

## HEALING ENVIRONMENT CONCEPT APPLYING A SEQUENCE AS AN APPROACH TO MEDAN MEDITATION CENTER DESIGN

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### Abstrak

Mental or mental health is an important aspect in realizing a person's overall health. For this reason, mental health needs to be considered like physical health, because indirectly mental health that is not well maintained also affects the decline in physical health. A person must be free from mental problems so that he can gain well-being in life. In Indonesia, there are a number of problems that arise and have the potential to trigger mental health problems. A person who lives in an urban area tends to experience stress both caused by the demands of work and the consequences of environmental pressure. Many urban residents experience stress due to limited public space, such as one of which occurred in the city of Medan. One problem as an example that is very visible and often occurs is the problem of congestion and the situation in the city of Medan. Nowadays meditation is no longer represented only in a spiritual context. Positive support from the surrounding environment is very influential in maintaining a person's mental health. The design of the meditation building is located on Jalan Flamboyan II, Simpang Selayang, Medan Tuntungan, Medan City. In the design process, the meditation building will be connected to this elite area and designed to combine the concept of healing environment with the sequence in the architecture.

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### Introduction

Mental or mental health is an important aspect in realizing a person's overall health. "There is no health without mental health" [1]. Moreover, mental health is a fundamental human right that every human being has. For this reason, mental health needs to be considered like physical health, because indirectly mental health that is not well maintained also affects the decline in physical health. A person must be free from mental problems so that he can gain well-being in life. Stress and mental disorders cannot be underestimated. Currently, 9,162,886 cases of depression occur in Indonesia or 3.7 percent of the population [2]. Of the depression rates that reached around 9 million, 3.4 suicide cases were found per 100,000 Indonesians [3]. In Indonesia, there are a number of problems that arise and have the potential to trigger mental health problems. A person who lives in an urban area tends to experience stress both caused by the demands of work and the consequences of environmental pressure. Many urban residents experience stress due to limited public space, such as one of which occurred in the city of Jakarta.

Similar to what happens in the city of Medan, a dense urban atmosphere, an uncondusive environment, and great social pressure can be factors in the high level of stress among the community. One problem as an example that is very visible and often occurs is the problem of congestion and the situation in the city of Medan. In addition to the various demands they feel, coupled with the traffic conditions such as the sound of horns that they have to face every day, triggering stress among the community.

This condition makes people realize the importance of doing activities to calm their minds, such as meditation. According to Smith, the term meditation in the psychology literature refers to a group of exercises to limit thoughts and attention [4]. Salzberg said that currently meditation is no longer represented only in a spiritual context. Meditation gave birth to a new meditation method that

is currently popular, namely stress reduction meditation [5]. Positive support from the surrounding environment is very influential in maintaining a person's mental health. To solve design problems, the concept of healing environment as a form of practice from biophilic architecture theory is an option. In addition, the chosen approach is a behavioral architecture approach with sequence deepening through sensory.

The design of the meditation building is located on Jalan Flamboyan II, Simpang Selayang, Medan Tuntungan, Medan City. Medan Tuntungan is one of the 21 sub-districts located in the city of Medan, North Sumatra Province, Indonesia. The building is developed on an area with an area of 4.1 hectares (Figure 1). In addition to being in a strategic location, this area is also an independent area with various prestigious city facilities. For this reason, in the design process, the meditation building will be connected to this area.

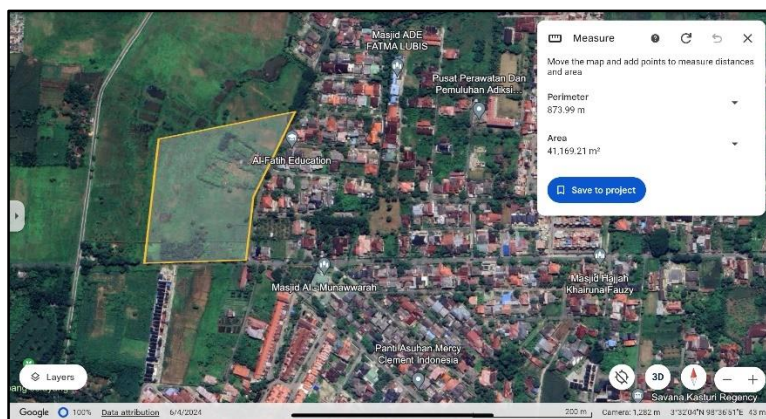


Figure 1. Location Master Plan

## Method

### Depression

Depression is a condition that causes changes in mood (feelings of worthlessness), behavior (irritability or withdrawal from social interactions), and self-functioning (difficulty thinking or concentrating), physical complaints (difficulty sleeping or sleeping too much), and changes in weight.

