Application of the Healing BodySoul Architecture Theme in the Space Design of the Rehabilitation Center for Sexual Harassment Victims in Sooko, Mojokerto Regency, East Java

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Abstract. *The highest number of cases of sexual harassment in the major cities are beginning to circulate in one of the eastern Java provinces, precisely in the district of Mojokerto.To a good objective from macro behavioral concepts to micro-centric concepts, and functional becomes an emphasis in the planning and management of land, shape and space in the Sexual Harassment Rehabilitation Center in Mojokerto Cab.The importance of the literacy it has and one of the contributing factors is the amount of data on sexual harassment.Inspired by the case marks in the surrounding neighborhood of Mojokerto, the idea was created to create a rehabilitation center located in Mojokorto. Lifting the healing theme of the architectural bodysoul can be done by creating an atmosphere that boosts the mood and refreshes the mind by creating spaces that can create a positive state of mind. Therefore this design has different colors, textures, and shapes to produce a friendly and pleasant atmosphere. The natural material used can help boost positive energy and help improve the physical and mental health of its inhabitants.*

Keywords: *Mojokerto,Sexual harassment, rehabilitation center,*

1. 1 Introduction

The increasing cases of sexual harassment victims in big cities have become widespread, one of which is in the East Java province, specifically in Mojokerto Regency. To achieve a good objective from the macro concept of behavior to a focused micro concept, and functional, emphasis is placed on the arrangement and management of land use, form, and space in the Sexual Harassment Rehabilitation Center in Mojokerto Regency. The importance of literacy and one of the supporting factors is the amount of sexual harassment data. Inspired by the rise in cases in the surrounding area in Mojokerto, the idea to create a rehabilitation center located in Mojokerto was born.

With the fact that the numbers were still very high yesterday, the handling of cases (especially criminal cases), which usually focuses on punishing the perpetrators, sexual violence cases should focus on the victims, as they are the most affected by the violence that occurs. Therefore, the priority in handling sexual violence cases is the recovery of the victims according to their needs, security, and comfort. The importance of literacy and one of the supporting factors is the amount of sexual harassment data. Inspired by the increase in cases in the surrounding area of Mojokerto, the idea to create a rehabilitation center located in Mojokerto was born.

By raising the theme of healing body and soul, architecture can be implemented by creating an atmosphere that improves mood and refreshes the mind through spaces that foster positive mental states. Therefore, in this design, different colors, textures, and shapes are used to generate a friendly and pleasant atmosphere. Natural materials used can help increase positive energy and improve the physical and mental health of its inhabitants.

As a place for rehabilitation and recovery in Sooko, Mojokerto Regency, the purpose of designing the Sexual Harassment Victim Rehabilitation Center with the theme "Healing Body & Soul Architecture" as a realization of the situation in Mojokerto Regency is to provide a dedicated area to house various spaces using the Healing Body & Soul Architecture approach so that the public can recognize and learn, including through consultation. Considering that land specifically allocated for rehabilitation in Mojokerto Regency is not yet available.

"Healing" in the context of architecture includes the study of how space and environmental design can support the healing process both physically and emotionally. Below are some key aspects often discussed in the literature on this topic. Healing spaces refer to environments designed to support recovery and well-being, whether for individuals undergoing physical, mental, or emotional healing. Creating an atmosphere that supports relaxation, calmness, and recovery, which is often applied in the design of hospitals, health centers, spas, or even private rooms at home.

Principles of Healing Architecture Design

- **Natural Light**: Research shows that natural light can improve mood, reduce stress, and accelerate the healing process. Healing spaces are often designed with many windows, skylights, or sources of natural light.
- **Ventilation and Air Quality**: Good air quality and effective ventilation are essential for health and comfort. The use of materials that do not emit harmful substances and good ventilation systems are key elements.
- **Materials and Textures**: The materials used in the design of healing spaces are often natural and non-toxic, such as wood, stone, and organic fabrics. Soft and comfortable textures also help create a calming environment.
- **Colors and Atmosphere**: A calm and soothing color palette, such as soft blues, greens, and other neutral tones, can reduce stress and enhance feelings of peace.

