

ABSTRAK

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INTEGRASI BANGUNAN DAN LANSKAP TERAPEUTIK DALAM PERANCANGAN *MENTAL HEALTH CENTRE* BAGI DEPRESI LANSIA (xxxvi + 151 Halaman: 55 Gambar + 13 Tabel + 11 Lampiran)

Gangguan Kesehatan Mental adalah dimana ketika individu tidak dapat mengendalikan emosi serta tidak dapat bersosialisasi, maka individu tersebut mengalami gangguan kesehatan mental. Gangguan kesehatan mental dapat terjadi pada siapa saja, mulai dari anak-anak, remaja hingga lansia. Namun, faktanya lansia lebih beresiko tinggi mengalami gangguan kesehatan mental. Hasil dari Riset Kesehatan Dasar (riskesdas) pada tahun 2018, penyakit gangguan mental tertinggi merupakan pada lansia dengan jenis gangguan kesehatan mental yaitu depresi dimana semakin menua para lansia akan semakin tinggi kemungkinan mereka untuk terkena depresi.

Salah satu sarana yang dapat memberi pelayanan dan fasilitas pemulihan depresi pada lansia adalah *mental health centre*. *Mental health centre* yang kriterianya kurang berkualitas akan memberikan dampak negatif bagi depresi lansia bahkan tidak berpengaruh pada proses pemulihan bagi mereka. Penelitian ini berada di lokasi Jl.Gading Golf Boulevard, Gading Serpong, Tangerang dengan luas area 7.450m². Penentuan lokasi penelitian ini berdasarkan fokus agar membentuk ruang dan suasana berdasarkan *healing environment* sehingga dapat membantu pemulihan dengan memfokuskan pada integrasi antara bangunan dan lanskap terapeutik. Tujuan penelitian ini adalah untuk menentukan aspek fisik dan non fisik pada *mental health centre*, serta kriteria dalam menciptakan bangunan yang terintegrasi dengan lanskap terapeutik.

Penelitian ini dilakukan dengan cara studi literatur untuk memahami teoriteori gangguan kesehatan mental pada lansia seperti depresi, aspek fisik dan nonfisik pada *mental health centre*, memahami kriteria dalam perancangan *mental health centre* dan menerapkan integrasi bangunan serta lanskap terapeutik pada *mental health centre*. Lalu, studi preseden dengan membandingkan 3 preseden yaitu, Santa Rita Geriatric Centre di Spanyol, Nepean Mental Health Centre di Australia dan University Psychiatric Centre di Belgium. Hasil dari penelitian ini adalah merumuskan serta menerapkan kriteria bangunan dan lanskap terapeutik yang terintegrasi pada *mental health centre* bagi lansia dengan penerapan *healing environment*.

Referensi : 36 (2000-2020)

Kata Kunci : *Mental Health Centre*, Gangguan Mental Lansia, Integrasi Bangunan dan Lanskap Terapeutik

ABSTRACT

Chelsya Setiawan (00000021020)

INTEGRATION OF BUILDINGS AND THERAPEUTIC LANDSCAPES IN DESIGNING MENTAL HEALTH CENTER FOR DEPRESSION ELDERLY
(xxxvi + 151 Pages: 55 images; 13 tables; 11 attachments)

Mental Health Disorders is where an individual can't control his emotions and can't socialize, then the individual experiences mental health problems. Mental health problems can happen to anyone, from children, teenage to the elderly. However, the fact is that the elderly are more at risk of experiencing mental health problems. The results of the Basic Health Research in 2018 showed that the highest mental illness was in the elderly with a type of mental health disorder, namely depression, where the older the elderly, the higher the that they would develop depression.

One of the facilities that can provide services and recovery for depression in the elderly is a mental health center. Poor mental health centre quality will have a negative impact on depression in the elderly and even have no effect on the recovery process for them. This research is located at Jl. Gading Golf Boulevard, Gading Serpong, Tangerang with an area of 7,450m². Determining the location of this research is based on the focus on forming spaces and atmosphere based on the healing environment so that it can help recovery with a focus on integration between building and landscape therapeutics. The purpose of this study was to determine the physical and non-physical aspects of the mental health center, as well as the criteria for creating an integrated therapeutic building.

This research was conducted by means of literature studies to understand theories of mental health disorders in analysis such as depression, physical and nonphysical aspects of mental health centers, understanding the criteria in mental health center design and implementing building and therapeutic integration in mental health centers. Then, the study precedent by comparing 3 precedents, namely, the Santa Rita Geriatric Center in Spain, the Nepean Mental Health Center in Australia and the University Psychiatric Center in Belgium. The results of this study were to formulate and apply integrated therapeutic and building criteria in mental health centers for the elderly with the application of a healing environment.

Reference : 36 (2000-2020)

Keywords : *Mental Health Center, Elderly Mental Disorders, Integration of Building and Landscape Therapeutic*