

WELLNESS CENTER WITH HEALING ENVIRONMENT APPROACH IN TANGERANG CITY

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Abstract. After the COVID-19 pandemic, global focus on health has increased, including mental health issues. However, many people in Indonesia still consider mental health to be a taboo subject. In reality, mental health has a significant impact on community life. Poor mental health, such as stress, anxiety, and depression, can negatively affect physical well-being and reduce the quality of life, particularly in big cities like Tangerang. Tangerang's numerous industrial factories contribute to air pollution, the lack of green spaces, and significant social pressures, all of which increase stress among its residents and can lead to mental health issues that may result in harmful actions toward themselves or others. In 2018, TangerangNews reported 15 suicide incidents in Tangerang City, Tangerang Regency, and South Tangerang, with causes ranging from economic factors to depression. According to Pasla (2023), several methods can prevent the negative impacts of mental health issues, including maintaining and improving mental well-being through actions that balance physical and spiritual conditions. In response to these challenges, the planning and design of a Wellness Center could be an inspiring solution with the potential to positively impact the community in Tangerang. Integrated with the Healing Environment approach, which creates a more healing and restorative building environment, this facility aims to enhance community wellness in a positive, targeted, and effective manner, reducing stress levels and preventing depression to improve the quality of life in Tangerang.

Keyword: *Wellness Center, Healing Environment, Mental Health, Quality of Life, Tangerang City*

INTRODUCTION

After the COVID-19 pandemic in recent years, global attention on health has increased, including mental health issues. Mental health has been drawing worldwide

attention due to a continued rise in cases each year. According to a scientific report released by the World Health Organization (WHO), there was at least a 25% increase in cases of depression and anxiety in the first year of the pandemic. In Indonesia, Dr.

Celestinus Eigya Munthe, Director of Mental Health and Drug Addiction Prevention and Control, explains that mental health issues in Indonesia are related to the prevalence of mental disorders. Currently, Indonesia has a prevalence of mental disorders affecting about 1 in 5 people, meaning approximately 20% of the population may experience mental health issues (Rokom, 2021). Despite this data, mental health issues are still considered taboo in Indonesia. However, poor mental health, such as stress, anxiety, and depression, can have various negative impacts that reduce the quality of life in a region.

As a metropolitan city, Tangerang has many industrial factories that contribute to air pollution, which adversely affects both physical and mental health. Research by Xin Zhang and colleagues in 2017 revealed that increased exposure to PM2.5 (air particles smaller than or equal to 2.5 micrometers), both short-term and long-term, is associated with depression. This means that exposure to pollution can make individuals more susceptible to depression. According to TangerangNews, from 2021 until late September 2022, there were 15 reported incidents of suicide in Tangerang City, Tangerang Regency, and South Tangerang, with various factors including depression.

According to Pasla (2023), there are several ways to prevent the negative effects of mental health issues, including maintaining and improving mental conditions through actions such as balancing life activities, managing stress through meditation, engaging in physical activities, maintaining a balanced diet, getting adequate rest, seeking support from both loved ones and professionals, setting realistic expectations, avoiding addictive substances, staying mentally active, and having self-confidence.

In response to these issues and challenges, Tangerang needs a facility that can support

both physical and mental health and well-being, aiming to prevent and reduce stress and depression, thereby improving the quality of life in the city. Therefore, the design of a Wellness Center in Tangerang is an inspiring idea with the potential to positively impact the community. This center will be integrated with the Healing Environment approach, which aims to create an environment that supports physical, mental, and emotional healing and recovery, providing a space for relaxation and stress reduction for those seeking to enhance their well-being..

METHODS

This final project report employs a descriptive method by presenting, explaining, and detailing factual data about the existing conditions of the site and its surroundings through Literature Review, Observational Study, Data Analysis, and Conclusions.