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- **Connection with Nature**: The integration of natural elements such as gardens, fountains, or outdoor views can have a calming effect and improve the quality of healing spaces.
- **Privacy and Comfort**: The design should consider privacy and comfort, providing spaces for personal relaxation as well as social areas when needed.

Case Studies and Applications

- **Hospitals and Clinics**: Research shows that hospital space designs that incorporate healing principles can reduce patient recovery times, increase patient satisfaction, and lower anxiety levels. Example: Penrose
- Hospital in Colorado Springs integrates design with natural views.
- **Spas and Health Centers**: Spas often apply healing space principles by using designs that promote relaxation and wellness, such as meditation rooms, therapy areas, and sauna rooms.
- **Private Rooms at Home**: The healing concept is also applied in the design of private spaces, such as meditation rooms or relaxation spaces at home, to support mental and emotional well-being.

Related Theories and Concepts

- **Biophilia Theory**: This concept refers to the human tendency to connect with nature and natural environments. Integrating natural elements in healing space design supports this principle.
- **Restorative Theory**: According to this theory, environments that support recovery are those that facilitate relaxation and reduce stress. Architectural design can influence how a person feels and reacts to a space.
- **Holistic Approach**: This approach considers physical, mental, and emotional well-being as interconnected aspects. The design of healing spaces aims to support all three aspects simultaneously.

Recent Research and Trends

- **Technology Application**: The use of technology in healing space design, such as adjustable lighting and sensor-based environmental control systems.
- **Focus on Mental Well-being**: Emphasis on designs that support mental health, including spaces for meditation, yoga, and personal reflection.
- **Inclusive Design**: Considering the needs of diverse individuals, including those with physical limitations or specific conditions.

Materials and Textures

- **Natural Materials:** The use of natural materials such as wood, stone, and organic textiles can create a more pleasant environment and support the healing process (Kellert, 2005).
- **Texture and Color:** Soft textures and calming neutral colors play an important role in creating a peaceful atmosphere. Research shows that certain colors, such as blue and green, can reduce stress (Günther et al., 2011).

Integration of Nature

- **Natural Elements:** Gardens, fountains, and natural views can have a calming effect and improve the quality of the space (Ulrich, 1984). These elements support the biophilia theory, which states that humans have a tendency to connect with nature

Privacy and Comfort

- **Privacy:** The importance of private spaces for relaxation and reflection. The design should take into account the privacy of users and create comfortable areas (Hsu et al., 2005).

Technology in Healing Design

- **Lighting Technology:** The use of adjustable lighting to mimic natural light cycles, which affects emotional well-being (Mills et al., 2020).
- **Environmental Sensors:** Systems that monitor and regulate air quality, temperature, and humidity to create an optimal environment (Harris et al., 2020).

Focus on Mental Well-being

- **Inclusive Design:** Increasing attention to the needs of individuals with specific health conditions or physical limitations, through accessible and user-friendly designs.
- **Multifunctional Rooms:** The development of spaces that can be adapted for various activities supporting mental well-being, such as yoga, meditation, and therapy.

Literature Review on Healing Spaces in Architecture

A review of literature on healing spaces in architecture shows that the design of spaces supporting healing is a complex and multidimensional field, involving an understanding of human psychology, physical needs, as well as the aesthetics and functionality of space.

JCEPD-ISSN: 2830-3628
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2. 1 Method

The **method section** contains a description of the research process conducted by the author. The theory used in this research is based on the theme of **healing body & soul architecture**, which can be implemented by creating an atmosphere that improves mood and refreshes the mind, through the design of spaces that foster a positive mental state. The method used in this research is a **quantitative method**, based on surveys using data that has been previously collected, such as government statistical data or data from previous studies. Additionally, the quantitative research method based on observation involves observing behavior and interactions in a natural context, without significant intervention from the researcher.

From the analysis of field case studies and literature case studies, references can be gathered to create a study object that has already existed, thus resulting in a new object. To achieve a good objective from the macro concept of behavior to a focused micro concept, and functional, emphasis is placed on the arrangement and management of land use, form, and space in the **Sexual Harassment Rehabilitation Center** in Mojokerto Regency.

