

ABSTRAK

Carla Aurellia (01022170007)

PERANCANGAN SEKOLAH SEBAGAI *RESTORATIVE ENVIRONMENT* MELALUI PENDEKATAN SALUTOGENESIS UNTUK KESEHATAN MENTAL ANAK REMAJA

(xxi + 85 halaman: 92 gambar; 10 tabel; 21 lampiran)

Sekolah sebagai salah satu tempat terpenting bagi anak remaja ternyata belum dapat merespon kebutuhan kesehatan mental mereka. Padahal kesehatan mental sama pentingnya dengan kesehatan fisik. Salah satu faktor yang mempengaruhinya adalah desain arsitektur sekolah. Mayoritas desain sekolah di Indonesia memiliki bangunan yang besar dan kaku serta minimnya penghijauan. Ruang kelas juga didesain dengan metode *one man show* di mana semua *furniture* di dalam ruangan mengarah ke depan. Maka dari itu, diperlukannya perubahan perancangan tipologi sekolah menjadi sekolah sebagai *restorative environment* dengan pendekatan salutogenesis bagi kesehatan mental anak remaja. Penelitian ini bertujuan untuk meneliti bagaimana peran sekolah bukan hanya sebagai lingkungan belajar namun juga sekaligus menjadi lingkungan yang dapat membantu meningkatkan mental anak remaja dengan menerapkan *restorative environment*.

Melalui kajian literatur disimpulkan bahwa desain sekolah dapat dikatakan sebagai *restorative environment* jika memiliki ruang kelas yang nyaman dengan bukaan dan *furniture* yang fleksibel, sirkulasi yang dapat membedakan kualitas ruang dari ukuran lebarnya, dan konfigurasi spasial yang memiliki lingkungan belajar khusus yang menunjang interaksi sosial. Selain itu, diperlukannya desain akustik yang dapat mengurangi kebisingan, *lighting design* dengan cahaya matahari yang masuk ke seluruh ruang, bangunan yang *sustainable*, serta *outdoor space* yang memiliki banyak penghijauan guna menunjang berbagai aktivitas.

Melalui analisis studi preseden ditemukan bahwa masih terdapat beberapa parameter desain sekolah melalui pendekatan salutogenesis yang belum berhasil diterapkan. Oleh karena itu, penelitian ini memposisikan diri bahwa perancangan sekolah perlu menyeimbangkan komposisi *indoor*, *outdoor*, dengan memperhatikan tingkat kebisingan. Perancangan desain sekolah pada tapak terpilih menerapkan desain sekolah yang *restorative environment* dengan menerapkan beberapa strategi utama, yaitu desain ruang terbuka yang memperhatikan *noise*, bentuk bangunan didesain tidak pada satu bangunan yang besar dan memiliki ruang terbuka di dalamnya. Selain itu, perbedaan sirkulasi area publik dan privat serta ruang kelas dan ruang komunal yang secara fleksibel dapat digunakan untuk berbagai macam kegiatan dan memiliki akses ke *outdoor*.

Referensi: 21 (2004-2020)

Kata Kunci: Mental Remaja, *Restorative Environment*, Salutogenesis, Sekolah

ABSTRACT

Carla Aurellia (01022170007)

DESIGNING SCHOOL AS A RESTORATIVE ENVIRONMENT THROUGH SALUTOGENIC APPROACH FOR ADOLESCENTS' MENTAL HEALTH

(xxi + 85 pages: 92 images; 10 table; 21 attachment)

School as one of the most important places for teenagers had not been able to respond to their mental health needs. Though mental health was as important as physical health. One of the factors that influences this was the school architectural design. Majority school designs in Indonesia has large and rigid buildings and lack of greening. Classrooms were also designed with the one man show method where all the furniture in the room were facing forward. Therefore, it was necessary to change the design of school typology to school as a restorative environment with a salutogenic approach for adolescents' mental health. This study aims to examine how the role of schools is not only as a learning environment but also as an environment that can help improve the mental state of adolescents by implementing a restorative environment.

Through a literature review, it was concluded that school design could be said to be a restorative environment if it had comfortable classrooms with flexible openings and furniture, circulation that could distinguish the quality of space from its width, and a spatial configuration that had a special learning environment that supported social interaction. In addition, acoustic designs were needed to reduce noise, lighting designs with sunlight entering all spaces, sustainable buildings, and outdoor spaces that had a lot of greening to support various activities.

Through the analysis of precedent studies, it was found that there were still some school design parameters through the salutogenic approach that had not been successfully applied. Therefore, this study aims to design school that needs to balance the composition of indoor and outdoor, by paying attention to noise levels. The design of the school design on the selected site applies a school design as restorative environment by implementing several main strategies, such as the design of open spaces that pays attention to noise, the shape of building that not in one large building and has open space in it. In addition, there are differences in the circulation of public and private areas as well as classrooms and communal spaces that can be flexibly used for various activities and have access to the outdoors.

Reference: 21 (2004-2020)

Keyword: Adolescents' Mental Health, Restorative Environment, Salutogenic, School