Sustainable tourism and destination resilience in Nigeria's tourism sector

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Abstract

Resilience emerged in tourism research due to the need for destinations to withstand unforeseen circumstances, quite apart from the disruption of destination activities. Some destinations fail to withstand environmental turbulence because of inadequate resilience skills and strategies, which sometimes forces the destination practitioners to retrench their workers, thereby creating more unemployment for society. These lapses occurred because the destinations do not possess an injector that could be used to improve their performance, which is sustainable tourism. It was the above vacuum that gave rise to this study. Thus, the main objective of this study is to investigate the relationship between sustainable tourism and destination resilience in southeastern Nigeria. The study utilized a cross-sectional survey design as a research design. Data were collected with a validated questionnaire from one hundred and eighty-four (184) participants at eight destinations in Enugu, south-eastern Nigeria. Three research hypotheses were developed from the review of the literature. The descriptive statistics were analysed with SPSS 25, while the research hypotheses were

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analysed with PLS-SEM through SmartPLS 4. The findings of the study indicated that sustainable tourism has a significant positive relationship with destination resilience.

Keywords: Destination, destination resilience, resilience, sustainability, sustainable tourism, tourism.

1. Introduction

Resilience has received serious attention from scholars and tourism practitioners, quite apart from other service and manufacturing industries. One of the major reasons resilience will always remain on the front burner of discussion amongst human resources, business management, economics, hospitality management, and tourism is because of the volatility of the business environment (Edeh et al., 2020). Resilience is very crucial for the survival and sustainability of a destination. Tanani and Sair (2022) added that a destination that lacks resilience strategies may likely be overtaken by a competitor that has a strong resilience structure. This is what gave Vu et al. (2022) the impetus to affirm that a destination without a solid resilience foundation cannot compete in the contemporary tourism industry. Bratec et al. (2023) agreed with Vu et al. (2022) and stated that one of the problems that destinations in emerging economies have been their inability to build and develop resilience consciousness. Venugopalan (2021) suggested that tourism business practitioners should be acquainted with the epistemology of resilience so that they would be able to cope with any turbulence that may likely emanate from the external environment.

Research has revealed that operators of destinations in both emerging and developed economies must employ necessary resilience mechanisms to avoid being taken unaware by global uncertainties such as the unannounced pandemic that occurred in 2020 (Traskevich & Fontanari, 2021). In addition, Badoc-Gonzales et al. (2022) assert that building a vibrant destination depends on the willingness of the managers and the employees to embrace the culture of resilience. Slivar (2018) maintains that for resilience to be built, the practitioners of the destination must be ready to anticipate uncertainties. Additionally, Goff et al. (2019) argued that managers of destination facilities should always be prepared for unforeseen circumstances that may likely affect their business. Disaster preparation is one of the indices of building resilience, which is followed by a robust corporate culture and structure of a destination (Rai et al., 2021). It is against this backdrop that Sampson (2022) stated that destination resilience can be built when the managers plan for crisis anticipation, destination robustness and recovery strategies.

However, in the quest to diversify Nigeria's economy from the overdependence on crude oil to other sources of revenue, sustainable tourism is the way to go because of its inexhaustibility. It is against this

premise that the government of Nigeria resorted to tourism as an alternative source of revenue other than crude oil. This is because, in a world where resources are scarce, nations are constantly searching for other sources of income to be able to create jobs, pay their workforce, budget for defence and assist other countries that are in dire need as well as for reserve. Studies have shown that one of the major sources of income for emerging economies is sustainable tourism (Chamarro et al., 2023). Duan et al. (2022) affirmed that sustainable tourism has enhanced both regional, community, and national development. Erol et al. (2022) assert that sustainable tourism has improved the infrastructural transformation of destination host communities. Agarwal et al. (2024) stated that sustainable tourism promotes the unification of cultures between foreign tourists and the locals. In addition, Yang et al. (2023) argued that tourism is a sustainable source of wealth for most countries that adopt it as their primary source of livelihood. This has proven to be true because some emerging countries, such as Nigeria, Pakistan, Bangladesh, India, Venezuela, Ethiopia, Madagascar, Libya, Guinea, the Philippines, to mention but a few, have constantly reaped the socio-economic benefits of sustainable tourism (Madden, 2020).

