

Designing Healing Center for People with Mental Problems in Lembang, West Bandung Regency

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Abstract: The 2018 Riskesdas results for provinces throughout Indonesia noted that the graph of mental disorders and depression in DKI Jakarta and West Java tends to increase from 2013 to 2018. The Least and Most Stressful Cities Index 2021 report also states that the city of Jakarta is a city with high levels of 9th highest stress in the world. The Healing Center for ODMK (Orang dengan Masalah Kejiwaan or People with Mental Problems) in Lembang, West Bandung Regency aims to provide a means of restoring health to the human mind. The authors used qualitative methods by collecting secondary and primary data through research journals, books/ebooks, and articles related to the research object. They also conducted a survey of the design location as analysis material. The results of the analysis show that the basic recovery method that can be applied by many people is the Self Healing method so that in terms of building the appropriate theme is Healing Environment. The Healing Environment theme aims to create an environment that can heal. It is hoped that the Healing Center for the ODMK (People with Mental Problems) in Lembang, West Bandung Regency can be a solution for recovering a person's mental problems and providing sensitivity to mental health.

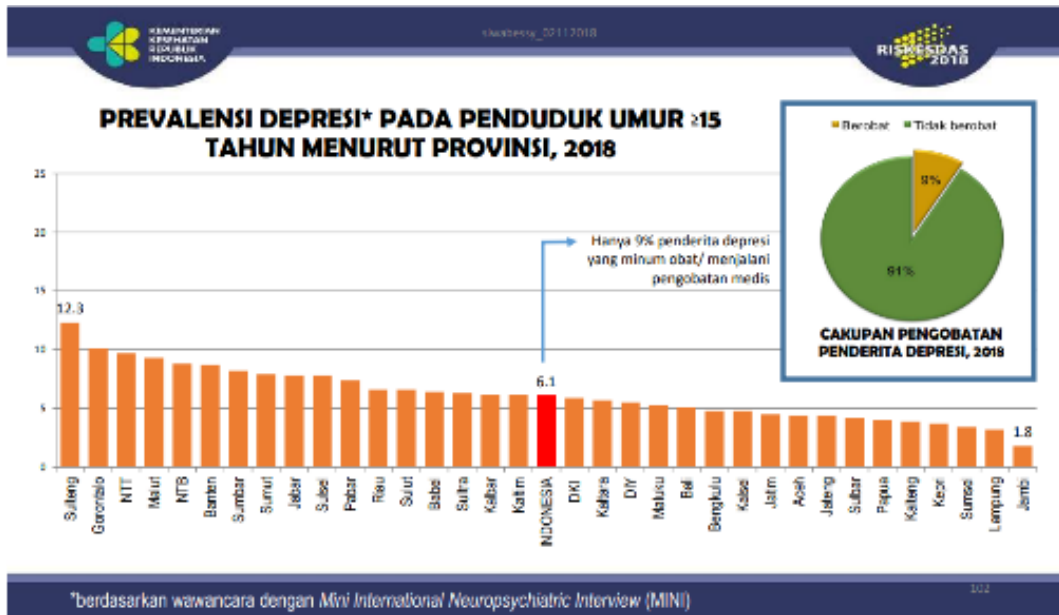
Keywords: healing center, healing environment, mental health, self-healing.

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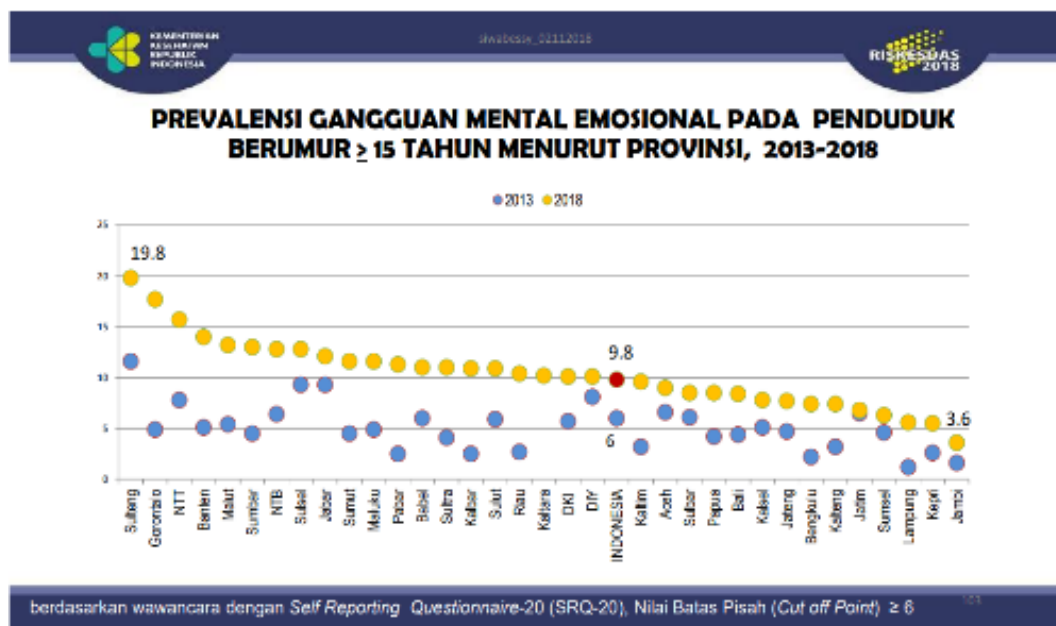
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Introduction

Jakarta is the most densely populated city in Indonesia and has a fairly rapid economy, thus triggering new immigrants from outside the city. Apart from that, based on the DKI Jakarta Provincial Central Statistics Agency, the population of Jakarta in 2021 was 10,644,776 million people. This increases the population density of the city of Jakarta and has the potential to cause stress among the people. Based on the results of the 2018 Riskesdas for provinces throughout Indonesia, mental disorders and depression in residents >15 years of age in Jakarta and West Java are high in Indonesia. Based on the 2018 Riskesdas results, provinces throughout Indonesia also show that the graph of mental disorders and depression tends to increase from 2013 to 2018.



