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ANALYSING THE RESEARCHES ON DESTINATION LIFE CYCLE IN SSCI JOURNALS: A META SYNTHESIS STUDY

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Abstract

The purpose of this study is to analyze the 25 studies that were conducted on “destination life cycle” using meta-synthesis method and reveal what kind of a trend exists on destination life cycle. In this context, 25 studies that were conducted on destination life cycle between the years 1990 and 2015 were analyzed. It was determined that “qualitative research methods” were used to a great extent in these studies. Additionally, it was detected that “*overnight stay ratio*,” “*number of resorts*,” “*number of tourists*” had been used in determining at which stage the region was in the destination life cycle. In conclusion, it was put forth that destination life cycle model could be used in revealing tourism development process and the model was applicable.

Keywords: Destination, Life Cycle, Studies, Meta-Synthesis.

Introduction

With the development of tourism in destinations, the destinations undergo changes in terms of economic, environmental and social aspects. Parallel to this change, differentiation begins in tourists’ preferences and needs, and popularity and attractiveness of a destination may decrease. However, the destinations should preserve their charm and attractiveness under all circumstances despite all the negativity that have been experienced. Life cycle models take an important place in comprehending the destinations’ role in the development of tourism and their current situations, and in addition to that in providing the development of tourism in a planned and sustainable way.

It is known that there are various models related with tourism development in the literature (Gilbert, 1939; Christaller, 1963; Plog, 1974; Doxey, 1975; Butler 1980). Various researches suggest Butler's (1980) tourism area life cycle model as a temporal oriented development cycle model that best examines the processes of tourism areas from their exploration to consolidation (Cooper, 1994; Tooman, 1997; Garay and Canoves, 2011). The reason for this is that it provides an analytical framework to study the evolution of destinations within their complex economic, social and cultural environments, and allows the synthesis of many changes (Cooper and Jackson, 1989). Tourism area life cycle model (TALC) explains the stages of development and change that destinations experience as a product beginning from their exploration (Butler, 1980).

When the literature is reviewed, it is seen that there are various studies on the life cycle model that Butler (1980) offered. Although the model was criticized by authors in terms of its difficulties in application and deficiencies (Choy, 1992; Agarwal, 1997; Zimmerman, 1997; Coles, 2006), it is seen that the studies conducted regarding the model increased significantly after it was suggested by Butler (1984) (Hovinen, 1981; Oglethorpe, 1984; Haywood, 1986; Weaver, 1988, 1990, 1992; Cooper, 1990; Martin and Uysal, 1990; Cooper, 1992; Choy, 1992; O'Hare and Barrett, 1993; Cooper, 1994; Braunlich, 1996; Meyer, 1996; Agarwal, 1997; Tooman, 1997; Russell and Faulkner, 1998; Priestley and Mundet, 1998; Oppermann, 1998; Agarwal, 1998; Baum, 1998; Knowles and Curtis, 1999; Agarwal, 2002; Hovinen, 2002; Moss, et al., 2003; Darma et al., 2006; Oreja Rodriguez et al., 2007; Brooker and Burgess, 2008; Zhong et al., 2008; Kozak and Martin, 2011; Baidal et al., 2013; Lee and Weaver, 2014; Lundberg, 2015). These studies are generally about the applicability of the model and at which stage an area is in the life cycle model. In this context, main purpose of the study is to examine the studies that were conducted within the scope of destination life cycle by using meta-synthesis analysis. It is important to examine the studies in terms of obtaining a general evaluation in context of research methods, research areas and results obtained in the studies on destination life cycle. In this regard, 25 studies that were published between the years 1990 and 2015 were analyzed through meta-synthesis analysis.

Literature Review

The concept of life cycle has been applied in many fields in examining the process of development and change. At the beginning, it was used in biology in explaining the circular cycle of individuals of a species which include the stages of regeneration, conception, birth, reproduction and rebirth among different generations. In the 1960s, growth curve was used by the business world to model a sales curve of a product on a temporal basis (O'Hare and Barnett, 1997 as cited in Levitt, 1965).

