

Tourism Pressure from an Overtourism Perspective: Implications for Sustainable Tourism Management in Gili Trawangan

Kharisma Azmi Yoningsih^{1*}, Dhimas Setyo Nugroho¹, Rizky Rivaldi Afgani¹

¹Tourism Study Programme, Faculty of Economics and Business, Universitas Terbuka,
South Tangerang, Banten 15437, Indonesia

*Corresponding Email: kharisma.azmi@ecampus.ut.ac.id

ARTICLE INFORMATION

Publication information

Research article

HOW TO CITE

Yoningsih, K. A., Nugroho, D. S., & Afgani, R. R. (2026). Tourism pressure from an overtourism perspective: Implications for sustainable tourism management in Gili Trawangan. *International Journal of Tourism and Hospitality in Asia Pacific*, 9(3), 484–499.

DOI:

<https://doi.org/10.32535/ijthap.v9i3.5118>

Copyright@ 2026 owned by Author(s).
Published by IJTHAP



This is an open-access article.

License:

Attribution-Noncommercial-Share Alike
(CC BY-NC-SA)

Received: 17 August 2026

Accepted: 18 September 2026

Published: 20 October 2026

ABSTRACT

Tourism development in small-island destinations creates environmental, economic, and social pressures that challenge sustainability. This study aims to analyze tourism pressures in Gili Trawangan from an overtourism perspective and identify implications for sustainable tourism management. Using a descriptive qualitative approach, the study draws on documented field observations and interviews, with findings interpreted cautiously due to unavailable original records. The results indicate tourism activity concentration in coastal areas, waste management limitations, potential pressures from marine tourism, and changes in local economic and social conditions. Challenges in infrastructure, human resources, and stakeholder coordination were also identified. These findings highlight the multidimensional nature of tourism pressure, although the available evidence does not conclusively establish overtourism or exceeded carrying capacity. The study recommends integrated waste management, improved visitor distribution, stronger stakeholder collaboration, and adaptive monitoring to support sustainable destination management.

Keywords: Destination Management; Gili Trawangan; Overtourism; Small-Island Tourism; Sustainable Tourism; Tourism Pressure

INTRODUCTION

Indonesia is known for its diverse ecosystems and abundant marine resources, which provide significant potential for tourism development. The country has approximately 2.5 million hectares of coral reefs, comprising 569 coral species, representing a substantial proportion of global coral biodiversity (Husen et al., 2024). These marine resources serve as important attractions for tourism destinations across Indonesia, particularly in coastal and island areas. The tourism sector also contributes to national and regional economic development through visitor expenditure, employment opportunities, and the growth of tourism-related businesses. However, increasing tourism activities may also create challenges for environmental preservation and sustainable destination management.

Gili Trawangan, located in West Nusa Tenggara Province, is one of Indonesia's popular marine tourism destinations among domestic and international tourists. The island is widely recognised as a party island because of its nightlife activities and various tourism facilities, including restaurants, bars, nightclubs, and accommodation establishments (Arben et al., 2024). In addition to its entertainment facilities, Gili Trawangan offers natural attractions such as white sandy beaches, coral reef ecosystems, and diverse marine tourism activities. These attractions contribute to the island's popularity and encourage the continued development of tourism infrastructure. Nevertheless, as a relatively small island with limited geographical space, Gili Trawangan faces particular challenges in accommodating tourism activities while maintaining environmental quality and the well-being of local communities. The geographical location and surrounding tourism areas of Gili Trawangan are presented in Figure 1.

Figure 1. Gili Tourism Map



Source: Asia Odyssey Travel (n.d.)

The increasing number of tourist visits to Gili Trawangan provides economic opportunities for local communities and tourism businesses. However, tourism growth may also contribute to environmental pressures, including waste generation, the concentration of activities in coastal areas, and potential disturbances to marine ecosystems. Milićević and Đorđević (2024) explain that increasing tourism activities can generate environmental, economic, and social consequences when destination management capacity is insufficient. One of the environmental challenges in Gili Trawangan concerns waste management. Selvia et al. (2023) reported that waste generation on the island reached approximately 11–20 tons per day, highlighting the

importance of effective waste management and adequate disposal facilities. Without appropriate management, increasing waste generation may place additional pressure on the island's limited infrastructure and environmental resources.

These conditions are closely related to the concept of overtourism, which refers to situations in which increasing tourism activities create pressures on destinations, local communities, and the environment. Overtourism may occur when the intensity of tourism development is not adequately balanced with the destination's capacity to manage its environmental and social impacts. According to [Milićević and Đorđević \(2024\)](#), overtourism can affect environmental quality, infrastructure, and the quality of life of local communities. In small-island destinations such as Gili Trawangan, these challenges may become more pronounced because tourism activities are concentrated within limited geographical areas. Furthermore, the development of tourism facilities, transportation accessibility, and destination promotion through digital platforms may influence visitor interest and tourism activity patterns ([Florenza et al., 2025](#)). Therefore, tourism development needs to be accompanied by appropriate management strategies to prevent increasing pressures from undermining destination sustainability.