[Source: 2018 riskesdas results for provinces in indonesia (uploaded 2 October 2022)]
 Figure 1. Graph of the prevalence of depression in population aged >15 years by province, 2018



[Source: 2018 Riskesdas results for provinces in Indonesia (Uploaded 2 October 2022)]
 Figure 2. Graph of the prevalence of mental emotional disorders in population aged >15 years by province, 2013 – 2018

Apart from that, based on the report The Least and Most Stressful Cities Index 2021 states that the city of Jakarta is the city with the 9th highest stress level in the world. Factors that influence include safety and security rates, social and political stability, gender and minority equality, population density levels, as well as traffic congestion and noise pollution.

#	CITY	COUNTRY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	TOTAL
90	Istanbul	Turkey	52.3	32.5	51.0	33.4	5,679	7.0	66.5	85.2	19.6	64.9	12.7	79.3	80.7	46.2	66.4	73.9					44.9
91	Kiev	Ukraine	54.2	20.1	66.0	66.5	249	7.0	35.5	86.3	32.6	93.3	9.1	59.4	87.0	38.1	51.1	68.9					42.8
92	Jakarta	Indonesia	46.7	44.7	59.8	34.0	2,703	41.5	19.9	68.3	95.4	85.2	11.0	69.3	33.0	97.2	31.0	76.0					41.8
93	Karachi	Pakistan	17.9	15.4	11.9	25.0	4,246	65.4	56.1	21.3	11.0	93.3	4.7	70.6	22.7	85.3	17.2	82.2					36.6
94	Moscow	Russia	49.3	35.4	63.7	12.0	2,957	1.0	30.6	91.9	40.8	77.3	3.6	30.6	80.1	69.3	68.5	74.7					36.1
95	Kabul	Afghanistan	1.0	1.0	44.6	34.0	16,126	46.9	66.6	27.4	34.7	93.7	11.7	83.9	38.7	63.6	1.0	86.6					34.3
96	Baghdad	Iraq	31.3	2.4	1.0	17.0	12,073	43.9	55.6	39.4	39.7	82.8	13.7	69.6	51.1	63.7	33.8	67.1					31.7
97	New Delhi	India	30.1	44.9	54.2	50.5	11,313	16.8	47.6	1.0	19.7	87.2	9.4	73.9	1.0	72.7	31.4	51.9					31.5
98	Manila	Philippines	29.8	38.1	74.3	63.4	20,784	3.3	14.2	63.7	13.6	88.2	8.8	49.3	51.2	94.9	42.4	63.6					29.4
99	Lagos	Nigeria	18.3	17.7	49.0	34.0	7,877	33.0	2.1	76.3	1.0	95.0	37.1	34.5	93.6	94.8	6.1	79.1					19.9
100	Mumbai	India	36.71	45	54.16	50	53,6764.00	3.25	1.00	60.10	10.34	89.19	3.60	19.65	1.00	79.73	31.12	51.85					1.00

[Source: 2018 Riskesdas Results for Provinces in Indonesia (Uploaded 2 October 2022)]
 Figure 3. Graph of the prevalence of depression in population aged >15 years by province, 2018

Stress is not an easy thing to accept and cure, in some cases if left for too long it can cause more serious mental problems. Indonesian society still has a bad stigma against people with mental disorders who seek treatment from psychologists or psychiatrists. However, apart from treatment through a psychologist or psychiatrist, mental illness can be prevented by giving yourself time to recover by managing the perception gap between the demands of pressing situations based on each individual's abilities, which is also commonly called coping in Psychological Science. The Healing Center, which is also often called the Healing Center, can be used as an alternative to carry out this process.

The Personal Recovery Center that will be designed targets the population of Jakarta City and Bandung City as the most densely populated cities in West Java. The location for designing this Healing Center which is considered suitable is the Lembang area, taking into account its location which is easily accessible from the city of Jakarta and the city of Bandung. The location of the Lembang area in the highlands is also a factor that influences the design location, because it still has cooler and cooler air.

Due to Law No. 36 of 2009 (Health Law), health is a condition of being physically, mentally and socially healthy so that it is possible for humans to live productive lives socially and economically. Apart from that, the World Health Organization (WHO) in 2001 stated that mental health is a condition of a person's well-being in which a person can manage life stress appropriately, work productively and productively, and play a role in their community (Prismandari, 2017).

People who have mental health problems are classified into two, namely ODMK (Orang dengan Masalah Kejiwaan or People with Mental Problems) and

ODGJ (Orang dengan Gangguan Jiwa or People with Mental Disorders). Based on Republic of Indonesia Law Number 18 of 2014, ODMK (Orang dengan Masalah Kejiwaan) are people who have physical, mental, social, growth and development problems, and/or quality of life so they are at risk of experiencing mental disorders. Meanwhile, people with mental disorders (ODGJ/Orang dengan Gangguan Jiwa) are people who experience disorders in their thoughts, behavior and feelings which are characterized by a collection of symptoms and/or changes in behavior, causing suffering and obstacles in carrying out their functions as human beings (Prismandari, 2017).

According to Louis Proto, Self Healing is healing with the power of the mind through the stages of ensuring that everyone has the ability to heal themselves with the power of the mind. Self Healing also emphasizes the method of self-healing by expressing an individual's feelings and emotions which involves several methods, namely, regulating breathing, touch and calm (Khusna, 2021). To M. Amin, self-recovery or self-healing is carried out through psychological mechanisms that are deliberately implemented. Mechanisms that can be implemented include relaxation, breathing exercises, fitness training, imagery and meditation. This approach is stated to be able to improve a person's psychological and physical condition.

Self-recovery or self-healing is a phase that is applied in the recovery process caused by psychological disorders, trauma, and so on. The procedures carried out in self-healing have the aim of reducing stress, fear and other emotional mental problems. During the process, self-recovery can help psychological problems experienced by a person by using introspection techniques, such as meditation, exercise, surrendering to God, as well as activities that are relaxation and reflection.