Geographers have made it popular by putting forth the concept of destination life cycle. It was accepted that tourist destinations also advance through a typical S-shaped growth curve or life cycle. Geographer Gilbert (1939) was the first person who suggested this idea for the island and shore health institutions in England on the *Scottish Geographical Journal*. Later, Christaller (1963) stated that comprehensive tourism development models should take into account the temporal and spatial evolution of destinations. These two geographers, both biology and physical geography life cycle and growth curve models (Davies, 1899), revealed a three-stage evolution of tourism which includes exploration, development and old stage in an area. Butler (1980), basing on product life cycle and applying considerations on life cycle, created a six-stage evolutionary model which monitors exploration, development and saturation of an area and later shows decline.

Butler's tourism area life cycle model handles destinations as a product. It is stated that destination development models closely reflect classical life cycle curve (Choy, 1992). Like products, destinations experience a growth period, then a rapid progress and development period, after that a slow growth and ultimately decline. In product life cycle model, a product remains unchanged and different marketing efforts and strategies are applied for each period. If the product changes, then the cycle starts again. However, destinations experience the evolutionary process of change depending on the changes in supply and demand. When the characteristics or supply of destinations change, life cycle starts again (Butler, 2009).

"Tourism Area Life Cycle" model (TALC), which was suggested by Butler (1980), is a model that explains the position of a tourism area throughout a cycle starting from scratch, then rapid development and boom periods, and till final stagnation and decline. Butler's (1980) Tourism Area Life Cycle model is a model that is used most in the studies on tourism geography and that describes the evolution of tourism areas (Gabon, 2008). Tourism area life cycle model (Butler, 1980) describes general changes in tourism areas over time including the stages as evolutionary trajectory, effective factors and S-curve (Figure 1) in tourism areas (Ma and Hassink, 2013).

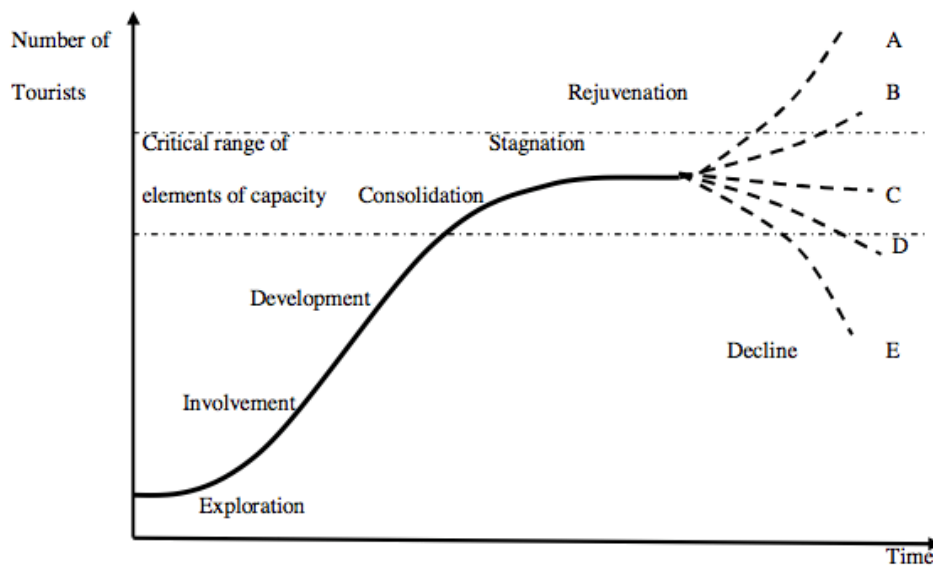


Figure 1. Tourism Area Life Cycle Model

Source: Butler (1980:7)

According to the model, tourists visit an area in small numbers due to the reasons such as transportation problems and not having adequate information on the area. However, the number of visitors and the popularity of the area increase over time with marketing, dissemination of the information and further facility provision. The increase in the number of visitors also leads to exceeding the capacity. Capacity are the elements such as environmental factors (Land scarcity, water quality, air quality); physical plant (Transportation, accommodation, other services); or social factors (Crowding, resentment by the local

population). As the attractiveness of the area declines relative to other areas, because of overuse and the impacts of visitors, the actual number of visitors may also eventually decline (Butler, 2006).