The phenomenon of overtourism is closely associated with sustainable tourism development. Sustainable tourism emphasises the importance of balancing economic benefits, environmental protection, and socio-cultural well-being. [Mihalic \(2020\)](#) explains that tourism sustainability requires consideration of the relationship between tourism development and its environmental and social consequences. Similarly, [Rahmat \(2021\)](#) highlights the importance of maintaining environmental resources, social relationships, and cultural values in sustainable tourism development. In the context of Gili Trawangan, sustainable tourism management is particularly important because the island's tourism industry depends heavily on the quality of its natural environment, marine ecosystems, and local community participation.

Several previous studies have examined overtourism and sustainable tourism management in different destination contexts. [Sonder and Hidayana \(2025\)](#) investigated overtourism management in Penglipuran Village by examining its environmental, socio-cultural, and economic implications. [Andrian and Setiawan \(2025\)](#) discussed government policies and destination management approaches in responding to overtourism challenges, including the role of digital transformation. Meanwhile, [Bellinda and Kusuma \(2024\)](#) examined overtourism issues in relation to sustainable tourism in Bali. These studies demonstrate that overtourism is a multidimensional issue requiring integrated management approaches. However, further examination is needed to understand how tourism pressures are experienced and managed in small-island marine tourism destinations, particularly Gili Trawangan, where environmental limitations, marine tourism activities, and local socio-economic conditions are closely interconnected.

Based on these considerations, Gili Trawangan provides an important context for examining tourism pressures from an overtourism perspective. Increasing tourism activities may generate economic benefits while simultaneously creating challenges related to waste management, marine ecosystem protection, infrastructure capacity, and social interactions. These conditions highlight the importance of identifying tourism-related pressures and considering appropriate management responses. Although the available research documentation provides indications of such pressures, further empirical verification would be necessary to determine whether the island's tourism carrying capacity has been exceeded.

Therefore, this study aims to analyse tourism pressures in Gili Trawangan from an overtourism perspective and examine their implications for sustainable tourism management. Specifically, the study focuses on tourism activity concentration, waste management pressures, marine tourism activities, economic and social changes, and destination management challenges. Through a descriptive qualitative approach, the research seeks to provide an understanding of the challenges associated with tourism development in Gili Trawangan and identify potential management strategies that may contribute to the long-term sustainability of the destination.

LITERATURE REVIEW

Overtourism

Overtourism refers to a phenomenon in which the number and intensity of tourist visits place excessive pressure on a destination, potentially reducing the quality of the tourism experience and visitor satisfaction (Wasudawan & Weissmann, 2026). This phenomenon may occur when increasing tourist arrivals exceed a destination's capacity to accommodate tourism activities effectively. Consequently, overtourism can negatively affect tourists' experiences and perceptions of destination quality.

Mihalic (2020) further discusses overtourism in relation to tourism growth and the expansion of supply in response to increasing demand, which may generate ecological and environmental pressures. From this perspective, overtourism is not limited to economic considerations but also encompasses environmental and social dimensions. Therefore, overtourism can be understood as a multidimensional phenomenon that requires an integrated approach to destination management and sustainability.

Sustainable Tourism

The triple bottom line framework provides a foundation for understanding sustainability by emphasising three interconnected dimensions: profit, people, and planet. This framework suggests that business activities should consider not only economic performance but also their social and environmental responsibilities (Bellinda & Kusuma, 2024). In the context of tourism, sustainable tourism development similarly incorporates economic, environmental, and socio-cultural dimensions (Mihalic, 2020). Although tourism development has traditionally placed considerable emphasis on economic benefits, sustainable tourism requires a more balanced approach that integrates environmental protection and community well-being into destination management.

Sustainable tourism encompasses several interconnected principles. First, tourism activities should be managed to minimise long-term damage to natural ecosystems and environmental resources. Second, tourism development should promote positive relationships between local communities and visitors while minimising potential social conflicts. Third, tourism activities should respect and preserve local cultural values and traditions to support their continuity for future generations (Rahmat, 2021). These principles highlight the importance of balancing tourism development with environmental conservation, social well-being, and cultural preservation.

Gili Trawangan

Gili Trawangan is a marine tourism destination located in the Lombok Strait and forms part of the Gili Matra area, together with Gili Meno and Gili Air. The island is characterised by white sandy beaches, clear waters, and diverse marine ecosystems that serve as major tourism attractions. Commonly referred to as a *party island*, Gili Trawangan offers various tourism activities, including nightlife entertainment, snorkeling, and diving (Arben

et al., 2024). Compared with Gili Meno and Gili Air, Gili Trawangan is recognised for its relatively extensive range of tourism facilities and activities.

Tourism development in Gili Trawangan is closely associated with broader regional tourism development initiatives in West Nusa Tenggara. The development of priority tourism destinations and regional tourism planning has contributed to the strategic importance of the province's tourism sector. In this context, the provincial government has established Regional Strategic Tourism Areas (*Kawasan Strategis Pariwisata Daerah*, KSPD) to support tourism development and management across designated locations (Krisna et al., 2021). The Regional Strategic Tourism Areas in West Nusa Tenggara are presented in Table 1.