From the foregoing, trends of studies showed that sustainable tourism has been investigated; however, most of them may differ from the current study in terms of conceptual, geographical, theoretical, and methodological research gaps (Naik & Chanda, 2025; Nguyen et al., 2024; Yang et al., 2023; Han et al., 2023; Khan et al., 2022). Naik and Chanda (2025) investigated how environmental concerns and environmental awareness impact sustainable tourism practices in India. Their result revealed that tourists' intention to visit destinations significantly correlates with sustainable practices. Nguyen et al. (2024) investigated the factors influencing sustainable tourism development in Vietnam and found that economic, policy, infrastructure, and government regulations are the major factors driving the growth of tourism in Vietnam. Yang et al. (2023) systematically reviewed sustainable tourism and identified its relevance in community development. Han et al. (2023) examined residents' tourism destinations and the development of sustainable tourism in South Korea. Their study revealed that residents viewed tourism materials as an instrument for sustainable development. Khan et al. (2022) dissected the prevailing factors of resident satisfaction toward sustainable tourism in Pakistan. Their result indicated that sustainable tourism predicts resident satisfaction in Pakistan.

Drawing from the above trend of research, it appears that none of the studies investigated sustainable tourism and destination resilience in an emerging economy. This has created a conceptual gap. Secondly, some of the studies that examined sustainable tourism conducted their investigations in other countries, which are different from Nigeria. This has created a geographical gap. It was these research gaps that motivated the investigators

of this research to investigate the relationship between sustainable tourism and destination resilience in an emerging economy.

2. LITERATURE REVIEW AND HYPOTHESES

2.1. Sustainable Tourism

Sustainable tourism (ST) was drawn from the Brundtland Report of 1987, which defined sustainability as meeting the needs of the present, without undermining the future (Edeh et al., 2021; Brundtland, 1987). ST represents a set of principles, policies, and approaches that showcase tourism activities for development such that a destination's environmental resources (natural, manmade, and cultural artefacts) are protected (Agarwal et al., 2024). ST is also perceived as the present activities that encourage the preservation of existing tourism facilities for the next generation. Yang et al. (2023) contended that ST is concerned with how tourism activities are used by end users without harming the environment. ST can also be perceived as the actions that benefit travellers, the environment, and the communities where the tourism facilities are located. ST was conceived as tourism that considers how the future and current environment benefits the host communities, tourists, and destinations (Dwyer, 2023). Kieżel et al. (2019) contended that ST is an economic development approach designed to improve the living standard of the host community and facilitate travellers' experience, upon which the host community and the travellers depend. Dwyer (2023) asserts that ST is a form of tourism that considers the present and future impacts and responds to tourists' choices, and for the local community. In addition, Kumar et al. (2024) perceived ST as the marketing, development, and management of all forms of tourism activities.

Previous research dimensionalised ST to include environmental sustainability, sociocultural sustainability, and economic sustainability (Jasrotia et al., 2023). Environmental sustainability is concerned with the protection of the tourism environment from extinction. Kipkosgei (2019) assert that when the various agencies of government are up and doing, especially in preserving the forest reserve and tourist sites, more income will be generated through the influx of tourists from different parts of the world. Economic sustainability focuses more on how jobs are created through tourism businesses that are situated within the host community (Al Sairafi, 2023). Based on the above premise, the Nigerian economy will be boosted economically instead of relying more on oil as the only major source of revenue. Thus, integrating tourism activities into the sustainable development of Nigeria is the best approach for advancement and economic diversification. Schönherr et al. (2023) added that integrating tourism activities into economic sustainability would increase the GDP of a nation. The sociocultural sustainability aspect of ST focuses on providing quality

service delivery to tourists or guests as it concerns the cultural activities of a destination (Ahachmi et al., 2024). It also refers to norms, beliefs, customs, rules, and regulations of the society (Jasrotia et al., 2023). Dündar and Karacaer (2023) stated that sociocultural sustainability assists tourists in understanding the culture of a destination before making efforts to visit. It was also stated that the essence of knowing the culture and customs of a destination is to preserve it for the upcoming generation (Hovelsrud et al., 2021). This is because most tourists prefer knowing the history of a destination and how the culture has influenced the community where it is located (Chamarro et al., 2023).