Although there are various models regarding the development of tourism areas, tourism area life cycle model that Butler (1980) proposed is more preferred by the researchers. One of the core values of TALC is that it integrates economic and regional interpretation of tourism. The model analyzes the developmental phases of a tourism area resulting from changes in infrastructure expansion in the number of tourists visiting the area (demand), accommodation (supply) and communication (transportation) (Garay and Canoves, 2011).

Method

In the study, it was aimed to examine 25 articles that were written on destination life cycle between the years 1990-2015 through meta-synthesis analysis. In context of the purpose of the study, the questions to which answers are sought are as follows:

- ✓ Which subjects were handled in the researches on destination life cycle?
- ✓ What are the research methods used in examining destination life cycle model?
- ✓ Which parameters were used in examining the stages of destination life cycle model?
- ✓ Which conclusions were reached on destination life cycle model in the researches?

Meta-synthesis analysis is one of the methods that provide to make a generalization the results obtained in the studies conducted on a specific field (Sandelowski and Barroso, 2003). Meta-synthesis analysis produces new and integrated findings which are more important than individual studies analyzed by a from an interpretative point of view (Walsh and Downe, 2005). In evaluating the findings of studies in meta-synthesis analysis, inclusion criteria are used. Basic criteria are determined according to the purpose of the research and the researches are included in the analysis according to these criteria (Noblit and Hare, 1998).

In this study, in order to determine the articles to be included in the analysis, searches were conducted on science direct, google scholar, Sage, Taylor Francis databases through the keywords of *destination, life cycle, tourism area*. Following the investigations made, it was determined that there were 120 articles published on tourism area life cycle between the years 1981-2015. With the determination of the studies, 25 articles, which were published between the years 1990-2015, of which the full texts were accessible, and which meet the inclusion criteria, were selected to be analyzed. The studies that were selected to be analyzed in this study were included in the analysis in context of following criteria:

- ✓ That the research is accessible and full text of the study is available;
- ✓ That the research was conducted and written clearly in a way including problem, purpose, method, data collection techniques, data analysis, findings and conclusions;
- ✓ That the research was conducted between the years 1990-2015;
- ✓ That the studies consisted of articles;
- ✓ That the research sample represents a destination abroad;
- ✓ That the studies were published on SSCI journals.

Findings

After the articles that met the inclusion criteria in meta-synthesis analysis were selected, studies were conducted in the context of the main themes and subthemes discussed in the studies. As a result of the investigations, themes were examined in a detailed way in the form of main and subthemes. To provide the integrity of the subject and synthesize the results, coding was conducted. In consequence of the investigations made, 14 themes were created. Created themes were presented in Table 1.

Table 1: Themes of the Researches

Theme Code	Themes
T1	Tourism Development
T2	Reorientation
T3	Capacity
T4	Product Life Cycle
T5	Sustainability
T6	Evolutional Economic Geography
T7	Accumulation
T8	Planning
T9	Rural Tourism
T10	Travel Balance Approach
T11	Rejuvenation
T12	Regulation Theory
T13	Entrepreneurship-Chaos
T14	Destination Management

In the study, information on the studies that meet the inclusion criteria for meta-synthesis analysis were presented in Table 2 under the code, author, publication year, method and research field of the research. When the Table 2 were examined, it was seen that the studies that met the inclusion criteria for the analysis have started after the years of 1992. When the research methods applied in the studies were examined, it was seen that qualitative research methods were applied the most. Besides, in the analysis of research data, it was seen that secondary data were mostly utilized and the researches were conducted in the form of case studies depending on the research areas. When the stages of destination life cycle were examined, it was detected that number of resorts, number of tourists and overnight stay ratios were utilized the most. When the areas that the researches were conducted were examined, it was seen that these areas consisted of mostly consolidated and well-known tourism destinations.