CONCEPT

Wellness Center with a Healing Environment approach in Tangerang City is a facility designed to support activities that enhance human wellness and well-being. This center is created in response to the high incidence of physical and particularly mental health issues in Tangerang City, which negatively affects residents' quality of life. The goal is to prevent adverse effects and optimize human resources. Additionally, the building is fully integrated with the Healing Environment concept, which provides a restorative and healing environment. This approach includes maximizing calming green spaces and balancing the spatial composition to ensure comfort and accelerate the achievement of human wellness and well-being

Site Determination Criteria

Several criteria are analyzed to gain a comprehensive understanding of the site location to be used, including:

1. Land Use Aspect: The location must comply with Peraturan Daerah Kota Tangerang Nomor 6 Tahun 2019 tentang Perubahan Atas Peraturan Daerah Nomor 6 Tahun 2012 tentang Rencana Tata Ruang Wilayah Kota Tangerang Tahun 2012-2032. The site should be designated as an area for trade and services, as indicated by the selected PPK (Primary Planning Area) and SPPK (Supporting Planning Area).
2. Site Availability Aspect: Preference is given to vacant sites over those with existing buildings to ensure that the site is not merely hypothetical.
3. Environmental Aspect: The location must be strategically positioned (close to residential and workplace areas) and equipped with adequate facilities, amenities, urban infrastructure, and utility networks to support the building's operations.
4. Ecological Aspect: The selected area must have natural conditions that can support the building in enhancing human resources through a healing environment.
5. Comfort Aspect: The chosen location must provide comfort for all parties, both in terms of activities and accessibility, to maximize the building's potential.

Selected Site

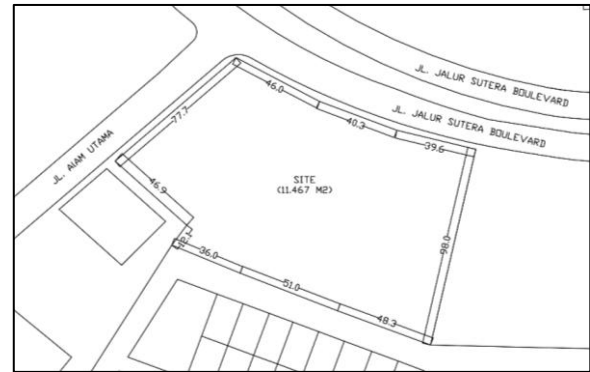


Figure 1 Selected Site

Location : Jl. Jalur Sutera Boulevard,
Kelurahan Panunggangan
Timur, Kecamatan Pinang,
Kota Tangerang

Area : 11.467 m²

Function : Wellness Center

KDB : Max. 60%

KLB : Max. 20 Floor

KDH : Min. 15%

GSB : 8 meter

Contextual Aspect Approach

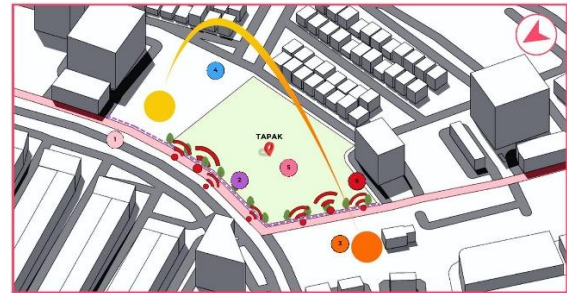


Figure 2 Site Analysis
Source: Author

1. Accessibility: Access to the site is via two roads: Jl. Jalur Sutera Boulevard on the front side of the site and Jl. Alam Utama on the left side of the site.
2. Infrastructure: The existing infrastructure around the site can be observed through the presence of pedestrian pathways with green buffers before the road.
3. Sun Path: In the morning, the sun illuminates the right side of the site,

while in the afternoon it shines on the left side, which directly borders Jl. Alam Utama.