Table 1. Regional Strategic Tourism Areas

No.	KSPD	Tourism Theme	Locations
1	Mataram	Cultural, religious, culinary, shopping, and MICE tourism	Mataram City, Islamic Center, Loang Baloq, Mayura Park, Banyumulek, Narmada Park, Suranadi, Lingsar
2	Senggigi, Three Gili Islands	Beach tourism, underwater tourism, marine-based sports, cultural, religious, and culinary tourism	Batu Layar, Batu Bolong, Senggigi, Three Gili Islands, Sindang Gile, Senaru, Dusun Traditional Village
3	Kuta Mandalika	Beach tourism, underwater tourism, marine-based sports, and cultural tourism	Gili Gede, Gili Nanggu, Bangko-Bangko, Selong Belanak, Sade, Kuta, Gili Indah
4	Resimas–Sembalun	Agritourism, mountain tourism, cultural tourism, and culinary tourism	Benang Setokel, Gili Sulat, Sembalun, Mount Rinjani, Otak Kokoq

Source: Krisna et al., 2021

RESEARCH METHOD

This study employed a descriptive qualitative research approach to examine tourism pressures in Gili Trawangan from an overtourism perspective and their implications for sustainable tourism management. The qualitative approach was selected to explore environmental, economic, social, and destination management issues associated with tourism development. This approach allows tourism-related pressures to be examined within the specific context of Gili Trawangan as a small-island marine tourism destination.

The research involved field observations and in-depth interviews conducted by the research team in the Gili Trawangan area. Field observations focused on environmental conditions, tourism activities, the concentration of visitors, the utilisation of tourism spaces, and destination management challenges. Particular attention was given to coastal areas, tourism facilities, marine tourism activities, and waste management conditions. These observations were intended to provide contextual information regarding the potential pressures associated with tourism development.

In addition to field observations, the research team conducted in-depth interviews with tourism stakeholders, including accommodation providers, local community members, and tour guides. The interviews were intended to obtain information regarding tourism development, environmental and social pressures, and management efforts undertaken in response to tourism-related challenges. The perspectives of these stakeholders were considered relevant to understanding the relationship between tourism activities and destination sustainability.

The analysis was conducted using a descriptive qualitative approach involving data reduction, data presentation, and conclusion drawing. The available research documentation and retrospective accounts of the research team were examined to identify recurring issues related to tourism pressure. The findings were organised into five thematic categories: tourism activity concentration, waste management pressures, marine tourism activities, economic and social changes, and destination management challenges. These categories were used to structure the presentation of findings and facilitate their interpretation in relation to overtourism and sustainable tourism literature.

However, the original interview records, detailed field observation notes, and supporting documentation were not fully available for verification during the preparation of the manuscript. Consequently, the analysis relied on the available research documentation and retrospective accounts rather than a complete set of independently verifiable primary research materials. This limitation restricts the ability to reconstruct the original data collection procedures, verify individual statements, and assess the consistency of the findings across different sources.

To maintain methodological transparency, the study distinguishes between information reported in the available research documentation, interpretations developed by the authors, and explanations drawn from previous academic literature. The findings are therefore presented descriptively and interpreted cautiously. They are not intended to establish causal relationships, provide representative measurements of tourism pressure, or conclusively demonstrate that Gili Trawangan has exceeded its tourism carrying capacity.

Through this approach, the study seeks to provide a contextual understanding of tourism pressures in Gili Trawangan and identify potential implications for sustainable destination management. The interpretation of the findings remains subject to the limitations of the available research evidence, as further discussed in the Limitations section.

RESULTS

The findings of this study identify several tourism-related pressures in Gili Trawangan based on the available research documentation and retrospective accounts of the research team. These findings cover five main aspects: tourism activity concentration, waste management pressures, marine tourism activities, economic and social changes, and destination management challenges. Given the limitations of the available original research records, the findings are presented descriptively without assuming that the reported conditions have been independently verified through quantitative measurements.

Tourism Activity Concentration

The available research documentation indicates that tourism activities in Gili Trawangan are concentrated primarily in coastal areas and tourist arrival points, particularly during holiday periods. These areas accommodate various tourism-related activities and

facilities, including marine tourism services, accommodation establishments, restaurants, cafés, and beach clubs.

The research team's retrospective accounts also indicate that the availability of tourism facilities and sea transportation connections from Bali and Lombok is associated with tourist mobility and interest in visiting Gili Trawangan. However, the available documentation does not provide verified measurements of visitor density, spatial distribution, or changes in tourist arrivals over time. Consequently, the reported concentration of tourism activities is presented as a descriptive finding rather than a quantitatively established pattern of overcrowding.

Waste Management Pressures

The research documentation identifies several operational challenges associated with waste management in Gili Trawangan. These challenges include limitations in available land, waste management infrastructure, equipment, human resources, and transportation costs. Such constraints were reported as factors affecting the management of waste generated by tourism-related activities.

Retrospective records also contain information concerning waste accumulation and potential pollution in coastal areas and marine waters. Nevertheless, the available research materials do not include independently verified quantitative measurements of waste generation, treatment capacity, or environmental pollution. Therefore, the findings indicate reported operational pressures on waste management rather than providing conclusive evidence of the extent of environmental degradation.

Marine Tourism Activities

Marine tourism represents an important component of tourism activities in Gili Trawangan, particularly snorkeling and diving. The available research documentation includes second-hand accounts of informants' statements associating these activities with potential pressures on marine ecosystems.

