483237.074>

Wei, X. – Zou, G. – Siu, K. W. M. (2020b): Identification of residential well-being factors in urban community design. In: Charytonowicz, J. – Falcão (eds.) *Advances in Human Factors in Architecture, Sustainable Urban Planning and Infrastructure*, Springer, Cham., pp. 490-499. [https://doi.org/10.1007/978-3-030-20151-7\\_46](https://doi.org/10.1007/978-3-030-20151-7_46)

Wei, X. – Zou, G. – Siu, K. W. M. (2021): Influencing factors of residential well-being under COVID-19. In: Charytonowicz, J. – Maciejko, A. – Falcão, C.S. (eds.) *Advances in human factors in architecture, sustainable urban planning and infrastructure*. Springer, Cham., pp. 115-124. [https://doi.org/10.1007/978-3-030-80710-8\\_15](https://doi.org/10.1007/978-3-030-80710-8_15)

Wei, X. – Zou, G. – Siu, K. W. M. (2022): Multifactors affecting residential well-being in urban communities of shenzhen incorporating intelligent technologies. *Mobile Information Systems*, 3179358. <https://doi.org/10.1155/2022/3179358>

Weigand, M. – Wurm, M. – Dech, S. – Taubenböck, H. (2019): Remote sensing in environmental justice research – A review. *ISPRS International Journal of Geo-Information*, 8(1), 20. <https://doi.org/10.3390/ijgi8010020>

Weins, N. W. – Luiz, R. G. – de Oliveira Santos, L. C. – Fernandez, J. K. A. – Junior, E. F. C. – da Silva, M. C. – Labiak Junior, S. – da Silva, C. L. (2019): Áreas naturais particulares em ambientes urbanos: uma revisão bibliográfica. *Desenvolvimento em Questão*, 17(46), pp. 287-298. <https://doi.org/10.21527/2237-6453.2019.46.287-298>

welovebudapest.com (2022): Szinyei léghajója került egy VI. kerületi tűzfalra. <https://welovebudapest.com/cikk/2022/08/30/latnivalok-es-kultura-szinyei-leghajoja-kerult-egy-vi-keruleti-tuzfalra/> retrieved: 2024.04.15.

Welsch, H. (2016). Electricity externalities, siting, and the energy mix – A survey. *International Review of Environmental and Resource Economics*, 10(1), pp. 57-94. <https://doi.org/10.1561/101.00000083>

Wendelboe-Nelson, C. – Kelly, S. – Kennedy, M. – Cherrie, J. W. (2019): A scoping review mapping research on green space and associated mental health benefits. *International Journal of Environmental Research and Public Health*, 16(12), 2081. <https://doi.org/10.3390/ijerph16122081>

Wengel (2019): Overtourism illustrated. <https://www.linkedin.com/pulse/overtourism-joseph-m-cheer> retrieved: 2024.02.19.

Wesz, J. G. B. – Miron, L. I. G. – Delsante, I. – Tzortzopoulos, P. (2023): Urban Quality of Life – A Systematic Literature Review. *Urban Science*, 7(2), 56. <https://doi.org/10.3390/urbansci7020056>

White, M. P. – Alcock, I. – Wheeler, B. W. – Depledge, M. H. (2013): Would you be happier living in a greener urban area? – A fixed-effects analysis of panel data. *Psychological Science*, 24(6), pp. 1-9.

Wilson-Powell, G. (2020): *Tényleg zöld?* Barecz & Conrad books, Budapest, 221 p.

Woo, E. – Kim, H. – Uysal, M. (2015): Life satisfaction and support for tourism development. *Annals of Tourism Research*, 50: pp. 84-97. <https://doi.org/10.1016/j.annals.2014.11.001>

World Health Organization (1946): WHO remains firmly committed to the principles set out in the preamble to the Constitution. <https://www.who.int/about/governance/constitution> retrieved: 2021.10.27.

Wu, C-H. (2008): The role of perceived discrepancy in satisfaction evaluation. *Social Indicators Research*, 88, pp. 423-436. <https://doi.org/10.1007/s11205-007-9200-9>

Yang, Y. (2008): A tale of two cities – Physical form and neighborhood satisfaction in metropolitan Portland and Charlotte. *Journal of the American Planning Association*, 74(3), pp. 307-323. <https://doi.org/10.1080/01944360802215546>

Yazıcıoğlu, İ. – Alphan, E. – Onur, M. (2020): Aşırı turizm kapsamında tripadvisor yorumları üzerine nitel bir inceleme: salda gölü örneği – A Qualitative Research on Tripadvisor Reviews in the Scope of Overtourism: A Case Study of Lake Salda. *Journal of Tourism and Gastronomy Studies*, 4, pp. 505-522. <https://doi.org/10.21325/jotags.2020.701>

Yetim, N. – Yetim, U. (2014): Sense of community and individual well-being – A research on fulfilment of needs and social capital in the Turkish community. *Social Indicators Research*, 115, pp. 93-115. <https://doi.org/10.1007/s11205-012-0210-x>

Young, G. (1973): *Tourism, Blessing or Blight?* Penguin Books Inc., Baltimore, 191 p.

Zhang, Y. (2023): The relationship between the neighborhood built environment and physical activity – Through social-ecological and historical lenses. University of Groningen, Doctoral dissertation, 289 p. <https://doi.org/10.33612/diss.588377015>

Zhang, Y. – Wang, M. – Li, J. – Chang, J. – Lu, H. (2022): Do greener urban streets provide better emotional experiences? – An experimental study on chinese tourists. *International Journal of Environmental Research and Public Health*, 19(24), 16918. <https://doi.org/10.3390/ijerph192416918>

Zehrer, A. – Raich, F. (2016): The impact of perceived crowding on customer satisfaction. *Journal of Hospitality and Tourism Management*, 29, pp. 88-98. <https://doi.org/10.1016/j.jhtm.2016.06.007>

Zerrahn, A. – Krekel, C. (2015): Sowing the wind and reaping the whirlwind? – The effect of wind turbines on residential well-being. *SOEPpaper*, 760. <https://dx.doi.org/10.2139/ssrn.2614805>

Zmyślony, P. – Leszczyński, G. – Waligóra, A. – Aleziak, W. (2020): The sharing economy and sustainability of urban destinations in the (over)tourism context – The social capital theory perspective. *Sustainability*, 12, 2310. <https://doi.org/10.3390/su12062310>

Zucco, F. D. – Limberger, P. F. – Farias, F. de S. – Fiuza, T. F. – de Quadros, C. M. B. (2020). The relationship of subjective well-being in residents' perceptions of the impacts of overtourism in the City of Blumenau, Santa Catarina, Brazil. *Sustainability*, 12, 1957. <https://doi.org/10.3390/su12051957>

## AUTHOR'S TOPIC-SPECIFIC PUBLICATION LIST

Irigoyen, C. O. – Neulinger, Á. – Molnár-Csomós, I. (2019): Egy nagyszabású rendezvény hatása a rossz városimázsra – Ferenc pápa látogatásának befolyása Juarez város megítélésére. *Turizmus Bulletin*, 19(2), pp. 24-33. <https://doi.org/10.14267/TURBULL.2019v19n2.3>

Kiss, K. – Hegedüs, S. – Kovács, E. – Kökény, L. – Molnár-Csomós, I. – Michalkó, G. (2021): Researches supporting the surrounding business and social environment Home sweet home – Residential well-being in District 9 of Budapest. In: Kemény, I. – Kun, Zs. (eds.) *New perspectives in serving customers, patients, and organizations – A Festschrift for Judit Simon*. Corvinus University of Budapest, Budapest, pp. 171-188.

Kiss, K. – Molnár-Csomós, I. – Kincses, F. (2021): Buli van? – Mitől lehet vonzó Budapest VII. kerülete a hazai fogyasztók számára? *Turizmus Bulletin*, 21(4), pp. 43-51. <https://doi.org/10.14267/TURBULL.2021v21n4.5>

Molnár-Csomós, I. (2017): Országimázs-építés Magyarországon – Burgenland által alkalmazott imázslemek adaptációja alapján. *Budapesti Gazdasági Egyetem – Külkereskedelmi Kar, Mesterszakos szakdolgozat*, 97 p.

Molnár-Csomós, I. (2018): Magyarország turisztikai országmárkájának logó és szlogen tervezése – Magyarország turisztikai országmárkája. *Magyar Turisztikai Ügynökség, Pályamű*.

Molnár-Csomós, I. (2019): Bulinegyed = hozzáadott érték, avagy visszahúzó erő? – Esettanulmány Belső-Erzsébetváros példája mentén. In: Csapó, J. – Gonda, T. – Raffay Zoltán (szerk.) *Turizmus, fogyasztás, generációk – II. Nemzetközi Turizmus Konferencia, Tanulmánykötet*, pp. 258-269.

