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**The Next Frontier of Machine Translation: The
Evolution from DeepL Translate to ChatGPT**

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Abstract

The term machine translation (MT) refers to automated systems that generate translations, either with or without human intervention. Since the 1950s, there has been a significant evolution in this field, primarily driven by the need for quick and accurate translation of various types of materials. From Rules-Based Machine Translation (RBMT) to Statistical Machine Translation (SMT), there are currently two systems that cover the domain of machine translation, DeepL Translate, which represents the domain of Neural Machine Translation (NMT), and ChatGPT, which represents the domain of Large Language Model (LLM). Although they both use artificial intelligence, their end products differ in various ways. After outlining the history of machine translation in the first chapter, this dissertation focuses on comparing ChatGPT and DeepL Translate by testing their translation of an abstract and a full section from the article *Re-thinking Tourist Wellbeing: An Integrative Model of Affiliation with Nature and Social Connections*. This comparison is discussed in Chapter Two. Finally, Chapter Three explores the effectiveness of a completely human translation performed without any assistance from the Internet.

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Introduction

The history of machine translation can be traced back to 1949, when mathematician and scientist Warren Weaver asked scholars to conduct research on the subject, proposing the use of cryptographic techniques for automated translation. He claimed that translating was similar to breaking code. Based on this translation paradigm, the first machine translator used a direct translation architecture, resorting to both monolingual and bilingual dictionaries. Before the translation was completed, the source text was not linguistically analysed, but rather replaced with equivalents in the target language, which were possibly rearranged, resulting in word-for-word translation. Since 1950, there has been a significant evolution in the field of machine translation. Several technologies have emerged, falling into two categories: rule-based and corpus-based approaches. The most significant turning point, however, occurs when studies merging machine translation and artificial intelligence reach their highest point with Neural Machine Translation (NMT). NMT is a cutting-edge machine translation method that uses neural network techniques to estimate the possibility of a group of words in sequence. This can be a text fragment, or a full sentence, or, with recent improvements, an entire document¹. Google launched Neural Machine Translation on October 8, 2016, SYSTRAN on October 17, Microsoft on November 15, and Linguee in 2018. In 2016 (the final version was published in 2017) the results were so impressive that Google and Microsoft declared "machine-human parity", at least in one case translating journalistic pieces from Chinese to English². Among all these systems, DeepL Translate is currently the most notable example of Neural Machine Translation.

However, nowadays, in the language industry, artificial intelligence (AI) can refer to both machine translation (MT), of which Neural machine translation (NMT) is the current paradigm, and generative AI tools for producing text or images, which use artificial neural networks that have been trained on massive amounts of previous text or images. Therefore, in addition to technology expressly designed for translation, such as DeepL Translate, other artificial intelligence-based tools are also employed for translation. Undoubtedly, ChatGPT is worth mentioning. It is an example of Large Language Model (LLM). Developed by Open AI, ChatGPT excels at understanding context and producing responses that closely resemble those of humans. Since it has been trained on a wide range of online material, ChatGPT can deliver accurate and context-appropriate translations.

¹ <https://omniscien.com/faq/what-is-neural-machine-translation/> (Last accessed: 20-09-2024)

² Vaswani, A., Shazeer, N., Parmar, N., Uszkoreit, J., Jones, L., Gomez, A. N., Kaiser, Ł., & Polosukhin, I. (2017). Attention is all you need. arXiv. - <https://arxiv.org/abs/1609.08144>

Public opinion is divided on this development: on the one hand, some argue that as technology advances, it will soon completely replace the work of the human translator; on the other hand, others, who are more sceptical, believe that no machine can translate to the same level as a human translator, particularly when it comes to literary texts, because machines lack the ability to understand reality and convey emotions. Thus, human translation will never be surpassed by machine translation. With my dissertation, I aim to demonstrate that, while machines will never fully replace human translators, it is nonetheless essential for translators to accept technology and learn to live with it rather than resist it. When used appropriately, technology can only work to their benefit.

In order to achieve this goal, I chose to proceed as follow: I select an academic article and, after reading it, I decided to translate both the abstract and a section without using the Internet or machine translation, relying solely on online and written dictionaries and encyclopaedias. Following that, I decided to input the two texts into ChatGPT, a Large Language Model, and DeepL Translate, a Neural Machine Translation, and to examine the results in Chapter Two. The main distinction between DeepL Translate and ChatGPT is that the former was designed specifically for translators, whilst the latter was not. Lastly, I compared my translation, which was completed without the assistance of the Internet, to the results obtained from ChatGPT and DeepL Translate. The similarities and differences are discussed in Chapter 3. The decision to translate both the abstract and a section of the article was intentional: I wanted to examine how both machines handled both a self-concluding text and a section of an article.

The article chosen was *Re-thinking Tourist Wellbeing: An Integrative Model of Affiliation with Nature and Social Connections*³ from the *International Journal of Tourism Research* (IJTR), a travel research journal dedicated to promoting and enhancing current research developments in tourism and hospitality⁴. I selected the abstract and the section 2.1 *Tourist wellbeing and positive psychology*⁵ for the translation task. It is commonly assumed that translation machines operate best in scientific or highly specialised domains, so I selected an article from a highly specialized journal and considered an excerpt that included both sector-specific language related to tourism and positive psychology, as well as discursive sections to better investigate this assumption.

³ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. - <https://doi.org/10.1002/jtr.2644> (Last accessed: 20-09-2024)

⁴ <https://onlinelibrary.wiley.com/journal/15221970> (Last accessed: 20-09-2024)

⁵ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. - <https://doi.org/10.1002/jtr.2644> (Last accessed: 20-09-2024)

Chapter 1

The Evolution of Machine Translation (MT)

Machine Translation (MT) is the field of language processing concerned with the automatic translation of texts from the source language, the language being translated from, to the target language⁶, the language being translated into⁷. MT has advanced significantly during the past 70 years. The concept of machine translation has evolved from a useful system that provides quick but low-quality translations to a system that can now produce natural-sounding target texts. This shift is primarily due to the use of artificial intelligence into machine translation. Indeed, Neural machine translation (NMT), best represented by DeepL Translate, and Large Language Models (LLMs), exemplified by ChatGPT, are two innovative technologies heavily reliant on artificial intelligence. The field of machine translation has been significantly impacted by these developments. Because LLMs can produce text that is both coherent and acceptable for a given context in a variety of disciplines, they have greatly improved the quality and adaptability of natural language processing tasks, including translation. Similarly, NMT systems have completely changed the translation industry by offering more accurate and nuanced translations than previous techniques. In this chapter, I will provide a brief history of the development of machine translation into the useful tool it is today and analyse DeepL Translate and ChatGPT, the two systems that I will use to support my point of view.

1.1. A brief history of Machine Translation (MT)

In 1933, Soviet scientist Peter Troyanskii presented "the machine for the selection and printing of words when translating from one language to another" to the Academy of Sciences of the Soviet Union⁸. The idea was simple: it included an antique film camera, a typewriter, and cards in four different languages. The operator selected the first word in the text, located the corresponding card,

⁶ Specia, L., & Wilks, Y. (2016). Machine translation. In E. Margolis, R. Samuels, & S. P. Stich (Eds.), *The Oxford handbook of philosophy of cognitive science* (pp. 817–870). Oxford University Press. - <https://doi.org/10.1093/oxfordhb/9780199573691.013.26> (Last accessed: 26-08-2024)

⁷ <https://arlinelyons.com/2015/05/what-are-source-and-target-languages/> (Last accessed: 26-08-2024)

⁸ Trujillo, A. (2012). *Translation engines: Techniques for machine translation*. Springer Science & Business Media.

snapped a photo, and used the typewriter to enter the word's morphological properties (noun, plural, genitive). The typewriter's keys encoded one of the features. The tape and the camera's film were used in tandem to create a series of frames that highlighted words and their morphology. Despite this, the invention was deemed ineffective.

Warren Weaver, an American mathematician who is considered one of the pioneers of machine translation, introduced the concept of MT in 1947⁹ (just one year after the first computer, electronic numerical integrator, and computer were constructed). Weaver released a study on the potential of having texts translated entirely by a computer without human intervention, at the request of the Rockefeller Foundation. He suggested that machine translation could have originated from cryptographic technologies used to decode secret messages during the Cold War. Weaver's work became well-known as the flame that ignited machine translation research across the United States. At the start of the Cold War, on January 7, 1954, the IBM 701 computer at IBM's New York headquarters automatically translated 600 phrases from Russian into English¹⁰. The computer was the first in history to translate at a rate of two and a half lines per second. However, the translated samples were carefully chosen and tested. The technique was no more practical for everyday usage than a simple phrasebook. Machine Translation was a hot topic for more than a decade after the 1954 demonstration, but the boom ended abruptly with the Automatic Language Processing Advisory Committee (ALPAC) report in 1966¹¹. In its famous report, machine translation was described as expensive, imprecise, and unpromising. They instead suggested focussing on dictionary creation. However, not all countries had the same views as ALPAC.

A research team in Canada developed the METEO system in the early 1970s. This system was created to translate Environment Canada's weather forecasts from English to French. Because this translation work is laborious for humans and the content is highly repetitive, it was a problem ideally suited for automation. A team of translation professionals oversaw the process, ensuring that no spelling errors or other small faults occurred. With the help of a straightforward algorithm, 80,000 words could be translated per day. The program was successful enough to be utilised well into the 2000s before requiring a system update¹².

⁹ Wang, H., Wu, H., He, Z., Huang, L., & Church, K. W. (2021). Progress in machine translation. *Engineering*, 7(3), 397-428. - <https://doi.org/10.1016/j.eng.2021.03.023> (Last accessed: 26-08-2024)

¹⁰ Kurzweil, R. (1990). *The age of intelligent machines* (Vol. 580). MIT Press.

¹¹ Hutchins, J. (2003). ALPAC: The (in)famous report. In S. Nirenburg, H. L. Somers, & Y. A. Wilks (Eds.), *Readings in machine translation* (pp. 131-136). MIT Press.

¹² Mitkov, R. (Ed.). (2005). *The Oxford handbook of computational linguistics*. Oxford University Press.

Xerox, one of the world's largest printer and copier producers, began translating technical manuals in 1978 using SYSTRAN, a pioneering machine translation software. Xerox used SYSTRAN as a tool to help with the translation of technical Service Documents from English into foreign languages, because they required to communicate in 15 different languages to Service Representatives¹³.

In the 1980s, several machine translation firms were established, such as Trados. The debut of Trados has also brought about the emergence of CAT tools, or computer-assisted translation software. A variety of capabilities are offered by computer-assisted translation software to assist translators in quickly and consistently translating material from one language to another¹⁴. Trados also introduced the concept of translation memory for the first time. Translation memory is a database that stores previously translated sentences, sections, or text fragments. Each entry, or segment, in the translation memory contains both the original language, known as the "source", and its translation, known as the "target," Translation units, or "TUs," are what these couples are called¹⁵.

The sector of Machine translation (MT) grew rapidly in the 1990s, especially after it became available online. SYSTRAN played a critical contribution by providing free translations for small papers, making MT more accessible to the general public. At the time, machine translation systems would translate each word separately, regardless of the sentence's meaning or context. As a result, the translated content may be unnatural. In the early 2000s, the world's leading technology companies began investing in machine translation research. This includes Google, Facebook, and Microsoft. Google Translate was launched in 2006. Despite the low quality of the translations, Google Translate was so popular that it began to drive its commercial competitors out of the industry¹⁶. Recent years have seen significant developments in machine translation technology, particularly with the introduction of neural machine translation and artificial intelligence.

1.1.1. Rule-based methods and corpus-based methods

Over the years, several technologies have been developed that can be divided into two main categories: rule-based and corpus-based. Rules-based Machine Translation (RBMT) dominated from the time the concept of machine translation was originally suggested until the 1990s. RBMT is based on linguistic rules that allow words to appear in different contexts and have varied meanings. The

¹³ Elliston, J. S. G. (1978). Computer aided translation: A business viewpoint. In *Translating and the Computer* (pp. 1-10). London, UK: Aslib Proceedings. <https://aclanthology.org/1978.tc-1.8.pdf>

¹⁴ <https://www.trados.com/learning/topic/cat-tool/> (Last accessed: 26-08-2024)

¹⁵ <https://www.trados.com/learning/topic/translation-memory/> (Last accessed: 26-08-2024)

¹⁶ <https://acutrans.com/history-of-google-translate/> (Last accessed: 26-08-2024)

RBMT technique applies to enormous sets of linguistic rules in three stages: analysis, transfer, and generation. Human language experts and programmers collaborate to design rules that map between two languages. It is based on manually developed translation lexicons, some of which can be modified and refined by users to increase the translation quality¹⁷. RBMT ensures consistent translations by conforming to linguistic standards, is effective for structured languages with rigorous grammatical rules, and provides detailed control over translation output. However, because language is dynamic and evolves over time, RBMT's efficacy is limited. Although RBMT was employed in some large corporations, the cost was too expensive for smaller companies or freelancers.

After the 2000s, corpus-based methods became more and more popular because of the growing availability of bilingual corpora, open access repositories, and the large-scale collection of TMs. Three corpus-based MT techniques are available:

- Example-based machine translation (EBMT),
- Statistical machine translation (SMT),
- Neural machine translation (NMT).

In the mid-1980s, unlike rule-based methods, Example-based machine translation operates under the assumption that similar statements in one language would most likely translate to similar words in another language. By identifying matching segments in a corpus of bilingual occurrences, the system may generate new translations through analogy. After identifying related samples, the system recombines them to produce a translation for the new sentence. This may involve changing the portions to better fit the context of the provided content. EBMT uses real-world translations to provide contextually appropriate and idiomatic translations, particularly in fields with a substantial quantity of example data and captures domain-specific nuances. However, EBMT can produce inadequate translations since bilingual corpora cannot capture all linguistic occurrences between language pairs. Indeed, it requires a large amount of high-quality bilingual data. If the example base is limited, the system's performance falls. As a result, EBMT approaches are widely used in computer-aided translation systems¹⁸.

The concept of Statistical machine translation (SMT) was first developed in 1990. Statistical machine translation is a method for translating text from one language into another using statistical models. SMT, unlike EBMT, does not rely solely on sample pairs, instead building models from vast corpora

¹⁷ <https://omniscien.com/faq/what-is-rules-based-machine-translation/> (Last accessed: 27-08-2024)

¹⁸ Wang, H., Wu, H., He, Z., Huang, L., & Church, K. W. (2021). Progress in machine translation. *Engineering*, 7(3), 397-428. <https://doi.org/10.1016/j.eng.2021.03.023> (Last accessed: 27-08-2024)

of bilingual text and using statistical methods to estimate the most likely translation for a given input. SMT is useful for large-scale data handling and autonomous learning, reducing manual involvement and language rules in translation across multiple domains. However, SMT frequently suffers from grammatical accuracy, providing translations that are fluent but not totally correct or contextually appropriate, and the quality of SMT outputs is strongly dependent on the quantity and quality of training data. Low-resource languages or domains might produce poor translation quality¹⁹. Initially, SMT approaches were underutilised due to their complexity and RBMT's dominance in commercial applications during the 1980s and 1990s. However, as technology evolved, SMT has increasingly taken over. In 2006, Google launched an internet translating service using phrase based SMT methods. Other companies, such as Microsoft and Baidu, developed translation services in the years that followed. Even though SMT techniques significantly increased the quality of the translations, they use log-linear models to integrate several manually designed elements, including a language model, a translation model, and a reordering model. This typically results in a substantial reordering issue for distant language pairs.

Nowadays, the Statistical machine translation has been superseded by Neural machine translation (NMT). In 2014, Neural machine translation (NMT) was introduced. Neural translation is based on the use of neural networks. A neural network is a machine learning software or model that makes decisions in a similar way to the human brain, employing procedures that imitate how biological neurones collaborate to discover phenomena, consider possibilities, and reach conclusions. Neural networks use training data to learn and increase their accuracy over time. They are a subset of machine learning, and at the heart of deep learning models²⁰. Deep Learning and neural networks frequently appear interchangeably in speech, which can be confusing. As a result, it is worth noting that the term "deep" in deep learning simply refers to the number of layers in a neural network. A deep learning algorithm is defined as a neural network with more than three layers, including the inputs and output. A neural network with only two or three layers is considered a simple neural network²¹. The standard NMT model consists of two components: an encoder network that converts the source sentence into a real-valued vector, and a decoder network that provides the translation. This procedure is like human translation. The NMT model first "reads" the entire source sentence; then, using its understanding of the text, it creates the target sentence word by word²². NMT is an end-to-end system that uses the training corpora to directly learn translation and semantic representation skills. This distinguishes

¹⁹ Koehn, P. (2010). Statistical machine translation. Cambridge University Press.

²⁰ <https://www.ibm.com/topics/neural-networks> (Last accessed 28-08-2024)

²¹ <https://www.ibm.com/topics/neural-networks> (Last accessed 28-08-2024)

²² Wang, H., Wu, H., He, Z., Huang, L., & Church, K. W. (2021). Progress in machine translation. *Engineering*, 7(3), 397-428. - <https://doi.org/10.1016/j.eng.2021.03.023> (Last accessed: 28-08-2024)

NMT from SMT since each segment of the neural translation model is trained cooperatively (end-to-end) to maximise translation performance. The disadvantage of NMT is that to produce a high-quality translation, the source text must be extremely clear and cohesive. It is imperative that all potential ambiguities are pre-programmed into the software to prevent the creation of illogical translations. Very technical terminology or the usage of uncommon terms and proper nouns provide challenges for neural machine translation.

Because each machine translation technology has obvious benefits and drawbacks, hybrid machine translation is widely utilised. Hybrid machine translation (HMT) integrates current methods, such as rule-based MT, statistical MT, and example-based MT, to solve the drawbacks of individual MT methods. The Hybrid machine translation approach seamlessly combines the benefits of both technologies to deliver higher-quality translations²³.

Each of the above methods was developed exclusively for the translation industry. When discussing Rules-Based Machine Translation, it is necessary to mention SYSTRAN. SYSTRAN (acronym for System Translation) was a pioneer in machine translation software. Georgetown University's groundbreaking research sparked its foundation in 1968. SYSTRAN collaborated with the United States Air Force during the Cold War to develop the first Russian-to-English translation software. SYSTRAN continues to collaborate with the US Department of Defence to create new language pairs in response to global events. SYSTRAN played a critical role in the evolution of machine translation, influencing both academic research and industry. This method proved that machine translation is not only theoretically possible but also beneficial and practical in a big-scale setting. Today, SYSTRAN is an industry leader that has maintained its reputation for accuracy and dependability while adapting to new technologies such as artificial intelligence and deep learning²⁴. In terms of Statistical machine translation, Google Translate must be cited. In fact, when Google Translate first started in 2006, it was a Statistical machine translation-based service. Chinese and Arabic were the first languages the service supported, but it soon expanded to include many other languages. Hundreds of new languages were supported by Google Translate between its introduction and 2016 as its accuracy increased thanks to improved SMT algorithms and increased data availability. The service has been integrated into other Google products, including Chrome and Android, allowing for the translation of full web

²³ Xuan, H. W., Li, W., & Tang, G. Y. (2012). An advanced review of hybrid machine translation (HMT). *Procedia Engineering*, 29, 3014-3018. <https://doi.org/10.1016/j.proeng.2012.01.432> (Last accessed 29-08-2024)

²⁴ <https://www.systransoft.com/systran/translation-technology/systran-50-years-of-mt-innovation/> (Last accessed 28-08-2024)

pages and mobile applications. Google Translate, like SYSTRAN, eventually caught up with the technology by including neural networks²⁵.

The most significant innovation in machine translation occurred with the market debut of DeepL Translate in 2017, which employs Neural Machine Translation technology. Its architecture is based on deep neural networks that are specifically intended for translation²⁶. DeepL is a powerful AI tool that offers translation services in English, Spanish, French, German, Chinese, and Japanese, among other languages. Its AI engine is known for its contextual accuracy and precise translations, making it a popular choice for professionals and language enthusiasts. DeepL also provides browser plugins and desktop apps for direct text translation and allows users to upload entire documents for translation. The company is based in Germany and adheres to European Union data protection laws. Its API integration allows developers to integrate its translation services into their applications²⁷.