4. Wind: The prevailing wind direction at this location typically moves from the northwest toward the southeast.
5. View: The site has potential for main views in several directions: northwest, northeast, and southeast.
6. Noise: The source of noise at the site comes from the surrounding roads, with vehicle noise being the main issue, even though the roads are generally not heavily trafficked

Architectural Concept Approach

The Healing Environment approach is a design methodology that arranges, engineers, and creates physical conditions both inside and outside buildings to support users in accelerating recovery and reducing stress caused by various issues, including physical, mental, and emotional problems. This aligns with the goal of establishing a Wellness Center in Tangerang City, as applying this approach will enable the building to function more effectively, efficiently, and optimally in enhancing the physical and mental health of the community, thus reducing stress levels that could lead to depression, and improving the quality of human resources in Tangerang City.

In planning and designing buildings using the Healing Environment approach, there are several principles that need to be considered and implemented (Day, 2003). There are 10 principles in total, and some of them will be the focus for designing this Wellness Center. Here are the 10 principles of the Healing Environment approach, with 7 of them being the main focus for the design.

No	Prinsip Healing Environment
1.	Indoor Air
2.	Health of Daylight
3.	Life-energizing Surrounding
4.	Color
5.	View
6.	Sound
7.	Aroma
8.	Balance
9.	Spiritual Needs
10.	Serenity

Sumber: Analisi Pribadi, 2023

Figure 3 Principle of Healing Environment

a. Health of Daylight

To achieve this principle which is optimizing the beneficial effects of sunlight, various strategies can be employed. These include designing spaces that are exposed to sunlight through openings or windows, using special types of glass, arranging vegetation to reduce glare and heat, and maximizing the conditioning of the surrounding air.

b. Life-Energizing Surrounding

The arrangement of shapes and spaces can create a sense of vital energy that humans can perceive. Typically, shapes that generate energy tend to be less angular, as corners can give a rigid impression and seem to constrain movement. To maximize this principle, it is important to minimize angular shapes and incorporate more fluid, rounded forms.

c. Color

In practice, this principle focuses on the use of color both inside and outside the building to enhance user comfort. Colors can be derived naturally from materials such as wood and stone, or through

understated, calming paint choices that create a soothing atmosphere.

d. View

To maximize this principle, windows or openings are used that provide direct views outside the building. Creating a rooftop can also be an excellent alternative, as it offers flexible views of the surrounding area and allows for direct interaction with the natural environment.

e. Sound

Utilize or incorporate ambient sounds around the building to create a relaxing and soothing atmosphere by leveraging natural elements. This can be achieved using various types of sounds such as the trickle of water, rustling leaves, footsteps on stones, and the chime of wind bells..

f. Scent

By incorporating fragrant flowering plants for outdoor spaces and various types of aromatherapy for indoor areas, this principle can be maximized. Engineered scents can help alleviate stress, anxiety, and provide a sense of calm to those who experience them. Additionally, pleasant aromas can eliminate unpleasant odors, significantly enhancing comfort for users.

g. Balance

In certain situations, there needs to be a specific balance between the building and its users. This balance can be achieved through the building's form, sculptures, or even the surrounding environment. By incorporating softer elements, the strong impression from the surrounding area can be counterbalanced.

DESIGN RESULT

In the planning of this Wellness Center, various types of roof are utilized to support both the building's form and function. These include a space frame roof that mimics the curves of a lotus flower petal, a space truss roof that serves as an accent unifying the building's shape, a concrete deck roof that functions as a rooftop floor, and a green roof that aids in building greenery while also assisting in the rainwater harvesting system. Although the building's layout appears to be divided into three distinct masses, there is a connector on the upper floor that integrates these masses into a cohesive whole and provides access for the building's users.



Figure 4 Blockplan



Figure 5 Siteplan

The floor plan of the first level of the building is dominated by public spaces that are accessible to everyone, including both

staff and visitors. However, there are some areas designated for service and staff that are not open to the general public. The second and third floors also include some spaces allocated for staff, aimed at supporting the needs of the management while still catering to the requirements of the visitors.

