

ABSTRAK

Perkembangan perkotaan yang pesat di wilayah Jawa Tengah telah mendorong meningkatnya jumlah permukiman dan mengurangi lahan hijau, sehingga mengancam eksistensi rumah retreat sebagai ruang yang idealnya menyediakan lingkungan restoratif. Penelitian ini bertujuan untuk menganalisis lebih dalam apakah arsitektur rumah retreat masih mampu memberikan fungsi restoratif di tengah perkembangan urban saat ini serta merumuskan faktor-faktor yang memengaruhi keberlangsungan fungsi tersebut. Metode penelitian menggunakan pendekatan deskriptif kualitatif dengan mengambil studi kasus pada beberapa rumah retreat di Jawa Tengah. Pengambilan data dilakukan melalui observasi lapangan, dokumentasi arsitektural, dan penyebaran kuesioner kepada pengguna rumah retreat. Hasil penelitian menunjukkan bahwa meskipun keberadaan permukiman dan intensitas aktivitas di sekitar mengurangi kualitas ketenangan, elemen arsitektural tertentu seperti keberadaan ruang terbuka hijau internal, material bangunan, bentuk rumah retreat, tata ruang, dan pencahayaan alami masih berperan penting dalam menjaga fungsi restoratif. Faktor yang paling memengaruhi keberlangsungan fungsi restoratif adalah elemen alam, material bangunan, bentuk rumah retreat, tata ruang, fleksibilitas penggunaan ruang, pencahayaan alami, aroma, dan ketenangan. Temuan ini menegaskan bahwa arsitektur rumah retreat perlu dirancang adaptif terhadap perkembangan kota agar fungsi restoratif masih bisa dipertahankan, serta memberi kontribusi pada pengembangan teori arsitektur restoratif dalam konteks religius dan urban.

Kata kunci: lingkungan restoratif, rumah retreat, pengalaman sensori, arsitektur restoratif

ABSTRACT

The rapid urban development in Central Java has led to an increase in residential areas and a reduction in green spaces, threatening the existence of retreat houses as spaces that ideally providing a restorative environment. This study aims to analyze the extent to which the architecture of retreat houses is still able to provide restorative functions amidst the dynamics of urban development, as well as to formulate the factors influencing the continuity of these functions. The research uses a descriptive qualitative approach with case studies conducted at several retreat houses in Central Java. Data were collected through field observations, architectural documentation, and questionnaires distributed to retreat house users. The findings indicate that although the presence of settlements and the intensity of surrounding activities reduce the quality of tranquility, certain architectural elements—such as the presence of internal green open spaces, building materials, retreat house forms, spatial organization, and natural lighting—remain crucial in maintaining restorative functions. The factors most significantly influencing the continuity of restorative functions are natural elements, building materials, building form, spatial organization, flexibility of space usage, natural lighting, aroma, and tranquility. These findings highlight the importance of designing retreat house architecture adaptively in response to urban development so that restorative functions can be preserved, while also contributing to the development of restorative architecture theory in religious and urban contexts.

Keywords: *restorative environment, retreat houses, sensory experience, restorative architecture*