1.2. DeepL Translate versus ChatGPT: Neural Machine Translation versus Large Language Model

Artificial intelligence definitions are often classified according to their intelligence or how closely they resemble humans. Russell²⁸ favours the latter as the goal for AI research, striving for "the ability to generate maximally successful behaviour given the available information and computational resources." This information could be in the form of rules or training data. Prior to the 2010s, the rules or data were often human-readable and processed using rules or probabilities, sometimes known as Symbolic AI. Machine learning has been the main focus of AI research in recent years. This type of learning can be either unsupervised, like with many generative AI tools, or supervised, like with NMT, where the system learns how to perform a task based on training data. Businesses and institutions are increasingly trying to maximise translation efficiency and velocity (as well as lowering costs) by using predictive technology, specifically machine learning, to identify patterns in data collected from legacy tasks. This is due to pressure from the marketplace, competition, and the massive growth of digital data.

Artificial Intelligence (AI) in the language industry usually refers to either machine translation (MT), where the most popular paradigm is neural (NMT), in which massive amounts of human translations

²⁵ <https://www.artera.net/it/marketing/google-translate-storia-e-futuro/> (Last accessed 28-08-2024)

²⁶ <https://forbes.it/2023/08/14/deepl-unicorno-tedesco-sfida-google-translate-chatgpt/> (Last accessed 29-08-2024)

²⁷ <https://phrase.com/blog/posts/deepl/#how-does-deepl-work> (Last accessed 28-08-2024)

²⁸ Russell, S. J. (1997). Rationality and intelligence. *Artificial Intelligence*, 94(1-2), 57-77. [https://doi.org/10.1016/S0004-3702\(97\)00026-X](https://doi.org/10.1016/S0004-3702(97)00026-X) (Last accessed 29-08-2024)

are used by artificial neural networks to predict the most likely target text translation for a given source text, or generative AI tools, which generate text or images by using artificial neural networks that have been trained on massive amounts of prior text or images. For this reason, in addition to all the software developed expressly for machine translation, models such as the Large Language Model (LLM) are currently in use. Nowadays, the most popular machine translating technology is DeepL Translate, which employs neural technology. ChatGPT must be included when discussing the Large Language Model. Large language models (LLMs) are foundation models trained on huge amounts of data, allowing them to understand and generate natural language and other sorts of content for a variety of purposes. LLMs are a type of base model that is built on massive amounts of data to provide the fundamental capabilities required to manage more cases of use and applications, as well as to solve a variety of problems. This contrasts with the idea of creating and implementing specific models for each use case, which is prohibitive for many reasons, including costs and infrastructure, stifles synergies, and may even result in lower performance. LLMs represent a huge development in natural language processing (NLP) and artificial intelligence, and they are easily available to the public via interfaces such as Open AI's ChatGPT-3 and GPT-4, which have received Microsoft approval²⁹. GPT is an acronym for Generative Pre-trained Transformer, and it refers to a group of large language models (LLMs) capable of understanding and producing natural language text. Generative AI is a system that can generate content, such as text and images; pre-trained models are stored networks that have already been taught how to solve a problem or complete a specific task using a large dataset; and transformer is a deep learning architecture that converts one input into another type of output³⁰.

After defining both the neural machine translation and the large language model, what distinguishes DeepL Translate from ChatGPT in terms of use and model? First and foremost, it is important to understand how ChatGPT approaches language differently than NMT systems like DeepL Translate. Unlike these specialised MT models, which are trained on vast parallel corpora of human translations, ChatGPT is a general-purpose language model that predicts the next word in a series based on patterns in training data. This means that ChatGPT does not translate in the traditional method, by mapping directly between two languages. Instead, it uses a technique known as few-shot learning to carry out translation based on a small number of instances (or "shots") provided by the prompt. ChatGPT's few-shot translation capacity originates from its underlying transformer architecture, which enables it to focus on word relationships regardless of distance. In contrast, prior recurrent neural network (RNN) models employed in NMT could only examine a narrow context window. Transformers also eliminate recurrence and convolution, making them more computationally efficient. Transformers require far

²⁹ <https://www.ibm.com/topics/large-language-models> (Last accessed 30-08-2024)

³⁰ <https://www.ibm.com/topics/large-language-models> (Last accessed 30-08-2024)

more training data and compute power than RNNs to reach high performance. While NMT transformers are trained more narrowly to maximise translation quality for specific language pairings, ChatGPT employs its general language knowledge to do translation and other tasks without requiring additional tuning³¹.

The accuracy of translation is determined by the source text's domain. In 2023, the Tencent team, a Chinese tech company, published an article³² comparing the translation capabilities of ChatGPT to other machine translation systems such as Google Translate and DeepL Translate³³. In the Tencent study, ChatGPT performed worse on medical abstract datasets than Google Translate and DeepL, most likely due to a lack of in-domain fine-tuning. Surprisingly, it outperformed the NMT models on a voice recognition corpus, indicating a predilection for informal, conversational language.

Another important aspect concerns the supported languages. DeepL Translate supports 33 languages³⁴. ChatGPT communicates well in over 50 languages³⁵. The Tencent team selected 50 lines from public datasets for 12 translation directions in Chinese, English, German, and Romanian. They generated translations with ChatGPT and DeepL Translate (also with Google Translate and their own NMT system). They used the standard BLEU metric³⁶ to evaluate translation quality against human references. The results revealed that ChatGPT might compete with the NMT heavyweights for some high-resource European language pairings. ChatGPT achieved 43.2 BLEU for English to German translation, which is close to DeepL's score of 44.8. However, it struggled with low-resource combinations, such as Romanian to Chinese.

³¹ <https://expertbeacon.com/chatgpt-vs-deepl-google-translate-a-machine-translation-showdown/> (Last accessed 30-08-2024)

³² Jiao, W., Wang, W., Huang, J., Wang, X., & Tu, Z. (2023). Is ChatGPT a good translator? A preliminary study. arXiv. <https://doi.org/10.48550/arXiv.2301.08745> (Last accessed 30-08-2024)

³³ <https://slator.com/tencent-pits-chatgpt-translation-quality-against-deepl-google-translate/> (Last accessed 30-08-2024)

³⁴ <https://www.deepl.com/en/blog/20210316> (Last accessed 30-08-2024)

³⁵ <https://botpress.com/blog/can-chatgpt-understand-and-respond-in-multiple-languages> (Last accessed 30-08-2024)

³⁶ BLEU (Bilingual Evaluation Understudy Score) is a crucial evaluation tool for machine translation, providing a precise and consistent measure of translation performance between machine-generated and human reference translations. (<https://medium.com/@gauravsh8908/understanding-bleu-score-a-metric-for-evaluating-machine-translation-quality-c0386781f9e6> - Last accessed 30-08-2024)

Language Pair	ChatGPT BLEU	Google Translate BLEU	DeepL BLEU
English → German	43.2	45.1	44.8
English → Romanian	18.1	34.2	33.6
Romanian → English	38.6	43.0	43.1
Chinese → English	22.3	27.5	26.9
Romanian → Chinese	9.1	29.1	26.8

Table 3: Comparison of different prompts for ChatGPT to perform Chinese-to-English (Zh→En) translation.³⁷

ChatGPT and DeepL Translate both provide significant translation capabilities, but each has its own set of advantages and disadvantages. ChatGPT excels in contextual comprehension and conversational translation, making it an excellent tool for situations when contextual correctness is critical. DeepL Translate, on the other hand, uses a unique neural network design to catch linguistic nuances and provide accurate and fluent translations. Obviously, the two systems produce distinct translations.

³⁷ Jiao, W., Wang, W., Huang, J., Wang, X., & Tu, Z. (2023). Is ChatGPT a good translator? A preliminary study. arXiv. <https://doi.org/10.48550/arXiv.2301.08745> (Last accessed 30-08-2024)

Chapter 2

ChatGPT vs. DeepL Translate: analysis of the article's abstract *Re-thinking Tourist Wellbeing: An Integrative Model of Affiliation with Nature and Social Connections* and of the subsection 2.1 *Tourist wellbeing and positive psychology*

2.1. The article's abstract and machine translation

An abstract is a summary³⁸ of a research paper (or of a thesis) that clearly defines the goals and findings of your research, ensuring that readers understand what the article is about. Although the structure may differ significantly depending on the discipline, the abstract should describe the aim of the research, the methods employed, and the conclusions reached. As a result, it may be a concise text that is understandable on its own. I decided to translate it with DeepL Translate and ChatGPT to observe how the two systems reacted to a brief and self-concluding text, examining differences. The abstract analysed is from the article *Re-thinking Tourist Wellbeing: An Integrative Model of Affiliation with Nature and Social Connections*³⁹.

Abstract

Research on positive psychological outcomes of tourism has experienced exponential growth. However, a critical dimension of tourist wellbeing, affiliation, remains underexplored and conceptually underdeveloped. This study draws on 26 in-depth interviews with international tourists to Fiji to explore the influence of affiliation with nature and social connectedness on tourist wellbeing. Findings demonstrate the integral role of travel companionship, tourist affiliation with nature and connection with local people as critical determinants of positive psychological outcomes. An integrative model across the domains of gaze, practice and reflection is developed to demonstrate how affiliation with nature and social connectedness influence tourist wellbeing. Future research should explore the multi-sensual character and the therapeutic potential of tourist social encounters and interactions with nature and subsequent implications for tourist wellbeing.

³⁸ <https://dictionary.cambridge.org/dictionary/english-italian/abstract> (Last accessed: 29-07-2024)

³⁹ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. <https://doi.org/10.1002/jtr.2644> (Last accessed: 29-07-2024)

KEYWORDS

affiliation, connectedness, nature, social, tourists, wellbeing⁴⁰

2.1.1. DeepL Translate and ChatGPT's translations of the abstract

ChatGPT translation completed using GPT-4o, the free version, June 28, 2024	DeepL Translate's translation completed using the free version on June 28, 2024.
<p data-bbox="164 631 288 665">Abstract</p> <p data-bbox="164 698 786 1574">La ricerca sugli esiti psicologici positivi del turismo ha conosciuto una crescita esponenziale. Tuttavia, una dimensione critica del benessere turistico, l'affiliazione, rimane poco esplorata e concettualmente poco sviluppata. Questo studio si basa su 26 interviste approfondite con turisti internazionali alle Fiji per esplorare l'influenza dell'affiliazione con la natura e della connessione sociale sul benessere turistico. I risultati dimostrano il ruolo integrale della compagnia di viaggio, dell'affiliazione del turista con la natura e della connessione con la popolazione locale come determinanti critici degli esiti psicologici positivi. È stato sviluppato un modello integrativo nei domini dello sguardo, della pratica e della riflessione per dimostrare come l'affiliazione con la natura e la connessione sociale influenzino il benessere turistico. Le ricerche future dovrebbero esplorare il carattere multisensoriale e il potenziale terapeutico degli incontri sociali turistici e delle interazioni con la natura e le conseguenti implicazioni per il benessere turistico.</p> <p data-bbox="164 1615 432 1648">PAROLE CHIAVE</p> <p data-bbox="164 1682 786 1749">affiliazione, connessione, natura, sociale, turisti, benessere</p>	<p data-bbox="813 631 938 665">Astratto</p> <p data-bbox="813 698 1436 1574">La ricerca sugli esiti psicologici positivi del turismo ha conosciuto una crescita esponenziale. Tuttavia, una dimensione critica del benessere turistico, l'affiliazione, rimane poco esplorata e concettualmente poco sviluppata. Questo studio si basa su 26 interviste in profondità con turisti internazionali alle Fiji per esplorare l'influenza dell'affiliazione con la natura e la connessione sociale sul benessere del turista. I risultati dimostrano il ruolo integrale della compagnia di viaggio, dell'affiliazione del turista con la natura e della connessione con la popolazione locale come determinanti fondamentali di risultati psicologici positivi. È stato sviluppato un modello integrativo tra i domini dello sguardo, della pratica e della riflessione per dimostrare come l'affiliazione alla natura e la connessione sociale influenzino il benessere del turista. La ricerca futura dovrebbe esplorare il carattere multisensuale e il potenziale terapeutico degli incontri sociali e delle interazioni dei turisti con la natura e le conseguenti implicazioni per il benessere dei turisti.</p> <p data-bbox="813 1615 1082 1648">PAROLE CHIAVE</p> <p data-bbox="813 1682 1436 1749">affiliazione, connessione, natura, sociale, turisti, benessere</p>

⁴⁰ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research* <https://doi.org/10.1002/jtr.2644> (Last accessed: 29-07-2024)

2.1.2. Differences

A good translation considers variations of meaning and natural linguistic collocations in the target language. The differences are small and primarily concern word choices.

In English, the word ‘abstract’ can be a noun or an adjective, with two distinct connotations depending on what it is⁴¹. This word was translated by DeepL Translate as ‘astratto’, so as an adjective, while by ChatGPT as ‘abstract’, so as a noun. ChatGPT provided the correct translation based on the context. Although ChatGPT's translation is correct, it could still be contested because it used the English term. ‘Abstract’ can be translated as ‘riassunto’ or ‘sommario’⁴² in Italian. I would avoid the Italian word ‘sommario’ because it is frequently used as a synonym for ‘indice’. This is because they clearly have similarities, even though they may be entirely different portions⁴³. Considering now the word ‘riassunto’, the English term is more appropriate than the Italian term for two reasons: the English term is more academically relevant and accurate. The term ‘abstract’ is commonly used in academic and scientific literature in several languages, including Italian, to refer to the summary of a document or study. Moreover, some academic journals, including those in Italy, choose to use the term ‘abstract’ to align with global practice and language used in international databases and publications. This helps to maintain terminological uniformity and promotes global understanding.

An in-depth interview is a qualitative research technique that involves conducting lengthy interviews with a small group of participants⁴⁴. ‘In-depth interview’ can be translated in Italian into two ways: ‘intervista in profondità’⁴⁵ and ‘intervista approfondita’⁴⁶. DeepL Translate translated it as ‘interviste in profondità’ while ChatGPT as ‘interviste approfondite’. Both translations are correct although ‘interviste in profondità’ has more occurrences on Google. The research on the occurrences was conducted on June 28, 2024, and the results showed that ‘intervista in profondità’ produced nearly 5.670.000 outcomes in 0.39 seconds, while ‘intervista approfondita’ produced nearly 3.540.000 results in 0.26 seconds.

⁴¹ <https://dictionary.cambridge.org/dictionary/english/abstract> (Last accessed: 29-07-2024)

⁴² <https://www.wordreference.com/enit/abstract> (Last accessed: 29-07-2024)

⁴³ <https://latina.unicusano.it/universita/sommario-tesi-di-laurea/> (Last accessed: 29-07-2024)

⁴⁴ Rutledge, P. B., & Hogg, J. L. C. (2020). In-depth interviews. In P. H. Ang & R. Mansell (Eds.), *The International Encyclopedia of Media Psychology* (pp. 1–7). Wiley. <https://doi.org/10.1002/9781119011071.iemp0019> (Last accessed: 29-07-2024)

⁴⁵ <https://www.assirm.it/glossario/intervista-in-profondita/> (Last accessed: 29-07-2024)

⁴⁶ <https://www.adogy.com/it/terms/in-depth-interview/> (Last accessed: 29-07-2024)

The term ‘critical’ can be rendered into Italian as ‘critico’ or ‘fondamentale’⁴⁷. The first term has a negative connotation because it is mostly used to indicate inaccuracies⁴⁸ whereas the second term has a positive connotation because it denotes something important⁴⁹. ChatGPT erred by choosing ‘critici’, resulting in a literal translation, because it did not consider the overall context of the text, while DeepL Translate did, as it translated it as ‘fondamentali’, expressing the concept of something decisive or of considerable importance.

In the segment [...] *tourist affiliation with nature and connection with local people as critical determinants of positive psychological outcomes. [...]*, the English term ‘outcome’ can be translated into Italian as ‘esito’ or ‘risultato’. On a linguistic point of view, they are synonymous⁵⁰. ChatGPT has translated it as ‘esiti’ while DeepL as ‘risultati’. Although they are synonyms, I favoured ChatGPT's option because it uses the same phrase for both sentences: *La ricerca sugli esiti psicologici positivi del turismo ha conosciuto una crescita esponenziale. [...]* and [...] *dell'affiliazione del turista con la natura e della connessione con la popolazione locale come determinanti critici degli esiti psicologici positivi. [...]*.

In the source text, the expression ‘affiliation with’ is used. In Italian, this expression can be translated as ‘affiliazione con’ or ‘affiliazione a’. ChatGPT has used ‘affiliazione con’ while DeepL has used ‘affiliazione a’. Both being correct and used, I saw the occurrences on Google. The research on the occurrences was conducted on July 23, 2024, and the results showed that ‘affiliazione a’ produced nearly 211.000 outcomes in 0.28 seconds, while ‘affiliazione con’ produced nearly 52.800 results in 0.31 seconds. Therefore, based on these results, the choice made by DeepL Translate is the most appropriate. However, re-reading the text, I noticed that DeepL used both ‘affiliazione con’ in the segment [...] *Questo studio si basa su 26 interviste in profondità con turisti internazionali alle Fiji per esplorare l'influenza dell'affiliazione con la natura e la connessione sociale sul benessere del turista. [...]* and ‘affiliazione a’ in the segment [...] *È stato sviluppato un modello integrativo tra i domini dello sguardo, della pratica e della riflessione per dimostrare come l'affiliazione alla natura e la connessione sociale influenzino il benessere del turista. [...]*. Consequently, it would have been more appropriate for DeepL Translate to choose a single expression and use it consistently throughout, which ChatGPT did instead by always using ‘affiliazione con’.

⁴⁷ <https://www.wordreference.com/enit/critical> (Last accessed: 29-07-2024)

⁴⁸ <https://www.treccani.it/vocabolario/critico1/> (Last accessed: 29-07-2024)

⁴⁹ <https://www.treccani.it/vocabolario/fondamentale/> (Last accessed: 29-07-2024)

⁵⁰ [https://www.treccani.it/vocabolario/esito_\(Sinonimi-e-Contrari\)/](https://www.treccani.it/vocabolario/esito_(Sinonimi-e-Contrari)/) (Last accessed: 29-07-2024)

DeepL Translate translated the expression ‘tourist wellbeing’ as ‘benessere del turista’, ChatGPT used ‘benessere turistico’. ChatGPT decided for a literal translation. ‘Benessere turistico’ may be confusing in Italian, as it could refer to the well-being of the tourist industry⁵¹ rather than the well-being of the tourists themselves, which is the focus of the article.

The term ‘research’ in the segment [...] *Future research should explore the multi-sensual character* [...] can be translated in Italian both with the singular and plural. Indeed, DeepL Translate opted for ‘ricerca’, while ChatGPT for ‘ricerche’. Both solutions are acceptable in Italian. DeepL Translate's choice is the most appropriate because the original text has the singular.

The concept of multi-sensual character is not a standardised phrase found in dictionaries or specific books, but rather a conceptual term frequently used in domains such as psychology, tourist studies, sensory marketing, and experience design. In the context of tourism and well-being, investigating the multi-sensory nature of experiences might shed light on how these interactions lead to overall happiness and therapeutic advantages for individuals. Understanding how different senses interact to create memorable and positive experiences can help designers develop better surroundings and activities that promote wellbeing⁵². The literal translation of ‘multi-sensual character’ is ‘carattere multisensuale’⁵³. DeepL Translate translated it literally. However, this translation is inappropriate for the article's context, as the term ‘sensuale’ typically refers to the sexual domain. ChatGPT went beyond the literal meaning and translated ‘multi-sensual’ character as ‘multisensoriale’. The research in question examines the senses that are activated when individuals interact, hence ChatGPT provided the most appropriate translation.