To handle this condition, a building is needed that pays attention to several important factors such as air quality, noise, thermal comfort, lighting, color, texture, communication, privacy, and scenery. Frank Lloyd, who is a legendary architect, urged architects to use design as a form of positive attitude in the healing process. The physical environment that plays an active role in healing efforts is further explained in the scope of healing environment.

### Healing Environment

A healing environment is an environment designed to create harmony between mind, body, and soul. In the application of the concept of healing environment, it is important to protect the patient's psychological elements as included in it, including nature, sensory (sensory), and psychological.

The principles of the healing environment include [6]: (1) Independence (freedom/discretion). The designed design can provide a sense of independence to its users by increasing their confidence. The goal of the design is to create a space for interaction between individuals and groups. Likewise, the use of materials that set visual boundaries, such as structures, vegetation, and differences in floor materials; (2) Consciousness. This environment helps people suffering from depression and stress to be more aware of their surroundings and connect better. This is achieved by stimulating the human senses (multi-sensory architecture); (3) Connectedness. The building is designed to increase a sense of connectedness through accessibility. Connectivity with

nature can be achieved through social interaction and contact with the environment, such as the creation of gardens used for gatherings and horticultural therapy; (4) Purpose. Design has the ability to provide opportunities and be a forum for people with depression to contribute to their environment, for example by providing a garden for horticultural therapy; (5) Physical activities. This environment provides a place for physical activity and exercise, as it is therapeutic especially for people suffering from depression and stress. The design includes walking and jogging routes, gym and gymnastics rooms to provide users with a sensory experience; (6) Restorative. The cool and bright environment can be used as a place of rest and relaxation. The use of materials is also considered, namely using materials that do not glare and have a smooth texture. There is also a meditation and counseling room for patients which is designed to be a quiet space where patients can have privacy away from their main activities. This concept is also supported by the use of soundproof materials to maintain a calm atmosphere in the room.

Therefore, the concept of healing environment aims to help patients in the healing process and recover from the fears they experience.

### **Biophilic Architecture**

The concept of healing environment is a manifestation of the application of the theme of biophilic architecture [8]. Biophilic architecture aims to improve the mental and physical well-being of human life by integrating nature, using natural materials and natural forms.

### **Sequence in Architecture**

In the creation of rooms in the building, a behavioral architecture approach is chosen with the deepening of the concept of sequence through sensory. This concept is applied to meditation buildings in addition to allowing every visitor to feel every process or flow of the room, the stress or feelings of depression that are being felt can also be slowly treated. This is because the application design process involves the arrangement of the spatial composition plan, shape and other elements in order to create a functional and aesthetic architectural design [9].

### **Behavioral Architecture**

The application of the concept of sequence in architecture involves the process of analyzing and paying attention to the process of a person who is experiencing stress starting from the initial attitude and behavior of symptoms to the relaxation and healing phase. Therefore, the concept of sequence emerged as a result of the behavioral architecture approach [10]. Behavioral architecture is an architecture whose application includes behavioral considerations in design. Behavioral architecture is an architecture that can understand and explain human behavior captured from various types of behavior, such as the behavior of creators, users, and observers, as well as the behavior of the natural environment [11]. However, in this case, user behavior is the main focus in the design creation process.

### **Meditation**

According to Walsh, meditation is a training technique or method that trains a person's attention to increase awareness, so that they can gain more conscious control and better mental control abilities [12]. Meditation generally refers to a state in which the body consciously becomes relaxed and the mind is allowed to be calm and centered.