2.2. Destination Resilience

The word 'destination' refers to any place that is safe for visitors to spend at least one night or more and provides tourism experiences quite apart from opportunities for the visitors (Chamidah et al., 2020). What then is resilience? Resilience is the system's ability to return to its original state after being affected by external forces (Zayed et al., 2022). Destination resilience (DR) was introduced into tourism studies because of the uncertainties that have bedevilled the tourism industry. It is based on this affirmation that Horne (2020) stated that destination resilience is a contemporary concept that has attracted both business, hospitality, and tourism researchers across the world due to its potential for tourism development. Holladay (2018) asserts that DR aims to comprehend the interactions between social systems, human activities, and hazards. Chan et al. (2022) added that DR is concerned with strategies for mitigating risk and vulnerability associated with a destination. Hoffmann et al. (2023) argued that DR is the capacity of individuals, households, and host communities to handle risks proactively. Other scholars perceived DR as the overall management of destination disasters (Posch et al., 2024). This also means anticipating and preparing for any disaster that may cause harm to a destination (Edeh et al., 2022). Previous investigation perceived destination resilience as the "capacity that a destination has to anticipate, prepare, and absorb risks associated with its activities" (Zayed et al., 2022). Having digested the contentions of other scholars regarding destination resilience, this research defined destination resilience as the capacity or ability of a destination to plan, anticipate, and withstand any environmental disruptions that can affect tourist visits and experiences.

Drawing from the above, Wu et al. (2022) convincingly affirmed that the vulnerability of tourism activities had engaged the practitioners to embrace resilience consciousness in dealing with the negative influences orchestrated by environmental uncertainties. Deploying another binocular, Hall et al. (2023) stressed that the issue of DR does not connote averting disaster, but rather it is a mechanism to forestall future disruptions that could hurt

tourists. Filimonau and Coteau (2020) advocated that ever since resilience has become relevant in human lives, managers and tourism practitioners must be acquainted with the approaches that could be used to prevent destination disasters. Nguyen et al. (2022) relied on the above contention and suggested that destination management should be seen as a collective effort of all stakeholders who benefit from it. Guo et al. (2023) supported Nguyen et al. (2022) and affirmed that the government must provide adequate security for the destinations because they also benefit through tax collection. They also suggested that the host community should be incorporated into building strong resilience that can prevent future interference in destination operations (Guo et al., 2023; Pyke et al., 2021). To build a vibrant, resilient structure, Rai et al. (2021) developed reliable and valid measures: crisis anticipation, destination robustness, and recoverability.

2.3. *Environmental Sustainability and Crisis Anticipation*

A destination crisis can be anticipated when tourism activities do not in any way impact the environment adversely (Sampson, 2022). Yang et al. (2023) stated that environmental sustainability creates a conducive atmosphere for destinations to be resilient against uncertainties. DeRose (2023) is of the view that a resilient conscious destination would always withstand any environmental threats that are not congruent with the protection of the environment. Previous studies have shown that a destination that does not plan for unforeseen circumstances has a plan to fail, thereby taking away the issue of environmental sustainability (Duan et al., 2023). Therefore, for a vibrant destination, the environment that houses the destination must be sustainable. This argument is in line with Wu et al.'s (2021) contention that external forces that affect destinations can be mitigated through environmental sustainability. Chamarro et al. (2023) added that in building destination resilience, managers and tourism practitioners should include environmental sustainability in the strategic intent of the destination. It is against this backdrop that Sampson (2022) stated that environmental sustainability enhances the resilience capacity of a destination. It is against these assertions that the researchers formulate the first hypothesis below.

H1: Environmental sustainability significantly predicts crisis anticipation

2.4. *Sociocultural Sustainability and Destination Robustness*

Sociocultural sustainability is associated with destination robustness regarding the robustness of destinations thereby conserving the cultural attributes of the community. Sociocultural sustainability here implies that the community hosting the destination utilises its traditions, norms, and values to boost destination resilience even in the face of uncertainties. Chamarro et al. (2023) stated that a destination that does not recognise the culture of the people may not be able to withstand unforeseen circumstances. On the one

hand, Posch et al. (2024) added that the robustness of destinations is rooted in the beliefs and values of the individuals that constitute the destination. A survey has shown that destination robustness can be sustained through the sociocultural activities surrounding the destination (Traskevich & Fontanari, 2021). Ugboego et al. (2022) are of the view that destination resilience consciousness is a manifestation of the sociocultural sustainability that comes with the distinctiveness of the various tourism activities in the destination. Miller et al. (2023) maintain that a destination that embraces socio-cultural sustainability by engaging the local communities in conserving cultural heritage and tourism planning would strengthen its resilience structure. Contrarily, Han et al. (2023) argue that the robustness of a destination is drawn from community engagement, sensitisation and constant discussion with the community leaders. Drawing from the arguments above, this study formulates the second research hypothesis as shown below.