For the segment [...] *the therapeutic potential of tourist social encounters and interactions with nature and subsequent implications for tourist wellbeing*. [...], the translation provided by DeepL Translate, ‘incontri sociali dei turisti’, was better than the translation provided by ChatGPT, ‘incontri sociali turistici’. ChatGPT's translation may come out as unclear and unable to express the meaning precisely, while DeepL Translate’s translation makes it more evident that these are social interactions that the tourists themselves are having.

⁵¹ <https://www.lavaldichiana.it/il-turismo-del-benessere-crescita-economica/> (Last accessed: 29-07-2024)

⁵² Crouch, D., & Desforjes, L. (2003). The sensuous in the tourist encounter Introduction: The power of the body in Tourist Studies. *Tourist Studies*, 3(1), 5–22. <https://doi.org/10.1177/1468797603040528> (Last accessed: 29-07-2024)

⁵³ <https://www.wordreference.com/enit/sensual> (Last accessed: 29-07-2024)

2.2. An excerpt from the article: Section 2.1 *Tourist wellbeing and positive psychology*

The section 2.1 *Tourist wellbeing and positive psychology* illustrates how, since the 1970s, the notion of wellbeing in the tourism sector has been widely studied from numerous perspectives. Initially, social and economic variables were used to define well-being at the macro level. However, these methodologies were shown to be limiting in evaluating subjective wellbeing. In order to remedy this problem, positive psychology has arisen, focusing on individual subjective wellbeing via the ideas of hedonia and eudaimonia (Uysal et al., 2018; Chang et al., 2022). Tourism wellbeing was initially conceptualised in hedonic terms in the field of tourism research. However, new research has begun to acknowledge tourism wellbeing as multidimensional, encompassing both hedonic and meaningful components (Sirgy, 2019; Filep & Laing, 2018). As a result, complex models that account for both dimensions of wellbeing have emerged (Laing & Frost, 2017; Nawijn, 2016). The two main models used are PERMA and DRAMMA. The PERMA wellbeing model integrates hedonic and eudaimonic viewpoints and consists of five components: Positive emotions (P), Engagement (E), Relationships (R), Meaning (M), and Achievement (A) (Seligman, 2011). Similarly, Newman et al.'s (2014) developed the DRAMMA model with five psychological mechanisms: Detachment-Recovery (DR), Autonomy (A), Mastery (M), Meaning (M), and Affiliation (A). However, both models have been criticised for providing a narrow picture of aspects of tourism wellbeing, such as connection to nature (Nawijn & Filep, 2016; Filep et al., 2024). In order to overcome these constraints, Filep et al. (2024) proposed DREAMA, a new conceptual model that combines the common aspects of PERMA and DRAMMA. This approach aims to broaden our understanding of tourist wellbeing beyond human interactions and include a connection with environment. However, empirical research on how links with environment and social connections affect tourist wellbeing is still under progress, and more research is needed to define the mechanisms and types of relationships that influence wellbeing (Vada et al., 2022).

2.1 | Tourist wellbeing and positive psychology

The 1970s saw the commencement of scholarly interest in wellbeing, with the early conceptualisations dominated by sociology and economics, building on the social indicators' movement (Uysal et al., 2018). Economics and sociology strived to develop a macrolevel conception of wellbeing however as the area evolved, the economic scales (e.g., GNP) and social measures (e.g., social structure and crime) could not be reconciled with indicators that capture subjective wellbeing (Antolini & Grassini, 2020). Consequently, positive psychology aims to provide a conceptual understanding of the individual level of subjective wellbeing (Chang et al., 2022) with a focus on the articulation of concepts related to hedonia and eudaimonia (Uysal et al., 2018). At the same

time, the focus of tourism showed a trend towards non-economic indicators such as wellbeing, quality of life, wellness and satisfaction of life (Cho, 2010; Eslami et al., 2018).

In the conceptualization of wellbeing, positive psychologists have drawn from two ancient philosophical traditions, hedonia and eudaimonia (Lambert et al., 2015). The concept of hedonia originates from the ancient Greek word 'hedone', meaning pleasure, suggesting that the pursuit of pleasure and the avoidance of pain represent the highest good and the primary driving forces behind human actions (Alizadeh & Filep, 2023). Hedonia demonstrates the pleasure aspects of wellbeing, including fun, enjoyment, happiness, life satisfaction and the avoidance of negative emotions (Rahmani et al., 2018). Aristotle's notion of 'eudaimonia' is positioned as the ultimate aim of human existence, surpassing transient feelings of happiness and joy, and signifying a profound and enduring state of fulfilment and accomplishment (Alizadeh & Filep, 2023). Centred on the pursuit of deeper meaning, eudaimonia encompasses concepts such as personal growth, purpose in life and self-actualization (Ryff & Singer, 2008).

In the tourism research field, there has been a predominant alignment of the conceptualisation of tourist wellbeing with hedonic elements (Sirgy, 2019). However, recent scholarship is recognising tourist wellbeing as multidimensional, encompassing both pleasure and meaningful aspects (Filep & Laing, 2018). Consequently, contemporary work has emphasised the crucial necessity of adopting comprehensive frameworks that incorporate both hedonic and eudaimonic aspects of tourist wellbeing (Laing & Frost, 2017; Nawijn, 2016). Accordingly, researchers have advocated for the utilisation of hybrid models such as PERMA as a comprehensive framework to understand wellbeing in the context of tourism, due to its considerable strength in exploring numerous psychological benefits stemming from tourism experiences (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).

The PERMA model of wellbeing, embedded in positive psychology, combines both hedonic and eudaimonic perspectives (Huang et al., 2019) illustrating five building blocks of wellbeing: Positive Emotions (P), which encompass feelings of joy, interest, and contentment; Engagement (E), referring to a deep sense of immersion and heightened awareness in activities; Relationships (R), focusing on the quality and extent of social connections; Meaning (M), which is about finding a sense of purpose in life; and Achievement (A), representing a sense of accomplishment and success (Seligman, 2011). Similarly, Newman et al. (2014) proposed a DRAMMA model with five core psychological mechanisms that promote wellbeing: Detachment-Recovery (DR), indicating a break from work and daily stress; Autonomy (A), reflecting voluntary engagement in activities; Mastery (M), focusing on skill development and achievement; Meaning (M), related to finding purpose; and Affiliation (A), highlighting the importance of social connections. While both models have been utilised within a tourism context, they have faced criticism for providing a constrained view of the potential dimensions underlying tourist wellbeing (Nawijn & Filep, 2016), such as connection with nature (Filep et al., 2024).

In response, Filep et al. (2024) proposed a conceptual model of tourist wellbeing, termed DREAMA (Figure 1), which merged the overlapping dimensions embedded within PERMA and DRAMMA, underpinned by the five building blocks of Detachment-Recovery (DR), Engagement (E), Affiliation (A), Meaning (M) and Achievement (A). The newly introduced affiliation dimension encompasses not only social connections but also tourists'

relationships with natural environments, thereby broadening the conceptualization of tourist wellbeing beyond solely human-to-human interactions (Filep et al., 2024). However, despite initial conceptualisations, existing research on the affiliation dimension with nature and social connections has yet to provide a deeper understanding of the relationship types and the mechanisms through which they influence wellbeing. Achieving this requires targeted empirical inquiry (Vada et al., 2022).⁵⁴

2.2.1. DeepL Translate and ChatGPT's translations of the excerpt

ChatGPT translation completed using GPT-4o, the free version, July 26, 2024	DeepL Translate's translation completed using the free version on July 26, 2024.
<p>2.1 Benessere turistico e psicologia positiva</p> <p>Negli anni '70 è iniziato l'interesse accademico per il benessere, con le prime concettualizzazioni dominate dalla sociologia e dall'economia, basate sul movimento degli indicatori sociali (Uysal et al., 2018). L'economia e la sociologia cercavano di sviluppare una concezione macro del benessere, tuttavia, man mano che l'area si evolveva, le scale economiche (ad esempio, PNL) e le misure sociali (ad esempio, struttura sociale e criminalità) non potevano essere riconciliate con indicatori che catturano il benessere soggettivo (Antolini & Grassini, 2020). Di conseguenza, la psicologia positiva mira a fornire una comprensione concettuale del livello individuale di benessere soggettivo (Chang et al., 2022), concentrandosi sull'articolazione di concetti legati a edonia ed eudaimonia (Uysal et al., 2018). Allo stesso tempo, il focus del turismo ha mostrato una tendenza verso indicatori non economici come benessere, qualità della vita, wellness e soddisfazione della vita (Cho, 2010; Eslami et al., 2018).</p> <p>Nella concettualizzazione del benessere, gli psicologi positivi hanno attinto da due antiche tradizioni filosofiche, edonia ed eudaimonia (Lambert et al., 2015). Il concetto di edonia ha origine dalla parola greca antica 'hedone', che significa piacere, suggerendo che la ricerca del</p>	<p>2.1 Benessere turistico e psicologia positiva</p> <p>Negli anni '70 è iniziato l'interesse degli studiosi per il benessere, con le prime concettualizzazioni dominate dalla sociologia e dall'economia, sulla base del movimento degli indicatori sociali (Uysal et al., 2018). L'economia e la sociologia hanno cercato di sviluppare una concezione del benessere a livello macroscopico, ma con l'evolversi dell'area, le scale economiche (ad esempio, il PNL) e le misure sociali (ad esempio, la struttura sociale e la criminalità) non potevano essere conciliate con indicatori che catturassero il benessere soggettivo (Antolini & Grassini, 2020). Di conseguenza, la psicologia positiva mira a fornire una comprensione concettuale del livello individuale di benessere soggettivo (Chang et al., 2022), con un'attenzione particolare all'articolazione dei concetti relativi a edonia ed eudaimonia (Uysal et al., 2018). Allo stesso tempo, l'attenzione del turismo ha mostrato una tendenza verso indicatori non economici come il benessere, la qualità della vita, il wellness e la soddisfazione della vita (Cho, 2010; Eslami et al., 2018).</p> <p>Nella concettualizzazione del benessere, gli psicologi positivi hanno attinto a due antiche tradizioni filosofiche, l'edonia e l'eudaimonia (Lambert et al., 2015). Il concetto di edonia deriva dall'antica parola greca "hedone", che</p>

⁵⁴ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. - <https://doi.org/10.1002/jtr.2644> (Last accessed: 30-07-2024)

piacere e l'evitamento del dolore rappresentano il bene supremo e le forze motrici primarie delle azioni umane (Alizadeh & Filep, 2023). L'edonia dimostra gli aspetti di piacere del benessere, includendo divertimento, godimento, felicità, soddisfazione della vita e l'evitamento delle emozioni negative (Rahmani et al., 2018). La nozione aristotelica di 'eudaimonia' è posizionata come il fine ultimo dell'esistenza umana, superando i sentimenti transitori di felicità e gioia, e significando uno stato profondo e duraturo di appagamento e realizzazione (Alizadeh & Filep, 2023). Incentrata sulla ricerca di un significato più profondo, l'eudaimonia comprende concetti come crescita personale, scopo nella vita e auto-realizzazione (Ryff & Singer, 2008).

Nel campo della ricerca turistica, c'è stata una predominante allineamento della concettualizzazione del benessere turistico con elementi edonici (Sirgy, 2019). Tuttavia, ricerche recenti riconoscono il benessere turistico come multidimensionale, comprendendo sia aspetti di piacere sia significativi (Filep & Laing, 2018). Di conseguenza, i lavori contemporanei hanno enfatizzato la necessità cruciale di adottare quadri comprensivi che incorporino sia aspetti edonici che eudaimonici del benessere turistico (Laing & Frost, 2017; Nawijn, 2016). Pertanto, i ricercatori hanno sostenuto l'utilizzo di modelli ibridi come PERMA come un quadro comprensivo per comprendere il benessere nel contesto del turismo, grazie alla sua considerevole forza nell'esplorare numerosi benefici psicologici derivanti dalle esperienze turistiche (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).

Il modello PERMA del benessere, radicato nella psicologia positiva, combina prospettive sia edoniche che eudaimoniche (Huang et al., 2019) illustrando cinque pilastri del benessere: Emozioni Positive (P), che comprendono sentimenti di gioia, interesse e contentezza; Coinvolgimento (E), riferito a un profondo senso di immersione e consapevolezza elevata nelle attività; Relazioni (R), focalizzate sulla qualità e l'ampiezza delle connessioni sociali; Significato (M), che riguarda trovare un senso di

significa piacere, suggerendo che la ricerca del piacere e l'evitamento del dolore rappresentano il bene più alto e le forze motrici primarie delle azioni umane (Alizadeh & Filep, 2023). L'edonia mostra gli aspetti del piacere del benessere, tra cui il divertimento, il godimento, la felicità, la soddisfazione della vita e l'evitamento delle emozioni negative (Rahmani et al., 2018). La nozione di "eudaimonia" di Aristotele si posiziona come il fine ultimo dell'esistenza umana, superando i sentimenti transitori di felicità e gioia e significando uno stato profondo e duraturo di appagamento e realizzazione (Alizadeh & Filep, 2023). Incentrata sulla ricerca di un significato più profondo, l'eudaimonia comprende concetti quali la ricerca personale, lo scopo della vita e l'autorealizzazione (Ryff & Singer, 2008).

Nel campo della ricerca sul turismo, c'è stato un allineamento predominante della concettualizzazione del benessere turistico con elementi edonici (Sirgy, 2019). Tuttavia, studi recenti riconoscono il benessere del turista come multidimensionale, comprendendo sia aspetti di piacere che di significato (Filep & Laing, 2018). Di conseguenza, il lavoro contemporaneo ha sottolineato la necessità cruciale di adottare quadri completi che incorporino sia gli aspetti edonici che eudaimonici del benessere turistico (Laing & Frost, 2017; Nawijn, 2016). Di conseguenza, i ricercatori si sono espressi a favore dell'utilizzo di modelli ibridi come PERMA come quadro completo per comprendere il benessere nel contesto del turismo, grazie alla sua notevole forza nell'esplorare i numerosi benefici psicologici derivanti dalle esperienze turistiche (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).

Il modello PERMA, incorporato nella psicologia positiva, combina prospettive edoniche ed eudaimoniche (Huang et al., 2019) illustrando cinque elementi costitutivi del benessere: Emozioni positive (P), che comprendono sentimenti di gioia, interesse e soddisfazione; Coinvolgimento (E), che si riferisce a un profondo senso di immersione e maggiore consapevolezza nelle attività; Relazioni (R), che si concentra sulla qualità e sull'estensione delle connessioni sociali;

<p>scopo nella vita; e Realizzazione (A), rappresentando un senso di compimento e successo (Seligman, 2011). Allo stesso modo, Newman et al. (2014) hanno proposto un modello DRAMMA con cinque meccanismi psicologici fondamentali che promuovono il benessere: Distacco-Recupero (DR), indicante una pausa dal lavoro e dallo stress quotidiano; Autonomia (A), riflettendo un coinvolgimento volontario nelle attività; Maestria (M), concentrandosi sullo sviluppo delle competenze e sulla realizzazione; Significato (M), relativo a trovare uno scopo; e Affiliazione (A), evidenziando l'importanza delle connessioni sociali. Sebbene entrambi i modelli siano stati utilizzati nel contesto turistico, hanno affrontato critiche per aver fornito una visione limitata delle potenziali dimensioni sottostanti il benessere turistico (Nawijn & Filep, 2016), come la connessione con la natura (Filep et al., 2024).</p> <p>In risposta, Filep et al. (2024) hanno proposto un modello concettuale di benessere turistico, denominato DREAMA (Figura 1), che ha fuso le dimensioni sovrapposte incorporate in PERMA e DRAMMA, sostenuto dai cinque pilastri di Distacco-Recupero (DR), Coinvolgimento (E), Affiliazione (A), Significato (M) e Realizzazione (A). La nuova dimensione dell'affiliazione comprende non solo le connessioni sociali, ma anche le relazioni dei turisti con gli ambienti naturali, ampliando così la concettualizzazione del benessere turistico oltre le sole interazioni umano-umano (Filep et al., 2024). Tuttavia, nonostante le concettualizzazioni iniziali, la ricerca esistente sulla dimensione dell'affiliazione con la natura e le connessioni sociali non ha ancora fornito una comprensione più approfondita dei tipi di relazione e dei meccanismi attraverso i quali influenzano il benessere. Raggiungere ciò richiede un'indagine empirica mirata (Vada et al., 2022).</p>	<p>Significato (M), che riguarda la ricerca di un senso di scopo nella vita; e Realizzazione (A), che rappresenta un senso di realizzazione e successo (Seligman, 2011). Analogamente, Newman et al. (2014) hanno proposto un modello DRAMMA con cinque meccanismi psicologici fondamentali che promuovono il benessere: Distacco-Recupero (DR), che indica una pausa dal lavoro e dallo stress quotidiano; Autonomia (A), che riflette l'impegno volontario nelle attività; Padronanza (M), che si concentra sullo sviluppo delle abilità e sui risultati; Significato (M), legato alla ricerca di uno scopo; e Affiliazione (A), che evidenzia l'importanza dei legami sociali. Sebbene entrambi i modelli siano stati utilizzati in un contesto turistico, sono stati criticati per aver fornito una visione limitata delle potenziali dimensioni alla base del benessere turistico (Nawijn & Filep, 2016), come la connessione con la natura (Filep et al., 2024).</p> <p>In risposta, Filep et al. (2024) hanno proposto un modello concettuale di benessere turistico, denominato DREAMA (Figura 1), che fonde le dimensioni sovrapposte presenti in PERMA e DRAMMA, sostenute dai cinque elementi costitutivi di Detachment-Recovery (DR), Engagement (E), Affiliation (A), Meaning (M) e Achievement (A). La dimensione dell'affiliazione, introdotta di recente, comprende non solo le connessioni sociali, ma anche le relazioni dei turisti con l'ambiente naturale, ampliando così la concettualizzazione del benessere turistico al di là delle sole interazioni uomo-uomo (Filep et al., 2024). Tuttavia, nonostante le prime concettualizzazioni, la ricerca esistente sulla dimensione dell'affiliazione con la natura e le connessioni sociali non ha ancora fornito una comprensione più approfondita dei tipi di relazione e dei meccanismi attraverso i quali influenzano il benessere. Per raggiungere questo obiettivo è necessaria un'indagine empirica mirata (Vada et al., 2022).</p>
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2.2.2. Differences

The two translations produced by ChatGPT and DeepL Translate differ significantly, particularly in the use of terminology. I am going to provide some examples to help you analyse this issue.

ChatGPT employed the expression ‘interesse accademico’ as a reference to the scholarly analysis of the concept of wellbeing that started in the 1970s⁵⁵. This choice remains valid, but the concept was expressed more effectively in context by DeepL Translate using the expression ‘interesse degli studiosi’ which highlights the dedication and curiosity of individual academics or groups of researchers.

ChatGPT translated [...] *a macro-level conception of wellbeing* [...] as ‘una concezione macro del benessere’, while DeepL Translate as ‘una concezione del benessere a livello macroscopico’. Focusing on ChatGPT's choice of ‘macro’ and DeepL Translate's ‘a livello macroscopico’, although both options are valid, ‘macro’⁵⁶ is an abbreviation of ‘macroscopico’⁵⁷ and may seem more informal. ‘A livello macroscopico’, on the other hand, is more explicit and clearer, especially for those who may not be familiar with academic jargon. Moreover, the translation ‘a livello macroscopico’ is more faithful to the source text.

Regarding the word ‘focus’, ChatGPT chose to use the English word, in contrast to DeepL Translate, which chose to translate it as ‘attenzione’. When looking up terms in an Italian-English dictionary, ‘focus’ is never translated as ‘attenzione’⁵⁸. However, when looking up the definition of ‘focus’⁵⁹ in an English dictionary, the translation provided by DeepL Translate may be correct. The decision between ‘focus’ and ‘attenzione’ is determined by the context and target audience. In an academic or professional setting, ‘focus’ is the most appropriate word to communicate accuracy. In a popular context or for a general audience, ‘attenzione’ is more effective and clearer.

