

ABSTRAK

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Pendekatan Desain Multisensoris pada *Healing Center* untuk Mendukung Proses Pemulihan Emosional Penderita Depresi

(xlii + 129 halaman : 28 gambar; 43 tabel; 4 lampiran)

Healing Center dirancang untuk mendukung pemulihan psikologis penderita depresi yang memiliki kebutuhan emosional dan sensoris khusus. Penelitian ini bertujuan untuk menganalisis sejauh mana elemen-elemen interior *dalam Healing Center* memenuhi kriteria desain multisensoris yang dapat mendukung pemulihan emosional. Pendekatan penelitian dilakukan melalui studi literatur tentang desain interior multisensoris, wawancara dengan penderita depresi, dan konsultasi dengan psikolog untuk mendapatkan umpan balik profesional. Selanjutnya, dilakukan evaluasi kualitatif terhadap desain *Healing Center* berdasarkan kriteria desain interior multisensoris. Hasil penelitian menunjukkan bahwa sebagian besar area, terutama *outdoor lounge*, memenuhi kriteria desain interior multisensoris dengan baik, menciptakan pengalaman ruang yang holistik dan terapeutik. Aspek sensoris yang paling efektif adalah sistem proprioseptif dan olfaktori, dengan penataan ruang yang memperhatikan fungsi, privasi, arah pandang, serta pemanfaatan udara alami yang bebas polusi. Namun, terdapat beberapa ruang, seperti yoga dan *sound healing room*, yang belum optimal dalam memenuhi kriteria tersebut, yang dapat menghambat proses pemulihan emosional. Penelitian ini mengonfirmasi bahwa desain *Healing Center* dapat mendukung pemulihan psikologis melalui penerapan desain interior multisensoris dan menegaskan pentingnya riset sebelum proses desain untuk memahami secara mendalam kebutuhan emosional pengguna.

Referensi : 42 (1967-2023).

Kata kunci: *Healing Center*, Desain Interior Multisensoris, Pemulihan Emosional, Interior Terapeutik, Depresi

ABSTRACT

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Multisensory Design Approach in the Healing Center to Support the Emotional Recovery Process of Individuals with Depression

(xlii reference + 129 pages: 28 images; 43 tables; 4 attachment)

The Healing Center is designed to support the psychological recovery of individuals with depression who have specific emotional and sensory needs. This study aims to analyze the extent to which the interior elements of the Healing Center meet the criteria of multisensory design that can support emotional recovery. The research approach involved a literature review on multisensory design, interviews with individuals with depression, and consultations with psychologists to obtain professional feedback. A qualitative evaluation of the Healing Center's design was then conducted based on the criteria of multisensory design. The findings show that most areas, particularly the outdoor lounge, effectively meet the criteria of multisensory design, creating a holistic and therapeutic spatial experience. The most effective sensory aspects are the proprioceptive and olfactory systems, with spatial arrangements that consider function, privacy, sightlines, and the utilization of natural, pollution-free air. However, there are several areas, such as the yoga and sound healing rooms, which do not optimally meet these criteria and could hinder emotional recovery. This study confirms that the Healing Center's design can support psychological recovery through the application of multisensory design and emphasizes the importance of pre-design research to gain a deeper understanding of the emotional needs of users.

Reference : 42 (1967-2023).

Keywords : Healing Center, Multisensory Interior Design, Emotional Recovery, Therapeutic Interior, Depression