Ken Wilber divides meditation techniques into 4 quadrants, which include [13] (1) The way of form. This technique is known as concentric or absorptive meditation, that is, some way involving real objects, such as *mantras*, *yantras* (symbolic designs), *mudra* (hand gestures), *bija* (affirmations), *kasina* (surfaces or colors), symbols (such as dragons, crosses, lotuses, hearts, sun); (2) The

expressive way. It has to do with God, spirit, and energy. This type of meditation involves heavy breathing, rapid movements, and loud singing. Some of these techniques include *shamatic*, *tantri method*, and *Sufi dancing (dhikr)*, and "speaking on the tongue" in the Charismatic church; (3) The negative way. This technique process where one tries to get rid of all forms, all expressions. The way it works is *letting go*, but in a way that empties the mind. Some examples are *Pantajali meditation yoga*, *Zen shikan-taza practice*, *neti-neti* (not this, not that); (4) The facilitative way. Where one opens one's awareness to "what's there". This form of meditation is all about bearing witness to whatever is happening, the focus is to flow with whatever is experienced, follow it, and let it go. With *Vipassana*, *Mahavipassana*, and *Satipathanna* meditations, one is in a mind full of whatever has passed.

However, the design of meditation buildings focuses on the way of form and the negative way meditation techniques with activities such as yoga, meditation, affirmation, consultation, and other types of activities.

### Architecture as a Container for Meditation Activities

Based on activities and space needs for meditation, several examples of architectural buildings and spaces as places to meditate are given [14]. The meditation buildings that are used as literature studies and comparisons are as follows.

#### American Bodhi Center, Texas, United States



**Gambar 2.** Site Plan American Bodhi Center

The American Bodhi Center complex as a place to meditate is supported by a large enough land, so it provides a very high level of privacy. Natural elements are given great attention in the complex, such as forests/vegetation, water, because the process of meditating is not only carried out inside the building but also outside the building such as *the samadhi* and relaxation forest, natural park, and camping ground [15].

The area that looks large enough with the distance between the buildings is far enough to have enough privacy, which is surrounded by green areas as a supporting area for activities outside the building related to awareness level training to understand the universe (Figure 2).

What is interesting about this project is the combination of meditation techniques that have implications for activities and space needs. Some of the structures, functions, and activities in it include: (1) Structure and functions, including: a hall for meditation, a hall for a dining room that can also be used for lectures or activity centers, *a memorial hall*, *a room for Buddhist Life*; *located at the intersection and used for priests or guests of the Samadhi forest*; with wooden cabins for those interested in self-isolation, Zen garden; natural park, camping ground is used for youth activities, family camping, can also be used for a variety of *outdoor* activities, quiet artificial forest for

relaxation; (2) Activities that participate include: focus and relaxation exercises, weekend activities for families and *retreats* (individual or group), guidance & counseling, lectures or courses, Samadhi forest for individual *retreats* up to 7 days, landscaping courses, camping, natural activities, memorial activities to commemorate one's love.

### Oslo Community, Koregoan Park, Pune, India

The city of Pune is an ideal place to practice meditation because it has a good climate all year round, greenery, and a tolerant attitude from the residents near Bombay, all of which make foreigners feel comfortable. In psychology literature, Bhagwan Rajneesh is a pioneer of dynamic meditation in the form of rough breathing, fast movements, loud singing, and others.

The pyramid building with a large courtyard with colored pavements that match the color of the building and several types of vegetation makes the Osho community environment look calm and close to nature (Figure 3). The pyramid building is a symbol of the birth of energy, and the image of a person together, blue glass, and the light of the sky is a symbol of enlightenment [16].



**Figure 3.** Oslo Community Environment

The layout of this place has a very unique design. The design for community members (residents) consists of four simple buildings selected based on shape and color. The building complex is basically simple, with clean spaces with marble and white stucco. The main architectural feature of this region is the pyramid clusters (Figure 4).



**Figure 4.** Unique Buildings of Oslo Community

In addition, the building serves as a center for meditative activities because it is supported by environmental elements such as vegetation and stone water [17]. This suggests that the meditation process takes place not only inside the building, but also in open spaces, which provides an ideal atmosphere for meditating to achieve calm and relaxation. With the condition of the green area surrounding the building, the atmosphere of the environment looks very natural, giving an impression of calm, away from the crowd, and as a learning process about the universe (Figure 5).



**Figure 5.** Environmental Perspectives of the Oslo Community

In the design process, the method used is a qualitative research method obtained from two perspectives, namely the design theme approach and the location survey approach. The research method was carried out by collecting literature related to the analysis of aspects in biophilic architecture and behavioral architecture.