The verb ‘to draw from’ can be translated into Italian as ‘attingere da’ or ‘attingere a’. ChatGPT used the first option while DeepL Translate decided to choose the second option. Both options are correct but ‘attingere a’ has more occurrences on Google. The research on the occurrences was conducted on

⁵⁵ <https://www.treccani.it/vocabolario/accademico/> (Last accessed: 01-08-2024)

⁵⁶ <https://www.treccani.it/vocabolario/macro/> (Last accessed: 01-08-2024)

⁵⁷ <https://www.treccani.it/vocabolario/macroscopico/> (Last accessed: 01-08-2024)

⁵⁸ <https://www.wordreference.com/enit/focus> (Last accessed: 02-08-2024)

⁵⁹ <https://dictionary.cambridge.org/dictionary/english/focus> (Last accessed: 02-08-2024)

July 30, 2024, and the results showed that 'attingere a' produced nearly 591.000 outcomes in 0.22 seconds, while 'attingere da' produced nearly 96.800 results in 0.24 seconds.

ChatGPT and DeepL Translate have provided two different translations for the expression 'highest good' which is presented in the following segment [...] *suggesting that the pursuit of pleasure and the avoidance of pain represent the highest good [...]*. ChatGPT has translated the expression as 'bene supremo', while DeepL Translate has given it as 'bene più alto.' DeepL Translate chose to translate in literal terms. In this specific case, a literal translation is ineffective since, upon further investigation, none of the findings relate to the two ideas presented in this section. Examining ChatGPT's decision, I initially felt it was inappropriate as well because it might allude to the idea of Christianity or, in general, to the religious domain. Nevertheless, after conducting some research on Google, I discovered that the idea of the highest good is linked to the person of Aristotle, quoted within the section, who believed that everyone's aim is the greatest good that is feasible for man to achieve⁶⁰⁶¹.

The verb 'to demonstrate' which is presented in the following segment [...] *Hedonia demonstrates the pleasure aspects of wellbeing, including fun, enjoyment, happiness, life satisfaction and the avoidance of negative emotions [...]*, can be translated into different ways such as 'mostrare', choice made by DeepL Translate, or like 'dimostrare', choice made by ChatGPT⁶². Based on the context of the sentence, which includes a list of characteristics, DeepL Translate chose the most appropriate option, implying that the hedonic simply conveys or presents those aspects⁶³. The verb 'dimostrare' is commonly used in academic and scientific contexts to denote that something has been shown or confirmed through research, experiments, or other forms of evidence. There is no scientific foundation for the discussion of a philosophical tradition.

Explaining the distinction between 'hedonia' and 'eudomonia', 'hedonic happiness is attained through pleasure and delight, whereas eudaimonic happiness is obtained through experiences of meaning and purpose⁶⁴. According to the definition of eudomonic happiness, ChatGPT best translated the expression 'personal growth', choosing 'crescita personale'. Dedicating oneself to personal growth entails seeking to improve oneself, and hence one's life, a concept inherent with eudaimonic happiness. DeepL Translate's choice of 'ricerca personale' is inappropriate because the concept above

⁶⁰ https://www.treccani.it/enciclopedia/bene_%28Enciclopedia-Italiana%29/ (Last accessed: 05-08-2024)

⁶¹ Berti, E. (2005). Sapienza o filosofia pratica? *Etica & Politica / Ethics & Politics*, 7(2). Retrieved from http://www.units.it/etica/2005_2/BERTI.htm (Last accessed: 05-08-2024)

⁶² <https://www.wordreference.com/enit/demonstrate> (Last accessed: 05-08-2024)

⁶³ <https://dizionario.internazionale.it/parola/mostrare> (Last accessed: 05-08-2024)

⁶⁴ <https://www.thoughtco.com/eudaimonic-and-hedonic-happiness-4783750> (Last accessed: 06-08-2024)

is expressed using 'crescita personale' or, at most, 'sviluppo personale'. Furthermore, if you type 'ricerca personale' into Google, the first page of results displays a variety of job offers.

For the expression 'tourism research', ChatGPT decided for 'ricerca turistica', while DeepL Translate for 'ricerca sul turismo'. 'Ricerca sul turismo' is the most prevalent and formal term. It refers to studies and analyses that focus on various areas of tourism in general. It is the favoured option in academic and professional settings. The expression 'ricerca turistica' is narrower, referring to studies that focus directly on characteristics of tourism. However, it is less prevalent than the first expression. Because it is a more general and academic statement regarding the tourism sector, I favour DeepL Translate's choice in this specific instance. Moreover, 'ricerca sul turismo' has more occurrences on Google Scholar. The research on the occurrences was conducted on August 06, 2024, and the results showed that 'ricerca sul turismo' produced nearly 197 outcomes in 0.06 seconds, while 'ricerca turistica' produced nearly 49 results in 0.03 seconds.

ChatGPT mistranslated the following sentence [...] *there has been a predominant alignment of the conceptualisation of tourist wellbeing with hedonic elements [...]*, translating it as 'c'è stata una predominante allineamento della concettualizzazione del benessere turistico con elementi edonici'. The mistake is in the use of the article and the concordance of the noun 'allineamento' with the adjective 'predominante'. 'Allineamento' is a masculine noun, so the article must be 'un'⁶⁵. Also, in the sentence translated by ChatGPT, the adjective 'predominante' does not agree correctly with 'allineamento'. The correct form is "un allineamento predominante", where "predominante" describes the alignment and does not agree with the noun directly. DeepL Translate translated it correctly.

In the following segment [...] *However, recent scholarship is recognising tourist wellbeing as multidimensional [...]*, the word 'scholarship' appears. I was a little confused by this word's presence when I initially started reading the paper because I thought it just meant 'borsa di studio'. After translating the entire text using both ChatGPT and DeepL Translate, I observed that ChatGPT translated it as 'ricerche' and DeepL Translate as 'studi'. Looking up 'scholarship' in the WordReference.com dictionary, neither 'studio' nor 'ricerca' comes up⁶⁶. So, I looked up the meaning of 'scholarship' in the Cambridge Dictionary, and it is as follows: serious, detailed study⁶⁷. So, both the translations provided by ChatGPT and DeepL Translate are suitable. However, I believe ChatGPT's solution is more appropriate, both in terms of the definition of 'ricerca'⁶⁸ (the article

⁶⁵ https://dizionari.corriere.it/dizionario_italiano/A/allineamento.shtml (Last accessed: 06-08-2024)

⁶⁶ <https://www.wordreference.com/enit/scholarship> (Last accessed: 09-08-2024)

⁶⁷ <https://dictionary.cambridge.org/it/dizionario/inglese/scholarship> (Last accessed: 09-08-2024)

⁶⁸ https://www.treccani.it/vocabolario/ricerca_res-4d5f0898-002f-11de-9d89-0016357eee51/ (Last accessed: 09-08-2024)

discusses the endeavour to identify the relationship between tourism and well-being by incorporating additional factors) and in terms of consistency, as it mentions 'ricerca turistica' a few lines further up.

The expression 'building blocks' in the plural means the fundamental components that contribute to the existence of something⁶⁹. ChatGPT translated this expression as 'pilastri' while DeepL Translate rendered it as 'elementi costitutivi'. Both translations can be correct because they both refer to the PERMA model's five key components. The term 'pilastro'⁷⁰ highlights the stability, basic relevance, and structural support of the PERMA model. It implies that each pillar is necessary and that when together, they form a firm foundation for well-being. The phrase 'elementi costitutivi'⁷¹ refers to the composition and analytical functionality of the PERMA model's components. Each piece serves a specific purpose and adds to the overall structure of the concept of wellbeing. In this case, I would translate the term 'building blocks' as 'elementi costitutivi' to emphasise that each element has a different role and may be examined independently, but when combined, they form the overall model.

For the term 'contentment' ChatGPT decided for 'contentezza' while DeepL Translate for 'soddisfazione'. Both, in my opinion, are not very suitable. Analysing the first option, I would not use the term 'contentezza', even though it occurs in the WordReference dictionary⁷², because it is not extensively used in the Italian language⁷³ and does not fully describe the concept that the article wishes to convey. Since the term 'soddisfazione' is typically employed in reference to the achievement of a goal⁷⁴, a concept that will be discussed later in the article, I would not even use it here. In this specific case, I would have translated 'contentment' as 'appagamento'⁷⁵ since it expresses a deeper sense of pleasure and inner calm, which is compatible with a broader variety of positive emotions such as delight and interest. It represents a state of wellbeing that is more steady and less intense than joy while being unmistakably positive. Moreover, it is more used in the Italian language than 'contentezza'. Indeed, on Google 'appagamento' has approximately 1,150,000 results (0.29 seconds).

ChatGPT rendered 'extent' as 'ampiezza', while DeepL Translate translated it as 'estensione'. Even though they are interchangeable, I prefer DeepL Translate the most. The definition of 'ampiezza'⁷⁶ emphasises that it refers to the length or width of a space or thing. It can reflect the dimension of a

⁶⁹ <https://dictionary.cambridge.org/dictionary/english/building-block> (Last accessed: 09-08-2024)

⁷⁰ <https://www.treccani.it/vocabolario/pilastro/> (Last accessed: 09-08-2024)

⁷¹ <https://www.treccani.it/vocabolario/costitutivo/> (Last accessed: 09-08-2024)

⁷² <https://www.wordreference.com/enit/contentment> (Last accessed: 09-08-2024)

⁷³ Approximately 373.000 results (0.18 seconds)

⁷⁴ https://dizionari.corriere.it/dizionario_italiano/S/soddisfazione.shtml?refresh_ce (Last accessed: 09-08-2024)

⁷⁵ <https://www.treccani.it/vocabolario/appagamento/> (Last accessed: 09-08-2024)

⁷⁶ <https://www.treccani.it/vocabolario/ampiezza/> (Last accessed: 10-08-2024)

social network, although it is not the focus of this section of the article. "Estensione"⁷⁷ denotes the extension or expansion of anything. This phrase can refer to how a social network grows and evolves over time, as explained in this section of the article.

The following segment [...] *Achievement (A), representing a sense of accomplishment and success* [...] has been translated by ChatGPT as 'Realizzazione (A), rappresentando un senso di compimento e successo' and by DeepL Translate as 'Realizzazione (A), che rappresenta un senso di realizzazione e successo'. Beyond ChatGPT's selection of the gerund and DeepL Translate's relative proposition, I want to examine the translation choice of 'accomplishment'. Between 'compimento' and 'realizzazione', I prefer 'realizzazione' even if this choice implies a repetition within the same sentence. The term 'compimento'⁷⁸ refers to the ending of a process. But as the use of the word 'success' in the source text, it refers to more than just the end of a process. It also refers to the gratification that comes from accomplishing a goal. The sense of fulfilment that comes with finishing a procedure is also implied by the phrase 'realizzazione'⁷⁹.

For the expression 'skill development', ChatGPT decided for 'sviluppo delle competenze' while DeepL Translate for 'sviluppo delle abilità'. A comparison of the definitions of "abilità" and "competenza" is required to decide which expression is more appropriate. Both terms may appear to be synonymous, yet there is a difference between them. The 'abilità' are typically specialist and task oriented. The 'competenze'⁸⁰ are typically characterised as an integrated set of knowledge, abilities, and behaviours that enable a person to perform complex tasks⁸¹. In this case, I prefer 'sviluppo delle competenze' by ChatGPT because it focusses on the acquisition of general skills rather than specific skills.

'Social connection' means the sense of belonging to a group and feeling connected to others. Scientific research strongly implies that this is a fundamental psychological need that must be met to feel pleased with one's life⁸². ChatGPT chose 'connessioni sociali', a literal translation. DeepL Translate, on the other hand, selected 'legami sociali'. Both options are correct, but 'connessione sociale' has more occurrences. The research on the occurrences was conducted on August 10, 2024,

⁷⁷ <https://www.treccani.it/vocabolario/estensione/> (Last accessed: 10-08-2024)

⁷⁸ <https://dizionario.internazionale.it/parola/compimento> (Last accessed: 10-08-2024)

⁷⁹ <https://dizionario.internazionale.it/parola/realizzazione> (Last accessed: 10-08-2024)

⁸⁰ <https://online.scuola.zanichelli.it/competenze/scuola-secondaria-di-primo-grado/che-cose-la-certificazione-delle-competenze/> (Last accessed: 10-08-2024)

⁸¹ <https://www.differenzatra.info/differenza-tra-abilita-e-competenze/> (Last accessed: 10-08-2024)

⁸² https://greatergood.berkeley.edu/topic/social_connection/definition (Last accessed: 10-08-2024)

and the results showed that ‘conessione sociale’ produced nearly 108.000 outcomes in 0.33 seconds, while ‘legame sociale’ produced nearly 71.000 results in 0.23 seconds.

In general, the first issue to consider when analysing differences, is sentence structure. The ChatGPT-translated text has a complex and articulate sentence structure, with subordinate statements and supplemental material used to develop the argument. This method demonstrates a more advanced academic writing style that aims to delve deeper into the subject in question. For example, in the following segment ‘Nel campo della ricerca turistica, c'è stata una predominante allineamento della concettualizzazione del benessere turistico con elementi edonici (Sirgy, 2019). Tuttavia, ricerche recenti riconoscono il benessere turistico come multidimensionale, comprendendo sia aspetti di piacere sia significativi (Filep & Laing, 2018). Di conseguenza, i lavori contemporanei hanno enfatizzato la necessità cruciale di adottare quadri comprensivi che incorporino sia aspetti edonici che eudaimonici del benessere turistico (Laing & Frost, 2017; Nawijn, 2016).’ sentences are lengthy and articulate, frequently consisting of multiple premises and details. The inclusion of subordinate sentences, such as "including both pleasure and significant aspects" and "incorporating both hedonic and eudaimonic aspects," adds information and clarifies the study's implications. In comparison, DeepL Translate's translation features a simpler and more straightforward phrase structure, with less grammatical complexity and higher intelligibility. Sentences are often shorter and include fewer subordinate statements, making the text easier to understand. For example, in the following segment ‘Nel campo della ricerca sul turismo, c'è stato un allineamento predominante della concettualizzazione del benessere turistico con elementi edonici (Sirgy, 2019). Tuttavia, studi recenti riconoscono il benessere del turista come multidimensionale, comprendendo sia aspetti di piacere che di significato (Filep & Laing, 2018).’ sentences are relatively brief, with a small number of subordinate clauses. The explanation is simple and concise, with less details than in the previous sentence. Moreover, a fascinating aspect to be examined is the employment of determinative articles. The text translated by ChatGPT use determinative articles to highlight precision and formality, whereas the material translated by DeepL Translate uses a more flexible and less specific language to ensure clarity and accessibility.

2.2.3. Analysis of the terminology translations for the PERMA, DRAMMA, and DREAMA models

The subsection of the article introduces three models of wellbeing: the PERMA, DRAMMA, and DREAMA models. The PERMA model⁸³ is used to evaluate and improve well-being in a wide range of settings, including personal life, work, and tourism. It is widely utilised in therapies intended at improving mental health and overall enjoyment. The DRAMMA model⁸⁴ is useful for determining how different psychological processes affect well-being. It can be applied in a range of settings, including tourism, to create experiences that promote recovery, autonomy, and social connection. The DREAMA model is a conceptual framework that combines and expands elements of the PERMA and DRAMMA models. The DREAMA model⁸⁵ addresses some of the inadequacies of previous models by incorporating interactions with nature, resulting in a more comprehensive picture of well-being in the context of tourism and other experiences. It aims to provide a complete understanding of how various elements contribute to a sense of overall wellbeing. The section has a figure (Figure 1) that summarises the three models being discussed.

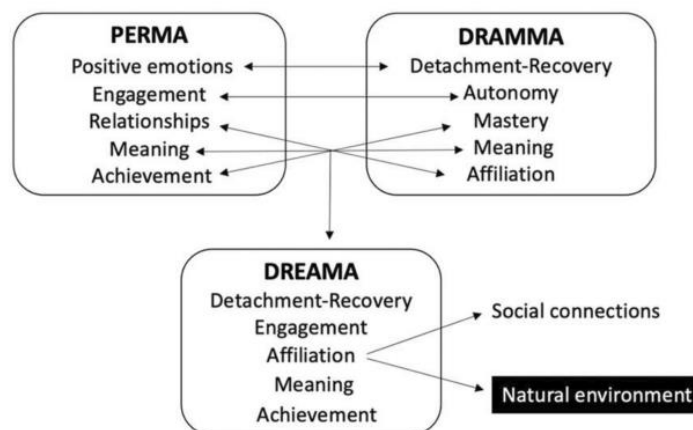


FIGURE 1 DREAMA model of wellbeing (Filep et al., 2024).

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⁸³ <https://positivepsychology.com/perma-model/> (Last accessed: 11-08-2024)

⁸⁴ <https://epale.ec.europa.eu/en/resource-centre/content/dramma-model-six-recovery-experiences> (Last accessed: 11-08-2024)

⁸⁵ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. <https://doi.org/10.1002/jtr.2644> (Last accessed: 11-08-2024)

⁸⁶ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. <https://doi.org/10.1002/jtr.2644> (Last accessed: 11-08-2024)

Although the PERMA model has also been examined in Italian, there has not been much analysis done on the DRAMMA or, even less, the DREAMA models. This is also evident when reading and analysing the two translations produced by ChatGPT and DeepL Translate. Both used the same terminology to describe the five pillars of the PERMA paradigm. Searching the Internet yields the most widely used term⁸⁷. Except for mastery, both machines translated the five key concepts of the DRAMMA model identically. ChatGPT translated it as 'maestria', and DeepL Translate as 'padronanza'. Mastery can be translated in both ways⁸⁸, but after some investigation on Google, the only Italian page about the DRAMMA model translates it as 'padronanza' as done by DeepL Translate⁸⁹. The DREAMA model represents a completely new concept. There is no Italian article on Google Scholar that discusses this concept. However, because it mixes the two previous models, the old translations can be carried over. In this case, it is interesting to examine the decisions taken by the two machines, as ChatGPT translated the individual terms and DeepL Translate decided to keep them all in English. This scenario, I believe, best exemplifies the primary distinction between ChatGPT and DeepL Translate. ChatGPT excels at understanding context and producing human-like responses. ChatGPT translated the earlier terms into the DREAMA model exactly as it did. DeepL Translate works with neural networks trained using the supervised learning method, which implies that the network is repeatedly shown different instances. In this way, the network constantly compares its own translations to those of the training data⁹⁰. If there are any differences in the translations, the network's weights are modified accordingly. The DeepL Translate neural network struggles since the DREAMA model is new.

2.3. Conclusion

The abstract and subsection 2.1 are both extracted from the same article *Re-thinking Tourist Wellbeing: An Integrative Model of Affiliation with Nature and Social Connections*. In order to observe how two machines operating in two different ways would translate a self-contained text first, and then an excerpt that is a part of a full article, I opted to have them both translated by ChatGPT and DeepL Translate. Given that the similarities between the translation of the abstract and the passage from the article are the same, I have only previously examined the numerous variances. In some cases, both machines altered the meaning of the text. They chose to translate as literally as

⁸⁷ <https://fourweekmba.com/it/modello-permanente/> (Last accessed: 12-08-2024)

⁸⁸ <https://www.wordreference.com/enit/mastery> (Last accessed: 12-08-2024)

⁸⁹ <https://hauora.org/ridurre-lo-stress-sul-lavoro/> (Last accessed: 12-08-2024)

⁹⁰ <https://www.deepl.com/it/blog/how-does-deepl-work> (Last accessed: 12-08-2024)

possible, retaining nearly the same grammatical structure. In fact, the differences evaluated were almost completely related to terminology translation choices.