These accounts suggest that marine tourism activities require attention in relation to environmental management and the use of coastal and marine resources. However, the original interview records and supporting ecological measurements were not available for independent verification. Accordingly, the findings do not establish that snorkeling or diving activities have directly caused measurable coral reef degradation or other specific ecological impacts.

Economic and Social Changes

The research team's retrospective records indicate that tourism development in Gili Trawangan is associated with economic opportunities in several sectors, including accommodation, food and beverage services, transportation, and marine tourism activities. These opportunities are reflected in the presence of tourism-related businesses and employment activities serving visitors.

The available documentation also suggests changes in local working patterns and everyday activities associated with the development of the tourism industry. In addition, retrospective accounts mention certain complaints and less harmonious social interactions in specific circumstances.

However, the available evidence does not include verified measurements of household income, employment changes, community welfare, or the prevalence of social conflicts. Therefore, these findings are limited to reported economic opportunities and social

changes and should not be interpreted as evidence of widespread improvements in community welfare or extensive social conflict.

Destination Management Challenges

The available research documentation identifies several challenges associated with destination management in Gili Trawangan. These include limitations in waste management infrastructure and human resources, the concentration of tourism activities in coastal areas and arrival points, the supervision of marine tourism activities, and coordination among tourism stakeholders.

The research team's retrospective accounts also indicate challenges related to the utilisation of tourism spaces, the availability of management resources, and opportunities for periodic training and capacity development. These findings reflect reported operational and institutional concerns associated with managing tourism activities within a small-island destination.

Nevertheless, the available research materials do not include a systematic evaluation of institutional performance, stakeholder coordination mechanisms, or the effectiveness of existing tourism management policies. Consequently, the findings identify reported management challenges without establishing the effectiveness or shortcomings of specific interventions.

A summary of the main findings and their corresponding evidence limitations is presented in [Table 2](#).

Table 2. Summary of Tourism Pressure Findings in Gili Trawangan

Research Aspect	Findings from Available Research Documentation	Evidence Limitations
Tourism Activity Concentration	Tourism activities were reported to be concentrated in coastal areas and tourist arrival points, particularly during holiday periods.	No verified visitor density or spatial distribution measurements.
Waste Management Pressures	Reported operational pressures included limited land, infrastructure, equipment, human resources, and transportation costs.	No verified quantitative waste generation or treatment capacity data.
Marine Tourism Activities	Second-order informant reports associated snorkeling and diving activities with potential pressures on marine ecosystems.	No verified ecological measurements or evidence of measurable coral reef degradation.
Economic and Social Changes	Tourism-related economic opportunities were accompanied by changes in working patterns, everyday activities, and localised social concerns.	No verified measurements of income, welfare changes, or the extent of social conflict.
Destination Management Challenges	Retrospective accounts identified challenges involving waste management, tourism space utilisation, marine activity supervision, stakeholder coordination, and human resource capacity.	No verified institutional performance assessment or policy effectiveness evaluation.

Source: Research documentation and retrospective research team accounts.

DISCUSSION

Tourism Activity Concentration

Gili Trawangan is one of the prominent marine tourism destinations in West Nusa Tenggara Province. As a small island, it has geographical and infrastructural limitations that require careful consideration in tourism development and destination management. Nevertheless, the island offers diverse attractions, including marine ecosystems, beach activities, restaurants, cafés, beach clubs, and nightlife entertainment. These characteristics have contributed to its reputation as a *party island* (Demolingo et al., 2021).

The development of tourism facilities has influenced patterns of tourism space utilisation, particularly in coastal areas that accommodate various visitor activities. From an overtourism perspective, tourism pressure should not be assessed solely through visitor numbers but also through the intensity, spatial concentration, and timing of tourism activities in relation to the destination's management capacity. Damiasih (2025) associates overtourism with an imbalance between tourism development and destination sustainability, while Masteriarsa and Riyanto (2023) emphasise the importance of local characteristics and the spatial distribution of tourism activities in understanding destination pressures.

The available research documentation indicates that tourism activities in Gili Trawangan are concentrated around coastal areas and tourist arrival points, particularly during holiday periods. The presence of cafés, beach clubs, and other tourism facilities was perceived as contributing to visitor interest, while sea transportation connections from Bali and routes through Lombok were considered relevant to tourist accessibility. However, these relationships have not been established through verified measurements or causal analysis. Furthermore, the concentration of activities in particular locations does not necessarily indicate that the entire island experiences comparable levels of tourism pressure.

These findings are consistent with the perspectives of Masteriarsa and Riyanto (2023), who highlight the spatial concentration of tourism pressures, and Yandi et al. (2023), who discuss the potential intensification of destination pressures during particular visitation periods. In Gili Trawangan, the reported concentration of activities may have implications for visitor movement, the utilisation of public spaces, and the capacity of tourism infrastructure to accommodate demand.

Anggara et al. (2025) emphasise the relevance of carrying capacity considerations in sustainable tourism development. Accordingly, spatially and temporally differentiated visitor management may be considered for Gili Trawangan. Potential measures include developing alternative attractions, improving visitor movement routes, and managing tourism activities during peak periods. However, the suitability of these measures would require further assessment of visitor distribution, infrastructure capacity, and local management conditions.