H2: Sociocultural sustainability significantly predicts destination robustness

2.5. Economic Sustainability and Recoverability

The benefits derived from tourism activities in the communities are numerous, ranging from job creation, community development, community recognition, foreign exchange, and empowerment of residents (Nguyen et al., 2024). Thus, the economic aspect of sustainable tourism serves as a foundation for destination recovery after experiencing serious shocks and turbulence. Aligning with the argument above, Santos et al. (2021) stated that recoverability is one of the attributes of a functioning destination. Therefore, correlating economic sustainability with recoverability creates a strong synergy between sustainable tourism and destination resilience (Naik & Chanda, 2025). Ahachmi et al. (2024) went further to state that recoverability assists an ailing destination to bounce back to normal, hence preventing further disruptions in the future. It was this assertion that motivated Garg and Pandey (2021) to affirm that destination can be achieved when the people who provide services to tourists are fairly treated. Supporting this argument, Santos et al. (2021) maintain that economic sustainability may improve the resilience of a destination if the managers or owners of the destination can encourage the employees through participatory involvement. Badoc-Gonzales et al. (2022) accentuate that destinations that want to survive the taste of the time in the tourism industry need to have a recoverability feature that would be used whenever disruptions are emanating from the external environment. Building on the above contentions, the study formulated the third hypothesis as follows.

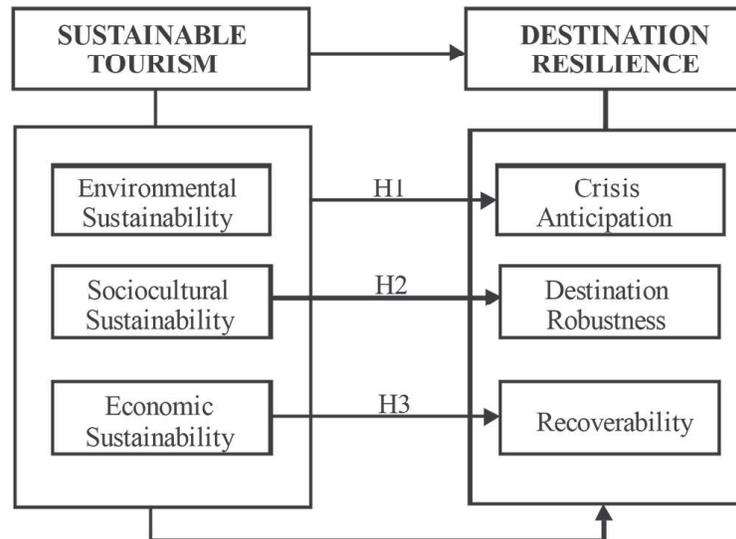*H3: Economic sustainability significantly predicts recoverability*

Figure 1: Research Model

3. Methods and Procedure

The study adopted a cross-sectional research design guided by the positivist approach to research (Sreejesh et al., 2014). Saunders et al. (2009) stressed that the cross-sectional aspect of field survey design equips researchers to collect data from participants within the shortest possible time. The study focused on eight (8) destinations in Enugu, southeastern Nigeria. The study population of workers in the selected destinations is four hundred and two (402) (destination managers, supervisors, HR managers, accountants, marketers). The researchers went further to determine the sample size from the study population with Krejcie and Morgan (1970), and the result is one hundred and ninety-nine (199). Ethical procedures guiding human participants, such as anonymity, confidentiality, and informed consent, were duly followed. Destination managers instructed the researchers not to mention the names of their destination as well as the identities of the participants in the study. After honouring the ethical consent of the participants, the researchers administered one hundred and ninety-nine (199) questionnaires to the participants within three weeks. The participants informed the researchers to drop the questionnaire with them for two (2) weeks to enable them to give attention to it. After two weeks, the researchers collected the questionnaires from the participants. The valid copies of the questionnaire are one hundred and eighty-four (184), leaving fifteen (15) copies as invalid. The reasons for the invalid copies of the questionnaire are that they were not properly filled out. Regarding measurement, the Sustainable Tourism Scale was adapted from Jasrotia et al. (2023), while the Destination Resilience Scale was adapted from Rai et al. (2021). Data was analysed with SPSS 25 and SmartPLS 4.1.