Molnár-Csomós, I. (2019): Buliturizmus. In: Irimiás, A; Jászberényi, M; Michalkó, G (szerk.) *A turisztikai termékek innovatív fejlesztése*. Akadémiai Kiadó, Budapest, pp. 115-125.

Molnár-Csomós, I. (2020): A járványhelyzet okozta turisztikai kihívások ellensúlyozását célzó koncepció térkép a Business Model Canvas alapján. In: *Pandémiás kihívások – digitális válaszok*. Online tudományos-szakmai konferencia, E-poszter.

[https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fkonferencia.bm-tt.hu%2Fsites%2Fdefault%2Ffiles%2Fmolnar-csomos\\_ilona\\_javitott\\_poszter.pptx&wdOrigin=BROWSELINK](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fkonferencia.bm-tt.hu%2Fsites%2Fdefault%2Ffiles%2Fmolnar-csomos_ilona_javitott_poszter.pptx&wdOrigin=BROWSELINK)

Molnár-Csomós, I. (2021): A belföldi turizmus támogatását célzó koncepció térkép a járványhelyzet idején. *Marketing & Menedzsment*, 55(2), pp. 61-73. <https://doi.org/10.15170/MM.2021.55.02.06>

Molnár-Csomós, I. (2021): A járványhelyzet okozta turisztikai kihívások ellensúlyozását célzó koncepció térkép a Business Model Canvas alapján. *Rendvédelem* 10(1), pp. 101-120. [https://epa.oszk.hu/03300/03353/00017/pdf/EPA03353\\_rendvedelem\\_2021\\_1\\_101-120.pdf](https://epa.oszk.hu/03300/03353/00017/pdf/EPA03353_rendvedelem_2021_1_101-120.pdf)

Molnár-Csomós, I. (2021): Concept map to support domestic tourism at the time of the epidemic. In: Kemény, I. – Kun, Zs. (eds.) *New perspectives in serving customers, patients, and organizations – A Festschrift for Judit Simon*. Corvinus University of Budapest, Budapest, pp. 189-201.

Molnár-Csomós, I. (2024): Process model for multifactorial characteristics of the sense of place in the case of Budapest (Hungary) District VII. *Journal of Infrastructure, Policy and Development*. Publication is underway.

Molnár-Csomós, I. – Kiss, K. (2022a): The impact of overtourism on the residential well-being – The case of Budapest (Hungary) District VII. *Space and Society*, 36(4), pp. 32-51. <https://doi.org/10.17649/TET.36.4.3425>  
<https://www.webofscience.com/wos/woscc/full-record/000920486300002>

Molnár-Csomós, I. – Kiss, K. (2022b): A turizmus lakhatási jóllétre (residential well-being) gyakorolt hatása Budapest Erzsébetvárosban. In: Piskóti, I. – Nagy, Sz. – Nagy, K. (szerk.) *Transzformatív Marketing – Társadalmi és üzleti kihívások integrált marketing-megoldásai*. EMOK XXVIII. Nemzetközi Konferencia, Tanulmánykötet, pp. 199-209.

Pinke-Sziva, I. – Smith, M. K. – Olt, G. – Molnár-Csomós, I. (2019): Éjszakai gazdaság kutatása Budapesten – A budapesti romkocsmá-negyed megítélése az érintettek körében. *Turisztikai és Vidékfejlesztési Tanulmányok*, 4(1), pp. 20-30. <https://doi.org/10.33538/TVT.190401.2>

Sziva, I. – Molnár-Csomós, I. (2018): Okos desztinációk lehetőségei és kihívásai. In: Csapó, J. Gerdesics, V. Törőcsik, M. (szerk.) *Generációk a turizmusban – I. Nemzetközi Turizmusmarketing Konferencia, Tanulmánykötet*, pp. 205-214.



## ANNEX

### Annex No. 1: Preliminary research – "The impact of overtourism on residential well-being – The case of Budapest (Hungary) District VII" publication

Tér és Társadalom

36. évf., 4. szám, 2022

<https://doi.org/10.17649/TET.36.4.3425>

#### The impact of overtourism on residential well-being – The case of Budapest (Hungary) District VII

##### *Az overtourism lakhatási jóllétre gyakorolt hatása Budapest VII. kerületében*

ILONA MOLNÁR-CSOMÓS, KORNÉLIA KISS

**Ilona MOLNÁR-CSOMÓS:** PhD candidate, Doctoral School of Business and Management, Corvinus University of Budapest; Fővám tér 8., H-1093 Budapest, Hungary; [ilona.csomos@uni-corvinus.hu](mailto:ilona.csomos@uni-corvinus.hu); <https://orcid.org/0000-0002-3339-1883>

**Kornélia KISS:** associate professor, Department of Tourism, Budapest Business School; Alkotmány u. 9-11., H-1054 Budapest, Hungary; [kiss.kornelia@uni-bge.hu](mailto:kiss.kornelia@uni-bge.hu); Corvinus University of Budapest; <https://orcid.org/0000-0002-8475-7494>

**KEYWORDS:** overtourism; well-being; residents; residential well-being; neuro-linguistic programming (NLP)

**ABSTRACT:** Overtourism has a number of negative impacts on both the attractiveness of tourist destinations and the life of local residents. The period of tourism that converged to almost nothing due to the outbreak and global spread of the COVID-19 pandemic is a suitable time for examining residents' perceptions of (over)tourism. In this study, the research question focuses on the impact of overtourism on the residential well-being of local communities. Answering the questions that arise from the theoretical positioning, involving developing knowledge of the related impacts, is important because such new patterns of behavior may become commonplace. Sentiment analysis was chosen to answer the research questions and proved to be a good tool for exploring the impacts of overtourism perceived by local residents in an unconventional way. Through sentiment analysis based on neuro-linguistic programming (NLP) methodology, three key aspects of human experience – neurology, language, and programming – became the focus of investigation.

The results, based on 13,145 comments show which sensory perceptions transmitted by representational systems – such as sight, hearing, touch, taste, and smell – were more significant in the case of the examined keywords. For all keywords, regardless of the annual distribution, employment of the visual representation system (which represents visual modalities) was prominent, followed by the olfactory representation system representing olfactory modalities. The use of auditory-related acoustic, perceptual kinesthetic, and taste-like gustatory representation systems appears to have been less important and nearly equal in terms of the records that were examined. By understanding the correlation between overtourism and residential well-being, non-governmental-organizations and local municipal governments – which provides housing for residents – can more effectively shape the factors that influence residential well-being, while local residents who are exposed to the environmental impacts of tourism can also play an important role in shaping their own residential well-being.

**MOLNÁR-CSOMÓS Ilona:** PhD jelölt, Budapesti Corvinus Egyetem, Gazdálkodástani Doktori Iskola; 1093 Budapest, Fővám tér 8.; [ilona.csomos@uni-corvinus.hu](mailto:ilona.csomos@uni-corvinus.hu); <https://orcid.org/0000-0002-3339-1883>



**KISS Kornélia:** egyetemi docens, Budapesti Gazdasági Egyetem, Turizmus Tanszék; 1054 Budapest, Alkotmány utca 9-11.; [kiss.kornelia@uni-bge.hu](mailto:kiss.kornelia@uni-bge.hu); Budapesti Corvinus Egyetem; <https://orcid.org/0000-0002-8475-7494>

**KULCSSZAVAK:** overtourism; jóllét; helyi lakosság; lakhatási jóllét; neuro-lingvisztikus programozás (NLP)

**ABSZTRAKT:** Az overtourism mind a turizmusnak színteret adó desztinációk vonzerejére, mind a helyi lakosság életére számos negatív hatást gyakorol. A COVID-19 járvány kitörése és globális elterjedése fémjelzte időszakban időről időre megjelenő, szinte a semmihez konvergáló turizmus időszaka alkalmas arra, hogy a (nemkívánatos mértékű) turizmusból fakadó lakossági észleléseket vizsgáljuk. Jelen tanulmány kutatási kérdése arra irányul, hogy milyen hatással van az overtourism a helyi lakóközösségek lakhatási jóllétére. Az elméleti pozícionálásból adódó kérdés megválaszolása azért lényeges, mert a hatások ismeretének fényében új viselkedésminták válhatnak mindennapossá. A kutatási kérdés megválaszolásához a szentimentelemzés alkalmazására esett a választás, mely jó eszköznek bizonyult az overtourism helyi lakosok által érzékelt hatásainak nem-konvencionális módon történő feltárásához. A neuro-lingvisztikus programozás (NLP) módszertanán alapuló szentimentelemzés révén az emberi tapasztalás három kulcsfontosságú aspektusa – neurológia, nyelv, programozás – került a vizsgálat középpontjába.