Observation and survey of the topological form at the location are also included in the design process research method. Observations are carried out to describe the activities that occur at the location as objects. In addition, this activity is also in order to collect information related to the facts that exist both in the location itself and in the environment around the location. It aims to gather information through direct observation as the first step in the meditation building design process.

This research approach uses a descriptive approach, namely describing the real phenomena found during data collection, then analyzing them, and evaluating the findings in the field. The information is then analyzed as a solution to solve the problem formulation.

In line with this, the compiler will analyze the implementation of the concept of healing environment and sequence as a manifestation of the biophilic architecture approach and behavioral architecture that will be applied to meditation buildings in Medan City.

## Result and Discussion

### Theme Interpretation

Visitors are invited to take a slow walk and be guided to their intended place and in preparation for the climax [18]. This change process goes well without any surprises or sudden changes, it refers to the overall arrangement of elements so that the flow becomes more comfortable. The sequence approach was chosen to get a different experience and have a flow that can be felt by visitors, from stress to relaxation. This sensation can be felt by visitors through awareness and senses. Because, to recover, it requires a process. The philosophy of the "process" is applied to the creation of space in meditation buildings [19].

Healing environment will affect individuals in psychological, self-efficacy, social, and functional aspects [20]. These four aspects can be improved through the following variables: (1) Home-like environment; (2) Access to and view nature; (3) Light; (4) Noise control; (5) Barrier-free environment; (6) Room layout.

### Design Concept

User Characteristics: (1) Visitors are parties who visit as consumers to receive health care and relaxation activities for self-care and holistic care; (2) Therapist or trainer is the party responsible for carrying out holistic health and health care efforts, and accompanying activities as a supervisor or supervisor, such as: Psychologist (consultation activities), meditation instructor, yoga trainer, affirmation class instructor, painting class instructor, masseur (spa service); (3) The manager and staff are the parties responsible for the management and management of the building. The personnel involved include: Founder/CEO, general manager, finance staff, marketing staff, secretary,

receptionist; (4) Service staff are the parties responsible for service activities such as cleanliness and security in the building. The personnel involved include: cleaning staff, security staff, gardeners.

## Space and Zoning Program

### Space Requirements

In accordance with the concept of sequence, the layout and division of space begins by looking at the basic process of a person who experiences initial stress towards a feeling of a more relaxed attitude. First, a person experiences "stress" towards an "intermediate" state, where they gradually lower their stress by performing activities or a "state of relaxation", and then the process will bring them to the state of "relaxation" itself.

From the analysis that has been carried out, the space requirements in the meditation center are as follows (Table 1).

Table 1. Space Requirements

<b>Visitor Activity Group:</b>			
<b>Activity Categories</b>	<b>Perp</b>	<b>Room</b>	<b>Characteristic</b>
Registration	Visitors	Resepsionis, Lobby	Public
View the gallery of works		Gallery	Public
Health check-up		Physical Retreat Room	Semi-Public
Conducting a consultation		Psychological Consultation Room	Semi-Public
Reflection Session		Reflection Hall	Semi-Public
Taking a painting class		Creative Studio	Public
Jazz Yoga		Studio Wellness	Public
Meditation therapy		Studio Wellness	Public
Medication collection (Optional)		Pharmacy	Semi-Public
Spa		Spa Room	Public
Leisure stay (Optional)		Villa	Private
Change of clothes		Changing Room, Locker	Service
Wash, rinse		Rinse Room	Service
BAB/BAK		Toilet	Service
<b>Therapist/Trainer Activity Group:</b>			
<b>Activity Categories</b>	<b>Perp</b>	<b>Room</b>	<b>Characteristic</b>
Registration/absence	Psychologist	Staff Room	Private
Examination/consultation		Consultation Room	Semi-Public
Rest		Staff Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Doctor	Staff Room	Private
Examination of the patient's physical condition		Retreat Room Physical	Semi-Public
Rest		Staff Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Meditation Instructor	Staff Room	Private
Meditation therapy		Meditation Room	Semi-Public
Terapi memorial		Reflection Hall	Semi-Public
Change of clothes		Changing Room, Locker	Service
Wash/rinse		Rinse Room	Public
Rest		Staff Room	Private