Chapter 3

Machine Translation vs. Human Translation: analysis of the abstract and subsection 2.1

Both the translation industry and translators' methods are constantly evolving. Despite the fact that machine translation has advanced significantly since 1950, it is important to keep in mind that just 40 or 30 years ago, access to a personal computer, or at least one that could be used, was a privilege enjoyed by a small number of people. This is now almost unimaginable. In the past, translators had to visit libraries on a regular basis to review reference books, encyclopaedias, and dictionaries in order to complete their tasks properly. Nowadays, any information may be accessible with a single click. Even though the value and effectiveness of machine translation are now recognised, to the point where even the European Parliament uses technology to support translation⁹¹, some entirely reject the use of technology in translation, while others praise it as a crucial tool for the process. In this final chapter, I will delve into this debate by conducting an experiment to explore the issue further. Without using the Internet, relying only on online and written dictionaries and encyclopaedias, I first translated the abstract and the subsection 2.1 of the article *Re-thinking Tourist Wellbeing: An Integrative Model of Affiliation with Nature and Social Connections*⁹². I attempted to replicate a scenario similar to what it used to be without the aid of technology. I will then compare my translations with those generated by DeepL Translate and ChatGPT to assess the differences and evaluate whether human translation alone is sufficient or if technology has become indispensable.

3.1. My translation proposal for the abstract

Abstract

Research on positive psychological outcomes of tourism has experienced exponential growth. However, a critical dimension of tourist wellbeing, affiliation, remains underexplored and conceptually underdeveloped. This study draws on 26 in-depth interviews with international tourists to Fiji to explore the influence of affiliation with nature and social connectedness on tourist wellbeing. Findings demonstrate the integral role of travel companionship, tourist affiliation with nature and connection with local people as critical determinants of

⁹¹<https://www.europarl.europa.eu/translation/en/translation-at-the-european-parliament/technology-to-support-translation> (Last accessed: 02-09-2024)

⁹² Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. <https://doi.org/10.1002/jtr.2644> (Last accessed: 02-09-2024)

positive psychological outcomes. An integrative model across the domains of gaze, practice and reflection is developed to demonstrate how affiliation with nature and social connectedness influence tourist wellbeing. Future research should explore the multi-sensual character and the therapeutic potential of tourist social encounters and interactions with nature and subsequent implications for tourist wellbeing.

KEYWORDS

affiliation, connectedness, nature, social, tourists, wellbeing⁹³

The abstract is an example of an informative text⁹⁴, which means it has the objective of conveying information, plain communication of facts. Therefore, it must be clear and precise. It presents several lexical features of specialised discourse as defined by Gotti⁹⁵. One of these characteristics is the lack of emotions. The text is written in a formal and neutral tone, employing third-person perspective, which contributes to the objectivity typical of specialised discourse. Furthermore, the abstract exhibits a high degree of precision, another characteristic introduced by Gotti regarding specialised discourse, because each term or expression is sector-specific and refers to its own concept. Some examples include *affiliation*, *positive psychological outcomes*, and the *integrative model*, all of which demonstrate a high level of expertise in tourism psychology. The abstract follows a logical structure and discusses the topic, methodology, findings, and outcomes in a clear and structured manner. The target audience consists of either experts in the field who are familiar with the subject and related terminology, or those who are interested in the topic.

Here is my translation proposal, completed without the use of internet resources:

Abstract

La ricerca sugli esiti psicologici positivi sul turismo ha registrato una crescita esponenziale. Tuttavia, il concetto di affiliazione, una componente fondamentale del benessere del turista, rimane inesplorato e concettualmente sottosviluppato. Questo studio si focalizza su 26 interviste dettagliate a turisti stranieri alle isole Fiji con il fine di esaminare l'influenza dell'affiliazione con la natura e la connessione sociale sul benessere del turista. I risultati mostrano il ruolo fondamentale della compagnia durante il viaggio, dell'affiliazione del turista con la natura e il legame con la gente del posto come fattori determinanti negli esiti psicologici positivi. Un modello integrativo attraverso i settori dello sguardo, della pratica e della riflessione è stato sviluppato per dimostrare come l'affiliazione con la natura e la connessione

⁹³ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. <https://doi.org/10.1002/jtr.2644> (Last accessed: 02-09-2024)

⁹⁴ Reiss, K. (2000). Translation criticism: The potentials and limitations (E. F. Rhodes, Trans.). St. Jerome Publishing. (Original work published 1971)

⁹⁵ Gotti, A. (2011). *Specialized discourse*. Peter Lang.

sociale influenzi il benessere del turista. Le future ricerche dovrebbero esplorare il carattere multisensoriale e il potenziale terapeutico degli incontri e delle interazioni sociali dei turisti con la natura e le conseguenti implicazioni per il benessere dei turisti.

PAROLE CHIAVE

affiliazione, connessione, natura, sociale, turisti, benessere

Before providing a general overview of my translation, I would like to mention some issues:

- *26 in-depth interviews* = 26 interviste dettagliate → I translated ‘in-depth’ as ‘dettagliate’⁹⁶, so opting for a literal translation. I had no idea it was a specific form of interview. I discovered it when I analysed the two translations produced by DeepL Translate and ChatGPT. I will discuss this aspect further later.
- *The integral role of travel companionship* = il ruolo fondamentale della compagnia durante il viaggio → I decided to add the preposition ‘durante’, thus using the expansion translation procedure⁹⁷. I made this decision because, in Italian, the term ‘compagnia di viaggio’ might be misleading because it is frequently used to refer to an airline or travel agency.
- *Multi-sensual* = multisensoriale → The Italian literal translation of multi-sensual is ‘multi sensuale’. However, this translation is unsuitable for the abstract context because this Italian translation alludes to the sexual domain, which is not mentioned in the article's abstract. When I looked up the word ‘sensuale’⁹⁸ in the Italian-English dictionary, I came across the expression ‘sensual pleasure’ translated as ‘piacere dei sensi’. Based on this translation, I chose to employ the paraphrasing translation procedure⁹⁹ and translate multi-sensual as ‘multisensoriale’, since the research presented in the article examines the senses that are activated when individuals interact.

In general, because no preliminary or concurrent research was conducted throughout the translation process, I decided to utilise a text-focused, semantic approach¹⁰⁰. Indeed, my translation focused on maintaining the source text's original structure, meaning, and cultural references. My main goal was to preserve the academic register of the source text, ensuring alignment with the norms of specialized

⁹⁶ <https://www.wordreference.com/enit/in-depth> (Last accessed: 02-09-2024)

⁹⁷ As a result of expansion or reduction, the number of sentence constituents in the target language is either more or lower than in the source language – Scarpa, F. (2008). *La traduzione specializzata. Un approccio didattico professionale*. Hoepli.

⁹⁸ <https://www.wordreference.com/enit/sensual> (Last accessed: 03-09-2024)

⁹⁹ When literal translation is insufficient due to conflicting lexical, morphosyntactic, or idiomatic norms, a translator must choose between reformulation possibilities, such as paraphrases, to translate the text's semantic potential into a pragmatically unmarked form that meets new addressees' expectations – Scarpa, F. (2008). *La traduzione specializzata. Un approccio didattico professionale*. Hoepli.

¹⁰⁰ Newmark, P. (1988). *A textbook of translation*. Prentice Hall.

discourse. An accurate approach was adopted, particularly in the selection of terminology, to reflect the domain-specific vocabulary present in the source text. For example, I employed terms such as ‘esiti psicologici’ and ‘affiliazione’ to mirror the original text's specialized language within the field of tourism studies. In order to retain the objective tone that is a characteristic of academic writing, I regularly used an impersonal narrative style, favouring the usage of the third person and passive structures. This method was designed to preserve the appropriate degree of objectivity and distance typical of academic discourse.

3.1.1. Comparing my translation with DeepL Translate and ChatGPT translations

My translation done on June 28, 2024, without the use of the Internet.	DeepL Translate's translation completed using the free version on June 28, 2024	ChatGPT translation completed using GPT-4o, the free version, June 28, 2024
<p>Abstract La ricerca sugli esiti psicologici positivi sul turismo ha registrato una crescita esponenziale. Tuttavia, il concetto di affiliazione, una componente fondamentale del benessere del turista, rimane inesplorato e concettualmente sottosviluppato. Questo studio si focalizza su 26 interviste dettagliate a turisti stranieri alle isole Fiji con il fine di esaminare l'influenza dell'affiliazione con la natura e la connessione sociale sul benessere del turista. I risultati mostrano il ruolo fondamentale della compagnia durante il viaggio, dell'affiliazione del turista con la natura e il legame con la gente del posto come fattori determinanti negli esiti psicologici positivi. Un modello integrativo attraverso i settori dello sguardo, della pratica e della riflessione è stato sviluppato per dimostrare come l'affiliazione con la natura e la connessione sociale influenzino il benessere del</p>	<p>Astratto La ricerca sugli esiti psicologici positivi del turismo ha conosciuto una crescita esponenziale. Tuttavia, una dimensione critica del benessere turistico, l'affiliazione, rimane poco esplorata e concettualmente poco sviluppata. Questo studio si basa su 26 interviste in profondità con turisti internazionali alle Fiji per esplorare l'influenza dell'affiliazione con la natura e la connessione sociale sul benessere del turista. I risultati dimostrano il ruolo integrale della compagnia di viaggio, dell'affiliazione del turista con la natura e della connessione con la popolazione locale come determinanti fondamentali di risultati psicologici positivi. È stato sviluppato un modello integrativo tra i domini dello sguardo, della pratica e della riflessione per dimostrare come l'affiliazione alla natura e la connessione sociale influenzino il benessere del</p>	<p>Abstract La ricerca sugli esiti psicologici positivi del turismo ha conosciuto una crescita esponenziale. Tuttavia, una dimensione critica del benessere turistico, l'affiliazione, rimane poco esplorata e concettualmente poco sviluppata. Questo studio si basa su 26 interviste approfondite con turisti internazionali alle Fiji per esplorare l'influenza dell'affiliazione con la natura e della connessione sociale sul benessere turistico. I risultati dimostrano il ruolo integrale della compagnia di viaggio, dell'affiliazione del turista con la natura e della connessione con la popolazione locale come determinanti critici degli esiti psicologici positivi. È stato sviluppato un modello integrativo nei domini dello sguardo, della pratica e della riflessione per dimostrare come l'affiliazione con la natura e la connessione sociale influenzino il benessere</p>

<p>turista. Le future ricerche dovrebbero esplorare il carattere multisensoriale e il potenziale terapeutico degli incontri e delle interazioni sociali dei turisti con la natura e le conseguenti implicazioni per il benessere dei turisti.</p> <p>PAROLE CHIAVE affiliazione, connessione, natura, sociale, turisti, benessere</p>	<p>turista. La ricerca futura dovrebbe esplorare il carattere multisensuale e il potenziale terapeutico degli incontri sociali e delle interazioni dei turisti con la natura e le conseguenti implicazioni per il benessere dei turisti.</p> <p>PAROLE CHIAVE affiliazione, connessione, natura, sociale, turisti, benessere</p>	<p>turistico. Le ricerche future dovrebbero esplorare il carattere multisensoriale e il potenziale terapeutico degli incontri sociali turistici e delle interazioni con la natura e le conseguenti implicazioni per il benessere turistico.</p> <p>PAROLE CHIAVE affiliazione, connessione, natura, sociale, turisti, benessere</p>
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When comparing the similarities between my translation and those produced by DeepL Translate and ChatGPT, it is particularly pertinent to examine these translations from the perspectives of stylistic and linguistic register. Each maintains a comparable level of formality, with no observable variations in tone or narrative structure. The changes between my translation and those generated by DeepL Translate and ChatGPT are primarily related to term selection.

As described in Chapter 2, Section 2.1.2, the term ‘abstract’ can be employed as a noun or an adjective, with its meaning varying depending on the context. In this specific case, I decided to translate the term abstract as ‘abstract’, which corresponds its use as a noun in the academic context. This reasoning was also applied by ChatGPT, whereas DeepL Translate produced an inaccurate translation. DeepL failed to account for the nuanced distinction in meaning, thus misinterpreting the term within the given context.

In translating the segment [...] *Research on positive psychological outcomes of tourism has experienced exponential growth. [...]*, I initially opted to translate the verb ‘to experience’ as ‘registrare’. Although this translation does not appear in English-Italian dictionaries¹⁰¹, I chose it since it aligns with the formal tone typical of academic discourse and seems contextually appropriate¹⁰². However, when I had the text translated by DeepL Translate and ChatGPT, both machines chose the verb ‘conoscere’. According to my current research, both solutions are valid but have subtle differences in meaning within this context. The verb ‘registrare’ is mostly employed to denote quantifiable and documented growth in academic, scientific, or statistical contexts like [...] *Nei primi tre mesi del 2022 l’attività economica ha registrato un parziale rafforzamento rispetto all’ultimo trimestre del 2021 [...]*¹⁰³. The verb ‘conoscere’ is used to refer to an experience or

¹⁰¹ <https://www.wordreference.com/enit/experience> (Last accessed: 05-09-2024)

¹⁰² https://dizionari.corriere.it/dizionario_italiano/R/registrare.shtml (Last accessed: 05-09-2024)

¹⁰³ https://www.istat.it/storage/rapporto-annuale/2022/Rapporto_Annuale_2022.pdf (Last accessed: 05-09-2024)

phenomenon that has been experienced or occurred, with a more descriptive meaning and less oriented towards precise measurement like [...] *mentre l'abbigliamento, per quanto riguarda il segmento basso del mercato, ha conosciuto un continuo ribasso dei prezzi [...]*¹⁰⁴. The abstract of an article should explain and describe the topic to both professionals in the field and to those who are just interested in the subject. Considering this requirement, as well as the semantic analysis of the two verbs, I conclude that the choice made by DeepL Translate and ChatGPT, opting for 'conoscere', is more appropriate than my initial decision. This selection more effectively balances the need for academic rigor with the goal of maintaining clarity and accessibility for a wide range of readers.

In this segment [...] *This study draws on 26 in-depth interviews [...]*, the phrasal verb 'to draw on' is employed to indicate that the study is based on something, in this specific case based on the interviews conducted. Initially, looking up the phrasal verb in the Italian-English dictionary, the only plausible translation for this context seemed to be the verb 'attingere'¹⁰⁵. However, after reviewing the definitions associated with 'attingere', it did not appear to fully capture the intended meaning. Reflecting on this, also relying on texts that I had read in the past for personal interest or study, I thought of the verb 'focalizzarsi'. However, both DeepL Translate and ChatGPT selected the verb 'basarsi'. Upon reviewing the definitions in the Italian dictionary, both 'focalizzarsi'¹⁰⁶ and 'basarsi'¹⁰⁷ are contextually valid, but the latter more accurately reflects the relationship between the interviews and the study's structure. To further substantiate this choice, I conducted a search on Google for occurrences of similar phrases. The research for 'Questo studio si basa' yielded approximately 62,500 results in 0.25 seconds, whereas 'Questo studio si focalizza' returned about 12,900 results. The research was carried out on September 8, 2024. This quantitative evidence, together with the semantic analysis, indicates that the translations provided by DeepL Translate and ChatGPT are indeed more aligned with the context of the article. As a result, I believe that using of 'basarsi' instead of 'focalizzarsi' is a more accurate and contextually suitable translation.

As analysed in Chapter 2, Section 2.1.2, both ChatGPT and DeepL Translate accurately translated the term 'in-depth interview'. I used to logical reasoning to guide my translation because I was unfamiliar with this type of interview and its accompanying terminology in both English and Italian. In this case, I was unable to conduct more comprehensive research, such as the comparison I later conducted

¹⁰⁴ https://www.treccani.it/enciclopedia/consumi-e-distribuzione-una-storia-in-cifre_%28L%27Italia-e-le-sue-Regioni%29/ (Last accessed: 08-09-2024)

¹⁰⁵ <https://www.wordreference.com/enit/draw%20on> (Last accessed: 08-09-2024)

¹⁰⁶ <https://www.treccani.it/vocabolario/focalizzare/> (Last accessed: 08-09-2024)

¹⁰⁷ [https://www.treccani.it/vocabolario/basare_\(Sinonimi-e-Contrari\)/](https://www.treccani.it/vocabolario/basare_(Sinonimi-e-Contrari)/) (Last accessed: 08-09-2024)

between the translations provided by ChatGPT and DeepL Translate, thus I had to rely heavily on dictionaries as my primary source. This limitation eventually led to an error in translation.

The source text presents the expression ‘interviews with’. Both ChatGPT and DeepL Translate opted for the literal translation, ‘interviste con’. Although this translation is technically correct, it is more common in Italian to use ‘intervista a’. This choice aligns better with standard Italian usage, as evidenced by Google search data. In fact, ‘intervista a’ produces around 25,100,000 results in 0.39 seconds, as opposed to approximately 8,960,000 results in 0.22 seconds for ‘intervista con’. The research was conducted on September 9, 2024. This contrast in search results highlights the preference for ‘intervista a’ in Italian, which supports its use in translation to maintain linguistic and cultural correctness¹⁰⁸. In this context, it can be argued that my translation choice of ‘intervista a’ is more appropriate than the alternative supplied by the two machines.

Although I initially chose the term ‘turisti stranieri’ for ‘international tourists’. However, an in-depth examination at the context reveals that both ChatGPT and DeepL Translate's choice of ‘turisti internazionali’ is more appropriate. According to Federturismo Confindustria, the National Federation of the Travel and Tourism Industry within the Confindustria system, the term ‘turisti stranieri’ is widely used in ordinary language to refer to tourists from other countries. On the other hand, the term ‘turisti internazionali’ is commonly used to emphasise the worldwide nature of tourism¹⁰⁹. Given that the study's interviewees come from a variety of countries, including Australia and the United Kingdom, the term ‘turisti internazionali’ better captures the worldwide reach of the subject matter, making it the more suitable choice in this academic context.

In the segment [...] *interviews with international tourists to Fiji to explore the influence of affiliation with nature and social connectedness on tourist wellbeing*. [...] I decided to translate the verb ‘to explore’ as ‘esaminare’, as it implies a more extensive and methodical analysis, usually intended to achieve a better understanding of specific occurrences¹¹⁰. The literal translation in Italian is ‘esplorare’, which refers to broader and more open-ended research. Nonetheless, I opted for the verb ‘esaminare’, because the objective of the interviews is to gain a better understanding of how affiliation

¹⁰⁸ <https://dizionariapiu.zanichelli.it/lingua-e-scuola/posta-del-professore/lintervista-a-o-con-qualcuno/> (Last accessed: 09-09-2024)

¹⁰⁹ <https://federturismo.it/it/i-servizi/osservatorio-turismo/report/507-osservatorio-turismo/report-osservatorio/9487-report-i-numeri-del-turismo-internazionale-speciale-unwto.html> (Last accessed: 09-09-2024)

¹¹⁰ <https://www.treccani.it/vocabolario/esaminare/> (Last accessed: 09-09-2024)

with nature and social connectedness impact tourist wellbeing. Both ChatGPT and DeepL Translate have opted for 'esplorare'. Both 'esplorare'¹¹¹ and 'esaminare'¹¹² are valid translations in this context.

I translated the expression 'tourist wellbeing' as 'benessere del turista' because this expression expresses the intended meaning and is consistent with the broader context of the study. As analysed in Chapter 2, Section 2.1.2, I made the correct decision as DeepL Translate did. In contrast, ChatGPT provided a more literal translation, which could cause misunderstanding.

I translated the verb 'to demonstrate' as 'mostrare' while both ChatGPT and DeepL Translate used 'dimostrare'. Although both translations are present in the Italian-English dictionary¹¹³, I believe that 'dimostrare' is more appropriate in this context due to its nuances in meaning. The verb 'to demonstrate' in the abstract indicates that the results reveal that travel companionship, tourists' connection with nature, and interactions with local people are essential factors in achieving positive psychological outcomes. 'Mostrare'¹¹⁴ generally denotes a less assertive presentation of information, which may not fully capture the evidentiary aspect implied by 'demonstrate'. Therefore, 'dimostrare'¹¹⁵ is preferred because it implies demonstrating or substantiating facts.