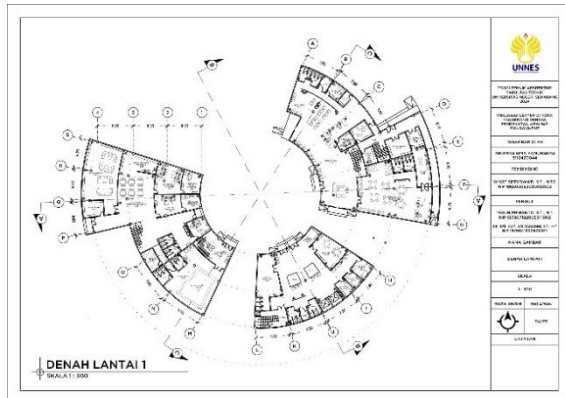


Figure 6 1st Floor Plan

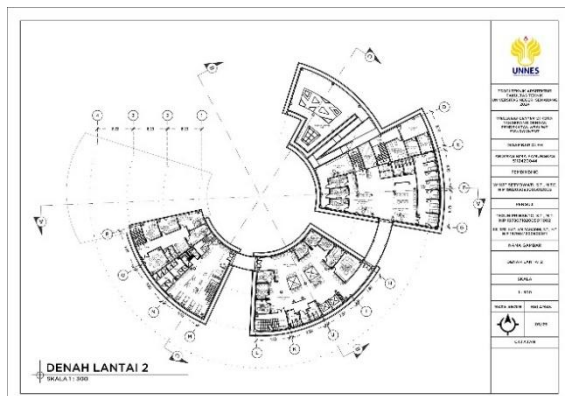


Figure 7 2nd Floor Plan

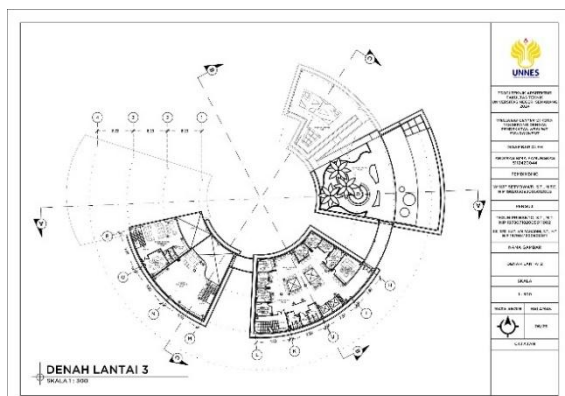


Figure 8 3rd Floor Plan

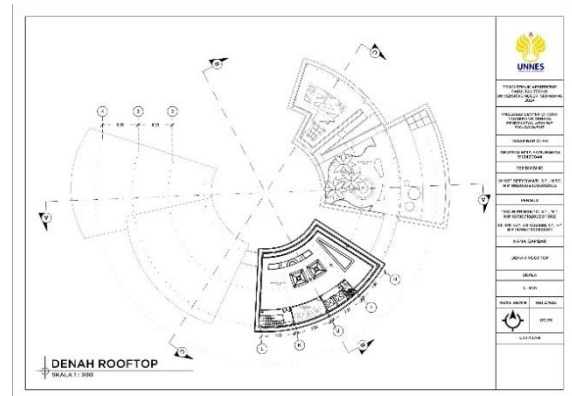


Figure 9 Rooftop Plan

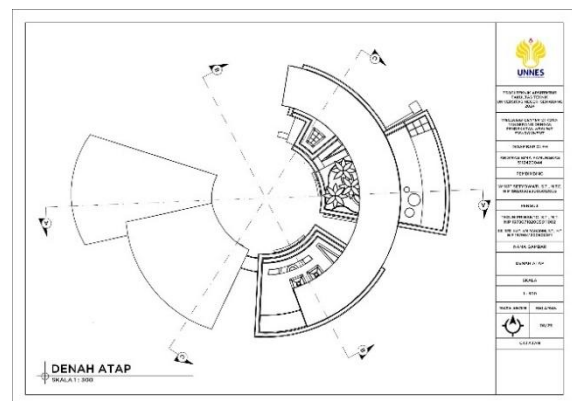


Figure 10 Roof Plan

The building features three rooftops, all of which can be accessed via elevators. Additionally, there is a ramp provided to ensure that all visitors, including those with disabilities, can reach the rooftops without exception.