13 145 hozzászólás feldolgozásán alapuló eredmények megmutatják, hogy a vizsgált kulcsszavak esetében az érzékszervi észlelést lehetővé tévő reprezentációs rendszerek – úgymint látás, hallás, tapintás, ízlelés, szaglás – közül melyik bír meghatározóbb jelentőséggel. Minden kulcsszó esetében – az éves megoszlástól függetlenül – a látással kapcsolatos modalitásokat jelentő vizuális reprezentációs rendszer rendelkezik jelentős fölényvel, melyet a szagláshoz kötődő modalitásokat képviselő olfaktórikus reprezentációs rendszer követ. A halláshoz kapcsolódó akusztikus, az érzékelést megtestesítő kinesztetikus és az ízlelésre vonatkozó gusztatórikus reprezentációs rendszerek használata a vizsgált bejegyzések tekintetében kisebb és közel azonos arányban jelenik meg. Az overtourism és a lakhatási jóllét összefüggéseinek ismeretében a helyieknek otthon biztosító település önkormányzata és civil szervezetei a lakhatási jóllét tényezőit hatékonyan formálhatják, de emellett a turizmus környezeti hatásainak kiszolgáltatott helyi lakosság is fontos szerepet tölthet be saját lakhatási jólléte alakításában.

## Introduction

Several international studies have been published on the phenomenon of ‘overtourism’ (Seraphin, Sheeran, Pilato 2018) and its negative impact on the attractiveness of destinations and the quality of life of local residents (Bouchon, Rauscher 2019; Hospers 2019; Atzori 2020; Park, Kovacs 2020; Hidalgo-Giralt et al. 2021; Sibrijns, Vanneste 2021). With the onset of the COVID-19 pandemic, the tourism sector was given the opportunity to redesign itself (Kirca, Özer 2021). The rethinking of processes also involves dealing more effectively with negative externalities associated with tourism, such as overtourism (Remenyik et al. 2021).

In addition to identifying the impacts of overtourism on the residential well-being of local residents, as well as exploring the passive components that underpin the affective experience of residents, the aim of this study is to identify those components related to residential well-being regarding which local governments – whose task is to improve the quality of life of local residents (Michalkó, Kiss,

Kovács 2009) –, non-governmental-organizations, and residents can play an active role. The motivation for choosing the topic is the idea that tourism-related affective experiences of the quality of life – i.e. feelings and impressions about external influences – are subjective, thus subjective well-being is a passive component of the former, while housing satisfaction and its quality may be interpreted as an active component. Based on this, the research question helps explore the impacts that – due to the temporary changes in the environment related to tourism – have a perceptible (and measurable) impact on housing satisfaction.

Many of the thoughts rooted in the ethical writings of the Greek philosopher Aristotle about happiness (Veenhoven 1991; Diener, Suh 1997; Helliwell 2003; Kopp, Skrabski 2009; Crisp 2014) are aimed at answering the question ‘what is a good life like?’ Why is it advisable to start exploring the issue of well-being based on this question? In seeking to come closer to a conceptual definition, explaining the nature of a ‘good life’ may be a good direction because the main focus of well-being as a phenomenon is improving the current and future quality of life of consumers and improving individual and collective well-being (Anderson et al. 2013). In connection with the definition of the good life research related to leisure services and tourism may also come to the fore, while ‘well-being-specific research related to leisure services’ may help to predict the ‘tangible future’ (Kiss 2016, 25.).

### **The theoretical positioning of well-being and residential well-being**

Well-being, a key concept in both public policy and social research, involves the subjective assessment of quality of life, while welfare is an objective aspect that can be measured in terms of money (Michalkó 2010). Its connection with tourism is established in the emphasis on leisure service research. To experience a high level of well-being, each related factor must be in balance on its own, being that each factor affects all others, and each of the well-being factors individually affect our lives (Deutsch et al. 2015). This phenomenon is described and supported by Dolan, Peasgood, White (2008), who have synthesized research involving the results of large-sample studies. The study by Dolan and co-authors also proves that the factors that can be associated with the sub-domains of well-being have a significant environmental impact which is clearly related to the natural and residential environment which is also the basis of our residential well-being. The residential environment can be described using specific (objective) parameters, but it can also be interpreted at the level of conceptual (subjective) parameters (Földi 2004). Describing an area using objective parameters, such as extent or boundaries, is more tangible than characterizing it according to subjective parameters. To define people's relationship to a given space, and to refine subjective parameters, answering the question ‘where do I feel at home?’ can help (Allen 2003).

Our existence is also closely linked to a vital component of the subjective aspect of quality of life – residential well-being (Mridha 2020). Residential well-being, beyond the combination of housing-related characteristics associated with the housing component of well-being, includes factors associated with the physical environment such as commuting, the surroundings of properties, and the people living there, which factors, in addition to determining living conditions, have a significant impact on people's quality of life (Balestra, Sultan 2013). Alongside residential well-being, terms often used in the literature include ‘residential satisfaction’ (Balestra, Sultan 2013, 7.), ‘neighborhood satisfaction’ (Ciorici, Dantzler 2019, 1703), and ‘subjective well-being’ (Mouratidis 2020, 265.).

### ***Previous research results about residential well-being***

In recent years, a number of studies have examined the relationship between well-being and housing conditions.

The Balestra and Sultan (2013) study, based on two household surveys – an EU-SILC ad hoc module and the Gallup World Poll – explored the relationship between household residential satisfaction and many related variables – such as ‘the households to which they belong, and the characteristics of the dwelling and neighborhood where they live’ – at the individual level (Balestra, Sultan 2013, 7.). While the EU-SILC ad hoc module is limited to European countries and employs a wide range of explanatory variable, the Gallup World Poll analysis covers a wider range of countries, albeit based on fewer explanatory variables. For the EU-SILC ad hoc module, respondents were asked to rate their satisfaction with their dwelling place on a Likert-scale ranging from ‘0’ (very dissatisfied) to ‘3’ (very satisfied). The Gallup World Poll answers to the question that surveyed residential satisfaction (‘Are you satisfied or dissatisfied with your current housing, dwelling, or place you live?’) were limited to ‘no’ (0) or ‘yes’ (1) (Balestra, Sultan 2013, 19.). The analysis, based on two household surveys, shows the complex relationship between residential satisfaction and housing characteristics which are related to a neighborhood’s features. When controlling for residence and neighborhood characteristics, sociodemographic characteristics such as age, gender, and education were found to play a secondary role.

An empirical study by Wang and Wang (2016) examined the determinants of residential satisfaction based on data from a household questionnaire survey conducted in 12 downtown and suburban districts of Beijing, China that was collected from November 2011 to June 2012. Data collection was carried out related to the two components of subjective well-being – residential affective experience, and residential satisfaction. Despite the overrepresentation of the middle-aged, married people, and women, the sample reasonably represented the socioeconomic profile of the general population of Beijing. Based on the

survey, researchers found that engagement with everyday home- and neighborhood-related activities results in greater residential satisfaction.

Kshetrimayum, Bardhan and Kubota (2020) used a model to examine the correlation between residential satisfaction and its determinants to help process the moderating effects of sociodemographic characteristics. For the moderation impact assessment, data were collected from 981 households in three different slum rehabilitation residential areas in Mumbai. The causal model shows a significant relationship between residential satisfaction and the internal conditions of a given dwelling, such as access to facilities, design, and community environment. However, this correlation is moderated by education, presence of children, and senior citizens in the family, as well as gender, age, and mother tongue.

Mouratidis's (2020) analysis, which draws on the tools of structural equation modeling, is based on data collected from residents of 45 districts in the Norwegian capital, Oslo. The data collection in May-June 2016 focused on answering the question 'how do commute satisfaction, neighborhood satisfaction, and housing satisfaction relate to subjective well-being?' (Mouratidis 2020, 266.). The results call attention to the significant interdependence between commute satisfaction, neighborhood satisfaction, and housing satisfaction in relation to subjective well-being. While commute satisfaction is indirectly, housing satisfaction is directly related to subjective well-being. Neighborhood satisfaction may be directly related to subjective well-being despite being indirectly related to housing, leisure, and personal relationship satisfaction.

Mridha (2020) also examined residential satisfaction from a sociodemographic perspective, but did so by including marital status in the study beside gender and age, with the aim of uncovering the components of residential satisfaction through empirical research in Dhaka, the capital of Bangladesh. The primary results shed light on the significant association between gender, age, and marital status with residential satisfaction. The study also shows that senior people are generally more satisfied with their place of residence than younger people, married people are more satisfied compared to singles/never married, and females are more satisfied than males. The empirical study was carried out by means of factor analysis in which the variables that were assumed to determine residential satisfaction were examined. Thanks to the factor analysis, six components of general residential satisfaction – one critical and five moderate – were identified. While 'management and maintenance' can be considered critical components, 'architectural features,' 'neighborhood,' 'neighbors,' 'recreation facilities' and 'ambient environment' can be classified as moderate components (Mridha 2020, 546.).

Table 1 shows the results and methodological characteristics of the articles presented above.