In restoring mental health, there are methods that can be applied. These methods are explained as follows. a) Mind Healing Technique (MHT): Mind Healing Techniques applies mind programming by using the subconscious mind in MHT formulas or pins with unconscionable language in the form of positive language, sentences about desired conditions, self-talk accompanied by positive feelings. This programming focuses on replacing negative thought patterns, feelings and actions with positive ones (Fikra, 2021). b) Psychotherapy: Psychotherapy is defined as the treatment of psychological disorders with psychological methods. The techniques included aim to help someone overcome their emotional disorders by modifying their behavior, thoughts and emotions so that the individual can develop themselves in overcoming the psychological problems they are experiencing (Yani, 2022). c) Healing Touch with Reiki Energy: Healing Touch is a therapy that is categorized as a mind and body therapy that involves the direction of healing energy through the practitioner's hands to facilitate health and well-being by modifying the patient's energy field. Healing Touch can be done using Reiki energy. Reiki comes from Japanese which means universal life energy. The healing system from Reiki energy is by channeling therapeutic energy to the patient using the therapist's hands (Septiawan, 2018). d) Floatation Therapy: Floatation Therapy means that floating therapy is a therapy using a hydrotherapy device so that a person can float weightlessly on

the surface of the water. The hydrotherapy device in floatation therapy is a floatation tank filled with water mixed with MgSO₄ (magnesium sulfate) solution or often referred to as Epsom salt which allows the user to float comfortably in a supine body position on the surface of the water (Kjellgren, 2014).

In carrying out self-recovery, apart from using several treatments such as therapy, counseling and meditation. There are several activities that can be beneficial and provide a positive response to the body and mind. There are several previous studies to find out activities that can be implemented during the recovery period, one of which is research by Ade Rahman (2018). This research aims to determine the need for a trauma healing program for children after the flood disaster in Sungai Pua sub-district. The results of this research show that disaster victims with trauma need entertainment to recover from their trauma. Then Ade Rahman explained again that the trauma healing program could be carried out with activities during the recovery period including studying, reading, painting and other artistic activities (Rahman, 2018).

Methodology

Healing environment comes from English which means healing or recovery and environment means environment, atmosphere. Meanwhile, according to Podbelski, et al, it aims to reduce stress from the environment, connect patients with nature, increase patient control, encourage social support from those around them, provide positive distractions, and inspire feelings of peace and hope as well as spiritual connection (Selendra, 2022).

According to the article entitled "Creating Healing Environments: Humanistic Architecture and Therapeutic Design" written by Richard Mazuch and Rona Stephen (Pratama, 2021), there are three important aspects when designing an environment that provides a healing atmosphere, including the following: design sensitivity (sense of design), emotional mapping, and design concoction (prescription design).

The design sensitivity referred to here is how an environmental and spatial design can be responded to by the human senses within it. The first treatment when trauma or anxiety is triggered is to try to think about what the human senses are feeling. Therefore, the elements that exist in the design sensitivity point are: Sense of Hearing: Pleasant sounds can create enjoyment for residents and are believed to have an effect on the nervous system so that they can calm. such as the sound of music, natural sounds such as wind, rain, birds chirping, and gurgling water. Sense of Sight: Something beautiful can make someone who sees it feel calm. Examples are scenery, lighting, and artwork. Sense of Smell: Aroma also has an influence on the mind. The delicious aroma is believed to lower blood pressure and heart rate. A pleasant aroma can be provided from vegetation that has a scent such as jasmine, rose, tuberose, etc. Sense of Touch: The combination of materials in a building can bring sensitivity to its occupants. The materials that can be applied are a combination of natural materials such as natural stone and wood.

Emotion mapping is used to make it easier for architects and therapists to plan the recovery stages for someone who has mental problems. Spatial planning

and its function are emphasized to create perceptions for the user, so that users can easily create positive suggestions for their thoughts through a room or environment. For example, the choice of colors in a room is considered based on the human psychological response to color. The following is a summary of the meanings and psychological effects of colors that have been recognized (Lituhayu, 2012).

The design concoction aims to define optimal and precise conditions for the visitor's healing process. Architects must know the function of a room, materials and good concepts to apply in their building. There is a need to identify optimal healing and cause a positive response to the human senses for the spaces within it (Pritama, 2021).

One aspect of the Healing Environment is to present a natural atmosphere in the environment. This can be presented through a Healing Garden which has therapeutic elements. This Healing Garden focuses on healing with natural therapy which is also a recovery strategy for patients. Therapy using the Healing Garden can be felt directly by the human senses, apart from that it also affects their psychology. The aspects to pay attention to in implementing the Healing Garden (Putri, 2021) are human senses, where landscape elements must be able to cause sensitivity to the senses of hearing, smell, sight and touch and, secons, psychological, where psychological aspects are also important by paying attention to solitude (solitude/privacy for the user), calm, activities carried out by the user while in the park, and security.

Alpha Healing Center is a rehabilitation center for drug and alcohol abusers, and other addictions. The Healing Center, which is located in Godhara City, India, has a footprint of around 6.9 hectares. The facilities provided include an administrative office that serves visitor administration and counseling. Alpha Healing Center also provides housing for patients and therapists. In addition there is a restaurant, function room, gymnasium, spa, table tennis, carom and billiards.



[Source: <https://www.worldbuildingsdirectory.com/entries/alpha-healing-center/> (Uploaded 8 October 2022)]

Figure 4. Alpha Healing Center

The Sanctuary Wellness Center which is located at Setra Duta Raya No. L6, Ciwaruga, Kec. Parongpong, West Bandung Regency, West Java is a building with a service function to accommodate activities that are healthy for the body physically, mentally, emotionally and spiritually. The Sanctuary Wellness Center

has the main function of providing activities in the form of meditation and sports activities.