The building is divided into four parts, named Front Elevation, Right Elevation, Back Elevation, and Left Elevation. However, the building sections are divided into three parts according to the building's radial grid, cutting through each mass of both floors and roofs.



Figure 11 Front Elevation

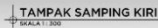


Figure 14 Left Elevation



Figure 12 Right Elevation



Figure 15 A-A Section



Figure 13 Back Elevation



Figure 16 B-B Section

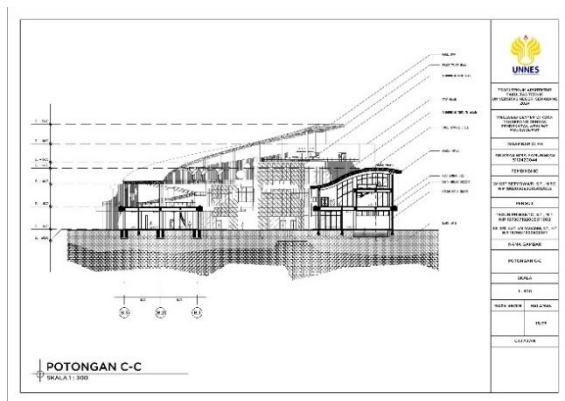


Figure 17 C-C Section



Figure 19 Front Building Perspective

In alignment with the Healing Environment approach, the building's shape, placement, and exterior are all optimized to create a positive and therapeutic environment (both physically and mentally). The exterior features reduced sharp edges, predominantly natural colors, and a calming space designed to enhance the 'healing' process.



Figure 20 Drop-Off Area



Figure 18 Aerial View



Figure 21 Rooftop



Figure 22 Artificial Forest Area



Figure 24 Main Lobby



Figure 23 Signage of Building



Figure 25 Healthy Food Restaurant

The interior also reflects this approach, with a dominant use of natural colors in most spaces to create a soothing atmosphere for all building users. Natural lighting is provided through window openings and skylights, both extensively and selectively, to ensure that each room feels vibrant. Additionally, light control is optimized with a secondary skin to prevent excessive brightness.

Privacy between spaces is also optimized to support the recovery process for visitors, ensuring they experience both security and comfort.

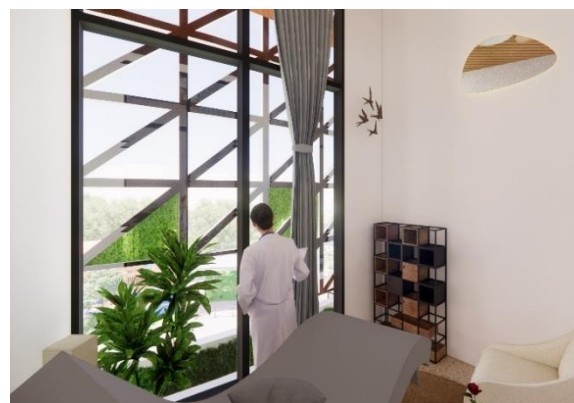


Figure 26 Counseling Room



Figure 27 Group Counseling Room



Figure 28 GYM



Figure 29 SPA Room

CONCLUSION

The planning and design of the Wellness Center with Healing Environment approach in Tangerang City is a project aimed at providing a community space to improve wellness in a thoughtful, targeted, and effective manner. This initiative is driven by the increasing mental health issues in Tangerang City, with the goal of reducing

stress levels that could potentially lead to depression, thereby enhancing the quality of human resources in the city.

By utilizing the Healing Environment approach, the center aims to create an environment that supports physical, mental, and emotional healing, while also offering a sanctuary and relaxation space for individuals seeking ways to reduce stress and improve their well-being.

Located in the central area of Tangerang, surrounded by residential and workplace areas, the Wellness Center spans 11,467 m² (1.1 hectares). Given this context, the building can effectively address its objectives, as the stress levels in the surrounding community are notably high due to various issues such as work and domestic challenges. Consequently, this project aims to gradually enhance the quality of human resources in Tangerang City.

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