Nowadays, in addition to the interpretation of the interaction between the environment and human, the emphasis is on the claim that 'the issue of transformation and the resulting authentic way of life is inseparable from

Table 1: Results and methodological characteristics of research related to residential well-being  
*A lakhatási jólléttel összefüggő kutatások eredményei és módszertani jellemzői*

<i>Author's name (year of publication)</i>	<i>Title of article and main results</i>	<i>Methodological features</i>
Balestra, C., Sultan, J. (2013)	<i>Home Sweet Home: The Determinants of Residential Satisfaction and its Relation with Well-being:</i> The main result of the analysis based on the EU-SILC and Gallup World Poll surveys is an exploration of the correlation between home-related characteristics and neighborhood features that contribute to residential satisfaction, which can serve as a good starting point for development-related policy efforts.	Multivariate analysis based on both surveys designed to test residential satisfaction models using a set of the following variables: -individual and household socio-demographic characteristics -objective characteristics and subjective perceptions of the dwelling -objective features of and subjective attitudes towards the neighbourhood
Wang, D., Wang, F. (2016)	<i>Contributions of the Usage and Affective Experience of the Residential Environment to Residential Satisfaction:</i> Home and neighborhood activities contribute to greater residential satisfaction.	Application of a subjective well-being framework, taking into account residential satisfaction and residential affective experience related to the residential domain of subjective well-being. Four models developed to support the hypothesis Model 1: the base model, which includes socio-demographic variables as well as variables related to housing conditions and neighbourhood characteristics based on available literature Model 2: adds variables to the base model related to residential affective experience Model 3.1: includes the residential environment variables in Model 2 Model 3.2: includes the residential affective experience variables in Model 1

Author's name (year of publication)	Title of article and main results	Methodological features
Kshetrimayum, B., Bardhan, R., Kubota, T. (2020)	<p><i>Factors Affecting Residential Satisfaction in Slum Rehabilitation Housing in Mumbai:</i></p> <p>Residential satisfaction stems from the following: access to facilities, community environment, internal conditions of dwelling resulting from design.</p>	<p>Development of sociodemographic characteristics based on a causal model</p> <p>The following exogenous variables (the main components of the residential environment) were included in the model:</p> <ul style="list-style-type: none"> <li>Dwelling internal (DI): the internal environment of the dwelling</li> <li>Dwelling external (DE): external environment of the dwelling</li> <li>Community environment (CE): the social environment of the neighborhood (such as livelihood)</li> <li>Access to facility (AF): easy and affordable access to public institutions in relation to the neighborhood and the locational quality of the housing</li> </ul>
Mouratidis, K. (2020)	<p><i>Commute satisfaction, neighborhood satisfaction, and housing satisfaction as predictors of subjective well-being and indicators of urban livability:</i></p> <p>Subjective well-being is correlated with the following: housing satisfaction, neighborhood satisfaction, commute satisfaction.</p>	<p>Development of a theoretical model using structural equation modeling. During the analysis, the following structural equation models and endogenous variables (related to the measures of subjective well-being) were tested:</p> <ul style="list-style-type: none"> <li>-life satisfaction</li> <li>-happiness</li> <li>-anxiety</li> <li>-eudaimonia</li> </ul>
Mridha, M. (2020)	<p><i>The effect of age, gender and marital status on residential satisfaction:</i></p> <p>Based on the primary results there is a significant correlation between residential satisfaction and age, gender, and marital status.</p>	<p>Empirical analysis of residential satisfaction using factor analysis, which led to the exploration of the following components:</p> <ul style="list-style-type: none"> <li>-major component: 'management and maintenance'</li> <li>-moderate components: 'architectural features,' 'neighbourhood,' 'neighbours,' 'recreation facilities,' 'ambient environment'</li> <li>-multiple regression analyses were also performed to determine the extent to which the identified components contribute to residential satisfaction.</li> </ul>

Source: authors' construction

human-to-human moral and human-to-environment environmental ethical aspects' (Lengyel 2019, 15.), which have a *raison d'être* for spiritual well-being (Berejnoi, Messer, Cloutier 2020). Based on what has been said so far, it is clear how diverse the topic of significant environmental impacts (Kiss 2015) is in relation to the formation of well-being, and how many associated concepts can be brought into line with it.

In relation to the above-described analysis, there are a number of pieces of primary research that have examined the relationship between well-being and the environment, but none of them have examined how well-being is affected when tourism or its 'overcrowded' version, a phenomenon referred to as overtourism in the literature, appears in the daily lives of residents. The literature on residential well-being does not cover how tourism affects the well-being of residents. The aim of our study is to identify the impacts of overtourism on the residential well-being of residents in the case of Budapest (Hungary) District VII.

## **Material and Method**

Based on the theoretical overview, the close relationship between the concepts of well-being and housing conditions and the importance of previous research findings and methods relevant to residential well-being in the light of environmental impacts become apparent.

The sample area of the research is Erzsébetváros, Budapest (Hungary), District VII, which is a key area in terms of research because the overtourism that defined the period before the COVID-19 pandemic generated problems on a daily basis for those living there, as well as for city management. The authentic milieu created by period buildings that encourages visitors also plays a significant role in the development of overtourism in the district. However, this was not always the case. Michalkó (1996) started his study of District VII based on socio-geographic survey methods with the question 'is Erzsébetváros really doomed to silent condemnation?' (Michalkó 1996, 119.). This quiet condemnation failed to occur, and thanks to the rise of ruin-bar culture the timeworn tenements experienced a renaissance over the past decade. Kelemen-Erdős and Mitev (2017), Smith et al. (2018), and Pinke-Sziva et al. (2019) examined many aspects of 'party tourism' – a newly developed tourism product that goes in parallel with changes in consumer demand, and is closely related to ruin-bar culture.

To conduct the research, sentiment analysis based on neuro-linguistic programming (NLP) was applied to a group that is publicly available online and accessible by anyone. The NLP-based analysis of the residential impressions obtained in this contributes to examining the three most influential components – neurology, language, programming – of the human experience. 'The nervous system regulates our bodily functions, language determines how we interact,



how we communicate with people, and programming means the models of the world we create. Neuro-linguistic programming describes the basic dynamics between mind (neuro) and language (linguistic) and how their interactions affect our body and behavior (programming)' (S. Tóth 2016, 2.).

The research question also aims to help explore the representations of the sensory perception of the impacts on the well-being of residents caused by temporary changes in the environment resulting from tourism, primarily through the sensory representation systems that are triggered in each individual. Our three main systems of representation are visual, auditory-related acoustic, and perceptual kinesthetic perception, complemented by gustatory and olfactory representation systems. These systems of representation are modalities that allow ways of experiencing the world and are made up of submodalities that represent the 'building blocks of the senses' (O'Connor, Seymour 2020, 59.). Submodality is equivalent to the qualitative characteristics of representation systems. The literature underpinning this unconventional methodology also shows that the quality of the senses, in addition to the quality of the good life mentioned in the introductory section, was already a subject of study of ancient Greek thinkers – Aristotle dealt with submodalities in detail without naming them such. All this proves that a relationship can be assumed between the quality of an individual's sensory experience and the perception and quality of the personal state of well-being (O'Connor, Seymour 2020).

The 'field' of data collection was a public group called 'Klauzália' (<https://www.facebook.com/groups/281195558585433>), which has been present on the Facebook social networking platform for ten years, and which at the time of the research had more than 1,800 members, most of whom were residents, and to a lesser extent persons involved with District VII. The duration of the examination covered the period from 01.01.2017 to 01.12.2021, and the starting point of the study was one English-language keyword that is also often used in the Hungarian vernacular (overtourism), and four Hungarian-language ones – party tourism (in Hungarian: *buliturizmus*), welfare (*jólét*), housing (*lakhatás*), and tourism (*turizmus*) – keywords closely related to the research topic. The first year of the study coincided with a period of interest in ruin bar culture, which is an extensive medium for overtourism. The years 2018-2019 were specified as the time of 'redesign opportunity' caused by overtourism, while the inclusion of the years 2020-2021 that involved the COVID-19 pandemic created the significant contrast between overtourism and the disappearance of tourists from one moment to the next – which led to the relief of the residents of overtourism-affected areas – and were of major significance.

The research used the methodology of sentiment analysis to explore emotional responses to digital content in order to explore the perceived impacts of overtourism on local residents and the factors that may play a role in district repositioning that affected the residential well-being of residential communities.

## Results

The starting point for the analysis of the past five years was the screening of 13,145 contributions that were relevant to one of the target keywords (Table 2).