[Source: Salafiyah, 2023]

Figure 5. The sanctuary wellness centre

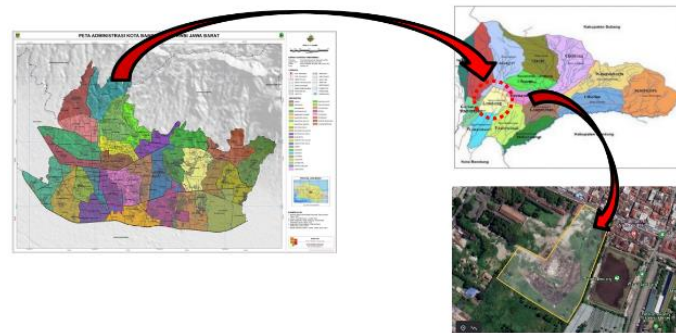
In designing the Healing Center for ODMK (People with Mental Problems) in Lembang, West Bandung Regency, the method used was a qualitative method. In the previous studies, Anwar & Ardhiati (2023), Gunawan & Ardhiati (2022), Herlambang & Ardhiati (2023), Kholis (2023), and Subagyo & Adi (2023) applied the same method but different objects.

The author in this study collected secondary and primary data. Secondary data includes research journals, books/ebooks, and articles related to the object to be designed. such as regional regulations, understanding and methods for self-recovery, the Healing Environment theme which is used as a reference in designing the Healing Center.

Primary data collected through surveys to the design location. The author collects images directly to be used as material for analysis. Apart from that, the author identifies the potential and problems that exist on the site. The author also conducted an interview session with someone who was familiar with the location. These data are then used as a reference when carrying out site and building analysis so that they can produce a synthesis, concept, and even design development.

Results and discussion

Tables and figures



[Source: earth.google.com. Uploaded 2 October 2022]
Figure 6. Site location

The site is on Jalan Grand Hotel Lembang, Lembang, Kec. Lembang, West Bandung Regency, West Java. The site has an area of around 2.5 hectares. The location of this site is close to commercial and tourist buildings. Tapak is included in the Local Activity Center (PKL) area, namely an urban area which functions as a trade and services area, industry, economy on a regional scale, education, health and worship. This site is directly connected to Jalan Raya Grand Hotel Lembang. The site also has complete facilities and infrastructure as well as good public facilities.

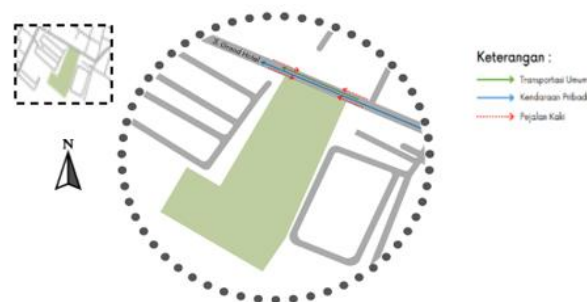
Based on the RTRW and regional regulations, the land intensity is as follows and its calculations:

- KDB: $40\% \times 25,000 \text{ m}^2 = 10,000 \text{ m}^2$
- KLB: $0.7 \times 25,000 \text{ m}^2 = 17,500 \text{ m}^2$
- KDH: $10\% \times 25,000 = 13,000 \text{ m}^2$
- GSB: 6 meters
- KTB: = KDB.

The site boundaries for this first alternative location include: North: shop building; East: shop buildings, stadiums and plantations; West: grand hotel lembang and shopping buildings; and South: plantations.

Site Analysis

a. Circulation and achievement



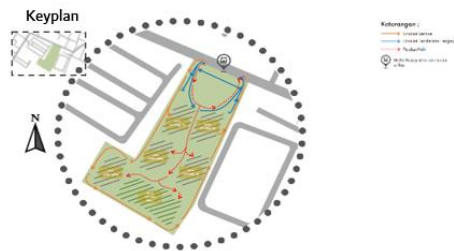
[Source: Salafiyah, 2022]
Figure 7. Circulation and attainment data around the site

Access to the site can only be via Jalan Grand Hotel Lembang which is on the north side of the site using private vehicles, public transportation and online transportation. The travel route that can be taken to reach the site is via the Pasteur Toll Road – Jalan Sukajadi – Jalan Setiabudi – Jalan Raya Lembang – Jalan Grand Hotel Lembang. On certain days, Jalan Grand Hotel Lembang experiences traffic jams.

Table 1. Circulation and achievement analysis

Potential	Problems
Access to the site can be done using several alternative vehicles, including private vehicles, public transportation and online transportation. This creates the potential for visitors' ease in reaching the site.	The site only passes through Jalan Grand Hotel Lembang, thus creating obstacles to the accessibility of vehicle entry and exit routes. Apart from that, the site also has traffic jam problems on certain days.

(Source: Salafiyah, 2023)

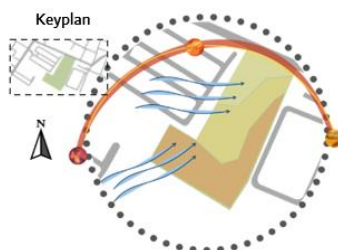


[Source: Salafiyah, 2022]

Figure 8. Synthesis of circulation and achievements around the site

- Separate pedestrian and vehicle paths.
- More service lanes are created in the northern area of the site.
- Pedestrian circulation is made linear according to the elongated footprint.
- Create stops for public and online transportation.

b. Climatology



[Source: Salafiyah, 2022]

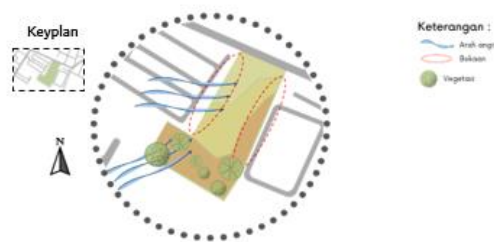
Figure 9. Site climatology data

The site has an average temperature of around 22.6°C – 24.1°C; minimum 15.6°C; maximum 32.2°C with full sun exposure from all sides, because there are no tall buildings blocking the site and the rain intensity is quite high.

