UNIVERSITAS
GADJAH MADA
Healing Center di Pusat Inovasi Agroteknologi (PIAT) UGM Mangunan-Girirejo dengan Pendekatan Arsitektur Biophilic
Izzatullah Ahmad Muqaffa, Mario Lodeweik Lionar, S.T., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

ABSTRAK

Fenomena peningkatan gangguan kesehatan mental di Indonesia menunjukkan kebutuhan akan ruang pemulihan yang bersifat preventif dan non-klinis. Arsitektur memiliki potensi sebagai medium restoratif melalui penciptaan lingkungan yang mendukung ketenangan psikologis dan koneksi manusia dengan alam. Berangkat dari isu tersebut, perancangan Healing Center di kawasan Pusat Inovasi Agroteknologi (PIAT) UGM Mangunan–Girirejo ini bertujuan menghadirkan fasilitas pemulihan berbasis alam dengan pendekatan arsitektur biophilik.

Metode perancangan dilakukan melalui studi literatur mengenai healing environment, restorative architecture, dan 14 pola biophilic design, serta kajian lapangan yang mencakup analisis fisik, ekologis, sosial, dan spasial tapak seluas ±2,36 hektar. Hasil analisis disintesis menjadi konsep makro Immersive Forest Healing Journey, yang mengatur pengalaman ruang secara bertahap melalui tiga zona utama: Arrival–Readjust, Immersion–Deepening, dan Reflection–Renewal.

Konsep tapak menempatkan sistem water retention landscape sebagai dasar pengendalian hidrologi sebelum penentuan massa dan sirkulasi, guna meminimalkan erosi serta menjaga kesuburan tanah. Massa bangunan dirancang ringan, mengikuti kontur alami, dan disusun dalam klaster untuk mempertahankan dominasi lanskap hutan. Integrasi lanskap, ventilasi alami, pencahayaan difus, serta sistem utilitas berkelanjutan memperkuat kualitas ruang restoratif yang aman dan kontekstual.

Perancangan ini menghasilkan model arsitektur healing berbasis hutan yang tidak hanya mendukung pemulihan mental non-klinis, tetapi juga berkontribusi terhadap konservasi ekologis kawasan PIAT Mangunan.

Kata Kunci: *Healing Center*; Arsitektur Biophilik; Lingkungan Restoratif; *Healing Environment; Forest Immersion;* Keberlanjutan Tapak; Kesehatan Mental Non-Klinis.

UNIVERSITAS
GADJAH MADA
Healing Center di Pusat Inovasi Agroteknologi (PIAT) UGM Mangunan-Girirejo dengan Pendekatan Arsitektur Biophilic
Izzatullah Ahmad Muqaffa, Mario Lodeweik Lionar, S.T., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

ABSTRACT

The increasing prevalence of mental health issues in Indonesia indicates the need for preventive and non-clinical healing environments. Architecture holds the potential to function as a restorative medium through the creation of spaces that foster psychological calmness and reconnect individuals with nature. In response to this issue, this thesis proposes the design of a Healing Center within the Pusat Inovasi Agroteknologi (PIAT) UGM Mangunan–Girirejo area, applying a biophilic architectural approach.

The design methodology integrates literature studies on healing environments, restorative architecture, and the 14 patterns of biophilic design, combined with comprehensive site analysis covering physical, ecological, social, and spatial aspects of the ±2.36 hectare selected site. The findings are synthesized into a macro concept entitled Immersive Forest Healing Journey, which structures the spatial experience into three sequential zones: Arrival–Readjust, Immersion–Deepening, and Reflection–Renewal.

The site strategy prioritizes a water retention landscape system as the foundational layer before determining building mass and circulation, aiming to control erosion and maintain soil fertility. Building masses are designed as lightweight clustered structures that follow the natural contours, minimizing cut-and-fill interventions while preserving forest dominance. Landscape integration, natural ventilation, diffused daylighting, and sustainable utility systems reinforce the restorative spatial atmosphere in a contextual and environmentally sensitive manner.

The proposed design presents a forest-based healing architecture model that supports non-clinical mental restoration while contributing to the ecological conservation of the PIAT Mangunan area.

Keywords: Healing Center; Biophilic Architecture; Restorative Environment; Healing Environment; Forest Immersion; Site Sustainability; Non-clinical Mental Health.