The adjective 'integral' has several meanings depending on the context. It can denote both that something is extremely essential and that something is complete¹¹⁶. After reviewing the entire abstract, it is clear that the term 'integral' in this context refers to something that is exceedingly important. Consequently, I translated the expression 'integral role' as 'ruolo fondamentale'. In contrast, both ChatGPT and DeepL Translate rendered this expression as 'ruolo integrale', which emphasizes the secondary meaning of completeness rather than essentiality. As a result, my translation more closely matches the intended meaning within the context of the abstract.

As analysed in Section 3.1, the passage referring to 'travel companionship' required careful consideration in terms of its translation. I added the preposition 'durante' to avoid ambiguity in the target language. Both ChatGPT and DeepL Translate provided a literal translation, resulting in 'compagnia di viaggio'. However, given the context, this literal reading may be misleading. The addition of 'durante' clarifies the intended meaning and eliminates misinterpretation, making my translation more accurate and contextually suitable than those provided by ChatGPT and DeepL Translate.

¹¹¹ <https://dizionario.internazionale.it/parola/esplorare> (Last accessed: 09-09-2024)

¹¹² <https://dizionario.internazionale.it/parola/esaminare> (Last accessed: 09-09-2024)

¹¹³ <https://www.wordreference.com/enit/demonstrate> (Last accessed: 09-09-2024)

¹¹⁴ <https://www.treccani.it/vocabolario/mostrare/> (Last accessed: 09-09-2024)

¹¹⁵ <https://www.treccani.it/vocabolario/dimostrare/?search=dimostrare%2F> (Last accessed: 09-09-2024)

¹¹⁶ <https://www.wordreference.com/enit/integral> (Last accessed: 09-09-2024)

In translating the segment [...] *connection with local people* [...], I chose for ‘legame con la gente del posto’, whereas both ChatGPT and DeepL Translate opted for ‘connessione con la popolazione locale’. It can be argued that ChatGPT and DeepL Translate provided a literal translation. There are two aspects to analyse: the translation of ‘connection’ and the translation of ‘local people’. Starting with ‘connection’, I decided to translate it as ‘legame¹¹⁷’ to emphasize the quality and depth of human relationships. In contrast, ‘connessione¹¹⁸’ is frequently associated with functional or network-based interactions. Given these distinctions, ‘legame’ more accurately reflects the intended meaning in the context, capturing the nuance of the relationship described. Similarly, when translating ‘local people’, I chose ‘gente del posto’ over ‘popolazione locale’. While “popolazione locale” is a more formal and neutral term appropriate for objective or sociological discourse, ‘gente del posto’ conveys a sense of familiarity and direct interaction with the people being discussed. Although it is an academic publication, the research and the resulting paper aim to highlight how international tourists might feel considerably more at ease if they form genuine relationships with locals. Moreover, ‘gente del posto’ has more occurrences on Google than ‘popolazione locale’. The search conducted on 10 September 2024 yielded the following results: approximately 5,480,000 results in 0.43 seconds for ‘gente del posto’ and approximately 1,800,000 results in 0.33 seconds for ‘popolazione locale’.

The expression ‘critical determinants’ has been translated into three different ways:

- I went for ‘fattori determinanti’.
- DeepL Translate opted for ‘determinanti fondamentali’.
- ChatGPT chose ‘determinanti critici’.

As discussed in Chapter 2, Section 2.1.2, the correct interpretation of the adjective ‘critical’ in this context is crucial. Consequently, both my translation and DeepL Translate's align closely with the context¹¹⁹, while ChatGPT's translation diverges from the intended meaning. Focusing on the translation choice of ‘determinants’, I consulted ‘determinant’ in the English-Italian dictionary, and it is translated as ‘fattore¹²⁰’. Further examination in an Italian dictionary confirmed that ‘fattore’ is an appropriate translation within the context of the abstract, as it denotes an element that determines or contributes to an effect or result¹²¹. On the contrary, the term ‘determinante’ employed by both DeepL Translate and ChatGPT, is not appropriate. When searching for ‘determinante¹²²’ in the Italian dictionary I consulted, the first definition recognises it as an adjective, while following entries

¹¹⁷ <https://dizionario.internazionale.it/parola/legame> (Last accessed: 10-09-2024)

¹¹⁸ <https://dizionario.internazionale.it/parola/connessione> (Last accessed: 10-09-2024)

¹¹⁹ https://www.treccani.it/vocabolario/determinante_%28Sinonimi-e-Contrari%29/ (Last accessed: 10-09-2024)

¹²⁰ <https://www.wordreference.com/enit/determinant> (Last accessed: 10-09-2024)

¹²¹ <https://dizionario.internazionale.it/parola/fattore> (Last accessed: 10-09-2024)

¹²² <https://dizionario.internazionale.it/parola/determinante> (Last accessed: 10-09-2024)

recognise it as a noun. However, none of the noun definitions offered by the Italian dictionary were appropriate for the abstract's context. Given that 'determinant' is a noun in the original text and that there is no appropriate meaning in Italian, I claim that my choice of 'fattore' is more accurate and contextually acceptable than the translation machines' alternative.

As analysed in Section 3.1, the literal translation of multi-sensual is 'multi sensuale', which is inappropriate in this context because it refers to the sexual sphere. After conducting thorough research, I opted for the translation 'multisensoriale', which better captures the intended meaning. It is noteworthy that ChatGPT arrived at the same conclusion, selecting 'multisensoriale' as the appropriate translation, while DeepL Translate rendered a literal translation, 'multi sensuale', which fails to convey the correct context and introduces an unintended nuance.

The segment [...] *the therapeutic potential of tourist social encounters and interactions* [...] has been translated in three different ways:

- I translated it as 'il potenziale terapeutico degli incontri e delle interazioni sociali dei turisti'.
- DeepL Translate chose 'il potenziale terapeutico degli incontri sociali e delle interazioni dei turisti'.
- ChatGPT opted for 'il potenziale terapeutico degli incontri sociali turistici e delle interazioni'.

My translation 'Il potenziale terapeutico degli incontri e delle interazioni sociali dei turisti' is the most faithful to the original, as it preserves the balance between 'encounters' and 'interactions', both qualified by the term 'sociali'. The translation by DeepL Translate, 'Il potenziale terapeutico degli incontri sociali e delle interazioni dei turisti', suggests that only the encounters are social. Similarly, the translation by ChatGPT, 'Il potenziale terapeutico degli incontri sociali turistici e delle interazioni', introduces the adjective 'turistici' solely to 'incontri sociali'. Thus, the first translation is preferable since it best reflects the intended universality and therapeutic connotation of the original English phrase.

Analysing now the syntactic part, in two cases I decided to change the sentence order while both machines opted for a more literal translation. The two cases are for these two segments: [...] *a critical dimension of tourist wellbeing, affiliation, remains underexplored and conceptually underdeveloped*. [...] and [...] *An integrative model across the domains of gaze, practice and reflection is developed* [...]. I translated the first phrase as 'il concetto di affiliazione, una componente fondamentale del benessere del turista, rimane inesplorato e concettualmente sottosviluppato'. I chose to introduce 'il concetto di affiliazione' as the primary concept, emphasizing its foundational role. In contrast, both DeepL Translate and ChatGPT rendered the phrase as 'una dimensione critica del benessere turistico,

l'affiliazione, rimane poco esplorata e concettualmente poco sviluppata'. In retrospect, comparing my translation choice to that of the two machines, I believe that this latter translation more closely aligns with the source text, maintaining the original emphasis on affiliation as a critical dimension of tourist well-being and the syntactic structure of the source text. Now, I am analysing the second phrase and hence the translation. My translation, 'Un modello integrativo attraverso i settori dello sguardo, della pratica e della riflessione è stato sviluppato', follows a straightforward structure, with the subject 'Un modello integrativo' leading the sentence and concluding with the verb 'è stato sviluppato'. However, after reading the translation provided by ChatGPT and DeepL Translate, placing the verb at the end of the sentence may result in less fluidity in Italian. The translation provided by both machines 'È stato sviluppato un modello integrativo tra i domini dello sguardo, della pratica e della riflessione', is more closely aligned with the original English text. Beginning with the verb makes the sentence more dynamic and fluent in Italian.

3.2. My translation proposal for the article's subsection 2.1

2.1 | Tourist wellbeing and positive psychology

The 1970s saw the commencement of scholarly interest in wellbeing, with the early conceptualisations dominated by sociology and economics, building on the social indicators' movement (Uysal et al., 2018). Economics and sociology strived to develop a macrolevel conception of wellbeing however as the area evolved, the economic scales (e.g., GNP) and social measures (e.g., social structure and crime) could not be reconciled with indicators that capture subjective wellbeing (Antolini & Grassini, 2020). Consequently, positive psychology aims to provide a conceptual understanding of the individual level of subjective wellbeing (Chang et al., 2022) with a focus on the articulation of concepts related to hedonia and eudaimonia (Uysal et al., 2018). At the same time, the focus of tourism showed a trend towards non-economic indicators such as wellbeing, quality of life, wellness and satisfaction of life (Cho, 2010; Eslami et al., 2018).

In the conceptualization of wellbeing, positive psychologists have drawn from two ancient philosophical traditions, hedonia and eudaimonia (Lambert et al., 2015). The concept of hedonia originates from the ancient Greek word 'hedone', meaning pleasure, suggesting that the pursuit of pleasure and the avoidance of pain represent the highest good and the primary driving forces behind human actions (Alizadeh & Filep, 2023). Hedonia demonstrates the pleasure aspects of wellbeing, including fun, enjoyment, happiness, life satisfaction and the avoidance of negative emotions (Rahmani et al., 2018). Aristotle's notion of 'eudaimonia' is positioned as the ultimate aim of human existence, surpassing transient feelings of happiness and joy, and signifying a profound and enduring state of fulfilment and accomplishment (Alizadeh & Filep, 2023). Centred on the pursuit of deeper meaning, eudaimonia encompasses concepts such as personal growth, purpose in life and self-actualization (Ryff & Singer, 2008).

In the tourism research field, there has been a predominant alignment of the conceptualisation of tourist wellbeing with hedonic elements (Sirgy, 2019). However, recent scholarship is recognising tourist wellbeing as multidimensional, encompassing both pleasure and meaningful aspects (Filep & Laing, 2018). Consequently, contemporary work has emphasised the crucial necessity of adopting comprehensive frameworks that incorporate both hedonic and eudaimonic aspects of tourist wellbeing (Laing & Frost, 2017; Nawijn, 2016). Accordingly, researchers have advocated for the utilisation of hybrid models such as PERMA as a comprehensive framework to understand wellbeing in the context of tourism, due to its considerable strength in exploring numerous psychological benefits stemming from tourism experiences (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).

The PERMA model of wellbeing, embedded in positive psychology, combines both hedonic and eudaimonic perspectives (Huang et al., 2019) illustrating five building blocks of wellbeing: Positive Emotions (P), which encompass feelings of joy, interest, and contentment; Engagement (E), referring to a deep sense of immersion and heightened awareness in activities; Relationships (R), focusing on the quality and extent of social connections; Meaning (M), which is about finding a sense of purpose in life; and Achievement (A), representing a sense of accomplishment and success (Seligman, 2011). Similarly, Newman et al. (2014) proposed a DRAMMA model with five core psychological mechanisms that promote wellbeing: Detachment-Recovery (DR), indicating a break from work and daily stress; Autonomy (A), reflecting voluntary engagement in activities; Mastery (M), focusing on skill development and achievement; Meaning (M), related to finding purpose; and Affiliation (A), highlighting the importance of social connections. While both models have been utilised within a tourism context, they have faced criticism for providing a constrained view of the potential dimensions underlying tourist wellbeing (Nawijn & Filep, 2016), such as connection with nature (Filep et al., 2024).

In response, Filep et al. (2024) proposed a conceptual model of tourist wellbeing, termed DREAMA (Figure 1), which merged the overlapping dimensions embedded within PERMA and DRAMMA, underpinned by the five building blocks of Detachment-Recovery (DR), Engagement (E), Affiliation (A), Meaning (M) and Achievement (A). The newly introduced affiliation dimension encompasses not only social connections but also tourists' relationships with natural environments, thereby broadening the conceptualization of tourist wellbeing beyond solely human-to-human interactions (Filep et al., 2024). However, despite initial conceptualisations, existing research on the affiliation dimension with nature and social connections has yet to provide a deeper understanding of the relationship types and the mechanisms through which they influence wellbeing. Achieving this requires targeted empirical inquiry (Vada et al., 2022).

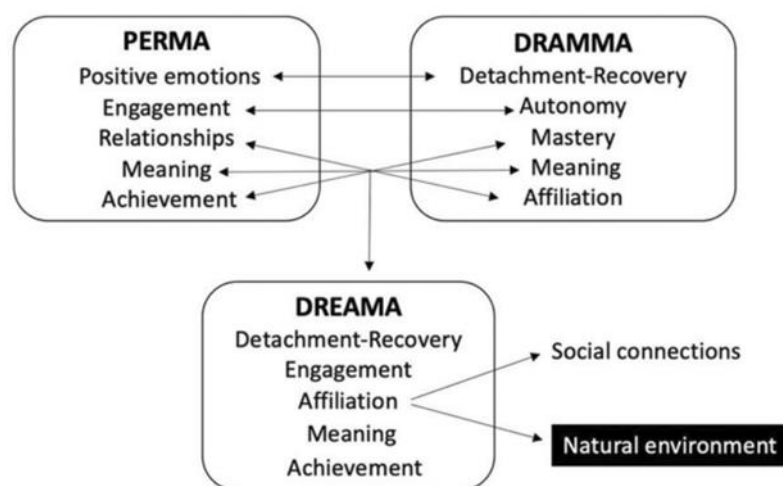


FIGURE 1 DREAMA model of wellbeing (Filep et al., 2024).

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The text presents textual, grammatical, and syntactic qualities typical of academic discourse, directed at a specialised audience. Indeed, there is no attempt to popularise the content, which is simplifying scientific concepts for a general audience. Term such as 'hedonia', 'eudaimonia', and 'PERMA model', all of which are related to positive psychology and wellbeing, demonstrate the use of specialised terminology. These sectorial terms demand prior knowledge of the subject and help to create a formal and accurate writing. The subsection demonstrates one of the features of specialised discourse

¹²³ Chang, L., Moyle, B. D., Vada, S., Filep, S., Dupre, K., & Liu, B. (2024). Re-thinking tourist wellbeing: An integrative model of affiliation with nature and social connections. *Journal of Travel Research*. - <https://doi.org/10.1002/jtr.2644> (Last accessed: 14-09-2024)

discussed by Gotti, monoreferentiality, which means that in any given context, just one meaning is permitted for a single thought or phrase¹²⁴. The text's syntax is distinguished by long and intricate phrases that are frequently supplemented by subordinates. This pattern is frequent in academic language because it enables for well-defined concepts and nuanced distinctions to be expressed. Logical conjunctions like as 'however', 'consequently', and 'at the same time' are critical for integrating disparate arguments and maintaining discourse continuity and consistency. These factors contribute to a logical flow of arguments, directing the reader through the reasoning process.

Here is my proposed translation, done without the use of internet resources:

2.1 | Il benessere del turista e la psicologia positiva

Negli anni Settanta è iniziato l'interesse degli studiosi per il concetto di benessere, con le prime concettualizzazioni dominate dalla sociologia e dall'economia, sulla base del movimento degli indicatori sociali (Uysal et al., 2018). L'economia e la sociologia hanno cercato di sviluppare una concezione di benessere a livello macro. Tuttavia, con l'evolversi della disciplina, gli indicatori economici (come il PNL) e le misure sociali (come la struttura sociale e la criminalità) non sono risultate conciliabili con indicatori in grado di catturare il benessere soggettivo. (Antolini & Grassini, 2020). Di conseguenza, la psicologia positiva si propone di fornire una comprensione concettuale di benessere soggettivo a livello individuale (Chang et al., 2022), focalizzandosi in particolare sui concetti di edonia ed eudaimonia (Uysal et al., 2018). Parallelamente, nel settore del turismo si è osservata una tendenza verso l'utilizzo di indicatori non economici, come il benessere, la qualità della vita, il wellness e la soddisfazione della vita (Cho, 2010; Eslami et al., 2018).

Nella concettualizzazione di benessere, gli psicologi specializzati in psicologia positiva si sono ispirati a due antiche tradizioni filosofiche: l'edonia e l'eudaimonia (Lambert et al., 2015). Il concetto di edonia deriva dall'antica parola greca “hedone”, che significa piacere. Questo concetto suggerisce che la ricerca del piacere e l'allontanamento dal dolore rappresentano il bene supremo e sono le principali forze motrici dei comportamenti umani (Alizadeh & Filep, 2023). L'edonia riflette gli aspetti del benessere associati al piacere, come il divertimento, l'appagamento, la felicità, la soddisfazione nella vita e l'allontanamento dalle emozioni negative (Rahmani et al., 2018). La nozione di eudaimonia, secondo Aristotele, rappresenta il fine ultimo dell'esistenza umana, andando oltre i sentimenti temporanei di felicità e gioia per indicare uno stato di appagamento e realizzazione duraturi (Alizadeh & Filep, 2023).

¹²⁴ Gotti, A. (2011). *Specialized discourse*. Peter Lang.

Focalizzata sulla ricerca di un significato più profondo, l'eudaimonia include aspetti come la crescita personale, lo scopo della vita e l'autorealizzazione (Ryff & Singer, 2008).

Nel campo della ricerca sul turismo, la concezione tradizionale del benessere turistico si è principalmente incentrata sugli aspetti edonici (Sirgy, 2019). Tuttavia, studi recenti hanno evidenziato che il benessere del turista è un costrutto multidimensionale, che include non solo elementi di piacere, ma anche aspetti di significato e realizzazione personale (Filep & Laing, 2018). Di conseguenza, le ricerche contemporanee svolte in questo settore hanno evidenziato l'importanza di adottare modelli integrati che considerino sia gli aspetti edonici sia quelli eudaimonici del benessere turistico (Laing & Frost, 2017; Nawijn, 2016). Di conseguenza, i ricercatori hanno raccomandato l'adozione di modelli ibridi, come il modello PERMA, i quali offrono una struttura completa per comprendere il benessere nel contesto turistico. Questo modello si distingue per la sua capacità di esplorare i molteplici benefici psicologici associati alle esperienze turistiche (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).

Il modello di benessere PERMA, sviluppato nell'ambito della psicologia positiva, combina prospettive edoniche ed eudaimoniche (Huang et al., 2019) e identifica cinque elementi fondamentali del benessere: Emozione Positive (P), che comprendono sentimenti di gioia, interesse e soddisfazione; Impegno (E), che rappresenta un profondo senso di immersione e maggiore consapevolezza nelle attività; Relazioni (R), che si concentra sulla qualità e l'estensione delle connessioni sociali; Significato (M), che riguarda la ricerca di un senso di scopo nella vita e, infine, Realizzazione (A), che rappresenta un senso di successo e di raggiungimento dei propri obiettivi. (Seligman, 2011). Analogamente, Newman et al. (2014) hanno proposto il modello DRAMMA, identificando cinque meccanismi psicologici fondamentali che promuovono il benessere: Distacco-Recupero (DR), i quali indica una pausa dal lavoro e dallo stress quotidiano; Autonomia (A), che riflette l'impegno volontario nelle attività; Padronanza (M), che si concentra sullo sviluppo delle abilità e sui risultati; Significato (M), legato alla ricerca di uno scopo e Affiliazione (A), che sottolinea l'importanza delle connessioni sociali. Entrambi i modelli, PERMA e DRAMMA, sono stati applicati nel contesto turistico. Tuttavia, sono stati criticati per offrire una visione limitata delle potenziali dimensioni che contribuiscono al benessere dei turisti (Nawijn & Filep, 2016). Ad esempio, questi modelli non considerano aspetti come la connessione con la natura, che può essere un elemento significativo per il benessere turistico (Filep et al., 2024).