Waste Management Pressures

Tourism activities may contribute to increasing waste generation through accommodation establishments, restaurants, cafés, entertainment facilities, and other tourism-related services. In small-island destinations such as Gili Trawangan, geographical limitations and infrastructure constraints can create additional challenges for waste collection, processing, and transportation. Aditya Saputra et al. (2026) discuss the potential pressure that increasing tourism activities may place on waste management

systems when operational capacity is insufficient to accommodate waste handling requirements.

The retrospective records of the research team indicate that waste management in Gili Trawangan has been associated with limitations in available land, equipment, human resources, and transportation costs. Waste volumes were also reported to have created operational pressures, although verified quantitative measurements were not available. The transportation of waste off the island was identified as one management response; however, its implementation and effectiveness could not be evaluated using the available documentation.

[Pratama and Sururi \(2025\)](#) explain that increasing waste flows may intensify operational pressures when waste handling capacity does not develop accordingly. Furthermore, inadequately managed waste can potentially affect environmental quality and the attractiveness of tourism destinations ([Sabilillah et al., 2025](#)). Although the research documentation mentions waste and pollution concerns in coastal and marine areas, these accounts do not provide sufficient evidence to determine the extent of environmental contamination or establish tourism as its sole cause.

From a sustainable tourism perspective, these findings highlight the importance of aligning waste management capacity with the operational demands of tourism activities. An integrated waste management approach could include reducing single-use plastics, encouraging waste separation in tourism establishments, improving organic waste processing and recycling, and strengthening waste collection and transportation systems.

Such measures would require collaboration among local authorities, tourism businesses, destination managers, communities, and visitors. Periodic monitoring of waste generation, collection capacity, and management performance could also provide information for evaluating and adjusting waste management practices. These proposed measures are consistent with the broader importance of environmental responsibility in sustainable tourism discussed by [Hong et al. \(2025\)](#). Nevertheless, their effectiveness in Gili Trawangan remains to be established through implementation and evaluation.

Marine Tourism Activities

Marine tourism is a major component of Gili Trawangan's tourism industry, particularly through snorkeling and diving activities associated with its coastal waters and coral reef ecosystems. These activities provide opportunities for tourism-related businesses and service providers. However, the continued development of marine tourism also requires attention to visitor behaviour, the utilisation of marine spaces, and environmental management.

The available research documentation includes retrospective accounts concerning waste or pollution in coastal and marine areas, together with second-hand reports of informants' statements associating snorkeling and diving activities with potential ecosystem pressures. These accounts indicate areas of concern for marine tourism management but do not establish measurable ecological degradation or demonstrate that particular tourism activities directly caused damage to coral reefs. [Neksidin et al. \(2021\)](#) provide a relevant perspective on the importance of considering marine tourism activities in relation to environmental sustainability.

Sustainable marine tourism management requires balancing the economic use of marine resources with environmental protection and responsible visitor behaviour. [Lok et al.](#)

(2026), in a study of environmentally friendly purchasing intentions in Malaysia's food and beverage sector, identified the relevance of environmental concern, knowledge, and perceived individual effectiveness to environmentally responsible consumption intentions. Although their study was conducted in a different sector and geographical context, its findings offer a broader perspective on the potential importance of environmental awareness in encouraging responsible behaviour.

In the context of Gili Trawangan, environmental education for tourists and marine tourism operators may therefore be considered as one component of destination management. Additional options include zoning marine tourism activities, managing boat mooring locations, strengthening responsible operating practices for snorkeling and diving services, and promoting coral reef protection.

These approaches would need to be supported by stakeholder coordination, appropriate supervision, and periodic ecological monitoring. [Hidayati and Nugrahani \(2021\)](#) provide further context for considering marine tourism development in relation to environmental protection. However, the proposed measures should be understood as potential management options rather than interventions whose effectiveness has been demonstrated by the present study.

Economic and Social Changes

Tourism development in Gili Trawangan is associated with economic opportunities in accommodation, culinary services, transportation, and marine tourism activities. The retrospective research documentation also suggests that tourism-related development has been accompanied by changes in local working patterns and everyday activities as community members engage with the tourism industry.

Alongside these opportunities, the available accounts mention certain community complaints and less harmonious social interactions in particular circumstances. These findings suggest that the implications of tourism development extend beyond economic activity and may also involve changes in social relationships and everyday community life. However, the available evidence does not establish the prevalence or severity of these concerns.

[Abdurrahman et al. \(2025\)](#) discuss the potential social implications of tourism development, while [Dapang et al. \(2023\)](#) highlight opportunities associated with tourism-related livelihoods. Similarly, [Nasution and Munthe \(2025\)](#) indicate that economic benefits may coexist with social and other non-economic pressures. These perspectives support a multidimensional interpretation of tourism development rather than an assessment based exclusively on economic opportunities.

For Gili Trawangan, the coexistence of reported economic opportunities and social concerns highlights the relevance of considering community well-being in sustainable destination management. Nevertheless, the available research documentation does not provide verified income data, representative assessments of community welfare, or systematic evidence concerning the extent of social conflict. Consequently, it cannot be concluded that tourism development has universally improved local welfare or generated widespread social problems.