3.1. Results

Table 1 shows the demographic data of the respondents, which cuts across their gender, marital status, educational qualification, and age. The sample is made up of 64 (34.8%) females and 120 (65.2%) males. The distribution revealed a predominance of male respondents, which also goes to infer the dominance of males in the industry, especially in the southeast region of Nigeria. For the marital status, the information revealed that the majority of the respondents (152) are married, while 32 are single. This represents 82.6% and 17.4% of the respondents, respectively. Also, the respondents are well educated, with the majority of them, 119 (64.7%), holding graduate degrees. Another portion of 19 (10.3%) respondents were master's and doctoral degree certificate holders. 46 (25.0%) were holders of other degrees. The high level of education attained by the respondents suggests that they are probably endowed with the knowledge and have an adequate understanding of sustainable tourism and its predictive power on destination resilience in the tourism industry of Southeast Nigeria. Regarding age distribution of the respondents, 15 (8.2%) are below 30 years of age, 44 (23.9%) are between 30-40 years, 97 (52.7%) are between 41-50 years, and 28 (15.2%) are above 51 years of age. This result suggests that the respondents may have a good sense of reason and knowledge of the industry.

Table 1: Demographic Characteristics of Respondents

		Frequency	Percent	Valid Percent	Cumulative Percent
	Gender Distribution				
	Female	64	34.8	34.8	34.8
Valid	Male	120	65.2	65.2	100.0
	Total	184	100.0	100.0	
Marital Status					
	Married	152	82.6	82.6	82.6
Valid	Single	32	17.4	17.4	100.0
	Total	184	100.0	100.0	
Educational Qualification					
	Masters/PhD	19	10.3	10.3	10.3
Valid	BSc/HND	119	64.7	64.7	75.0
	Others	46	25.0	25.0	100.0
	Total	184	100.0	100.0	
Age Distribution					
	less than 30 years	15	8.2	8.2	8.2
	30-40 years	44	23.9	23.9	32.1
Valid	41-50 years	97	52.7	52.7	84.8
	51 and above	28	15.2	15.2	100.0
	Total	184	100.0	100.0	

3.2. Reflective Measurement Model

The measurement (reflective) model ascertains the validity and reliability of the items before proceeding to measure the second (higher) order construct. In measuring the measurement model, both convergent and divergent validity were tested. For convergent validity, we examined the outer loading, average variance extracted (AVE), composite reliability and Cronbach's alpha (Hair et al., 2022; Hair et al., 2019). Table 2 shows the value of these indices, and as revealed, the items loaded impressively, with almost all items exceeding the benchmark of 0.70, which indicates strong convergent validity, meaning that the construct explains to a reasonable extent the variance of each indicator (Hair et al., 2022), apart from REC7, which loaded -0.381. The item was deleted to ensure the fitness of the construct. Also, DR6, REC1, and REC6 loaded 0.639, 0.664, and 0.694, respectively. Some researchers (Stevens, 2002; Hair et al., 2019) argue that item loading below 0.5 may be accepted so far as it does not undermine the overall validity of the instrument. However, since the items (DR6, REC1, and REC6) reduced the quality of even the discriminant validity, the items were deleted to ensure strong overall validity. On average variance extracted (AVE), the values of the latent variables showed a good range, with the least being 0.613 (REC) and the highest being 0.839 (ECO). This implies that the respective latent variables explain the variance of their construct adequately (Hair et al., 2022). Composite reliability (CR) and Cronbach's α (CA) were used to measure the internal consistency reliability of the model, as shown in Table 2. The values of CR and CA fall within the acceptable range of 0.70 and above (Ule et al., 2022; Nunnally & Bernstein, 1994).

Table 2: Summary for Reflective Measurement Model of Sustainable Tourism and Destination Resilience.

