ABSTRAK

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PERANCANGAN PUSAT KOMUNITAS, REHABILITASI DAN EDUKASI KESEHATAN MENTAL SEBAGAI PEMULIHAN DEPRESI PADA REMAJA
(liv + 98 halaman: 76 gambar; 18 tabel; 2 lampiran)

Depresi adalah gangguan mental yang menyebabkan perubahan secara negatif suasana hati, pikiran, perilaku, dan kesehatan fisik seseorang. Depresi dibagi menjadi 3 tingkatan yaitu depresi ringan, sedang, dan berat. Depresi dapat dialami oleh semua kelompok usia namun menurut Riskesdas 2018 depresi dimulai pada rentang usia remaja yaitu 15-24 tahun, dengan presentase di Indonesia adalah 6,2%. Terdapat 91% masyarakat penderita depresi tidak minum obat ataupun menjalani pengobatan medis. Kesadaran akan kesehatan mental di Indonesia masih sangat kurang jika dilihat masih adannya stigma negatif masyarakat. Pusat rehabilitasi di Indonesia masih belum didesain untuk membantu pemulihan. Elemen arsitektural seperti bukaan, masa bangunan, dan lingkungan yang diciptakan masih umum dan belum memerhatikan kenyamanan dan psikologis penghuni. Perancangan pusat komunitas, rehabilitasi dan edukasi menjadi tujuan dari penelitian ini. Pertama, peneliti melakukan kajian teori dan mendapatkan 10 variabel lingkungan pemulihan yang dapat membantu pemulihan yaitu: 1) Privacy, Personal Space, and Density, 2) Safety and Restorative, 3) Organization and Independence, 4) Sensory Consideration and Consciousness, 5) Comfortable dan Homelike Surroundings, 6) Social Interaction, 7) Nature, Daylight, and Connectedness, 8) Positive Distraction, 9) Purpose, 10) Physical Activities. Kemudian dari analisis studi preseden dan pembagian kuisioner preferensi suasana ruang didapatkan jika penggabungan skala ruang, proporsi ruang, pengaturan zonasi, presentase tiap zonasi, konektivitas, dan aksesibilitas antar program ruang penting untuk menciptakan suasana ruang yang seperti rumah sesuai dengan aspek lingkungan pemulihan. Pengimplementasian variabel lingkungan pemulihan dalam pusat komunitas, rehabilitasi, dan edukasi kemudian dikelompokkan menjadi kriteria-kriteria yang sesuai. Penelitian ini menghasilkan 6 rumusan strategi desain yang menjadi pedoman dalam pemilihan tapak, penataan tapak, penataan program ruang, penataan massa bangunan, penataan interior ruang, dan penataan fasad. Penelitian ini menghasilkan sebuah perancangan Pusat Komunitas, Rehabilitasi, dan Edukasi Kesehatan Mental yang merupakan hasil penggabungan 3 konsep yang didapatkan.

Referensi   : 54 (2004-2021).
Kata Kunci : Pusat Komunitas, Rehabilitasi, Edukasi, Depresi, Kesehatan Mental Remaja

ABSTRACT

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DESIGN OF COMMUNITY CENTERS, REHABILITATION AND MENTAL HEALTH EDUCATION AS RECOVERY OF YOUTH DEPRESSION

(liv + 98 pages: 76 images; 18 table; 2 attachment)

Depression is a mental disorder that causes negative changes in a person's mood, thoughts, behavior, and physical health. Depression is divided into 3 levels, namely mild, moderate, and severe depression. Depression can be experienced by all age groups, but according to Riskesdas 2018 depression begins in the adolescent age range, namely 15-24 years, with a percentage in Indonesia of 6.2%. There are 91% of people with depression who do not take medication or undergo medical treatment. Awareness of mental health in Indonesia is still very lacking if it is seen that there is still a negative stigma in society. Rehabilitation centers in Indonesia are not yet designed to assist recovery. Architectural elements such as openings, building mass, and the created environment are still common and have not taken into account the comfort and psychology of the occupants. Community center design, rehabilitation and education are the objectives of this research. First, the researcher conducted a theoretical study and found 10 recovery environment variables that can assist recovery, namely: 1) Privacy, Personal Space, and Density, 2) Safety and Restorative, 3) Organization and Independence, 4) Sensory Consideration and Consciousness, 5) Comfortable and Homelike Surroundings, 6) Social Interaction, 7) Nature, Daylight, and Connectedness, 8) Positive Distraction, 9) Purpose, 10) Physical Activities. Then from the analysis of the precedent study and the distribution of the space atmosphere preference questionnaire, it was found that the incorporation of space scale, space proportions, zoning arrangements, percentage of each zoning, connectivity, and accessibility between space programs is important to create a home-like atmosphere in accordance with the aspects of the recovery environment. The implementation of recovery environment variables in community centers, rehabilitation, and education were then grouped into appropriate criteria. This research resulted in 6 formulations of design strategies that serve as guidelines in site selection, site arrangement, spatial program arrangement, building mass arrangement, interior arrangement of space, and facade arrangement. This research resulted in the design of a Community Center, Rehabilitation, and Mental Health Education which was the result of combining the 3 concepts obtained.

Reference : 54 (2004-2021).
Keywords : Community Centre, Rehabilitation, Education, Depression, Youth Mental Health