From a sustainable tourism perspective, greater attention to community participation, the distribution of tourism opportunities, and communication among stakeholders may help inform future destination management initiatives. These considerations are proposed in

response to the reported issues and would require further investigation to determine their relevance and practical effectiveness.

Destination Management Challenges

The findings indicate that tourism management in Gili Trawangan involves several interconnected challenges, particularly concerning waste management, tourism space utilisation, supervision of marine activities, human resource capacity, and stakeholder coordination. These challenges are especially relevant in a small-island destination where tourism activities and supporting infrastructure are concentrated within a limited geographical area.

The retrospective accounts suggest that the management of tourism-related pressures requires attention not only to visitor activity but also to the organisational and operational capacity of the destination. However, the available documentation does not support a systematic assessment of institutional performance or demonstrate that existing management arrangements have failed.

[Mahmud et al. \(2026\)](#) discuss adaptive co-management as an approach that emphasises institutional coordination, collaborative learning, and adjustments to management practices in response to changing conditions. This perspective provides a relevant framework for considering potential management responses in Gili Trawangan, where environmental, economic, social, and operational issues are interconnected.

Accordingly, strengthening collaboration among local government institutions, tourism businesses, destination managers, and local communities may be considered an important direction for sustainable tourism management. Such collaboration could be supported by clearer stakeholder responsibilities, improvements in management capacity, periodic training, and regular monitoring of tourism-related pressures.

An adaptive approach may also support the evaluation of proposed measures, including integrated waste management, visitor distribution arrangements, and responsible marine tourism practices. Rather than assuming that a particular intervention will resolve tourism-related pressures, destination management should incorporate monitoring and evaluation to determine whether adjustments are necessary.

Overall, the findings suggest that tourism pressures in Gili Trawangan can be interpreted through an overtourism perspective that considers the relationship between tourism activity, environmental and social conditions, and destination management capacity. However, the available evidence does not conclusively establish that Gili Trawangan is experiencing overtourism or that its tourism carrying capacity has been exceeded. The proposed strategies should therefore be regarded as contextually relevant management options requiring further empirical assessment before their effectiveness can be established.

CONCLUSION

This study examined tourism pressures in Gili Trawangan from an overtourism perspective and explored their implications for sustainable tourism management. Based on the available research documentation and retrospective accounts of the research team, the findings indicate that tourism-related pressures involve several interconnected dimensions, including the concentration of tourism activities, waste management challenges, marine tourism activities, economic and social changes, and destination management constraints. Tourism activities were reported to be concentrated in coastal

areas and tourist arrival points, particularly during holiday periods, while waste management challenges were associated with limitations in infrastructure, human resources, and operational capacity. The available accounts also identified potential pressures related to marine tourism activities, although measurable ecological impacts could not be established.

From an economic and social perspective, tourism development was associated with opportunities for local businesses and employment, alongside changes in community working patterns, everyday activities, and certain localised social concerns. These findings suggest that tourism development in Gili Trawangan should not be evaluated solely in terms of economic benefits or visitor numbers. Instead, a sustainable tourism perspective requires consideration of environmental protection, community well-being, and destination management capacity. Although the reported conditions are relevant to an overtourism framework, the available evidence is insufficient to establish a definitive diagnosis of overtourism or demonstrate that the destination's tourism carrying capacity has been exceeded.

The findings highlight the importance of integrated and adaptive approaches to sustainable tourism management. Potential strategies include strengthening waste management systems, improving the spatial and temporal distribution of tourism activities, promoting responsible marine tourism practices, and enhancing coordination among local government institutions, tourism businesses, and communities. These measures may be supported by improved human resource capacity, clearly defined stakeholder responsibilities, environmental awareness initiatives, and regular monitoring of tourism-related pressures. However, these strategies represent proposed management options rather than interventions whose effectiveness has been empirically demonstrated in Gili Trawangan. Their implementation would therefore require further contextual assessment and evaluation.

The contribution of this study lies in its multidimensional examination of tourism pressures within a small-island destination and its consideration of the relationship between tourism development and sustainable destination management. By distinguishing reported local conditions from interpretations informed by previous research, the study provides a contextual perspective on environmental, economic, social, and institutional challenges associated with tourism development. Nevertheless, the unavailability of complete original research records limits the verification and generalisability of the findings. Future research should incorporate systematically documented field observations, verifiable interview records, longitudinal tourism data, environmental measurements, and community-based assessments. Further evaluation of proposed management strategies is also necessary to support evidence-based decision-making and the long-term sustainability of tourism in Gili Trawangan.

LIMITATION

This study has several limitations, primarily concerning the unavailability of complete original research records, including interview transcripts, field observation notes, and supporting documentation. Consequently, the analysis relied on available research documentation and retrospective accounts of the research team, limiting the independent verification of findings, systematic cross-checking of data, and transparency of the analytical process. Furthermore, the absence of verified quantitative measurements of tourist density, waste generation, environmental conditions, and community welfare restricts the ability to establish causal relationships or conclusively determine whether Gili Trawangan has exceeded its tourism carrying capacity. As the study focuses on a specific small-island destination, its findings should be interpreted

within the local context, and their transferability to other destinations requires careful consideration. Future research should prioritise systematic data collection, comprehensive documentation, environmental monitoring, and stakeholder participation to strengthen methodological credibility and support evidence-based sustainable tourism management.

