

ABSTRAK

DKI Jakarta sebagai pusat lapangan pekerjaan membuat masyarakat dari berbagai daerah ber-*hijrah* ke DKI Jakarta untuk mencari penghidupan. Hal tersebut mengakibatkan semakin padatnya penduduk di DKI Jakarta dan tingginya kebutuhan akan hunian. Sayangnya, kelangkaan lahan membuat harga tanah dan hunian di DKI Jakarta cukup tinggi, terutama pada daerah-daerah dekat pusat perniagaan. Faktor tersebut menjadi salah satu penyebab munculnya fenomena komuter. Banyak pekerja DKI Jakarta memilih tinggal di area sub-urban Jakarta atau kota satelit Jakarta seperti Bogor, Bekasi, Tangerang, dan Depok, jauh dari tempat kerjanya, untuk mendapatkan hunian yang lebih murah. Berdasarkan data dari Badan Pusat Statistik, banyak komuter mengalami *stress* serta gangguan kesehatan.

Apartemen di Cipayung dengan konsep *Therapeutic Residence* bertujuan untuk meningkatkan kualitas hidup para pekerja komuter dengan mengembalikan kesehatan mental & fisik mereka melalui penerapan prinsip-prinsip *ecotherapy design*; mendekatkan manusia dengan alam melalui intervensi elemen tumbuhan, elemen hewan, aktivitas fisik, *nature art* dan konservasi alam pada lingkungan binaan (apartemen). Tipologi apartemen dipilih untuk menjawab isu kelangkaan lahan. Pemilihan lokasi di area *sub-urban* Jakarta yang memiliki konektivitas yang baik menuju akses langsung ke pusat kota, dengan harapan dapat mereduksi waktu tempuh, stress, serta kelelahan fisik yang didapatkan pekerja komuter selama perjalanan, serta menawarkan hunian dan fasilitas yang baik dengan harga yang masih terjangkau dan pantas dibandingkan dengan hunian di tengah kota.

Kata kunci: Apartemen, *ecotherapy*, *therapeutic*

ABSTRACT

DKI Jakarta as a business & employment center in Indonesia makes people from various regions migrate to DKI Jakarta to make a living. This has resulted in the increasing of population density in DKI Jakarta and the high demand for dwelling. Unfortunately, the scarcity of land makes land and residential prices in DKI Jakarta quite expensive, especially for the area around the business centers. It then became one of the factors that causes the emergence of the commuters. Many DKI Jakarta workers choose to live in sub-urban areas of Jakarta or Greater Jakarta such as Bogor, Bekasi, Tangerang, and Depok, far from their workplaces, to get cheaper dwellings. Based on data from the Central Bureau of Statistics, many commuters experience stress and health problems.

The apartment in Cipayung with Therapeutic Residence as a concept aims to improve commuter's quality of life by restoring their mental & physical health through the application of ecotherapy design principles; bring people closer to nature through the intervention of plant elements, animal elements, physical activity, nature art and nature conservation in the built environment (apartment). The typology of apartment was chosen to become the answer for land scarcity issue. The choice of location in the sub-urban area of Jakarta that has good connectivity towards direct access to the city center aims to reduce the travel time, stress, and fatigue that are usually experienced by commuters during their trip to work, and also offering dwelling with good facilities that are still affordable compared to the prices in the areas near the business centers.

Keywords: *Apartment, ecotherapy, therapeutic*