Table 2: Distribution of comments related to the keywords examined by year in the 'Klauzália' group  
*A vizsgált kulcsszavakhoz kapcsolódó hozzászólások számának évek szerinti megoszlása a „Klauzália” csoportban*

Year	Overtourism	Party tourism	Welfare	Housing	Tourism
2017	0	55	0	0	173
2018	14	88	0	37	636
2019	303	693	15	451	1,561
2020	3	773	0	725	4,374
2021	126	260	145	240	2,473
In total	446	1,869	160	1,453	9,217
All total	13,145				

Source: authors' construction

In order to explore the emotional responses evoked by posts and comments, the research focused only on the seven kinds of pictograms – positive; negative; neutral: – which the Facebook social platform offers as default options for group members. The word 'unidentifiable' appears in the table when no digital content was generated for the given keyword for the current year, or no emoticon was associated with posts or comments that appear. The data also show that comments connected to the word 'overtourism' were made in large numbers in the year before the pandemic (in 2019), and the words 'party tourism,' 'housing' and 'tourism' appeared most in 2020. However, the number of comments related to the word 'welfare' skyrocketed in 2021. It is also clear that the sentiment analysis at the level of comments was relevant for all five keywords under analysis (Table 3).

It is necessary to point out here that the emoticons 'wow' and 'like' were considered to represent emotional reactions in the neutral range in the context of the research. This was because an examination of the examined posts and comments showed that they expressed symbolic agreement with what was written in the posts and were not typically intended to indicate any positive or negative mood evoked by a particular post or comment.

Based on the emoticons associated with both the posts and the comments within the posts, it can be concluded that pictograms displaying neutral emotional responses were represented in the largest number, suggesting a reactive attitude towards external stimuli. The number of emoticons embodying negative responses shows the proportion of respondents who fall victims to reflex-like reactions, i.e., conditions. Based on the ratio<sup>1</sup> of the total number of

Table 3: Distribution of the number of sentiments related to posts and comments by keyword, emoticon, and year  
*A bejegyzésekhez és hozzászólásokhoz kapcsolódó szentimentek számának kulcsszavak, hangulajelek és évek szerinti megoszlása*

Year	All posts without comments & post-related comments for that year	Posts	Post-related comments	Sentiments I. (based on post-related emoticons)			Sentiments II. (based on comment-related emoticons within posts)		
				Positive	Negative	Neutral	Positive	Negative	Neutral
<b>OVERTOURISM</b>									
2017	0	0	0	0	0	7	1	1	17
2018	14	1	12	0	0	4	0	0	0
2019	303	6	302	0	4	45	74	48	361
2020	3	1	0	0	0	1	1	1	2
2021	126	2	126	2	0	12	13	10	109
In total	446	-	-	2	4	-	89	60	-
<b>PARTY TOURISM</b>									
2017	55	2	55	0	5	44	0	0	64
2018	88	3	87	0	6	14	22	21	128
2019	693	10	693	7	13	52	154	58	651
2020	773	12	773	37	6	91	236	29	813
2021	260	5	260	13	8	28	65	37	422
In total	1,869	-	-	57	38	-	477	145	-

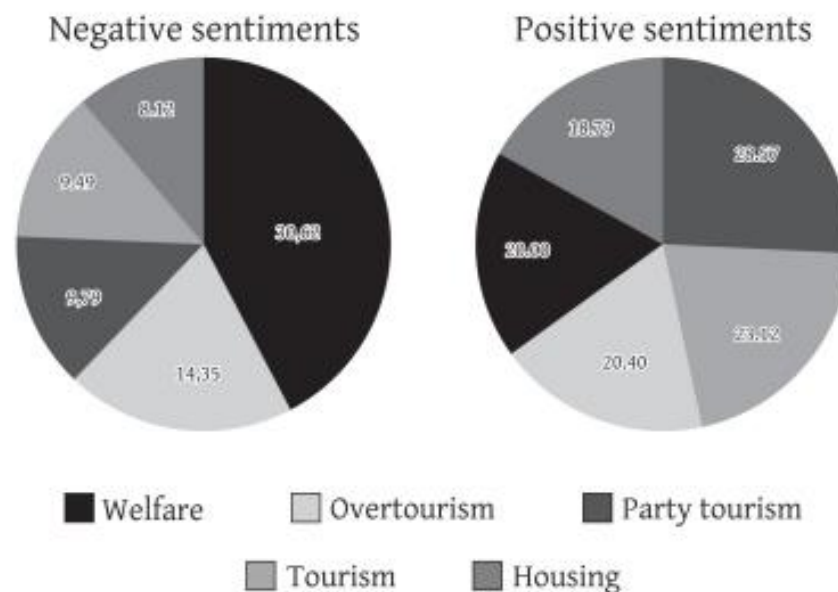
Year	All posts without comments & post-related comments for that year	Posts	Post-related comments	Sentiments I. (based on post-related emoticons)			Sentiments II. (based on comment-related emoticons within posts)		
				Positive	Negative	Neutral	Positive	Negative	Neutral
WELFARE									
2017	0	0	0	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable
2018	0	0	0	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable
2019	15	1	15	1	0	7	4	0	5
2020	0	0	0	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable
2021	145	2	145	0	36	46	27	13	228
In total	160	-	-	1	36	-	31	13	-
HOUSING									
2017	0	0	0	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable
2018	37	1	37	0	6	1	4	3	32
2019	451	9	448	7	3	37	66	29	351
		3	0	0	1	10		unidentifiable	
2020	725	11	725	24	24	78	89	37	532
2021	240	6	239	12	5	141	71	10	215
		1	0	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable	unidentifiable
In total	1,453	-	-	43	39	-	230	79	-

Year	All posts without comments & post-related comments for that year	Posts	Post-related comments	Sentiments I. (based on post-related emoticons)			Sentiments II. (based on comment-related emoticons within posts)		
				Positive	Negative	Neutral	Positive	Negative	Neutral
TOURISM									
2017	173	11	171	3	3	103	4	4	105
		2	0	0	0	9		unidentifiable	
2018	636	11	635	7	14	88	74	11	550
		1	0	0	0	3		unidentifiable	
2019	1,561	40	1,555	34	68	263	290	94	1,504
		6	0	0	0	3		unidentifiable	
2020	4,374	79	4,370	96	118	623	1,063	237	4,737
		4	0	2	0	18		unidentifiable	
2021	2,473	41	2,466	54	123	345	504	202	3,394
		7	0	0	1	3		unidentifiable	
In total	9,217	-	-	196	327	-	1,935	548	-

Source: authors' construction

negative pictograms associated with keywords to the total number of posts without comments and post-related comments, most negative reactions were connected to the word 'welfare' (30.62%), followed by the word 'overtourism' (14.35%). The quantity of negative responses connected with the words 'party tourism' (9.79%), 'housing' (8.12%), and 'tourism' (9.49%) was approximately the same (Figure 1). The number of positive emoticons provides an approximate picture of the extent of the presence of emotional responses that are more likely to be associated with those with a positive outlook on life, representing a good base for proactivity. Regarding the keywords that were examined, the number of all positive emoticons compared<sup>2</sup> to the total number of posts without comments and post-related comments shows that pictograms suggesting positivity were found in the highest proportions for the words 'party tourism' (28.57%), followed by the word 'tourism' (23.12%) in descending order. Regarding negative sentiments, we get almost the same results for the three keywords 'overtourism' (20.40%), 'welfare' (20.00%), and 'housing' (18.79%) (Figure 1).

Figure 1: Ratio of negative and positive sentiments to total posts and total post-related comments by keyword  
 A negatív és pozitív szentimenteknek a bejegyzések és bejegyzésekhez kapcsolódó hozzászólások összességéhez viszonyított aránya kulcsszavak szerint



Source: authors' construction

Sensory perception can be seen as the starting point of the communication cycle, as our senses, the 'doors of perception,' are our means of contact with the world (Huxley 1932). When exploring the modalities of perception, the non-suffixed version of the verb or noun most closely related to the given system of representation – visual = see; acoustic = hear; kinesthetic = feel; olfactory = smell; gustatory = taste – were used and the results of the content analysis according to the keywords were illustrated on an annual basis (Table 4).

Table 4: Distribution of number of posts in relation to the modalities by keyword, representation system, and year

*A modalitásokban érintett bejegyzések számának kulcsszavak, reprezentációs rendszerek és évek szerinti megoszlása*

Year	Post	Distribution of number of posts in relation to the modalities according to representation system				
		Visual	Acoustic	Kinesthetic	Olfactory	Gustatory
<b>OVERTOURISM</b>						
2017	0			unidentifiable		
2018	3	2	2	2	2	2
2019	7	1	0	0	0	0
2020	1	3	1	1	2	1
2021	2	1	0	0	0	0
In total	13			20		
<b>PARTY TOURISM</b>						
2017	2	0	0	0	1	0
2018	4	1	1	1	1	1
2019	10	1	1	2	1	1
2020	12	5	2	2	3	2
2021	5	2	1	1	1	1
In total	33			32		
<b>WELFARE</b>						
2017	0			unidentifiable		
2018	0			unidentifiable		
2019	1	0	1	0	1	0
2020	0			unidentifiable		
2021	2	1	2	1	2	1
In total	3			1		
<b>HOUSING</b>						
2017	0			unidentifiable		
2018	1	0	1	0	1	0
2019	12	2	12	2	12	2
2020	11	6	11	6	11	6
2021	7	1	7	1	7	1
In total	31			18		
<b>TOURISM</b>						
2017	13	1	1	1	1	1
2018	12	3	1	1	1	1
2019	46	6	6	6	6	5
2020	83	18	9	9	10	9
2021	48	6	5	4	4	4
In total	202			119		

Source: authors' construction

Based on the ratio<sup>3</sup> of the number of posts associated with the modalities to the total number of posts for a given keyword, it can be said that in the last five years information was most often found to be associated with the keywords 'overtourism' (153.85%) and 'party tourism' (96.97%), which shows which topics the digital content authors favor in relation to posts. The interpretation of this ratio is of little relevance due to the modality associated with a single post in the keyword ('welfare'), but the results for the keywords 'housing' and 'tourism' – 58.06% and 58.91% – are more cogent. Based on the data table on which the percentage information is based (Table 4), for all keywords, regardless of the annual distribution, the visual representation system representing visual modalities was significantly favored (60 posts), followed by the olfactory (36 posts) representation system representing olfactory modalities. The use of auditory-related acoustic (32 posts), perceptual kinesthetic (32 posts), and taste-like gustatory (30 posts) representation systems appears to be nearly equal in terms of the records that were examined.

