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Youth Mental Health Center Dengan Pendekatan Evidence Based Design di Tangerang Selatan
Gadiel Rafanda Alexander, Harry Kurniawan, ST., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

INTISARI

Kesehatan mental remaja menjadi isu penting di Indonesia, terutama di kawasan perkotaan yang memiliki tekanan sosial, akademik, dan lingkungan tinggi. Selain tingginya kebutuhan layanan, stigma terhadap gangguan mental masih menjadi hambatan yang membuat remaja enggan mencari bantuan profesional. Perancangan Youth Mental Health Center di Tangerang Selatan bertujuan menghadirkan fasilitas kesehatan mental yang aman, inklusif, mudah diakses, dan tidak menstigmatisasi. Pendekatan Evidence-Based Design (EBD) digunakan melalui studi literatur, observasi lapangan, serta analisis tapak dan kebutuhan pengguna untuk menerjemahkan bukti ilmiah menjadi strategi desain. Perancangan mencakup layanan rawat jalan, rehabilitasi, dan rawat inap dengan hierarki privasi serta tingkat keamanan yang sesuai. Hasil perancangan menghasilkan konsep The Healing Sanctuary, yaitu lingkungan terapeutik yang mendukung pemulihan psikologis sekaligus mengurangi citra institusional fasilitas kesehatan mental. Konsep tersebut diterapkan melalui zonasi bertingkat, koneksi visual dan fisik dengan alam, penggunaan material hangat dan non-institusional, bentuk organik, ruang luar terapeutik, ventilasi alami, serta penerapan prinsip keselamatan pasien.

Kata kunci: kesehatan mental remaja, Evidence-Based Design, destigmatisasi, Youth Mental Health Center.

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ABSTRACT

Youth mental health is an important issue in Indonesia, particularly in urban areas where young people face significant social, academic, and environmental pressures. In addition to the growing need for mental health services, stigma remains a major barrier that discourages young people from seeking professional help. This project proposes a Youth Mental Health Center in South Tangerang that provides a safe, inclusive, accessible, and non-stigmatizing environment. An Evidence-Based Design (EBD) approach is applied through literature review, field observation, site analysis, and user-needs analysis to translate scientific evidence into architectural strategies. The facility accommodates outpatient, rehabilitation, and inpatient services with appropriate levels of privacy and security. The design results in the concept of The Healing Sanctuary, a therapeutic environment intended to support psychological recovery while reducing the institutional image commonly associated with mental health facilities. The concept is implemented through spatial zoning, visual and physical connections with nature, warm and non-institutional materials, organic forms, therapeutic outdoor spaces, natural ventilation, and patient-safety principles.

Keywords: youth mental health, Evidence-Based Design, destigmatization, Youth Mental Health Center.