ACKNOWLEDGMENT

The authors would like to express their sincere gratitude to Universitas Terbuka for its institutional support and encouragement throughout the research process. Special appreciation is also extended to the management of Gili Trawangan for their valuable cooperation, assistance, and support in facilitating this study. Furthermore, the authors sincerely acknowledge the research team for their dedication, collaboration, and valuable contributions to the successful completion of this research. The collective support and involvement of all parties have been instrumental in achieving the objectives of this study.

DECLARATION OF CONFLICTING INTERESTS

The authors declare that there are no potential conflicts of interest concerning the research, authorship, and/or publication of this article.

REFERENCES

- Abdurrahman, U., Iskandar, Z. S., Subiyanto, Maqbul, I., Alina, D. N., & Ismail, M. R. (2025). Land cover changes of Pangandaran: Revealing the tourism attraction impact on coastal urban expansion. *International Journal of Research in Community Service*, 6(2), 59–71.
- Aditya Saputra, N., Gafur, H. A. S., & Al-Rosyid, L. M. (2026). Analisis dampak aktivitas wisata terhadap kualitas lingkungan di pesisir Pantai Cemara Banyuwangi. *Nata Palemahan: Journal of Environmental Engineering Innovations*, 3(1), 1–6. <https://doi.org/10.38043/natapalemahan.v3i1.7295>
- Andrian, M., & Setiawan, B. (2025). Kebijakan pemerintah dan pengelolaan destinasi kawasan Puncak dalam menjawab tantangan overtourism dan transformasi digital. *Jurnal Sains Terapan Pariwisata*, 10(3), 300–308. <https://doi.org/10.56743/jstp.v10i3.695>
- Anggara, B., Jati, L. J., Taufik, M., Hamid, S., & Wiguna, S. P. (2025). Optimalisasi kunjungan dengan memperhitungkan carrying capacity dalam mendukung ecological sustainable tourism development. 12(3), 1–9.
- Arben, V., Yanuwiyadi, C., & A, E. (2024). Analysis of coastline changes on Gili Trawangan over the last ten years, 2013 to 2023. *Russian Journal of Agricultural and Socio-Economic Sciences*, 2(6), 306–312.
- Asia Odyssey Travel. (n.d.). Gili Islands tourist map [Map]. <https://www.asiaodysseytravel.com/>
- Bellinda, N. P. W. N. B., & Kusuma, P. S. A. (2024). Pengaruh isu overtourism terhadap sustainable tourism yang ada di Bali. *Akuntansi* 45, 5(2), 348–359. <https://doi.org/10.30640/akuntansi45.v5i2.3358>
- Damiasih. (2025). *Manajemen overtourism dalam perspektif pariwisata berkelanjutan*. Bravo Press Indonesia.
- Dapang, I. V. N., Widiastiti, A. A. I. P., & Febianti, F. (2023). Dampak perkembangan pariwisata terhadap ekonomi masyarakat desa. *Jurnal Ilmiah Pariwisata dan Bisnis*, 2(10), 2356–2365. <https://doi.org/10.22334/paris.v2i10.603>
- Demolingo, R. H., Dewi, L., Karyatun, S., Wiweka, K., Adnyana, P. P., & Prasetya, A. (2021). Millennials' travel behavior in small island destination: The overview of