In risposta, Filep et al. (2024) hanno sviluppato un modello concettuale di benessere turistico denominato DREAMA (Figura 1). Questo modello combina le dimensioni sovrapposte di

PERMA e DRAMMA, identificando cinque elementi chiave: Distacco-Recupero (DR), Impegno (E), Affiliazione (A), Significato (M) e Realizzazione (A). La dimensione dell'affiliazione, recentemente ampliata, comprende non solo le connessioni sociali ma anche le relazioni dei turisti con l'ambiente naturale. Ciò permette una visione più ampia del benessere del turista, oltre le sole interazioni uomo-uomo (Filep et al., 2024). Nonostante queste prime concettualizzazioni, la ricerca esistente non ha ancora fornito una comprensione approfondita dei tipi di relazione e dei meccanismi attraverso i quali le connessioni con la natura e le interazioni sociali influenzano il benessere. Per raggiungere questo obiettivo, è necessaria un'indagine empirica mirata (Vada et al., 2022).

Before offering an essential summary of my translation, I would like to talk about a few points:

- *Economic scales (e.g., GNP)* = gli indicatori economici (come il PNL) → Based on my previous studies, I have observed that the term ‘indicatore’ is commonly associated with economic metrics such as GNP (PNL in Italian), as mentioned in the subsection, as well as GDP (PIL in Italian). For this reason, I chose not to render a literal translation of ‘economic scales’. I will discuss this aspect later.
- *Wellness* = wellness → My decision to use an Anglicism in the Italian translation was motivated by two factors. First, the term wellness has gained global popularity and is extensively used in a variety of contexts, including Italian, particularly in the tourism and wellness industries. The second factor is the need to avoid repetition. In the original text, both ‘wellbeing’ and ‘wellnesses’ appear in proximity. While both concepts are frequently rendered as ‘benessere’ in Italian, they have subtle differences in English. ‘Wellbeing¹²⁵’ is often defined as a condition of happiness and total life satisfaction, whereas ‘wellness¹²⁶’ is more strongly related to health and mental wellness. In Italian, ‘wellness’ is generally preserved as an anglicism, but ‘wellbeing’ is typically rendered as ‘benessere’. As a result, I have decided to translate ‘wellbeing’ as ‘benessere’ and keep wellness in English.
- *Contemporary work* = ricerche contemporanee → Initially, I opted for a literal translation of 'contemporary work,' rendered as 'lavoro contemporaneo' in Italian. However, this translation did not adequately convey the intended meaning of the source text. Upon further examination of the source text, I considered the term 'ricerca'. This translation was chosen because it is best appropriate for the context of the scientific research or investigations offered in the subsection.

¹²⁵ <https://www.wordreference.com/enit/wellbeing> (Last accessed: 14-09-2024)

¹²⁶ <https://www.wordreference.com/enit/wellness> (Last accessed: 14-09-2024)

The use of plural form 'ricerche' emphasises the potential involvement of multiple studies, thereby enhancing the precision and relevance of the translation.

Given the lack of preceding study, I decided to use a text-focused, semantic approach also in this case. I attempted to retain a relatively literal approach while occasionally allowing instinct to affect linguistic choices. While the field of translation often discourages relying on instinct in favour of thorough investigation and analysis, this translation was handled from a somewhat different angle. In general, I attempted to produce a translation that was highly accurate to the source text. One significant difference, even if it occurs 90% of the time in a translation from English to Italian, is that I utilised longer and more complex phrases than the English version. For example, I translated the segment [...] *Economics and sociology strived to develop a macrolevel conception of wellbeing [...]* as 'L'economia e la sociologia hanno cercato di sviluppare una concezione di benessere a livello macro'.

I had two options for translating Figure 1: include a glossary and not translate it or translate the entire image. I decided to translate the full image so that readers may have a more instant and seamless reading experience. However, to facilitate comprehension, I opted to keep the English terms and place the corresponding Italian translations in brackets. This method serves two purposes: it accommodates experienced readers who are more familiar with English vocabulary, while also benefiting less experienced readers who are unfamiliar with English terminology. By doing so, I have the possibility to cater to both groups while ensuring clarity and accessibility for all readers.

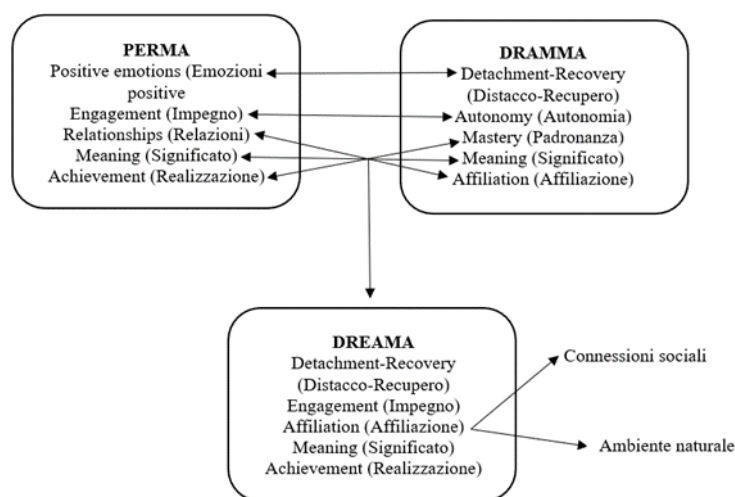


FIGURA 1 Modello di benessere DREAMA (Filep et al., 2024).

3.2.1. Comparing my translation with DeepL Translate and ChatGPT translations

My translation done on July 24, 2024, without the use of the Internet.	DeepL Translate's translation completed using the free version on July 26, 2024	ChatGPT translation completed using GPT-4o, the free version, July 26, 2024
<p>2.1 Il benessere del turista e la psicologia positiva</p> <p>Negli anni Settanta è iniziato l'interesse degli studiosi per il concetto di benessere, con le prime concettualizzazioni dominate dalla sociologia e dall'economia, sulla base del movimento degli indicatori sociali (Uysal et al., 2018). L'economia e la sociologia hanno cercato di sviluppare una concezione di benessere a livello macro. Tuttavia, con l'evolversi della disciplina, gli indicatori economici (come il PNL) e le misure sociali (come la struttura sociale e la criminalità) non sono risultate conciliabili con indicatori in grado di catturare il benessere soggettivo. (Antolini & Grassini, 2020). Di conseguenza, la psicologia positiva si propone di fornire una comprensione concettuale di benessere soggettivo a livello individuale (Chang et al., 2022), focalizzandosi in particolare sui concetti di edonia ed eudaimonia (Uysal et al., 2018). Parallelamente, nel settore del turismo si è osservata una tendenza verso l'utilizzo di indicatori non economici, come il benessere, la qualità della vita, il wellness e la soddisfazione della vita (Cho, 2010; Eslami et al., 2018).</p> <p>Nella concettualizzazione di benessere, gli psicologi specializzati in psicologia</p>	<p>2.1 Benessere turistico e psicologia positiva</p> <p>Negli anni '70 è iniziato l'interesse degli studiosi per il benessere, con le prime concettualizzazioni dominate dalla sociologia e dall'economia, sulla base del movimento degli indicatori sociali (Uysal et al., 2018). L'economia e la sociologia hanno cercato di sviluppare una concezione del benessere a livello macroscopico, ma con l'evolversi dell'area, le scale economiche (ad esempio, il PNL) e le misure sociali (ad esempio, la struttura sociale e la criminalità) non potevano essere conciliate con indicatori che catturassero il benessere soggettivo (Antolini & Grassini, 2020). Di conseguenza, la psicologia positiva mira a fornire una comprensione concettuale del livello individuale di benessere soggettivo (Chang et al., 2022), con un'attenzione particolare all'articolazione dei concetti relativi a edonia ed eudaimonia (Uysal et al., 2018). Allo stesso tempo, l'attenzione del turismo ha mostrato una tendenza verso indicatori non economici come il benessere, la qualità della vita, il wellness e la soddisfazione della vita (Cho, 2010; Eslami et al., 2018).</p> <p>Nella concettualizzazione del benessere, gli psicologi positivi hanno attinto a due antiche</p>	<p>2.1 Benessere turistico e psicologia positiva</p> <p>Negli anni '70 è iniziato l'interesse accademico per il benessere, con le prime concettualizzazioni dominate dalla sociologia e dall'economia, basate sul movimento degli indicatori sociali (Uysal et al., 2018). L'economia e la sociologia cercavano di sviluppare una concezione macro del benessere, tuttavia, man mano che l'area si evolveva, le scale economiche (ad esempio, PNL) e le misure sociali (ad esempio, struttura sociale e criminalità) non potevano essere riconciliate con indicatori che catturano il benessere soggettivo (Antolini & Grassini, 2020). Di conseguenza, la psicologia positiva mira a fornire una comprensione concettuale del livello individuale di benessere soggettivo (Chang et al., 2022), concentrandosi sull'articolazione di concetti legati a edonia ed eudaimonia (Uysal et al., 2018). Allo stesso tempo, il focus del turismo ha mostrato una tendenza verso indicatori non economici come benessere, qualità della vita, wellness e soddisfazione della vita (Cho, 2010; Eslami et al., 2018).</p> <p>Nella concettualizzazione del benessere, gli psicologi positivi hanno attinto da due antiche</p>

<p>positiva si sono ispirati a due antiche tradizioni filosofiche: l'edonia e l'eudaimonia (Lambert et al., 2015). Il concetto di edonia deriva dall'antica parola greca "hedone", che significa piacere. Questo concetto suggerisce che la ricerca del piacere e l'allontanamento dal dolore rappresentano il bene supremo e sono le principali forze motrici dei comportamenti umani (Alizadeh & Filep, 2023). L'edonia riflette gli aspetti del benessere associati al piacere, come il divertimento, l'appagamento, la felicità, la soddisfazione nella vita e l'allontanamento dalle emozioni negative (Rahmani et al., 2018). La nozione di eudaimonia, secondo Aristotele, rappresenta il fine ultimo dell'esistenza umana, andando oltre i sentimenti temporanei di felicità e gioia per indicare uno stato di appagamento e realizzazione duraturi (Alizadeh & Filep, 2023). Focalizzata sulla ricerca di un significato più profondo, l'eudaimonia include aspetti come la crescita personale, lo scopo della vita e l'autorealizzazione (Ryff & Singer, 2008). Nel campo della ricerca sul turismo, la concezione tradizionale del benessere turistico si è principalmente incentrata sugli aspetti edonici (Sirgy, 2019). Tuttavia, studi recenti hanno evidenziato che il benessere del turista è un costrutto multidimensionale, che include non solo elementi di piacere, ma anche aspetti di significato e realizzazione personale (Filep & Laing,</p>	<p>tradizioni filosofiche, l'edonia e l'eudaimonia (Lambert et al., 2015). Il concetto di edonia deriva dall'antica parola greca "hedone", che significa piacere, suggerendo che la ricerca del piacere e l'evitamento del dolore rappresentano il bene più alto e le forze motrici primarie delle azioni umane (Alizadeh & Filep, 2023). L'edonia mostra gli aspetti del piacere del benessere, tra cui il divertimento, il godimento, la felicità, la soddisfazione della vita e l'evitamento delle emozioni negative (Rahmani et al., 2018). La nozione di "eudaimonia" di Aristotele si posiziona come il fine ultimo dell'esistenza umana, superando i sentimenti transitori di felicità e gioia e significando uno stato profondo e duraturo di appagamento e realizzazione (Alizadeh & Filep, 2023). Incentrata sulla ricerca di un significato più profondo, l'eudaimonia comprende concetti quali la ricerca personale, lo scopo della vita e l'autorealizzazione (Ryff & Singer, 2008). Nel campo della ricerca sul turismo, c'è stato un allineamento predominante della concettualizzazione del benessere turistico con elementi edonici (Sirgy, 2019). Tuttavia, studi recenti riconoscono il benessere del turista come multidimensionale, comprendendo sia aspetti di piacere che di significato (Filep & Laing, 2018). Di conseguenza, il lavoro contemporaneo ha sottolineato la necessità cruciale di adottare</p>	<p>tradizioni filosofiche, edonia ed eudaimonia (Lambert et al., 2015). Il concetto di edonia ha origine dalla parola greca antica 'hedone', che significa piacere, suggerendo che la ricerca del piacere e l'evitamento del dolore rappresentano il bene supremo e le forze motrici primarie delle azioni umane (Alizadeh & Filep, 2023). L'edonia dimostra gli aspetti di piacere del benessere, includendo divertimento, godimento, felicità, soddisfazione della vita e l'evitamento delle emozioni negative (Rahmani et al., 2018). La nozione aristotelica di 'eudaimonia' è posizionata come il fine ultimo dell'esistenza umana, superando i sentimenti transitori di felicità e gioia, e significando uno stato profondo e duraturo di appagamento e realizzazione (Alizadeh & Filep, 2023). Incentrata sulla ricerca di un significato più profondo, l'eudaimonia comprende concetti come crescita personale, scopo nella vita e auto-realizzazione (Ryff & Singer, 2008). Nel campo della ricerca turistica, c'è stata una predominante allineamento della concettualizzazione del benessere turistico con elementi edonici (Sirgy, 2019). Tuttavia, ricerche recenti riconoscono il benessere turistico come multidimensionale, comprendendo sia aspetti di piacere sia significativi (Filep & Laing, 2018). Di conseguenza, i lavori contemporanei hanno enfatizzato la necessità cruciale</p>
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<p>2018). Di conseguenza, le ricerche contemporanee svolte in questo settore hanno evidenziato l'importanza di adottare modelli integrati che considerino sia gli aspetti edonici sia quelli eudaimonici del benessere turistico (Laing & Frost, 2017; Nawijn, 2016). Di conseguenza, i ricercatori hanno raccomandato l'adozione di modelli ibridi, come il modello PERMA, i quali offrono una struttura completa per comprendere il benessere nel contesto turistico. Questo modello si distingue per la sua capacità di esplorare i molteplici benefici psicologici associati alle esperienze turistiche (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).</p> <p>Il modello di benessere PERMA, sviluppato nell'ambito della psicologia positiva, combina prospettive edoniche ed eudaimoniche (Huang et al., 2019) e identifica cinque elementi fondamentali del benessere: Emozione Positive (P), che comprendono sentimenti di gioia, interesse e soddisfazione; Impegno (E), che rappresenta un profondo senso di immersione e maggiore consapevolezza nelle attività; Relazioni (R), che si concentra sulla qualità e l'estensione delle connessioni sociali; Significato (M), che riguarda la ricerca di un senso di scopo nella vita e, infine, Realizzazione (A), che rappresenta un senso di successo e di raggiungimento dei propri obiettivi. (Seligman, 2011). Analogamente, Newman et al. (2014) hanno proposto il modello DRAMMA, identificando</p>	<p>quadri completi che incorporino sia gli aspetti edonici che eudaimonici del benessere turistico (Laing & Frost, 2017; Nawijn, 2016). Di conseguenza, i ricercatori si sono espressi a favore dell'utilizzo di modelli ibridi come PERMA come quadro completo per comprendere il benessere nel contesto del turismo, grazie alla sua notevole forza nell'esplorare i numerosi benefici psicologici derivanti dalle esperienze turistiche (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).</p> <p>Il modello PERMA, incorporato nella psicologia positiva, combina prospettive edoniche ed eudaimoniche (Huang et al., 2019) illustrando cinque elementi costitutivi del benessere: Emozioni positive (P), che comprendono sentimenti di gioia, interesse e soddisfazione; Coinvolgimento (E), che si riferisce a un profondo senso di immersione e maggiore consapevolezza nelle attività; Relazioni (R), che si concentra sulla qualità e sull'estensione delle connessioni sociali; Significato (M), che riguarda la ricerca di un senso di scopo nella vita; e Realizzazione (A), che rappresenta un senso di realizzazione e successo (Seligman, 2011). Analogamente, Newman et al. (2014) hanno proposto un modello DRAMMA con cinque meccanismi psicologici fondamentali che promuovono il benessere: Distacco-Recupero (DR), che indica una pausa dal lavoro e dallo stress quotidiano; Autonomia (A), che riflette l'impegno</p>	<p>di adottare quadri comprensivi che incorporino sia aspetti edonici che eudaimonici del benessere turistico (Laing & Frost, 2017; Nawijn, 2016). Pertanto, i ricercatori hanno sostenuto l'utilizzo di modelli ibridi come PERMA come un quadro comprensivo per comprendere il benessere nel contesto del turismo, grazie alla sua considerevole forza nell'esplorare numerosi benefici psicologici derivanti dalle esperienze turistiche (Butler & Kern, 2016; Filep, 2016; Filep & Laing, 2018).</p> <p>Il modello PERMA del benessere, radicato nella psicologia positiva, combina prospettive sia edoniche che eudaimoniche (Huang et al., 2019) illustrando cinque pilastri del benessere: Emozioni Positive (P), che comprendono sentimenti di gioia, interesse e contentezza; Coinvolgimento (E), riferito a un profondo senso di immersione e consapevolezza elevata nelle attività; Relazioni (R), focalizzate sulla qualità e l'ampiezza delle connessioni sociali; Significato (M), che riguarda trovare un senso di scopo nella vita; e Realizzazione (A), rappresentando un senso di compimento e successo (Seligman, 2011). Allo stesso modo, Newman et al. (2014) hanno proposto un modello DRAMMA con cinque meccanismi psicologici fondamentali che promuovono il benessere: Distacco-Recupero (DR), indicante una pausa dal lavoro e dallo stress quotidiano; Autonomia (A), riflettendo un coinvolgimento volontario nelle attività;</p>
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<p>cinque meccanismi psicologici fondamentali che promuovono il benessere: Distacco-Recupero (DR), i quali indica una pausa dal lavoro e dallo stress quotidiano; Autonomia (A), che riflette l'impegno volontario nelle attività; Padronanza (M), che si concentra sullo sviluppo delle abilità e sui risultati; Significato (M), legato alla ricerca di uno scopo e Affiliazione (A), che sottolinea l'importanza delle connessioni sociali. Entrambi i modelli, PERMA e DRAMMA, sono stati applicati nel contesto turistico. Tuttavia, sono stati criticati per offrire una visione limitata delle potenziali dimensioni che contribuiscono al benessere dei turisti (Nawijn & Filep, 2016). Ad esempio, questi modelli non considerano aspetti come la connessione con la natura, che può essere un elemento significativo per il benessere turistico (Filep et al., 2024).</p> <p>In risposta, Filep et al. (2024) hanno sviluppato un modello concettuale di benessere turistico denominato DREAMA (Figura 1). Questo modello combina le dimensioni sovrapposte di PERMA e DRAMMA, identificando cinque elementi chiave: Distacco-Recupero (DR), Impegno (E), Affiliazione (A), Significato (M) e Realizzazione (A). La dimensione dell'affiliazione, recentemente ampliata, comprende non solo le connessioni sociali ma anche le relazioni dei turisti con l'ambiente naturale. Ciò permette una visione più ampia del benessere del turista, oltre</p>	<p>volontario nelle attività; Padronanza (M), che si concentra sullo sviluppo delle abilità e sui risultati; Significato (M), legato alla ricerca di uno scopo; e Affiliazione (A), che evidenzia l'importanza dei legami sociali. Sebbene entrambi i modelli siano stati utilizzati in un contesto turistico, sono stati criticati per aver fornito una visione limitata delle potenziali dimensioni alla base del benessere turistico (Nawijn & Filep, 2016), come la connessione con la natura (Filep et al., 2024).</p> <p>In risposta, Filep et al. (2024) hanno proposto un modello concettuale di benessere turistico, denominato DREAMA (Figura 1), che fonde le dimensioni sovrapposte presenti in PERMA e DRAMMA, sostenute dai cinque elementi costitutivi di Detachment-Recovery (DR), Engagement (E), Affiliation (A), Meaning (M) e Achievement (A). La dimensione dell'affiliazione, introdotta di recente, comprende non solo le connessioni sociali, ma anche le relazioni dei turisti con l'ambiente naturale, ampliando così la concettualizzazione del benessere turistico al di là delle sole interazioni uomo-uomo (Filep et al., 2024). Tuttavia, nonostante le prime concettualizzazioni, la ricerca esistente sulla dimensione dell'affiliazione con la natura e le connessioni sociali non ha ancora fornito una comprensione più approfondita dei tipi di relazione e dei meccanismi attraverso i quali influenzano il benessere. Per</p>	<p>Maestria (M), concentrandosi sullo sviluppo delle competenze e sulla realizzazione; Significato (M), relativo a trovare uno scopo; e Affiliazione (A), evidenziando l'importanza delle connessioni sociali. Sebbene entrambi i modelli siano stati utilizzati nel contesto turistico, hanno affrontato critiche per aver fornito una visione limitata delle potenziali dimensioni sottostanti il benessere turistico (Nawijn & Filep, 2016), come la connessione con la natura (Filep et al., 2024).</p> <p>In risposta, Filep et al. (2024) hanno proposto un modello concettuale di benessere turistico, denominato DREAMA (Figura 1), che ha fuso le dimensioni sovrapposte incorporate in PERMA e DRAMMA, sostenute dai cinque pilastri di Distacco-Recupero (DR), Coinvolgimento (E), Affiliazione (A), Significato (M) e Realizzazione (A). La nuova dimensione dell'affiliazione comprende non solo le connessioni sociali, ma anche le relazioni dei turisti con gli ambienti naturali, ampliando così la concettualizzazione del benessere turistico oltre le sole interazioni umano-umano (Filep et al., 2024). Tuttavia, nonostante le concettualizzazioni iniziali, la ricerca esistente sulla dimensione dell'affiliazione con la natura e le connessioni sociali non ha ancora fornito una comprensione più approfondita dei tipi di relazione e dei meccanismi attraverso i quali influenzano il benessere. Raggiungere ciò</p>
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<p>le sole interazioni uomo-uomo (Filep et al., 2024). Nonostante queste prime concettualizzazioni, la ricerca esistente non ha ancora fornito una comprensione approfondita dei tipi di relazione e dei meccanismi attraverso i quali le connessioni con la natura e le interazioni sociali influenzano il benessere. Per raggiungere questo obiettivo, è necessaria un'indagine empirica mirata (Vada et al., 2022).</p>	<p>raggiungere questo obiettivo è necessaria un'indagine empirica mirata (Vada et al., 2022).</p>	<p>richiede un'indagine empirica mirata (Vada et al., 2022).</p>
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The three texts have significant similarities in terms of syntactic complexity. All three use a formal register with long, well-structured sentences and regular grammar, making them similar in multiple ways. Furthermore, the translations employ a strict reasoning structure, emphasising their academic integrity. Also in this case, at the lexical level, the three texts differ.

