

ABSTRAK

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Perancangan *Elderly Housing* dengan Pendekatan *Holistic Wellness* di Yongsan-dong, Seoul

(xxii + 82 halaman: 62 gambar; 2 tabel; 37 lampiran)

Memasuki fase lanjut usia, para lansia akan mengalami penurunan fisik, mental dan sosial secara bertahap. Seseorang yang berada di fase lanjut usia memiliki kemungkinan besar masalah seperti permasalahan tentang fisik, psikologi, sosial, emotional, spiritual, dan permasalahan finansial. Perkembangan jumlah populasi lansia semakin pesat di setiap negara, termasuk di negara maju seperti Korea Selatan. Korea Selatan akan mengalami populasi banyaknya orang tua setiap tahun mendatang. Dengan populasi lansia yang cukup besar, lansia di Korea Selatan memiliki permasalahan diantaranya, kepuasan hidup lansia di Korea Selatan sangat rendah dan perlu untuk dibenahi. Untuk menciptakan lingkungan yang dapat merawat lansia dan memperhatikan kesejahteraan mereka, diperlukan suatu perubahan pada sistem kesehatan mereka dari sistem medis menjadi sebuah sistem model perawatan komprehensif yang lebih berfokus kepada kebutuhan lansia itu sendiri seperti transportasi, perumahan, tata kota, perlindungan dan dukungan sosial. Melihat adanya isu tersebut, penting untuk menciptakan desain baru untuk mendukung kesejahteraan lansia. Penelitian ini berfokus pada area Yongsan-dong, Seoul. Yongsan-dong merupakan distrik kawasan daerah *urban* dimana area ini adalah area permukiman yang dihuni oleh masyarakat kelompok lansia. Dengan latar belakang tersebut penting untuk menciptakan kesejahteraan yang menyeluruh bagi lansia dalam bentuk *housing development*. Perumahan yang akan dirancang memiliki pendekatan *holistic wellness* dengan menjabarkan beberapa aspek kesejahteraan untuk lansia seperti: aspek *physics*, aspek *financial*, aspek *emotional*, aspek *occupational*, aspek sosial, aspek spiritual, aspek lingkungan, dan aspek intelektual. Dalam penelitian ini metode yang digunakan adalah studi lapangan, studi preseden, dan studi literatur untuk memperoleh teori-teori terkait yang dapat mendukung proses penelitian. Penelitian ini menghasilkan strategi desain ruang untuk berbagai aktivitas dan strategi kenyamanan ruang dan lingkungan bagi kebutuhan lansia. Strategi perancangan dengan pendekatan desain *holistic wellness* ini diterapkan dalam perencanaan dan perancangan *elderly housing* di Yongsan-dong, Seoul. Perancangan ini merupakan hasil dari kerja sama Program Studi Arsitektur – Universitas Pelita Harapan (UPH) dengan Soongsil University Korea Selatan yang didukung perolehan data dari Seoul Metropolitan Government.

Referensi : 22 (1991-2023).

Kata Kunci : Lansia, *Elderly Housing*, *Holistic Wellness*

ABSTRACT

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Elderly Housing Design with Holistic Wellness Approach in Yongsan-dong, Seoul

(xxii +82: 62 images; 2 tables; 37 attachment)

Entering the elderly phase, the elderly will gradually experience physical, mental and social decline. Someone who is in the elderly phase has a high probability of problems such as physical, mental, social and spiritual problems. The development of the elderly population is increasing rapidly in every country, including in developed countries such as South Korea. South Korea will experience an aging population every year in the future. With a sizable elderly population, the elderly in South Korea has problems including, the life satisfaction of the elderly in South Korea is very low and needs to be addressed. To create an environment that can care for the elderly and pay attention to their welfare, a change is needed in their health system from a medical system to a comprehensive care model system that focuses more on the needs of the elderly themselves such as transportation, housing, urban planning, protection, and social support. Seeing these issues, it is important to create new designs to support the welfare of the elderly. This research focuses on the Yongsan-dong area, Seoul. Yongsan-dong is a county precinct urban where this area is a residential area inhabited by the elderly group of people. Against this background it is important to create comprehensive welfare for the elderly in the form of housing development. The housing that will be designed has an approach holistic wellness by describing several aspects of welfare for the elderly such as: aspects of physics, aspects financial, aspects emotional, aspects occupational, social aspects, spiritual aspects, environmental aspects, and intellectual aspects. In this study the methods used were field studies, precedent studies, and literature studies to obtain related theories that could support the research process. This research resulted in a space design strategy for various activities and a comfortable space and environment strategy for the needs of the elderly. Design strategy with a design approach holistic wellness This is applied in planning and design elderly housing in Yongsan-dong, Seoul. This design is the result of a collaboration between UPH and Soongsil University, South Korea, supported by data acquisition from the Seoul Metropolitan Government.

Reference : 22 (1991-2023).

Keywords : Elderly, Elderly Housing, Holistic Wellness