Construct	Item	Factor Loading (>0.70)	AVE (>0.50)	CR (>0.70)	CA (>0.70)
Crisis Anticipation	CA1	0.845			
	CA 2	0.786			
	CA 3	0.974	0.760	0.940	0.926
	CA 4	0.868			
	CA 5	0.874			
Destination Robustness	DR1	0.857			
	DR 2	0.848			
	DR 3	0.84	0.759	0.940	0.921
	DR 4	0.961			
	DR 5	0.846			
Economic Sustainability	ECO 1	0.926			
	ECO 2	0.908			
	ECO 3	0.862			
	ECO 4	0.944	0.839	0.969	0.961
	ECO 5	0.975			
	ECO 6	0.874			

Environmental Sustainability	ENV 1	0.851	0.765	0.929	0.903
	ENV 2	0.902			
	ENV 3	0.892			
	ENV 4	0.852			
Recoverability	REC 2	0.856	0.613	0.863	0.852
	REC 3	0.825			
	REC 4	0.75			
	REC 5	0.705			
Sociocultural Sustainability	SOC 1	0.845	0.745	0.921	0.887
	SOC 2	0.862			
	SOC 3	0.870			
	SOC 4	0.875			

Discriminant validity was ascertained by examining the Fornell-Larcker criterion for the correlation between the variables in which the square root of each AVE is expected to be greater than its correlation with other variables (Fornell & Larcker, 1981). The result, as shown in Table 3, revealed that all RAVE values were above 0.7, indicating that the model passed the discriminant validity test (Ule et al., 2022). The RAVE values are represented along the diagonal line in bold.

Table 3: Overview of Discriminant Validity- Fornell-Larcker Criterion

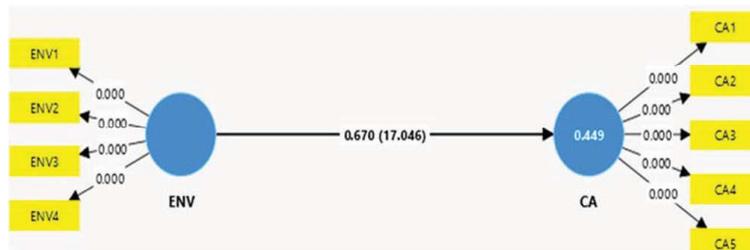|	CA	DR	ECO	ENV	REC	SOC
CA	0.872					
DR	0.767	0.871				
ECO	0.803	0.776	0.916			
ENV	0.676	0.824	0.70	0.875		
REC	0.793	0.762	0.584	0.802	0.783	
SOC	0.81	0.853	0.914	0.794	0.735	0.863

Figure 2: Environmental sustainability (ENV) and crisis anticipation (CA)

Environmental sustainability significantly and positively predicts crisis anticipation as indicated by the t-statistic (17.046) and p-value (0.000). The p-value is very low, and below 0.05, indicating strong support for the alternative hypothesis, thereby nullifying the null hypothesis. The result revealed that environmental sustainability positively and significantly predicted crisis anticipation of destinations.
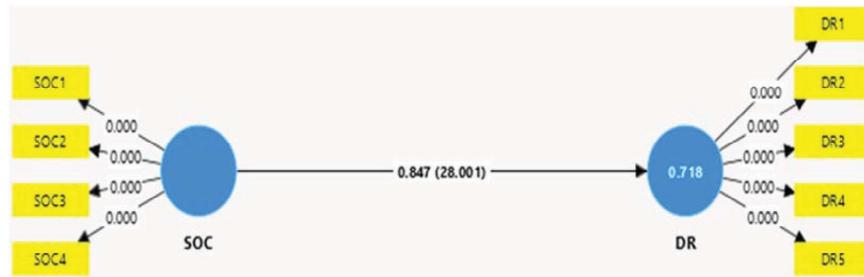
Figure 3: Sociocultural sustainability and destination robustness