Table 2: Methods Used in the Research Studies and Research Fields

Research Code	Author	Method	Research Field	Theme Code
A1	Getz (1992)	Quantitative Research Methods ✓ Survey ✓ Descriptive Statistics	Niagara Falls (Canada)	T11
A2	Oppermann (1995)	Quantitative Research Methods ✓ Survey ✓ Descriptive Statistics	Tübingen and Reutlingen (Germany)	T4
A3	Agarwal (1997)	Secondary Data (Number of Tourists)	Torbay (United Kingdom)	T1
A4	Tooman (1997)	Secondary Data (Number of Resorts)	Smoky Mountain (North Carolina, ABD)	T1
A5	Priestley and Mundet (1998)	✓ Qualitative Research Methods ✓ Secondary Data (Number of Tourists) ✓ Case Study	Lloret de Mar, Torroella de Montgri-l'Estartit and Sitges (Catalonia, Spain)	T2
A6	Akama(1999)	✓ Qualitative Research Methods ✓ Case Study ✓ Secondary Data (Number of Tourists) ✓ Interview ✓ Observation	Kenya	T1
A7	Lundtorp and Wanhill (2001)	✓ Secondary Data ✓ Mathematical Data ✓ Literature Review		T1
A8	Toh, Khan and Koh (2001)	Secondary Data (Number of Tourists)	Singapore	T10
A9	Hovinen(2002)	Qualitative Research Methods ✓ Interview ✓ Focus Group ✓ Secondary Data (Sales Rates and	Lancaster County (United States)	T8

		Annual Change Percentages) Quantitative Research Methods ✓ Survey		
A10	Faulkner (2002)	Secondary Data (Number of Tourists)	Gold Coast (Australia)	T11
A11	Agarwal (2002)	Qualitative Research Methods ✓ Case Study ✓ Secondary Data	Minehead, Weymouth, and Scarborough (United Kingdom)	T2
A12	Moss,Ryanve Wagoner(2003)	✓ Time-series decomposition model ✓ Polynomial regression	Mississippi (United States)	T4
A13	Russell and Faulkner (2004)	Secondary Data	Surfers Paradise and Coolangatta (Australia)	T13
A14	Pulina,Dettori and Paba(2006)	Secondary Data (Number of Resorts)	Sardinia (Italy)	T9
A15	Zhong, Deng and Xiang (2007)	Qualitative Research Methods ✓ Interview ✓ Secondary Data (Newspaper, Magazine, Environment Reports) Quantitative Research Methods ✓ Survey	Zhangjiajie National Forest Park (China)	T3
A16	Brooker and Burgess (2008)	✓ Literature Review ✓ Secondary Data (Number of Tourists)	Niagara (Canada)	T11
A17	Rodríguez, J. R. O., Parra-López, E., & Yanes-Estévez, V. (2008)	Qualitative Research Methods ✓ Case Study ✓ Secondary Data (Number of Tourists)	Tenerife (Canary Islands, Spain)	T5
A18	Brau, Scorcu and Vici (2009)	Quantitative Research Methods ✓ Survey	Rimini (Italy)	T8

		<ul style="list-style-type: none"> ✓ Descriptive Statistics ✓ Regression Analysis 		
A19	Diedrich and Buades (2009)	<p>Qualitative Research Methods</p> <ul style="list-style-type: none"> ✓ Ethnographic Approach ✓ Observation ✓ Interview ✓ Secondary Data <p>Quantitative Research Methods</p> <ul style="list-style-type: none"> ✓ Survey ✓ Kruskal-Wallis ✓ Mann- U Whitney ✓ t test ✓ Spearman test 	Belize	T3
A20	Garay and Cánoves (2011)	<p>Qualitative Research Methods</p> <ul style="list-style-type: none"> ✓ Case Study ✓ Secondary Data (Hotel Statistics) 	Catalonia (Spain)	T12
A21	Cole (2012)	Secondary Data (Number of Tourists)	Caribbean and Other Islands	T7
A22	Baidal, Sánchez and Rebollo (2013)	<p>Qualitative Research Methods</p> <ul style="list-style-type: none"> ✓ Observation ✓ Interview ✓ Secondary Data (Rates of Staying Overnight) ✓ Grounded Theory 	Benidorm (Spain)	T1
A23	Romão, Guerreiro and Rodrigues (2013)	<ul style="list-style-type: none"> ✓ Secondary Data (Geographical Location, Rates of Staying Overnight) ✓ Panel Data Analysis 	Northeastern Europe (Italy, France, Portugal and Spain)	T5
A24	Ma and Hassink (2013)	Secondary Data (Number of Tourists)	Gold Coast (Australia)	T6
A25	Hernández-Martín, Álvarez-Albelo and Padrón-Fumero (2015)	Secondary Data		T12