Table 2. Climatology analysis

Potential	Problems
<ul style="list-style-type: none"> - The average temperature on the site which tends to be low has the potential to influence the orientation and openings of buildings on the site. - Wind direction from the site can be a potential for maximizing openings in the building. 	<ul style="list-style-type: none"> - The greater intensity of the sun in the southern area of the site causes temperatures that tend to be hotter in the southern area of the site. - High rainfall causes problems with the shape of building roofs.

[Source: Salafiyah, 2023]

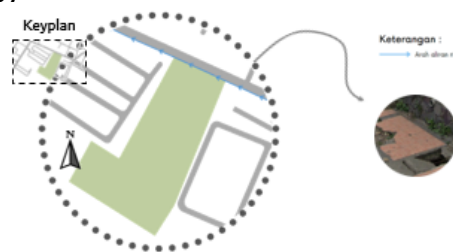


[Source: Salafiyah, 2022]

Figure 10. Site climatology synthesis

- Providing more vegetation and green open space in the southern area of the site to cool the southern area of the site where the sun is more intense.
- Create openings in the east and west of the building to maximize morning sunlight and wind from the west and northwest.

c. Contour and hydrology



[Source: Salafiyah, 2022]

Figure 11. Contour and hydrological data around the site

Drainage is only found at the edge of the highway that crosses the site and has no drainage inside. The contours within the site tend to be flat. The surface height around the site increases towards the North and becomes lower towards the South so that the water flow leads from North to South. The condition of the gutters around the site is still not good. The environment around the site is an area that often rains with high intensity.

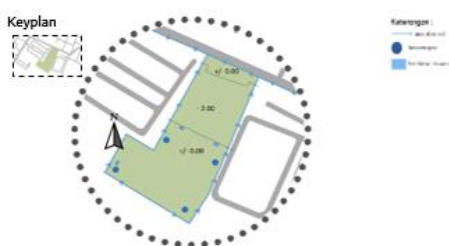
Table 3. Contour and hydrological analysis

Potential	Problems
<ul style="list-style-type: none"> - The site has a drainage flow around it, so it has the potential for dirty water disposal within the site. 	<ul style="list-style-type: none"> - The condition of the riverine surrounding the site is still not good. Riol is

overgrown with vines which disrupt the flow of waste water.

- High rainfall causes a lot of rainwater to flow into the site and its surroundings, with poor drainage in the surrounding area, rainwater can become the potential for flooding on the site and its surroundings.
 - The contour tends to be flat, making the site look monotonous.
-

(Source: Salafiyah, 2023)



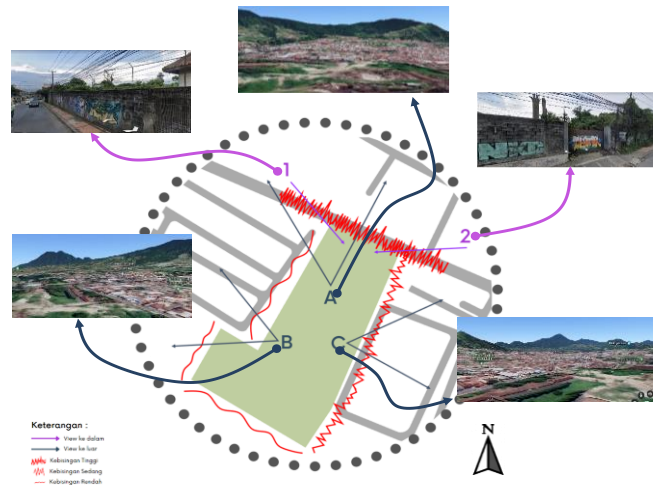
[Source: Salafiyah, 2022]

Figure 12. Synthesis of contours and hydrology around the site

- Create drainage channels within the site. Drainage channels are made around the site.
- The drainage flow is made in a direction that adjusts the water flow around the site.
- Create infiltration wells and a rain water harvesting system to collect rainwater on the site.

d. Sensory

The noise comes from Jalan Grand Hotel Lembang which is to the north of the site and from the Benteng Lembang Stadium which is to the east of the site. There are no noise problems on the side of the site other than the North side, because it is bordered by gardens, empty land and lodgings where noise is minimal. Vegetation or plants that grow wild around the site are less attractive. The view outside the site is quite interesting, from a distance mountains and hills can be viewed.

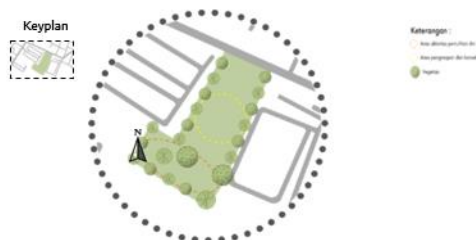


[Source: Salafiyah, 2022]
Figure 13. Sensory data around the site

Table 4. Sensory Analysis

Potential	Problems
<ul style="list-style-type: none"> - The distant view beyond the site is of mountains and hills so there is potential for creating openings that lead to the view. 	<ul style="list-style-type: none"> - The greater intensity of the sun in the southern area of the site causes temperatures that tend to be hotter in the southern area of the site. - High rainfall causes problems with the response of building roofs and the potential for flooding.

[Source: Salafiyah, 2023]



[Source: Salafiyah, 2022]
Figure 14. Sensory synthesis

Providing vegetation around the site to reduce noise around the site. Areas and buildings that function for self-recovery activities are placed to the south of the site. The accommodation area and counseling area are placed to the north of the site. Provide more vegetation on the southern part of the site as extra noise reduction for areas with self-healing activities.