In relation to the examined sample, the largest proportion of 'vision' is realized through a complex series of active perceptual filters in which the perceived world is not equivalent to the real world but to a map made by our nervous system. What we observe on this map depends on the filters created by our beliefs, interests, and prejudices. The ability to notice more of the world and make more subtle distinctions is an innate one that can significantly improve quality of life, dependent on awareness and skill level (O'Connor, Seymour 2020).

## **Conclusions**

According to Wang and Wang (2016), the two components of residential subjective well-being are the affective experience of residents, and housing satisfaction. Based on our results it becomes clear that tourism is present as an independent (passive) factor that strengthens the reactivity of residents in terms of the residential affective experience. This is also indicated by the exceptionally high number of neutral posts and comments related to the keywords under examination, which could be increased by generating a shift from a reactive state to a proactive state – i.e., 'Why? (problem orientation) instead of How? (targeting)' based on the NLP principle (O'Connor, Seymour 2020, 21.) by increasing the number of positive-minded and solution-seeking comments. This change of direction can be supported by a highly dependent (active) role that may also be related to the development of attitudes and greater responsibility for taking part in creating one's own housing-related satisfaction. Thus, in the light of the knowledge of the passive components related to the affective experience of the residents and the active components related to housing satisfaction, it appears that local residents vulnerable to the environmental impacts of tourism can indeed play a decisive role in shaping their own housing well-being.



Considering the changing norms of human contact caused by the pandemic, as well as the protracted impacts of the epidemiological restrictions, the approach of using public impressions and incorporating sentiment analysis into the research proved to be a good solution. The NLP-based text analyzer is the one most commonly used by sentiment-analysis software servers. The disadvantage of this text-analysis software is that it can only examine posts and comments from specific online platforms (e.g. Facebook). The NLP-based sentiment analysis of public posts shared within the public group of local residents provided an opportunity to specifically interpret public opinions and to examine the impact of overtourism on the residential well-being of local communities. Instead of using software solutions, it became necessary to apply sentiment analysis manually too, which may have introduced potential errors into this study considering the assessment was done manually, yet this approach helped with understanding the contribution of tourism to the residential well-being of local communities, and had a perceptible impact on the level of modalities in terms of both affective experience and housing satisfaction. Additional limitations of the research include the challenges of mapping the 'excessive' activity of keyword-related opinion leaders, and filtering out reactive attitudes generated by members who play a key role in shaping community opinion.

The results created by this unconventional approach call attention to the need for different approaches to those used so far. The ability to shift from a needs-based to an abundance-based approach – i.e., the ability to focus on managing difficulties effectively rather than solving them efficiently (resilience) – can become a skill if residents are educated. When a perspective of abundance becomes a skill, its impact may exceed the individual level and tourists and residents can contribute to the well-being of those around them. A change of attitude is also desirable because only in this state can more attention be paid to things outside ourselves such as our environment and what exists in it.

Future research directions include addressing both the quantitative and qualitative aspects of content analysis, as well as the level of submodalities, and may contribute to a deeper understanding of the results of sentiment analysis. The exploratory nature of the present results can provide a good basis for Budapest's District VII to identify the potential role of *genius loci* (Christou et al. 2019) in terms of repositioning the district based on the grouping of factors reported by Kiss, Molnár-Csomós, and Kincses (2021). The findings may also contribute to future research on destination branding aimed at the horizontal outlining of 'geniuses'<sup>4</sup> based on regions, as well as the characterization of the objective psychological archetypes of inhabitants of a given region.

## Jegyzetek

- 1 welfare =  $((36+13)/160)*100$ ; overtourism =  $((4+60)/446)*100$ , party tourism =  $((38+145)/1,869)*100$ , housing =  $((39+79)/1,453)*100$ , tourism =  $((327+548)/9,217)*100$
- 2 welfare =  $((1+31)/160)*100$ , overtourism =  $((2+89)/446)*100$ , party tourism =  $((57+477)/1,869)*100$ , housing =  $((43+230)/1,453)*100$ , tourism =  $((196+1,935)/9,217)*100$
- 3 overtourism =  $(20/13)*100$ , party tourism =  $(32/33)*100$ , housing =  $(18/31)*100$ , tourism =  $(119/202)*100$
- 4 'It means the creative power and inner spirit inherent in the landscape, created together by natural and human factors' (Fogarasi 2019, 1.).

## Acknowledgment

Supported by the ÚNKP-21-3-II-CORVINUS-41 New National Excellence Program of the Ministry for Innovation and Technology from the source of the National Research, Development and Innovation Fund.

## References

- Allen, B. (2003): *Methodological issues related to residential dynamics analysis: The theoretical framework underlying methodological issues, a key aspect of housing research*. Methodologies in Housing Research Conference, Stockholm
- Anderson, L., Ostrom, A. L., Corus, C., Fisk, R. P., Gallan, A. S., Giraldo, M., Mende, M., Mulder, M., Rayburn, S. W., Rosenbaum, M. S., Shirahada, K., Williams, J. D. (2013): Transformative service research: An agenda for the future. *Journal of Business Research*, 8., 1203–1210. <https://doi.org/10.1016/j.jbusres.2012.08.013>
- Atzori, R. (2020): Destination stakeholders' perceptions of overtourism impacts, causes, and responses: The case of Big Sur, California. *Journal of Destination Marketing and Management*, 17., 100440. <https://doi.org/10.1016/j.jdmm.2020.100440>
- Balestra, C., Sultan, J. (2013): *The Determinants of Residential Satisfaction and its Relation with Well-being*. OECD Statistics Working Papers, 2013/05. <https://doi.org/10.1787/5jzbcx0czc0x-en>
- Berejnoi, E., Messer, D., Cloutier, S. (2020): Cultivating Spiritual Well-Being for Sustainability: A Pilot Study. *Sustainability*, 24., 10342. <https://doi.org/10.3390/su122410342>
- Bouchon, F., Rauscher, M. (2019): Cities and tourism, a love and hate story; towards a conceptual framework for urban overtourism management. *International Journal of Tourism Cities*, 4., 598–619. <https://doi.org/10.1108/IJTC-06-2019-0080>
- Crisp, R. (2014): *Aristotle: Nicomachean Ethics*. St Anne's College, Oxford <https://doi.org/10.1017/CBO9781139600514>
- Christou, P. A., Farmaki, A., Saveriades, A., Spanou-Tripinioti, E. (2019): The "genius loci" of places that experience intense tourism development. *Tourism Management Perspectives*, 30., 19–32. <https://doi.org/10.1016/j.tmp.2019.01.002>
- Ciorici, P., Dantzler, P. (2019): Neighborhood satisfaction: A study of a low-income urban community. *Urban Affairs Review*, 6., 1702–1730. <https://doi.org/10.1177/1078087418755515>
- Deutsch Sz., Fejes E., Kun Á., Medvés D. (2015): A jóllétet meghatározó tényezők vizsgálata egészségügyi szakdolgozók körében. *Alkalmazott pszichológia*, 2., 49–71. <https://doi.org/10.17627/ALKPSZICH.2015.2.49>
- Diener, E., Suh, E. (1997): Measuring quality of life: economic, social, and subjective indicators. *Social Indicators Research*, 40., 189–216. <https://doi.org/10.1023/A:1006859511756>