The data concerning the objective and results of the studies examined in the framework of meta-synthesis are given on Table 3. When the objectives and results of the studies are evaluated; the applicability of the destination life cycle model and the stage of the area at the life cycle model are observed, and it is understood that it is aimed at explaining the model with different approaches. It is also observed that the Touristic Area Life Cycle (TALC) model, which was suggested by Butler (1980), is used in examining the development of tourism in these research studies which are conducted independent of each other.

Table 3: The Results Obtained in the Research Studies

Research Code	Author	Objective	Results
A1	Getz (1992)		
A2	Oppermann (1995)	The objective of the study is to examine the travel change process and travel cycle of the German tourists.	It was determined that changes have occurred in the travel preferences in the last 30 years. An increase was detected in the frequency of the travels of tourists for discovering new places. It was identified that age factor was important in selection of destination, objective, and duration of the travel. It was determined that the young travel much more compared to the previous generations.
A3	Agarwal (1997)		
A4	Tooman (1997)	To make comprehensible the economic effects of the tourism industry in time, the Smoky Mountain area was examined with destination life cycle model.	According to the results of the research study, the life cycle model determined that the area complied with the analyses of secondary and tertiary economic effects. It was stated that the policies of that kind should be applied for the local population to benefit from the tourism and emphasizing the economic diversity.
A5	Priestley and Mundet (1998)	The objective of the study is to examine the tourism evolution of three tourism areas located on the Catalan shores.	It was detected that three tourism areas were in post-recession stage. "Restructuring" strategies were suggested in the rejuvenation

			<p>process for abstaining from recession.</p> <p>As the conclusion, it was determined that, as the change took place, the characteristics that define appropriateness should also change and a long-term tourism planning is needed.</p>
A6	Akama (1999)	It was aimed to examine the development of tourism in Kenya from historical and contextual point of view.	<p>In the study, it was revealed that the model was successful in estimating the development process of tourism; however, it was determined that the model was unprepared for unexpected cases such as Kenya.</p> <p>Since Kenya was perceived in the West as an insecure Center it loses international tourists. This case caused Kenya to experience an early drop in tourism.</p>
A7	Lundtorp and Wanhill (2001)	The objective of the study is to test the life cycle model by means of time series.	<p>The study shows how the mathematical processes evolve in order to form the "ideal" life cycle, which supports Butler's theory. It was determined that, by developing the model in that way, it could only be applied thoroughly when the five phases of Butler's life cycle model are realized. However, it was concluded to be practically a low possibility to transition from a phase to another.</p> <p>Under a uniform market assumption suggested by various authors ignoring the changing models of the tourist arrivals, life cycle curve may be a true representative community if all the tourists are repeated.</p>
A8	Toh, Khan and Koh (2001)	The objective of the study is to try to understand the basic causes and models of the travel.	Using the Travel Balance Approach, which is a model suggested as an alternative for the Destination Life Cycle model, it was determined that Singapore is about to enter a decline stage