I translated the term ‘area’, in the segment [...] *however as the area evolved [...]*, as ‘disciplina’, while both ChatGPT and DeepL Translate as ‘area’. In Italian, ‘area’¹²⁷, often denotes a spatial concept, particularly when unaccompanied by qualifiers. After assessing the subsection context, I determined that ‘disciplina’¹²⁸ better conveyed the intended meaning because it denotes a more focused field of investigation or study, which is consistent with the thematic evolution indicated in the text. However, after reviewing the definitions of ‘area’ in the Treccani dictionary¹²⁹, I think that the expression ‘area di studio’ would better align with the context. This expression preserves the semantic nuance of ‘area’ as a sphere of intellectual or academic activity while also clarifying that the allusion is to a specific field of study, which is consistent with the conceptual evolution provided in the source text.

In section 3.2, my choice for translating ‘scale indicator’ as ‘indicatore economico’ is justified. Upon further research, I believe I made the right choice when compared to alternatives such as those provided by ChatGPT and DeepL Translate, which suggest ‘scala economica’. From a linguistic and terminological point of view, ‘indicatore economico’ is a well-established term in both academic and professional discourse, often used to refer to metrics that quantify various elements of economic

¹²⁷ <https://www.treccani.it/vocabolario/area/> (Last accessed: 15-09-2024)

¹²⁸ https://dizionari.corriere.it/dizionario_italiano/D/disciplina.shtml?refresh_ce (Last accessed: 15-09-2024)

¹²⁹ <https://www.treccani.it/vocabolario/area/> (Last accessed: 15-09-2024)

performance¹³⁰. Furthermore, a comparison based on Google search occurrences validates the reliability of my translation. On September 15, 2024, search for ‘indicatore economico’ generated around 112,000 results in 0.23 seconds, whereas ‘scala economica’ provided only 7,010 results in 0.32 seconds.

I used the expanding translation process to translate the following segment [...] *positive psychologists have taken from [...]*. The literal translation provided by ChatGPT and DeepL Translate, ‘psicologi positivi’, may generate confusion because it implies that the psychologists in question are happy or optimistic¹³¹, which is out of context in this case. In order to avoid this possible misinterpretation, I translated the following phrase as ‘gli psicologi specializzati in psicologia positiva’. This expansion guarantees clarity by stating that these psychologists are practitioners or researchers in the field of positive psychology, keeping the original meaning while eliminating misleading connotations.

I translated the term ‘avoidance’ as ‘allontanamento’ while both ChatGPT and DeepL Translate as ‘evitamento’. My initial assumption was that ‘evitamento’ was a less prevalent term in Italian. Indeed, on September 15, 2024, a search for ‘allontanamento’ generated roughly 6,030,000 results in 0.28 seconds, whereas ‘evitamento’ returned around 288,000 results in 0.40 seconds. Despite this research, a closer examination at psychological contexts reveals that ‘evitamento’ frequently occurs in psychological discourse to represent the concept of active avoidance behaviour¹³². I recognise that ‘evitamento’ more accurately describes the section's technical and cultural complexities.

I translated ‘human actions’ as ‘comportamenti umani’ while both ChatGPT and DeepL Translate have opted for a literal translation, which is ‘azioni umane’. ‘Azioni umane¹³³’ refers to any act or operation carried out by an individual, usually with a conscious, deliberate intention. This term refers to both physical motions and decisions that result in concrete effects, emphasising the intentional aspect of the activity. In contrast, ‘comportamenti umani¹³⁴’ refers to a larger range of human behaviour, not merely intentional or conscious actions. Given this distinction, the term ‘comportamenti umani’ is more appropriate for the article's context since it better captures the intricacies of human action, which is influenced not only by conscious aim but also by instinct, habit, and contextual factors.

¹³⁰ [https://www.treccani.it/enciclopedia/indicatori-economici_\(Enciclopedia-Italiana\)/](https://www.treccani.it/enciclopedia/indicatori-economici_(Enciclopedia-Italiana)/) (Last accessed: 15-09-2024)

¹³¹ <https://dizionario.internazionale.it/parola/positivo> (Last accessed: 15-09-2024)

¹³² [https://www.treccani.it/enciclopedia/evitamento_\(Dizionario-di-Medicina\)/](https://www.treccani.it/enciclopedia/evitamento_(Dizionario-di-Medicina)/) (Last accessed: 15-09-2024)

¹³³ [https://www.treccani.it/enciclopedia/azione_\(Dizionario-di-filosofia\)/](https://www.treccani.it/enciclopedia/azione_(Dizionario-di-filosofia)/) (Last accessed: 16-09-2024)

¹³⁴ <https://www.treccani.it/enciclopedia/comportamento/> (Last accessed: 16-09-2024)

The term 'enjoyment' can be translated into Italian as 'appagamento' and 'godimento'¹³⁵, but they differ in small but fundamental ways. 'Appagamento'¹³⁶ refers to a profound and long-lasting sensation of fulfilment, which is frequently associated with the fulfilment of a long-held ambition or goal. This makes it more essential when addressing well-being because it represents a more stable and comprehensive feeling of personal contentment. On the other hand, 'godimento'¹³⁷ has a more immediate and visceral meaning, typically alluding to fleeting or sensual pleasures. Considering this contrast, I believe that 'appagamento' more effectively portrays the profound, continuous experience of wellbeing that is essential to the concept of hedonia.

In the segment [...] *eudaimonia encompasses concepts such as personal growth [...]*, the most direct equivalent in Italian of the term 'concepts' would be 'concetti', as reflected in translations by ChatGPT and DeepL. However, I chose to translate it as 'aspetti' rather than 'concetti', as the elements listed, such as personal growth and purpose in life, are not merely abstract ideas, but rather aspects of real life. 'Concetti'¹³⁸ denotes theoretical or intellectual constructs, whereas 'aspetti'¹³⁹ emphasizes concrete dimensions or characteristics that manifest in an individual's life. In this context, 'aspetti' more accurately captures the practical and experiential nature of personal growth, life purpose, and self-actualization, aligning the translation with the broader emphasis on real-life manifestations of eudaimonia.

As explained in Section 3.2, I believe that the most appropriate translation for 'contemporary work' is 'ricerche future'. DeepL Translate rendered it as 'lavoro contemporaneo', while ChatGPT opted for 'lavori contemporanei'. Although both translations adhere to a literal interpretation, ChatGPT's choice of the plural form more closely aligns with my point of view. The plural emphasises the potential and possibility of many studies or research contributions in the field, demonstrating the dynamic and continuous nature of scholarly activity.

I initially translated the expression 'crucial necessity' as 'importanza'. However, after revisiting the article and considering that both ChatGPT and DeepL Translate opted for the literal translation 'necessità cruciale', I now believe that the latter is the more appropriate choice in this context. The term 'importanza', while valid, does not adequately convey the urgency inherent in the original expression. 'Necessità'¹⁴⁰ underscores a fundamental requirement that must be fulfilled in order to

¹³⁵ <https://www.wordreference.com/enit/enjoyment> (Last accessed: 16-09-2024)

¹³⁶ <https://www.treccani.it/vocabolario/appagamento/> (Last accessed: 16-09-2024)

¹³⁷ <https://www.treccani.it/vocabolario/godimento/> (Last accessed: 16-09-2024)

¹³⁸ <https://www.treccani.it/vocabolario/concetto2/> (Last accessed: 16-09-2024)

¹³⁹ <https://www.treccani.it/vocabolario/aspetto1/> (Last accessed: 16-09-2024)

¹⁴⁰ <https://www.treccani.it/vocabolario/necessita/> (Last accessed: 16-09-2024)

achieve a specific objective, thus capturing the imperative nature of the concept. Furthermore, the adjective ‘cruciale¹⁴¹’ reinforces the critical importance of adopting integrated frameworks, particularly in relation to advancing research efforts. This literal translation more closely reflects the intended emphasis on both the urgency and need of the conditions being discussed, ensuring that the translation aligns with the original meaning and intent of the text.

For the expression ‘comprehensive framework’, there are three translations:

- I translated as ‘Modelli integrati’.
- DeepL Translate opted for ‘Quadri completi’.
- ChatGPT chose ‘Quadri comprensivi’.

When translating the term 'comprehensive frameworks', I first used 'modelli integrati', which refers to a theoretical or practical structure that unites and coordinates diverse aspects, particularly in domains such as psychotherapy¹⁴². However, after more examination, I recognise that the adjective 'integrati' may not well represent the concept of a global vision achieved by blending ideas from several philosophical traditions. DeepL Translate chose the word 'completi', which is recognised in numerous Italian-English dictionaries¹⁴³, to better represent this full perspective. Furthermore, the Italian-English dictionary suggests 'quadro¹⁴⁴' as a more appropriate word for ‘framework’. Both DeepL Translate and ChatGPT have used the term 'quadro' in their translations, providing its relevance. Given these considerations, DeepL Translate's translation of 'quadri completi' more accurately expresses the intended meaning of a comprehensive framework that combines and coordinates numerous aspects into a coherent and inclusive structure.

In translating the term ‘engagement’, I chose ‘impegno’ as it most effectively expressed the meaning within the section's context. Moreover, 'impegno' is one of the accepted translations of 'engagement¹⁴⁵'. Furthermore, DeepL Translate and ChatGPT both returned it as 'coinvolgimento', which is a valid translation. However, upon more examination, particularly of the PERMA model on Italian websites, I acquired that the term 'impegno' is often used to refer to this concept^{146,147}. The translation 'impegno' thus captures the meaning of the phrase better and is consistent with its usage

¹⁴¹ <https://www.treccani.it/vocabolario/cruciale/> (Last accessed: 16-09-2024)

¹⁴² <https://www.serenis.it/articoli/appreccio-integrato-psicoterapia/> (Last accessed: 16-09-2024)

¹⁴³ <https://www.wordreference.com/enit/comprehensive> (Last accessed: 16-09-2024)

¹⁴⁴ <https://www.wordreference.com/enit/framework> (Last accessed: 16-09-2024)

¹⁴⁵ <https://www.wordreference.com/enit/engagement> (Last accessed: 16-09-2024)

¹⁴⁶ <https://www.altreviste.com/gate/il-modello-perma-o-teoria-del-benessere/> (Last accessed: 16-09-2024)

¹⁴⁷ <https://www.iepp.es/it/modello-perma/> (Last accessed: 16-09-2024)

in pertinent Italian sources, even though both versions are accurate. This increases translation accuracy and coherence and guarantees more compliance with accepted terminology.

Following the examination of the three translations' different terminology, I want to concentrate on the syntactic and punctuation levels.

In terms of punctuation, both ChatGPT and DeepL Translate have kept the punctuation from the source text, which clearly adheres to English punctuation norms. I made a little change in my own translation. In the segment [...] *In the conceptualization of wellbeing, positive psychologists have drawn from two ancient philosophical traditions, hedonia and eudaimonia (Lambert et al., 2015) [...]*, the comma is used to introduce the two ancient philosophical traditions, treating them as new concepts. However, I opted for a colon instead of the comma because, in the Italian language, the colon is more frequently employed when the author seeks to clarify, demonstrate, or exemplify a prior sentence¹⁴⁸. There are no substantial differences between Italian and English punctuation, so the translations provided by ChatGPT and DeepL are valid, but I contend that the use of the colon aligns more closely with Italian linguistic norms.

At the syntactic level, I made some changes. I translated the segment [...] *Greek word 'hedone', meaning pleasure, suggesting that the pursuit of pleasure and the avoidance of pain represent the highest good and the primary driving forces behind human actions (Alizadeh & Filep, 2023) [...]* as 'Il concetto di edonia deriva dall'antica parola greca 'hedone', che significa piacere. Questo concetto suggerisce che la ricerca del piacere e l'allontanamento dal dolore rappresentano il bene supremo e sono le principali forze motrici dei comportamenti umani (Alizadeh & Filep, 2023).' I am aware that Italian syntax often favours complex sentences with subordinate clauses that contribute to a more fluid discourse. However, I opted for a full stop and added 'Questo concetto' to emphasis on the notion being discussed. From a syntactic point of view, it is possible to argue that the translation provided by both machine translation systems, 'Il concetto di edonia deriva dall'antica parola greca 'hedone', che significa piacere, suggerendo che la ricerca del piacere e l'evitamento del dolore rappresentano il bene più alto e le forze motrici primarie delle azioni umane (Alizadeh & Filep, 2023)', better aligns with Italian syntactic preferences. Indeed, when compared to the source English text, the source segment also favours a more complex sentence structure, which is more characteristic of Italian than of English, where shorter, more direct statements are typically preferred. It is possible to state that the source text is syntactically closer to Italian than to standard English writing conventions.

¹⁴⁸ <https://accademiadellacrusca.it/it/consulenza/la-punteggiatura/143> (Last accessed: 17-09-2024)

Another syntactic aspect I would like to analyse concerns my translation of the sentence [...] *However, despite initial conceptualisations, existing research on the affiliation dimension with nature and social connections has yet to provide [...]*. I translated this segment as ‘Nonostante queste prime concettualizzazioni, la ricerca esistente non ha ancora fornito...’ I initially made this choice because I considered the repetition unnecessary and thought it might potentially disrupt the reader’s flow. However, after reviewing the translations provided by both ChatGPT and DeepL Translate, which rendered the sentence as ‘Tuttavia, nonostante le prime concettualizzazioni, la ricerca esistente sulla dimensione dell’affiliazione con la natura e le connessioni sociali non ha ancora fornito’, and upon rereading the entire section, I realised that the repetition regarding the nature of the existing research was necessary since the previous section introduces two models, and consequently there was research to support their development. A slightly distracted or fatigued reader might not immediately identify which specific research is being referenced. Furthermore, if the original authors of the article chose to reiterate this point, it is the responsibility of the translator to preserve this repetition in their translation, as it reflects the intention of the authors. Respecting the original text’s structure and rhetorical strategies is crucial in ensuring fidelity to the source material. As a result, the repetition, has a function, and included it in the translation promotes coherence and agreement with the original authors’ objectives.

Conclusion

The field of machine translation has made tremendous advances since its inception about seventy years ago. The advent of artificial intelligence marked an important turning point. Artificial intelligence is a machine's ability to emulate human characteristics such as creativity, learning, reasoning, and planning¹⁴⁹. The introduction of artificial intelligence has enabled the development of neural network-based machine translation, of which DeepL Translate is the best example, as well as artificial intelligence machine learning models specialised in natural text comprehension and generation, known as Large Language Models, of which ChatGPT is currently the best-known example. I used both devices to confirm or refute the hypothesis at the basis of my thesis. I employed DeepL Translate and ChatGPT because I wanted to understand whether machine performs better as a support tool throughout the translation process performed by a human translator. Following the development of the procedure described in Chapters 2 and 3, I have realised that identifying which machine is superior is almost impossible. Both systems have their advantages and disadvantages. However, the fundamental goal of my thesis was not to prove which machine was better. My main aim was to determine whether the human translator might operate without machine translation and technology, basing my conclusions on practical experience.

In Chapter 3, I contrasted my own translation done without the use of Internet with the translations produced using ChatGPT and DeepL Translate. I applied this procedure to both the article's abstract and the section I selected. I analysed the three translations mainly at the syntactic and terminological level. I concluded that machine translation tools and technology in general are necessary for human translators. My decision to not conduct Internet research during the translation process has frequently caused me frustration. First of all, translating without the support of the Internet requires a strong understanding of both the source and target languages. This approach highlights the translator's innate knowledge, linguistic intuition, and cultural proficiency. While it is obvious that a professional translation must have a strong knowledge of both the source and target languages, it is important to remember that translators are not omniscient and cannot be expected to recall every phrase or concept from the dictionary.

¹⁴⁹<https://www.europarl.europa.eu/topics/en/article/20200827STO85804/what-is-artificial-intelligence-and-how-is-it-used> (Last accessed: 21-09-2024)

I am quite fluent in both my mother tongue and in English but, despite my strong interest in both psychology and tourism, which is why I chose the article from which I extracted the abstract and section, I was unfamiliar with some sector-specific terms and concepts related to both subjects. As a result, my translation decisions have frequently been influenced by intuition and the cumulative knowledge gained over years of study. As much as intuition is required in this field, a translator must be able to justify each translation decision. Without access to research resources, the translator runs the risk of overlooking idiomatic phrases, or new terminology innovations that could improve translation accuracy and flow. This is especially important in technical or highly specialised texts, where a lack of accurate vocabulary may jeopardise the overall accuracy of the work. Just to give an example, I mistranslated 'in-depth interviews'. Furthermore, seeing the two translations by ChatGPT and DeepL Translate caused me to reconsider some of my translation choices. For instance, for the segment [...] *However, despite initial conceptualisations, existing research on the affiliation dimension with nature and social connections has yet to provide [...]*, I had initially decided to eliminate the last part. After reading the translations generated by both machines, I realised that by deleting the final section, I had made my translation incomprehensible, and thus I was mistaken.

The field of machine translation is growing rapidly, with new and improved solutions appearing almost every day. In my opinion, a qualified translator has to embrace change and adaptability. In an industry where speed and efficiency are increasingly encouraged, it is crucial to recognise the role of technology in improving translation processes. Machines will never replace the empathy, passion, and dedication that human translators bring to their work; yet, if used correctly, technology can make the human translator's job easier. Rather than considering translation tools as competitors, we should view them as partners who may help us expand our skills. Resisting the inevitable developments in this profession is ultimately fruitless; instead, professionals should use these tools to improve their job and meet the industry's ever-changing demands.

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