- 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*, 1., 94–122. <https://doi.org/10.1016/j.joep.2007.09.001>
- Földi Zs. (2004): A Coleman-modell alkalmazása a lakókörnyezeti kutatásokban. *Tér és Társadalom*, 1., 43–59. <https://doi.org/10.17649/TET.18.1.930>
- Fogarasi S. (2019): A magyarság kórrajza: szaktudományos kiegészítések „Az öt génusz”-hoz. <http://www.naputonline.hu/2019/03/23/fogarasi-sandor-a-magyarsag-korraja-szaktudomanyos-kiegeszitesek-az-ot-genusz-hoz/> (Last downloaded: 17.10.2021.)
- Helliwell, J. (2003): How's life? Combining individual and national variables to explain subjective well-being. *Economic Modelling*, 2., 301–360. [https://doi.org/10.1016/S0264-9993\(02\)00057-3](https://doi.org/10.1016/S0264-9993(02)00057-3)
- Hidalgo-Giralt, C., Palacios-Garcia, A., Barrado-Timón, D., Rodríguez-Esteban, J. A. (2021): Urban Industrial Tourism: Cultural Sustainability as a Tool for Confronting Overtourism – Cases of Madrid, Brussels, and Copenhagen. *Sustainability*, 9., 4694. <https://doi.org/10.3390/su13094694>
- Hospers, G. J. (2019): Overtourism in European Cities: From Challenges to Coping Strategies. *CESifo Forum*, 3., 20–24.
- Huxley, A. (1932): *Brave New World*. Chatto and Windus Ltd., London
- Kelemen-Erdős A., Mitev A. (2017): Tematikus szolgáltatásélmény art- és romkocsmá környezetben. *Turisztikai és Vidékfejlesztési Tanulmányok*, 3., 58–73.
- Kirca, M., Özer, M. (2021): The effects of tourism demand on regional sectoral employment in Turkey. *Regional Statistics*, 1., 78–109. <https://doi.org/10.15196/RS110104>
- Kiss K. (2015): *A szubjektív életminőség sajátosságai a Balkánon és Törökországban*. Doctoral dissertation. Szent Istvan University, Gödöllő <https://doi.org/10.14751/SZIE.2015.038>
- Kiss K. (2016): *Transzformatív szolgáltatáskutatás - Régi-új dimenziók és hazai perspektívák*. [https://marketing.hu/attachments/article/124/Kiss-transzformativ\\_szolgaltataskutatatas\\_MTA2016.pptx](https://marketing.hu/attachments/article/124/Kiss-transzformativ_szolgaltataskutatatas_MTA2016.pptx) (Last downloaded: 12.12.2021.)
- Kiss K., Molnár-Csomós I., Kincses F. (2021): Buli van? – Mitől lehet vonzó Budapest VII. kerülete a hazai fogyasztók számára? *Turizmus Bulletin*, 4., 43–51. <https://doi.org/10.14267/TURBULL.2021v21n4.5>
- Kopp M., Skrabski Á. (2009): Magyar lelkiállapot az ezredforduló után. *Távlatok: világnézet, lelkiség, kultúra*, 86., 32–52.
- Kshetrimayum, B., Bardhan, R., Kubota, T. (2020): Factors Affecting Residential Satisfaction in Slum Rehabilitation Housing in Mumbai. *Sustainability*, 6., 2344. <https://doi.org/10.3390/su12062344>
- Lengyel A. (2019): A mindfulness és liminalitás felértékelődése: spirituális elvonulási központok, a fenntartható jövő desztinációi? *Turizmus Bulletin*, 1., 14–24. <https://doi.org/10.14267/TURBULL.2019v19n1.2>
- Michalkó G. (1996): Erzsébetváros szociálgeográfiai vizsgálata. I. *Földrajzi Értesítő*, 1–2., 119–143.
- Michalkó G. (2010): *Boldogító utazás. A turizmus és az életminőség kapcsolatának magyarországi vonatkozásai*. MTA Földrajztudományi Kutatóintézet, Budapest
- Michalkó G., Kiss K., Kovács B. (2009): Boldogító utazás: a turizmus hatása a magyar lakosság szubjektív életminőségére. *Tér és Társadalom*, 1., 1–17. <https://doi.org/10.17649/TET.23.1.1213>
- Mouratidis, K. (2020): Commute satisfaction, neighborhood satisfaction, and housing satisfaction as predictors of subjective well-being and indicators of urban livability. *Travel Behaviour and Society*, 21., 265–278. <https://doi.org/10.1016/j.tbs.2020.07.006>
- Mridha, M. (2020): The effect of age, gender and marital status on residential satisfaction. *The International Journal of Justice and Sustainability*, 8., 540–558. <https://doi.org/10.1080/13549839.2020.1801615>
- O'Connor, J., Seymour, J. (2020): *NLP - Segítség egymás és önmagunk megértéséhez*. Pszichológiai gyakorlatok. Bionergetic Kiadó, Budapest
- Park, H., Kovacs, J. F. (2020): Arts-led revitalization, overtourism and community responses: Ihwa Mural Village, Seoul. *Tourism Management Perspectives*, 36., 100729. <https://doi.org/10.1016/j.tmp.2020.100729>
- Pinke-Sziva, I., Smith, M. K., Olt, G., Berezvai, Z. (2019): Overtourism and the night-time economy: a case study of Budapest. *International Journal of Tourism Cities*, 1., 1–16. <https://doi.org/10.1108/IJTC-04-2018-0028>

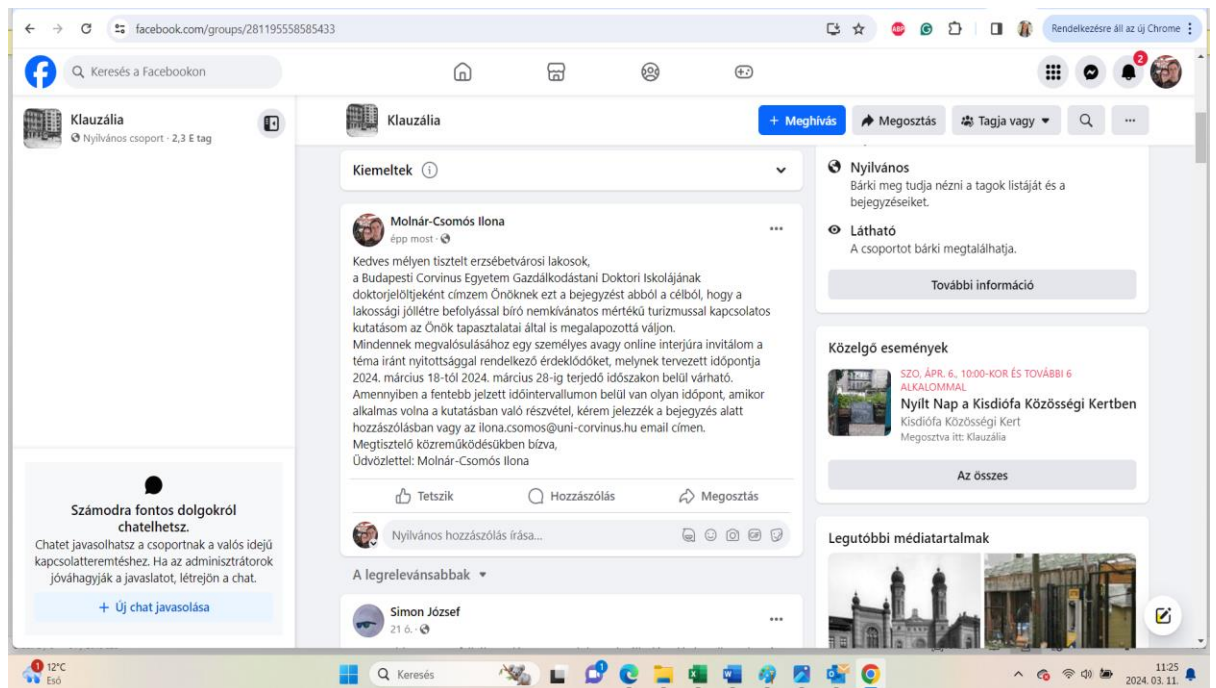
- Remenyik, B., Barcza, A., Csapó, J., Szabó, B., Fodor, Gy., Dávid, L. D. (2021): Overtourism in Budapest: Analysis of spatial process and suggested solutions. *Regional Statistics*, 3., 179–197. <https://doi.org/10.15196/RS110303>
- Seraphin, H., Sheeran, P., Pilato, M. (2018): Over-tourism and the fall of Venice as a destination. *Journal of Destination Marketing and Management*, 9., 374–376. <https://doi.org/10.1016/j.jdmm.2018.01.011>
- Sibrijns, G. R., Vanneste, D. (2021): Managing overtourism in collaboration: The case of 'From Capital City to Court City,' a tourism redistribution policy project between Amsterdam and The Hague. *Journal of Destination Marketing and Management*, 20., 100569. <https://doi.org/10.1016/j.jdmm.2021.100569>
- Smith, M. K., Egedy, T., Csizmady, A., Jancsik, A., Olt, G., Michalkó, G. (2018): Non-planning and tourism consumption in Budapest's inner city. *Tourism Geographies: An International Journal of Tourism Space, Place and Environment*, 3., 524–548. <https://doi.org/10.1080/14616688.2017.1387809>
- S. Tóth M. (2016): NLP képzések. Docplayer. <https://docplayer.hu/19300058-Nlp-kepzesek-nlpszakember-alapkepzes-nlp-szakember-mesterkepzes.html> (Last downloaded: 13.11.2021)
- Veenhoven, R. (1991): Is happiness relative? *Social Indicators Research*, 24., 1–34. <https://doi.org/10.1007/BF00292648>
- Wang, D., Wang, F. (2016): Contributions of the Usage and Affective Experience of the Residential Environment to Residential Satisfaction. *Housing Studies*, 1., 42–60. <https://doi.org/10.1080/02673037.2015.1025372>

## **Annex No. 2: List of in-depth interview questions (experts and local residents 2022)**

- What does Erzsébetváros mean to you?
  