			<p>considering the calculations concerning the economic income levels and elasticity of price and demand.</p> <p>It was determined that Travel Balance model is more advantageous in explaining the development of tourism compared to the life cycle model.</p>
A9	Hovinen (2002)	It was aimed to examine the development of tourism in Hungary from destination image point of view.	In the study, the five phases of Butler's life cycle model are used. However, it was concluded to be practically a low possibility to transition from a phase to another.
A10	Faulkner (2002)	The objective of the study is to test the life cycle model by means of visiting days.	In the study, it was determined that, completely complying with the Butler's model, after first step all the life cycle model had been declined.
A11	Agarwal (2002)	It was aimed to examine the tourism development of Minehead, Wey-mouth, Scarborough areas by integrating the destination life cycle and restructuring theories.	<p>In the study, it was determined that there were theoretical relationships between the destination life cycle and restructuring.</p> <p>Some important issues are being emphasized concerning the reasons of declines of destinations and restructuring. Firstly, the decline is the result of the interaction of inner and outer forces; while the second one increases the competitive power of the market conditions, the first one decreases the competitive power of a target. Second, decline is a continuous threat that is related with neither the process of life cycle nor a certain capitalist stage. Third, restructuring is a continuous process. This should be based on a higher appreciation of the uniqueness of the location. After the decline of the destination and restructuring, these issues indicate a need to a</p>

			more in-depth examination of the relationships between the inner-outer change forces and contingency of the place.
A12	Moss, Ryan and Wagoner (2003)	The objective of this study is to present a life cycle model, which can be used in assessing the revenue of the casino by both the casino managers and the government officials.	In the study, it was determined that, completely complying with the Butler's model, there was a sudden increase in gambling at the early periods and that it was impossible to revive it without an intervention. It was determined that the casino industry was in the maturation or even, probably, close to the commence of the decline phase.
A13	Russell and Faulkner (2004)	The objective of this study is to examine the chaos/entrepreneurship approach, which was combined with the tourism area life cycle model of Butler (1980). Besides, it was aimed to comprehend the dynamics of the tourism systems more effectively and to understand the roles of the entrepreneurs in this process.	It was determined that, to each area, there were development patterns and different entrepreneurship levels. It was also determined that there were numerous entrepreneurship types appearing in different stages of life cycle. It was determined that the synthesis of life cycle model and the principles of the chaos theory provided a more comprehensive and realistic view of the destination development emphasizing its paradoxical nature. It was also determined that the evolution of the destinations both shows a linearity and a complexity; and reported that it experiences both predictable and unpredictable triggers.
A14	Pulinaa, Dettori and Paba (2006)	The objective of this study is to comprehend the causes of decline in the numbers of the visitors in the island destination.	The island has been determined the first 4 stages stated in the Tourism Area Life Cycle Model. It was determined that the rejuvenation of island tourism is depended on some climate changes such as storm, food, and seasonal labor force.

A15	Zhong, Deng and Xiang (2007)	In the study, it was aimed to examine the applicability of touristic area life cycle model of Butler to the Zhangjiajie National Forest Park in China.	The park experienced the first 4 stages stated in the Butler (1980) model. Since the park could not complete its development, it was stated that it was quite early to mention whether it complied with the Butler (1980) model. It was determined that governments, celebrities, and entrepreneurs at all level played important catalyst roles since 1978, when China adopted the open-door policy and lived a macro economic change and a rapid transformation. Inner and outer factors affecting the development of the park were stated, and environmental, social, and economic changes were observed.
A16	Brooker and Burgess (2008)	The objective of this study is to comprehend the causes of decline in the numbers of the visitors in the destinations, and to determine the strategies concerning what to do in transition to the revision phase.	It was determined that there was a decline in the number of the visitors to Niagara based on outer factors and some inner causes. It was determined that the rejuvenation of tourism is depended on some changes such as cooperation, strategy formulation, and developing the brand of the destination.
A17	Rodríguez, J. R. O., Parra-López, E. and Yanes-Estévez, V. (2008)	The objective of this study is to suggest and develop an integrated model, which embraced sustainability as a strategic target or as a decision-making process in a destination. Besides, to test the applicability of the life cycle model in Tenerife (Canary Islands), which is one of the leading touristic sites of the Europe.	In the study, Tourism Area Life Cycle model, which focuses on product, and Teleology Model, which focuses on strategy, were discussed. It was determined that the life cycle model could not explain the sustainability, which was commonly sought for in many places and perceived as a strategy to overcome the recession. It was concluded that the sustainability should be explained with a combination of two or more models. Concerning the strategic activities of Tenerife tourism, it was