- Gili Trawangan, Indonesia. *Asian Journal of Advanced Research and Reports*, 15(12), 28–37. <https://doi.org/10.9734/ajarr/2021/v15i1230442>
- Florenza, L. L., Nugraha, A., Withaningsih, S., & Dienaputra, R. D. (2025). Citra destinasi Air Terjun Madakaripura: Analisis sentimen wisatawan di Google Review. *Jurnal Sosial Humaniora*, 18, 91–108.
- Hidayati, K., & Nugrahani, H. S. D. (2021). Pengelolaan desa wisata bahari berkelanjutan dalam perspektif ketahanan nasional. *Jurnal Syntax Admiration*, 1(9), 94–103.
- Hong, T. L., Gadi, P. D., Ridzal, H. S. U. S. B., & Hidzir, S. I. M. B. S. H. (2025). Strategies for sustainable tourism development: A case study of consumer behavior in the fast fashion retail sector. *International Journal of Tourism and Hospitality in Asia Pasific*, 8(1), 146–159. <https://doi.org/10.32535/ijthap.v8i1.3831>
- Husen O. O., Farastuti, N. A. E. R., Huda, A. R. M. A., Lesmana, D., & Rumondang, A. (2024). Potensi dan pengelolaan sumber daya kelautan Indonesia. *Jurnal Pascapanen dan Bioteknologi Kelautan dan Perikanan*, 18(1). <https://doi.org/10.15578/jpbkp.v18i1.968>
- Krisna, B. A., Paturusi, S. A., & Wirawibawa, I. B. G. (2021). Konflik keruangan di wilayah pesisir Gili Trawangan, Lombok, Nusa Tenggara Barat. *Jurnal Arsitektur dan Perencanaan (JUARA)*, 4(1), 11–26. <https://doi.org/10.31101/juara.v4i1.1307>
- Lok, Y. H., Hasri, F. H. M., Draman, F. F. A., Mesuan, F. E. N., Fion, T. C. E., Mayur, R., & Kee, D. M. H. (2026). Investigating the determinants of eco-friendly purchase intention among Malaysian consumers in the food and beverage industry. *International Journal of Tourism and Hospitality in Asia Pasific*, 9(1), 88–103. <https://doi.org/10.32535/ijthap.v9i1.4367>
- Mahmud, T. A., Asmawi, M., & Dwi, A. (2026). Adaptive governance di Provinsi Banten. 13(1).
- Masteriarsa, M. F., & Riyanto. (2023). Pemetaan destinasi pariwisata berdasarkan daya dukung kepariwisataan provinsi di Indonesia. *Tambora*, 7(2).
- Mihalic, T. (2020). Conceptualising overtourism: A sustainability approach. *Annals of Tourism Research*, 84, Article 103025. <https://doi.org/10.1016/j.annals.2020.103025>
- Milićević, S., & Đorđević, N. (2024). An overview of overtourism: Causes and impacts. *International Conference on Business, Management and Economics Engineering Future-BME*, 224–230. <https://doi.org/10.24867/FUTURE-BME-2024-025>
- Nasution, M. F. M., & Munthe, R. R. (2025). Aspek ekonomi dan sosial. *Jurnal Ilmiah Ekonomi dan Manajemen*, 3(2), 162–172. <https://doi.org/10.61722/jiem.v3i2.3812>
- Neksidin, Fahrudin, A., & Krisanti, M. (2021). Keberlanjutan pengelolaan wisata bahari di Pulau Pari, Kabupaten Kepulauan Seribu. *Jurnal Ilmu Pertanian Indonesia*, 26(2), 284–291. <https://doi.org/10.18343/jipi.26.2.284>
- Pratama, S. P., & Sururi, M. R. (2025). Evaluasi teknik operasional pengumpulan dan pengangkutan sampah dalam sistem pengelolaan sampah di Kabupaten Subang (studi kasus: Kecamatan Subang). *Jurnal Ilmiah Teknik Lingkungan*, 16(2), 90–96.
- Rahmat, K. D. (2021). Konsep pariwisata berkelanjutan dalam pelestarian cagar budaya. *Jurnal Pariwisata Terapan*, 5(1), 1–12.
- Sabilillah, S., Larasati, C. E., & Virgota, A. (2025). Distribution and composition of waste on the coast of Gili Trawangan. *Jurnal Biologi Tropis*, 25(3), 4183–4189. <https://doi.org/10.29303/jbt.v25i3.9580>
- Selvia, S. I., Iemaniiah, Z. M., Dewi, R. A. S., Maftuh, M., Akbar, S., & Siddiqirly, M. (2023). Estimasi kapasitas daya tampung landfill dan umur pakai TPA Gili Trawangan. *Jurnal Sains Teknologi & Lingkungan*, 9(4), 637–648. <https://doi.org/10.29303/jstl.v9i4.524>

- Sonder, I. W., & Hidayana, F. F. (2025). Pengelolaan overtourism untuk keberlanjutan Desa Wisata Panglipuran di Kabupaten Bangli. *Journal of Tourism and Interdisciplinary Studies*, 5(1), 25–42.
- Wasudawan, K., & Weissmann, M. A. (2026). Over-tourism: A review and research agenda. *Global Business and Organizational Excellence*, 45(2), 227–245. <https://doi.org/10.1002/joe.70007>
- Yandi, A., Mahaputra, M. R., & Mahaputra, M. R. (2023). Faktor-faktor yang mempengaruhi minat kunjungan wisatawan (literature review). *Jurnal Kewirausahaan dan Multi Talenta*, 1(1), 14–27. <https://doi.org/10.38035/jkmt.v1i1.8>

ABOUT THE AUTHOR(S)

1st Author

Kharisma Azmi Yoningsih is a lecturer in the Tourism Study Programme at Universitas Terbuka, Indonesia. She holds a bachelor's degree in Language Studies and a master's degree in Management, specialising in Marketing Management. Her academic and research interests include tourism business communication, marine tourism, tourism marketing management, and green marketing. Through her academic and research activities, she seeks to contribute to the development of sustainable tourism practices and innovative marketing strategies within the tourism industry.

Email: kharisma.azmi@ecampus.ut.ac.id

ORCID ID: 0009-0006-8303-8566

2nd Author

Dhimas Setyo Nugroho is a lecturer in the Tourism Study Programme, Faculty of Economics and Business, Universitas Terbuka, Indonesia. He obtained his bachelor's degree in Tourism from STP AMPTA and his Master of Management degree, specialising in Tourism Management, from Universitas Sarjanawiyata Tamansiswa. His research interests include tourism management, destination management, sustainable tourism, and tourism governance.

Email: dhimas.nugroho@ecampus.ut.ac.id

ORCID ID: 0000-0002-5745-1836

3rd Author

Rizky Rivaldi Afgani is a lecturer in the Tourism Study Programme, Faculty of Economics and Business, Universitas Terbuka, Indonesia. He holds a master's degree in Hospitality and has academic and research interests in heritage tourism and spiritual tourism. His areas of expertise focus on tourism development and the preservation of cultural and spiritual heritage within the tourism sector.

Email: rizky.rivaldi@ecampus.ut.ac.id