- If you had to sum up the atmosphere of this district in one word, what would be the word that you think would best express it?
  - How do you see the future of Erzsébetváros?
  - What secrets do you think Erzsébetváros hides?
  
- If you were to guide someone around the area, what would you definitely show them?
  - What options would you recommend to visitors for meaningful pastimes?

Source: Vágola (2012)

### Annex No. 3: Call for respondents in the "Klauzália" facebook group (local residents 2024)



Source: own editing

### Annex No. 4: List of in-depth interview questions (local residents 2024)

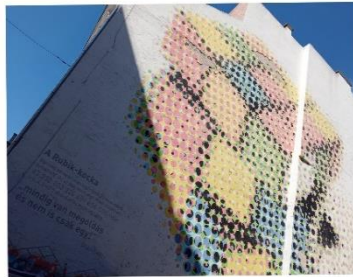
1. How does tourism affect your well-being on a social level?
2. How does tourism affect your well-being on a physical level?
3. How does the immediate environment affect your well-being on a social level?
4. How does the immediate environment affect your well-being on a physical level?
5. In what mental ways do you support yourself in maintaining a sense of well-being?
6. How does your current feeling of well-being manifest itself on a physical level?
7. According to your experience, how does the quality of the local people's well-being affect the district milieu that visitors can experience?
8. According to your experience, how does the quality of the local people's well-being affect the district milieu that residents can experience?
9. In your opinion, what type of tourists do you think the milieu in the district attracts?
10. In your opinion, what type of residents do you think the milieu in the district attracts?

**Annex No. 5: Field observation – Firewall painting photo documentation**

Number of self-made firewall photos: 36 pcs

Number of photos taken in Inner-Erzsébetváros: 31 pcs / *Number of photos taken in Central-Erzsébetváros: 5 pcs*

↓	<u>Little girl (UNHCR)</u> Király street 13.	<u>Rubik-cube</u> Rumbach Sebestyén street 7.	<u>Story of Holló Jankó</u> Kazinczy street 35.
---	---	---	--



↑	<u>Budapest is not that huge</u> Kazinczy street 45.	<u>Aba-Novak's painting, Laura</u> Kazinczy street 47.	<u>Hungaricum thematics</u> Kazinczy street 39.
---	---	---	--

↓	<u>Alice in Wonderland</u> Kertész street 27.	<u>Countryside or big city?</u> 3/1 Kertész street 27.	<u>Countryside or big city?</u> 3/2 Kertész street 27.
---	--	---	---



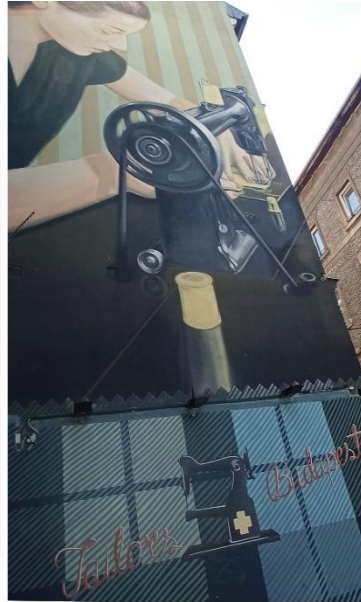
↑	Countryside or big city? 3/3 Kertész street 27.	<u>Canga</u> Akácfa street 9/b.	<u>Polaroid</u> Akácfa street 9-31.
---	---	------------------------------------	--



Freedom fighter  
Wesselényi street 42.

Seamstress  
Wesselényi street 42.

Wall of acceptance  
Kürt street 8.



Club map  
Kazinczy street 55.

Cloud playground  
Király street 25.

The "legpestibb" street  
Király street 11.

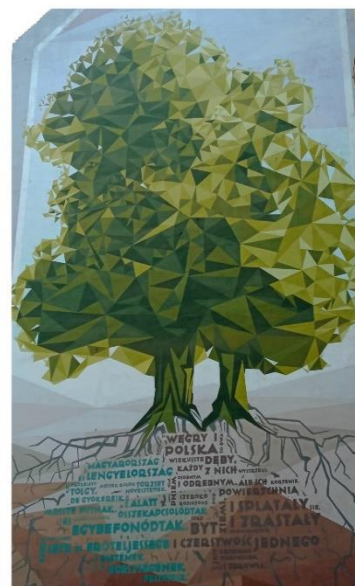




Halong Bay  
Dob street 4.

In memory of Ángel Sanz  
Briz Dob street 4.

LGT – The space is ours  
Dob street 38.



Refugees (UNHCR)  
Klauzál street 32.

Crystal tree  
Wesselényi street 30.

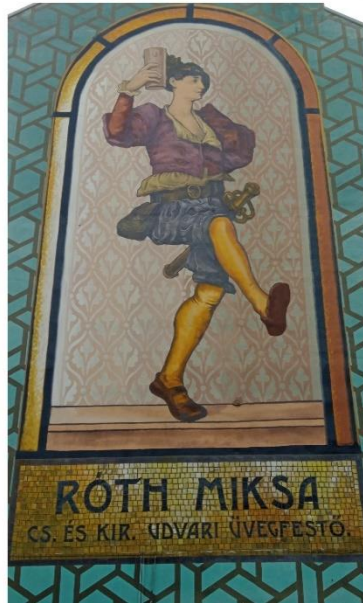
Centennial Promenade  
Dohány street 42-46.



Grocery  
Klauzál street 48.

Budapest Bang  
Alsó erdősor street 14-16.

Play-street 2/1  
Alsó erdősor street 14-16.



Play-street 2/2  
Alsó erdősor street 14-16.

Róth Miksa  
Garay street 4.

The great firewall mystery  
Square of Roses 1.

<p>↓</p> <p><u>Converse City Forest</u> Dob street 35.</p>	<p><u>In memory of Janikovszky</u> <u>Éva</u> Dob street 35.</p>	<p><u>Eyes of Hesztia</u> Dob street 40.</p>
--	--	--



<p>↑</p> <p><u>Love your neighbors!</u> Dob utca 40.</p>	<p><u>Sissy</u> Rumbach Sebestyén street 10.</p>	<p><u>Match of the Century – 6:3</u> Rumbach Sebestyén street 10.</p>
--	--	---

## Annex No. 6: International feedback on doctoral research results

In order to include in the author's publication list an international publication of the quality foreseen in the doctoral regulations in force at the time of submission of the doctoral thesis, it was necessary to publish the results of the doctoral research before submission.

As a result, the author contacted the editorial boards of the following journals in June 2024:

Title of international journal	Scopus ranking of the international journal	Contact person involved in the exchange of messages	Chance to issue a letter of acceptance until August 31, 2024 (in case of positive response of the reviewers)
City and Society	Q2	Kristin V. Monroe	no chance due to short time
City, Culture and Society	Q1	Carl Grodach*	no chance due to short time
DEUROPE	Q3	RÁCZ SZILÁRD	no chance due to short time
International Journal of Tourism Research	Q1	Timothy Lee	slight chance
<i>Journal of Infrastructure, Policy and Development</i>	<i>Q2</i>	<i>Jocelyn Tay</i>	<i>moderate chance</i>
Journal of Urban Affairs	Q1	Bernadette Hanlon	slight chance
Journal of Urban Design	Q1	Taner Oc	no chance due to short time
Journal of Urbanism	Q2	Matthew Hardy**	slight chance
Local Government Studies	Q1	Peter Eckersley***	no chance due to short time
Theoretical and Empirical Researches in Urban Management	Q2	Colesca Sofia Elena	no chance due to short time
Urban Design International	Q1	Kerri Farnsworth	no chance due to short time
Urban Planning	Q1	Tiago Cardoso****	no chance due to short time

\*Carl Grodach: "if you can get another extension (...), I'm still happy for you to submit to CCS"

\*\*Matthew Hardy: "your paper is of interest and the subject matter is very topical and relevant to our journal's scope"

\*\*\*Peter Eckersley: "your paper looks like it could be relevant for the journal"

\*\*\*\*Tiago Cardoso: "your paper would have to fit nicely into one of our issues"

In June 2024 the manuscript was finally submitted to the *Journal of Infrastructure, Policy and Development* and in August 2024 – after revision following comments from the reviewers – was officially accepted.

Publication is underway.