Space Programs

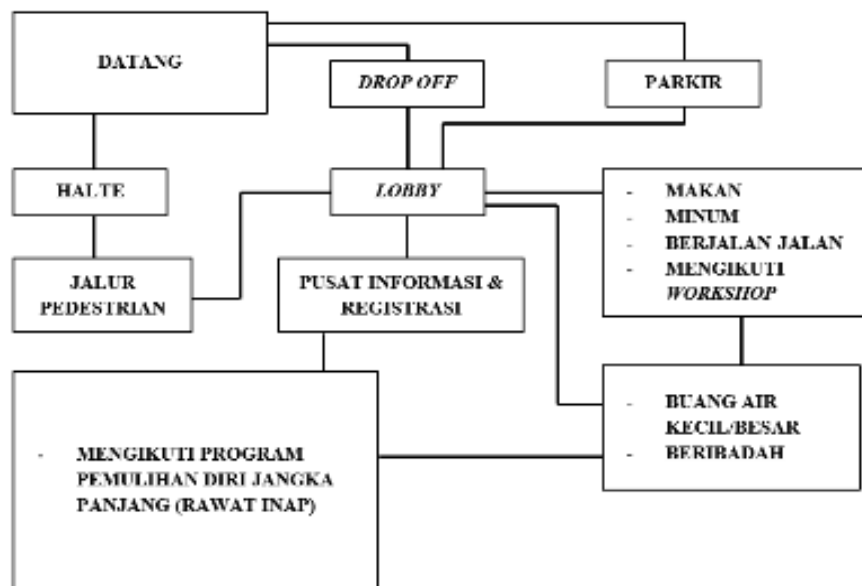
The space program calculation is carried out by identifying the actors in the Healing Center and the activities carried out there, so that space needs and

the size of the space can be met. The perpetrators at the Healing Center are divided into three, namely:

- a) Patient: Patients are divided into two, outpatient and inpatient patients. Patients with outpatient criteria are patients who come to take part in a long-term recovery program with quarantine, while outpatients only follow a series of therapies without quarantine.
- b) Visitors/guests: Visitors or guests at the Personal Recovery Center are users who do not undertake a therapy program. The activities carried out are providing seminars or workshops at certain events if needed which are held for one day or more than one day. Visitor activities are also classified as simply visiting cafés and restaurants at the Healing Center.
- c) Manager: Managers at the Healing Center are divided into two, managers who have activities in managing the management of the Healing Center and counselors and therapists as well as services that help the patient's self-recovery process.

Flow of actor activities consist of:

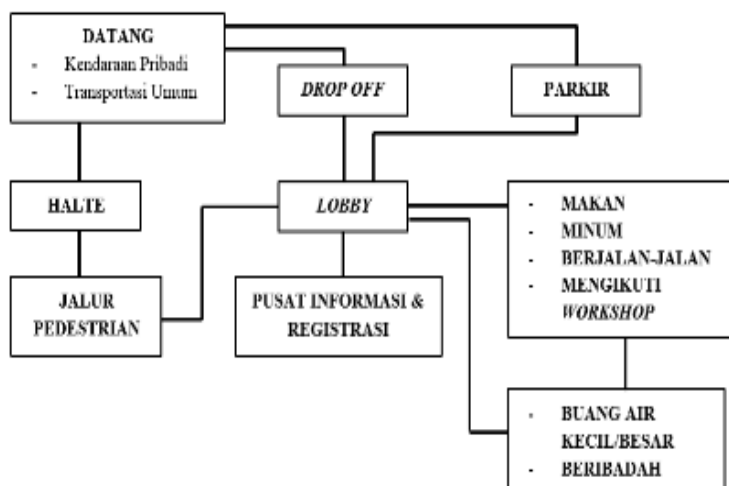
- a. Flow of activities of persons (patients) of the Healing Center



[Source: Salafiyah, 2022]

Figure 15. Flow of activities of persons (patients) at the Healing Center

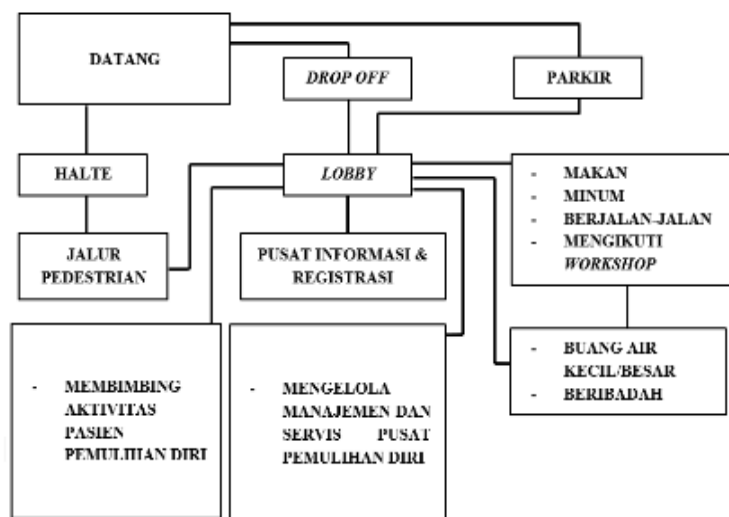
- b. Activity flow of actors (visitors & guests) of the Healing Center



[Source: Salafiyah, 2022]

Figure 16. Flow of activities of persons (visitors & guests) of the Healing Center

c. Flow of activities of persons (managers) of the Healing Center



[Source: Salafiyah, 2022]

Figure 17. Flow of activities of persons (visitors & guests) of the Healing Center

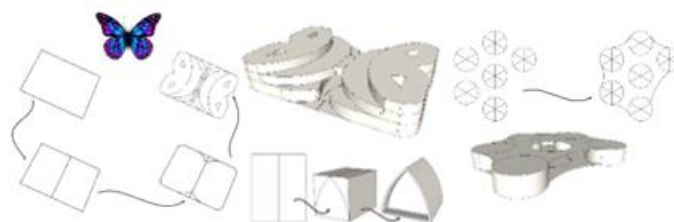
The following is the total space requirement of the Personal Recovery Center per floor.

