Kesesuaian Kondisi Biofisik Objek Wisata Alam di Kawasan Taman Nasional Gunung Merapi Untuk Pengembangan *Healing Forest*

Oleh

Dinda Tri Agustina[1] Kaharuddin[2] Sandy Nurvianto[2]

INTISARI

Healing Forest (HF) merupakan salah satu bentuk ekowisata alternatif sebagai harmonisasi antara alam dan manusia untuk menemukan kedamaian, ketenangan pikiran, tubuh yang sehat, serta keberlanjutan alam dan seisinya. Teori Hipotesis Biofilia menjelaskan bahwa manusia memiliki kebutuhan biologis untuk terhubung dengan alam. Prevalensi depresi penduduk DI Yogyakarta 5,5%, posisi kedua kasus Skizofrenia 10,4% dan gangguan emosional 10,1%. Taman Nasional Gunung Merapi termasuk 5 Kawasan Strategis Pariwisata Nasional. Namun terjadi fluktuasi jumlah kunjungan dari tahun 2017-2022. Jumlah pengunjung di hari libur 50% lebih tinggi dari pada di hari kerja. Kondisi ini berpeluang untuk pengembangan HF, sehingga diperlukan data terkait kesesuaian kondisi biofisik. Oleh karena itu, penelitian dilakukan untuk (1) membandingkan parameter biofisik HF (2) menaksir kesesuaian parameter biofisik untuk pengembangan HF, dan (3) mengidentifikasi segmentasi dan kepuasan pengunjung HF terhadap kondisi fisik 4 objek wisata alam di kawasan TNGM.

Penelitian ini dilakukan di Objek Wisata Alam Plunyon, Kali Kuning, Tlogo Muncar dan Jurang Jero pada bulan November-Desember 2022 dengan metode survei lapangan. Penentuan titik pengukuran menggunakan metode *Stratified Random Sampling*. Pengukuran parameter biofisik dilakukan 3 kali pengulangan yaitu pukul 07.30-08.30, 10.30-11.30, dan 13.30-14.30 WIB. Kemudian segmentasi dan kepuasan pengunjung dilakukan dengan pengisian kuesioner dan wawancara langsung kepada 150 responden yang ditentukan dengan kombinasi metode *Kuota Sampling* dan *Accidental Sampling*. Data sekunder diperoleh dari studi literatur yang bersumber dari Balai TNGM. Analisis data yang dilakukan yaitu analisis statistik deskriptif menggunakan Microsoft Excel dan SPSS 21 berupa uji Validitas dan Reliabilitas dengan α=5%, analisis Kruskal Wallis dan Uji Lanjut Pairwise Wilcoxon serta layout peta menggunakan Arc GIS 4.1.

Hasil penelitian menunjukkan bahwa (1) berdasarkan hasil uji beda, terdapat perbedaan parameter biofisik pada suhu, kelembaban, THI, kebisingan dan ion, sementara, kecepatan angin tidak demikian. (2) 96% dari keseluruhan titik pengukuran berada pada kategori layak sebagai lokasi HF yaitu 24 dari 25 titik pengukuran di 4 objek wisata alam. (3) terdapat perbedaan pada setiap tipe segmentasi dan tingkat kepuasan pengunjung *Healing Forest* pada ke 4 objek wisata alam yaitu 75,85% (Plunyon), 79,55% (Kali Kuning), 88,01% (Tlogo Muncar), dan 76,55% (Jurang Jero).

Kata Kunci: *Healing Forest, ekowisata, biofisik, stres*

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[1] Mahasiswa Magister Ilmu Kehutanan, Fakultas Kehutanan, UGM
[2] Dosen Pengajar Magister Ilmu Kehutanan, Fakultas Kehutanan, UGM

Suitability of Biophysical Conditions of Natural Tourism Objects in the Gunung Merapi National Park Area for the Development of Healing Forest

By

Dinda Tri Agustina[1] Kaharuddin[2] Sandy Nurvianto[2]

ABSTRACT

Healing Forest (HF) is an alternative form of ecotourism as a harmonization between nature and humans to find peace, peace of mind, a healthy body, and the sustainability of nature and its content. The Biophilia Hypothesis theory explains that humans have a biological need to connect with nature. The prevalence of depression in Yogyakarta is 5.5%, the second position is schizophrenia cases 10.4%, and emotional disorders at 10.1%. Gunung Merapi National Park includes 5 National Tourism Strategic Areas. However, there were fluctuations in the number of visits from 2017-2022. *However, there was a fluctuation in the number of visits from 2017-2021. The number of visitors on holidays is 50% higher than on weekdays. This condition has the opportunity for the development of HF, so data related to the suitability of biophysical conditions are needed. Therefore, the study was conducted to (1) compare HF biophysical parameters (2) assess the suitability of biophysical parameters for HF development, and (3) identify segmentation and satisfaction of HF visitors to the physical conditions of 4 natural attractions in the TNGM area.*

This research was conducted at Plunyon Natural Tourism Objects, Kali Kuning, Tlogo Muncar, and Jero Gorge in November-December 2022 using field survey methods. Determination of measurement points using the Stratified Random Sampling method. Measurement of biophysical parameters was carried out 3 times, namely at 07.30-08.30, 10.30-11.30, and 13.30-14.30 PM. Then segmentation and visitor satisfaction were carried out by filling out questionnaires and direct interviews with 150 respondents determined by a combination of Quota Sampling and Accidental Sampling methods. Secondary data were obtained from literature studies sourced from the TNGM Center. The data analysis carried out was descriptive statistical analysis using Microsoft Excel and SPSS 21 in the form of Validity and Reliability tests with α=5%, Kruskal Wallis analysis, and Wilcoxon Pairwise Advanced Test and map layouts using Arc GIS 4.1.

The results showed that (1) based on the results of the difference test, there were differences in biophysical parameters on temperature, humidity, THI, noise, and ions, while, the wind speed was not. (2) 96% of all measurement points are in the eligible category as HF locations, namely 24 out of 25 measurement points in 4 natural attractions. (3) there are differences in each type of segmentation and the level of satisfaction of Healing Forest visitors in the 4 natural attractions, namely 75.85% (Plunyon), 79.55% (Kali Kuning), 88.01% (Tlogo Muncar) and 76.55% (Jurang Jero).

Keywords: *Healing Forest, ecotourism, biophysical, stress*

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[1] Master Student of Forestry, Faculty of Forestry, UGM
[2] Lecturers in Master of Forestry Science, Faculty of Forestry, UGM