The t-statistic of 28.001 and the p-value of 0.000 indicate that sociocultural sustainability significantly and positively predicts destination robustness. The p-value is very low, and below 0.05, indicating strong support for the alternative hypothesis. The study hereby rejects the null hypothesis and accepts the alternative. The result revealed that sociocultural sustainability positively and significantly predicted destination robustness.
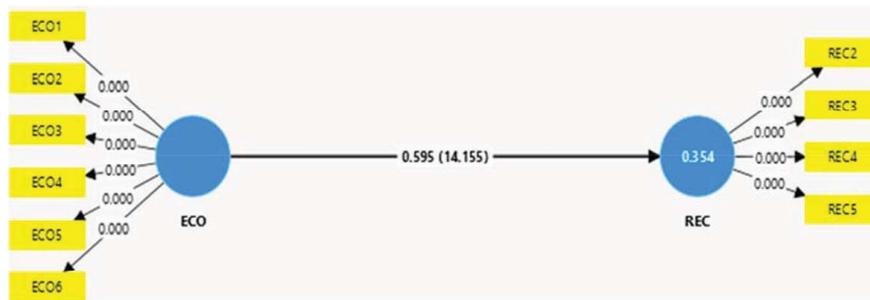

Figure 4: Economic sustainability and recoverability

Economic sustainability significantly and positively predicts recoverability as revealed by the t-statistic (14.155) and p-value (0.000). The p-value is very low, and below 0.05, indicating strong support for the alternative hypothesis and disqualification of the null hypothesis. The result revealed that economic sustainability positively and significantly predicted the recoverability of destinations.

3.4. Discussion

From the results presented above, the study found that sustainable tourism has significant relationship with destination resilience. This implies that, as sustainable tourism improves, destination resilience also improves, making it appealing for visitors. In addition, some of the empirical studies correlated with the result of this study, while others differed. For instance, Naik and Chanda (2025) study focused on how environmental issues and awareness could affect sustainable tourism practices in India. Their study is quite different because sustainable tourism was not used as a predictor variable, even though the result of their study demonstrated that sustainable practices encourage tourists to visit destinations. Another study by Nguyen et al.

(2024) focused on factors that influence sustainable tourism development in Vietnam. This study is also different from the current research because the focus is not on sustainable tourism and destination resilience but on the factors that determine sustainable tourism development. It was also found that Yang et al. (2023) did not empirically dissect sustainable tourism with other criterion variables; rather, they reviewed it systematically. The study of Han et al. (2023) also differed from the current research and hence they examined residents' tourism destinations and sustainable tourism development in South Korea. Their result indicated that residents perceived tourism symbols is one of the factors that enhance sustainable development. The investigation of Han et al. (2023) conceptually deviated from what the current study investigated. On another hand, Khan et al. (2022) investigation carried out in Pakistan also differed with the current study because in their study, they were interested in identifying the motivating factors of resident satisfaction that promote sustainable tourism. One study that attempted to examine the role of sustainable tourism on destination resilience is that of Ahachmi et al. (2024). The authors reviewed the two concepts, including dynamic capability as one of the strands of resilience, but failed to address the issue by not seeking the views of either tourists or workers at destinations, which this study attained. In their conclusion, the authors strongly advocated that sustainable tourism, which is founded on economic, environmental, and sociocultural factors, can enhance destination resilience backed by dynamic capability. From the foregoing, it can be deduced that some of the previous studies did not empirically measure sustainable tourism with destination resilience using scientific methods that showcase where the data was collected, how it was collected, and how it was analysed. Thus, the findings of this study have empirically shown that sustainable tourism can be used as a strategy to boost destination resilience.

4. Conclusion and Implications

The aim of study was to investigate the relationship between sustainable tourism and destination resilience in south-eastern Nigeria. The results of this study demonstrated that sustainable tourism that is predicated on economic, environmental, and socio-cultural sustainability enhances the resilience of destinations that are measured with crisis anticipation, destination robustness, and recoverability. What this means is that destinations can leverage the economic activities of tourism to boost their financial status, thereby contributing to the development of the community where the destination is located. Regarding the environmental aspect of sustainable tourism, destinations could provide resources that can be deployed to protect the environment from the adverse effects of tourism activities. Again, the study found that sociocultural sustainability improves the resilience of destinations under study by engendering residents' cultural

identity and values of the community at large. The findings of this study imply that managers of destinations in southeastern Nigeria can effectively improve the resilience of their destination with sustainable tourism indicators (environmental, sociocultural, and economic). In addition, tourism policymakers in southeast Nigeria need to make policies for the owners of destinations to embrace sustainable tourism as a catalyst for destination resilience.

Competing interests: The authors declare no competing interests.

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