Table 5. Total space requirements

No.	Floor	Room size
1	Semi basement floor	5263 m ²
2	1st floor	2324 m ²
3	2nd Floor	1134 m ²
4	3rd floor	723 m ²

[Source: Salafiyah, 2023]

Building Analysis



[Source: Salafiyah, 2022]

Figure 18. Transformation of mass composition

The mass of the building is adapted from natural forms. The butterfly shape was adapted to the Council Building and Management Office as a vocal design point. Butterfly itself has a philosophy related to the building's function as a Healing Center for ODMK (People with Mental Problems) and has the meaning of being a symbol of hope and struggle for mental health. This form provides boundaries and zoning of the space inside between the right and left wings of the building.

Adaptation of other natural forms is applied to the yoga studio building & painting from circular flower shapes. The building has many openings that are connected to the natural surroundings. The mass of the accommodation cabin is adapted from the form of a conventional residence with a triangular roof. This shape is a response to the Healing Environment theme which applies designs with a home-like atmosphere.



[Source: Salafiyah, 2022]

Figure 19. Considerations for responses to the healing environment theme

The design of the Healing Center carries the Healing Environment theme and applies concepts based on the human senses, including sight, hearing, touch and smell. Buildings that apply the Healing Environment theme aim to heal through design. The design is made by presenting ornaments that can respond to the human senses. Apart from the Healing Environment theme. Some of the building responses considered at the Healing Center include the following.

- Create gardens and large openings in buildings
- Provide paint colors to the interior based on the atmosphere that will be created
- Provides differences in material textures and motifs
- Provides a curved or blunt shape, providing a dynamic and relaxing effect
- Create a Healing Garden with vegetation that is classified as shade, aromatic and aesthetic.

Structural Analysis

The building structures being considered for application to the Healing Center include the following.

Table 6. Sensory analysis

No.	Structure classification	Type of structure
1	Bottom structure	• Mini pile foundation
2	Middle structure	• Mini bore pile foundation
3	Superstructure	• Foot plate foundation

[Source: Salafiyah, 2023]

Utility Analysis

The utility system considered for implementation at the Healing Center is as follows.

Table 7. Utility analysis

No.	Utility classification	Utility type
1	Lighting system	• Artificial lighting: Lamps
2	Air conditioning system	• Natural lighting: Openings in spaces that are accessible to sunlight.
4	Plumbing system	• Artificial ventilation: Air Conditioner (AC) with multi split system
3	Electrical system	• Natural ventilation: Ventilation openings and windows
4	Building transportation systems	• PDAM
5	Security system	• Water Tanks
6	Waste management system	• STP

[Source: Salafiyah, 2023]

Concept

The site design concept produces the main zones, namely, the counseling building & management office, the accommodation cabin area, the yoga & painting studio, and the healing garden which is then divided into 4 zones, including the sound therapy zone, the reflexology path zone, and the visual therapy zone. and aromatic, and pond.

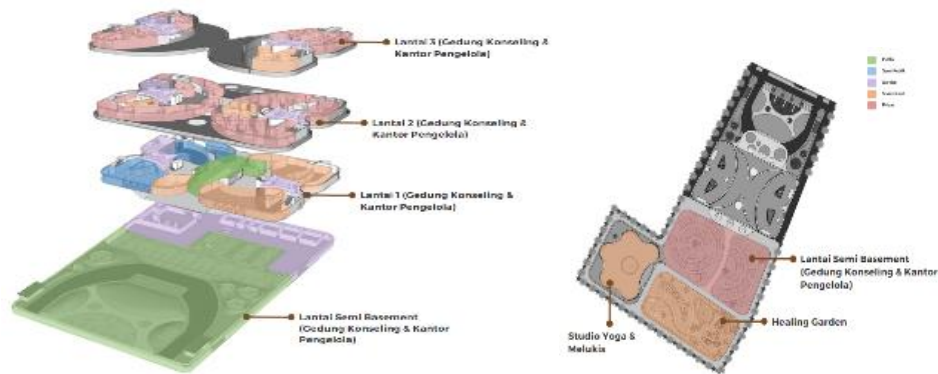
Vehicle circulation is made only to the limits of the Counseling Building and Management Office except for service needs and buggy cars as access to reach

users within the site. The southern area of the site is an area that focuses on Self-Healing and is far from the crowds.



[Source: Salafiyah, 2023]
Figure 20. Site design concept

Within the site Vegetation is classified into shade, aromatherapy, aesthetics. Vegetation with aromatherapy and aesthetic classifications is focused on the Healing Garden area (Visual and Aromatic Therapy).



[Source: Salafiyah, 2023]
Figure 21. Space concept

The room concept at the Personal Recovery Center focuses on semi-private and private zones in the South area of the site, floors 2 and 3 for the benefit of patient comfort in recovery. Meanwhile, more public and service zones are placed in the northern area of the site.

Building Concept

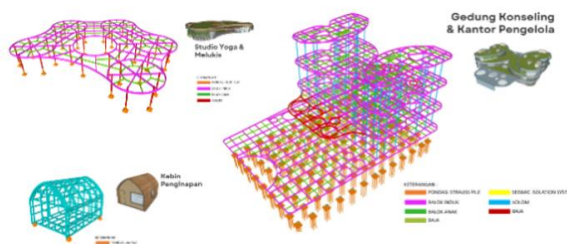
The resulting building concept includes providing many design elements that have color and a touch of nature. This is a response to the Healing Environment theme. Another response to this theme is providing lots of openings,

gardens and skylights so that it gives the impression that the building is integrated with the natural surroundings.



[Source: Salafiyah, 2023]
 Figure 22. Building concept

The structure in the Personal Recovery Center is different and takes into account the shape and load to be borne. The counseling & management office building uses a reinforced concrete structure with a mini bore pile (strauss pile) foundation because the building only has a height of four floors. The structure is also equipped with a seismic isolation system to minimize earthquake shocks, because Lembang is an area prone to earthquakes.