			revealed that there were problems such as tourist activity, excess of supply and demand, lack of consensus over environmental issues, and security.
A18	Brau, Scorcu and Vici (2009)	The objective of this study is to explain the development of tourism with different modeling methods based on Rimini example, which is a mass tourism destination.	The main result obtained from the analysis is that the current condition of Rimini cannot meet the demands of the experienced visiting tourists. Based on the general quality of the Northwest Adriatic coasts, it is quite possible that the tourists visiting the area today will not seek for an environment friendly tourism. It is emphasized that the tourism product should be created considering the characteristics, demands, and needs of the tourists.
A19	Diedrich and Buades (2009)	In the study, it was aimed to examine the perceptions of the local population about tourism using the data obtained from the five coastal communities in Belize.	In the study, it was determined that the local population believed that the tourism level of the destination was not too high. This result is an indicator that the social capacity of the destinations might not be reached yet. It was detected that tourism may cause positive and negative changes and it was only a small portion of the residents, who emphasized only the negative changes. It was determined that there were economic, negative social impacts, positive social impacts, and positive and negative environmental impacts with a developing tourism in the destination.
A20	Garay and Cánoves (2011)	The objective of this study is to re-design the life cycle model of Butler. Moreover, to understand how and in which directions are the touristic	The study proved that life cycle model, in conjunction with the regulation theory, is able to form a framework for understanding and

		centers of attraction are supported in the area.	defining the history of a regional touristic destination. It also revealed that life cycle model was able to form a valid framework for understanding and defining the historical development of a regional tourist destination. However, since it was not sufficient in explaining how the TALC transition from a life cycle to another, Regulation Theory came into play.
A21	Cole (2012)	The aim of the study was to determine the tourism development process in New Zealand.	It was determined that, , there were development patterns and different entrepreneurship levels in New Zealand. It was also determined that there were numerous entrepreneurship types appearing in different stages of life cycle.
A22	Baidal, Sánchez and Rebollo (2013)	In order to examine the tourism development of Benidorm, in the study, statistical data were analyzed concerning the 1988-2010 period.	In the examinations concerning the TALC model, it was determined that the area was in maturation phase. It was stated that product differentiation can be applied in rejuvenation of tourism.
A23	Romão,Guerrero and Rodrigues (2013)	In the study, it was aimed to determine the tourism development process among Southwest Europe (Italy, France, Spain, and Portugal) regions.	As the result, in development of tourism in these regions, it was suggested that the capacity of the region should be considered, future strategies should focus on product diversification, and in order to gain more benefits per tourist, the quality of the presented products should be increased.
A24	Ma and Hassink (2013)	The objective of this study is the explain the development of tourism with different modeling methods based on Napoli example, which is a mass tourism destination.	The main result obtained from the analysis is that the current condition of Napoli cannot meet the demands of the experienced visiting tourists.
A25	Hernández-Martín, Álvarez-	The objective of this study is to examine the accommodation capacity controls, which is one	It was concluded that in the mature tourism destinations, Moratoria can play an important

	Albelo and Padrón-Fumero (2015)	of the rejuvenation policies in the tourism literature, based on the Moratoria example.	role as a part of rejuvenation of accommodation capacity strategy. Capacity controls limit the over widening of the tourism and contribute to remove some of the unwanted outcomes. However, these controls can cause numerous and unpredictable impacts on the rejuvenation process, which was handled in this study, and the rest of the economy.
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When the findings concerning the destination life cycle are generally evaluated, it is determined that the articles examined in this article have been published after 1990s. another finding obtained in this study is that the research methods used in the research studies are mainly qualitative research method designs. As per the examination of the phases of the life cycle model, it is detected that mostly the number of tourists, the number of resorts, and overnight staying rates are used. Besides, it is determined that the articles concerning the life cycle are on the regions known as mature and famous tourism destinations. Another finding obtained in this study is that, when the findings concerning the results of the studies are examined, it is observed that they are mainly about the applicability of Butler's life cycle model and about determining in which stage the region is according to the model.