3. 1 Result

The theory used in this research is based on the theme of **healing body & soul architecture**, which can be implemented by creating an atmosphere that improves mood and refreshes the mind through the creation of spaces that foster a positive mental state. The method used in this research is a **quantitative method**, based on surveys that use data previously collected, such as government statistical data or data from prior studies. Additionally, the quantitative research method based on observation involves observing behavior and interactions in a natural context, without significant intervention from the researcher.

From the analysis of both field case studies and literature case studies, references can be derived to create a study object that has already existed, thus leading to the creation of a new object. To achieve a good objective, from the macro concept of behavior to the micro-focused concept, functional emphasis is placed on the arrangement and management of land use, form, and space at the **Sexual Harassment Rehabilitation Center** in Mojokerto Regency.

3.1.1. Alignment of Space Shapes with Color Healing Elements

A concept that combines interior design elements and color therapy principles to create an environment that supports emotional and physical well-being. By integrating the right colors and space design, aligning the spatial form with color healing can help create an environment that is not only aesthetic but also supports the psychological and emotional well-being of its inhabitants.



Image 1. Color
Source : vistek.id

For the alignment of building spaces related to color, examples of neutral colors include blue, green, white, and purple.



Image 2. The resulting room shape is based on color color healing
Source : personal document

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In the application of spaces with purple combined with white, these colors are placed at two corners of the room. The level of the building is symbolized as recovery, with the choice of finishing colors in the space inspired by clean and bold white and purple hues.

3.1.2. Optimizing the use of natural lighting

Interior spaces not only help reduce energy consumption but also create a healthier and more pleasant atmosphere. Here are some steps and strategies to maximize natural lighting in interior spaces:

- **Window Orientation**: Place windows on the side of the building that receives the most sunlight, usually on the south side in the Northern Hemisphere and on the north side in the Southern Hemisphere.
- **Large Windows**: Use large windows or floor-to-ceiling glass to maximize the amount of light entering the space.

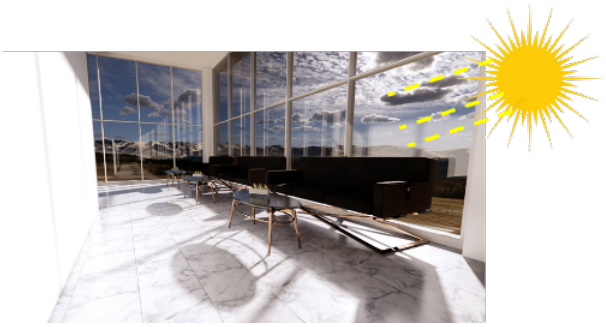


Image 3. Details of window position and secondary skin
Source : Personal Document

The use of windows can provide benefits such as weather protection, controlling the amount of sunlight entering the building, improving energy efficiency, and adding aesthetic appeal to the building. In addition to using windows, Low-E glass is also used, which functions to block UV rays from entering the space, keeping the room temperature comfortable.



Image 4. Illustration of central and split air conditioning for the room
Source : internet

Each room is equipped with a **split AC**, and a **central AC system** is used to cool several rooms or even the entire building simultaneously. Unlike window units or split ACs that cool only one room, the central AC works by supplying cool air throughout the area via ducts connected to the main cooling unit. This is used in areas such as dormitory rooms, educational spaces, and yoga rooms.

4. CONCLUSION

The design of the Sexual Assault Rehabilitation Center in Mojokerto Regency is motivated by the increasing changes and developments in modern times, which significantly impact the younger generation. This shift has led to a decline in critical thinking and logic among the nation's youth. Numerous factors influence young people to engage in inappropriate activities often associated with nightlife. This building will serve as a psychological support facility for individuals of all ages, both men and women, within Mojokerto Regency. It will include dormitory areas to provide a safe environment for learning activities and group sessions as part of the rehabilitation program. The facility will also function as a major healing center for those affected by mental health issues related to sexual assault. Its primary goal is to reduce the number of victims and support their recovery, fostering a path toward personal and societal resilience.

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JCEPD-ISSN: 2830-3628
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