[Source: Salafiyah, 2023]
 Figure 23. Structure concept

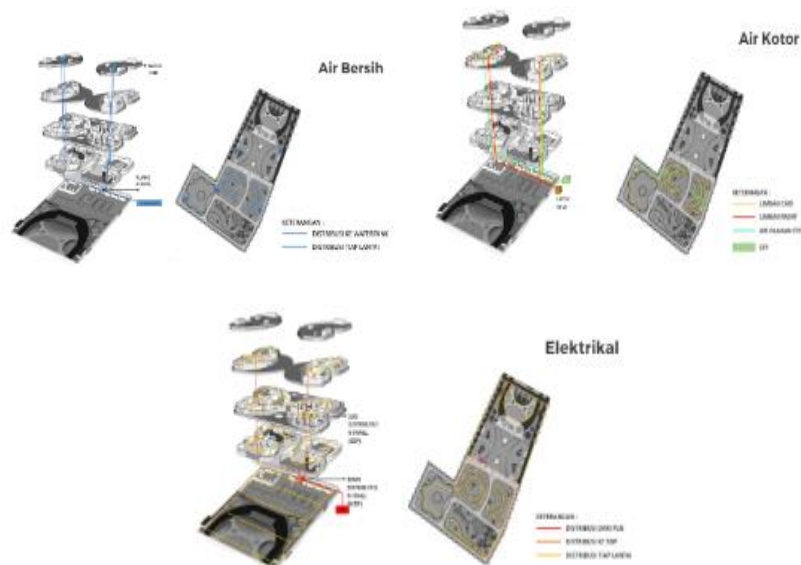
The structure of the yoga & painting studio building uses reinforced concrete with a footplate foundation, because the building is only one floor high. Meanwhile, the accommodation cabin building uses a holo steel structure with a umpag foundation and is covered with wood composite panels. The roof structure used in the building at the Healing Center is a concrete roof which is equipped with a green roof so that rainwater can be absorbed. The use of green roofs on buildings can also restore green areas to existing sites. The resulting utility concepts include the following.

Table 8. Utility analysis

No.	Utility classification	Utility types
1	Lighting System	The lighting system uses natural light during the day and spaces accessible to sunlight and artificial light at night.
2	Air Conditioning System	Air conditioning uses natural ventilation because the air in Lembang is still cool. Artificial ventilation is also used for rooms that have privacy, such as counseling rooms with multisplit AC systems

4	Plumbing System	Clean water comes from PDAM and ground water. Meanwhile, dirty water uses the STP system, so the water can be treated and reused. Rain water harvesting and infiltration wells are also implemented by building bodies because Lembang has quite high rainfall.
3	Electrical System	The electrical system implemented in the Healing Center uses an electricity source from PLN and a generator set which has an automatic switch system so that in less than 5 seconds it will switch electrical power from PLN to the generator set automatically.
4	Building Transportation Systems	The building transportation system used in the Personal Recovery Center is using goods lifts, passenger lifts, passenger stairs and emergency stairs
5	Security System	The security system implemented is CCTV in every corner of the building and site, fire fighting system in the building, emergency stairs, gathering points, evacuation routes and lightning protection.
6	Waste Management System	Providing waste shafts, waste bins grouped by type of organic, non-organic and B3 waste at several points within the Healing Center, as well as temporary disposal sites

[Source: Salafiyah, 2023]



[Source: Salafiyah, 2023]
 Figure 25. Utility concept

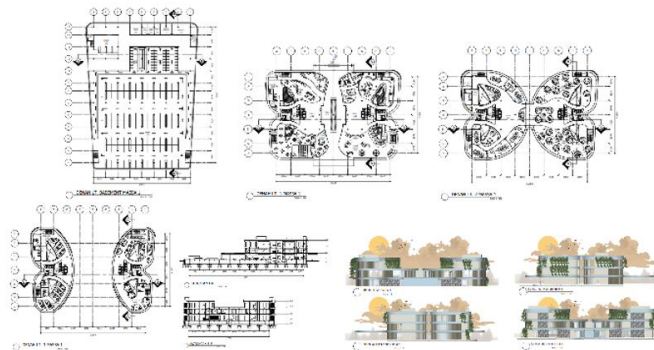
Design Drawings

The following is the site plan.



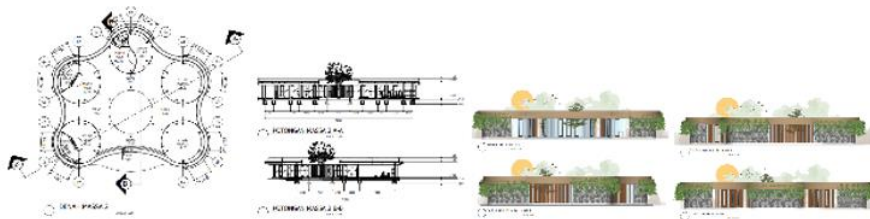
[Source: Salafiyah, 2023]
Figure 26. Site plan

The counseling building & management office can be seen in the following.



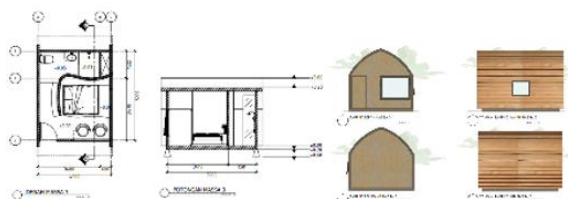
[Source: Salafiyah, 2023]
Figure 27. Image of the counseling building & management office

The following is yoga and painting studio.



[Source: Salafiyah, 2023]
Figure 28. Image of yoga and painting studio

The last is accommodation cabin.



[Source: Salafiyah, 2023]

Figure 29. Image of the lodging cabin

Conclusion

Healing Center located on Jalan Grand Hotel Lembang, Lembang, Kec. Lembang, West Bandung Regency, West Java, with an area of 2.5 hectares, was designed based on the high level of mental problems among people in the cities of Jakarta and Bandung. This building provides facilities that support treatment for ODMK (People with Mental Problems), including a counseling room, library, yoga studio, painting, music and accommodation cabins. This building applies self-healing methods and a healing environment in its functions and buildings to help treat patients with mental problems.

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