Conclusions and Evaluations

The purpose of the study is to examine the studies on destination life cycle model through meta-synthesis analysis. In this context, 25 articles that meet inclusion criteria for meta-synthesis analysis were selected. After that, these articles were examined in terms of *purpose, method, research area and conclusions*.

When the results of the studies were evaluated, one of the conclusions obtained is that the studies regarding at which stage an area exist in terms of the life cycle model predominate. In these studies, tourism development process of an area was examined in terms of exploration, involvement, development, consolidation and stagnation which are the stages of life cycle model. When the stages of the model were examined, another conclusion that has been reached is that number of tourists, number of resorts, and overnight stay ratios were utilized in examining tourism development process. These results that were obtained reveal that the parameters that were used in measuring the stages of life cycle model are among the basic elements that can be referred to in explaining tourism development process.

It was also concluded from the study that mostly qualitative research design was used in the studies as research method. This indicates that an in-depth and detailed process is required in examining the stages of the model. Destinations have a complex structure that include multiple elements. Therefore, it can be argued that in-depth and detailed investigations are more effective in understanding how tourism development process occurs in destinations.

It was detected that Tourism Area Life Cycle (TALC) model which Butler (1980) proposed was addressed mostly from different aspects in the researches. These are one of the results of the study on the

applicability of the model and at which stage of the life cycle model the area is. In a few studies, different models were used to explain the model and analogies were made with the life cycle model. This conclusion indicates that life cycle model can reveal the conclusions about the life cycle of an area alone in terms of certain parameters.

When the results of the studies regarding the life cycle model were evaluated, the fact that the model is adequate in explaining the tourism development process of an area was proved by the studies (Tooman, 1997; Lundtorp and Wanhill, 2001; Moss-Ryan and Waganer, 2003; Garay and Canoves, 2014). In some studies, it was stated that in the application of life cycle model, tourism development process can be realized in a better way by getting support from different approaches (Russel and Faulkner, 2004; Hernández-Martín, Álvarez-Albelo and Padrón-Fumero, 2015). The model is criticized for its challenges and deficiencies by other authors (Agarwal, 1997; Toh, Khan and Koh, 2001). Agarwal (1997) suggested that “reorientation” stage is included after “decline” stage in the model. Toh, Khan and Koh (2001) examined life cycle model and travel balance approach together in their studies. The authors stated that travel balance approach is more advantageous when compared to life cycle model in explaining tourism development. Although life cycle model has been criticized for its challenges in application and deficiencies, the results obtained in the study indicate that it can be used in explaining tourism development process of an area.

When the themes that were handled in the studies on life cycle were examined, the fact that the themes varied was another result of the study. It was determined that the themes were generally about *tourism development, capacity, planning, sustainability, rejuvenation, reorientation-structuring*. Besides, it was also determined that the model was examined in terms of the themes of *chaos-entrepreneurship, accumulation, rural tourism, evolutionary economic geography, destination management, regulation theory, travel balance approach*. Starting from these results that were obtained, it is possible to say that life cycle model can be explained by different themes. Also, the complex structure of the destinations and that many variables are effective in tourism development are among the reasons for the variation of the themes.

In this study, which was conducted on destination life cycle, the findings of the studies that meet the inclusion criteria were evaluated in line with certain parameters and the results were revealed. Therefore, in order to reach more specific results regarding the life cycle model, further researches can be conducted by examining studies related with life cycle models that other authors suggest. Besides, additional researches can be conducted by increasing the ratio of number of studies examined. Meta-synthesis technique was used in analyzing the data of this study. Meta-synthesis analysis provides to analyze over qualitative results. At that point, researches can be conducted by utilizing meta-analysis in order to obtain statistical data regarding the life cycle model.

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