BAB/BAK	Yoga Trainer	Toilet	Service
Registration/absence		Staff Room	Private
Yoga Training		Yoga Room	Semi-Public
Change of clothes		Changing Room, Locker	Service
Wash/rinse		Rinse Room	Public
Rest		Staff Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Painting Class Instructor	Staff Room	Private
Painting Class		Creative Studio	Semi Publik
Change of clothes		Changing Room, Locker	Service
Rest		Staff Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Pharmacist	Staff Room	Private
Recipe work		Apotek	Semi-Public
Rest		Staff Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Masseur	Staff Room	Private
Spa Services		Spa Room	Public
Change of clothes		Changing Room, Locker	Service
Wash/rinse		Rinse Room	Public
Rest		Staff Room	Private
BAB/BAK		Toilet	Service

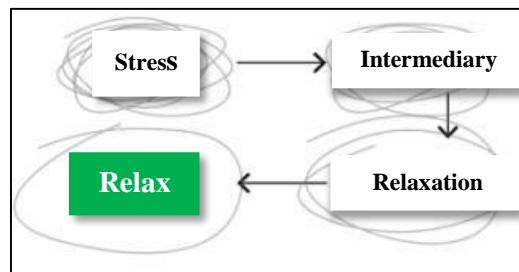
**Manager/Staff Activity Group:**

Activity Categories	Perp	Room	Characteristic
Operational supervision	Founder/CEO	CEO room	Private
Rest		CEO room	Private
BAB/BAK		Toilet	Service
Registration/absence	General Manager	Staff Room	Private
Operational supervision		GM Room	Private
Rest		GM Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Finance Staff	Staff Room	Private
Financial work		Finance Office	Private
Istirahat		Finance Office	Private
BAB/BAK		Toilet	Service
Registration/absence	Marketing Staff	Staff Room	Private
Marketing jobs		Marketig Office	Private
Rest		Marketig Office	Private
BAB/BAK		Toilet	Service
Registration/absence	Secretary	Staff Room	Private
Administrative and archival work		Administration Room	Private
Rest		Administration Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Reception	Staff Room	Private
Administrative and service work		Administration Room	Private
Rest		Administration Room	Private
BAB/BAK		Toilet	Service

**Service Staff Activity Group:**

Activity Categories	Perp	Room	Characteristic
Registration/absence	Cleaning Staff	Staff Room	Private
Cleaning the room		All Rooms	Semi-Public
Rest		Staff Room	Private
Change of clothes		Changing Room, Locker	Service
BAB/BAK		Toilet	Service
Registration/absence	Staff Keamanan	Staff Room	Private
Guarding, supervising security		All Rooms	Semi-Public
Monitoring CCTV		CCTV Room	Private
Rest		Security Room	Private
BAB/BAK		Toilet	Service
Registration/absence	Gardener	Staff Room	Private
Garden work		Garden	Public
Change of clothes		Changing Room, Locker	Service
Rest		Staff Room	Private
BAB/BAK		Toilet	Service

From the initial process, zoning is divided according to the stages of people who are experiencing stress to people who are more relaxed than before. There are 4 zonings, namely stress zoning, intermediate zoning, relaxation zoning, and relaxation zoning (Figure 6).



**Figure 6.** Stages of Stress Towards Relaxation

Table 2. Main Facility Space Requirements

**Stress Zoning:**

No.	Space Requirements	Capacity (people)	Characteristic	Dimension
1	Lobby	50	Public	Area+Circulation 100%=153m <sup>2</sup>
2	Innercourt	15	Public	Area+Circulation 100%=38m <sup>2</sup>
3	Gallery	50	Public	Area+Circulation 100%=340m <sup>2</sup>

**Intermediaries Zoning:**

No.	Space Requirements	Capacity (people)	Characteristic	Dimension
1	Physical Retreat Room	40	Semi-Public	Area+Circulation 50%=140m <sup>2</sup>
2	Personal Consultation Room	20	Semi-Public	Area+Circulation 50%= 160m <sup>2</sup> x 2= 320m <sup>2</sup>
3	Group Consultation Room	25	Semi-Public	Area+Circulation 50%=160m <sup>2</sup>
4	Reflection Hall	15	Semi-Public	Area+Circulation 50%=38m <sup>2</sup>
	Indoor Meditation Room (Small)	11	Semi-Public	Area+Circulation 50%= 286m <sup>2</sup>

6	Indoor Meditation Room (Large)	24	Semi-Public	Area+Circulation 50%= 352m <sup>2</sup>
7	Outdoor Meditation Room	12	Public	Area+Circulation 50%=78,5m <sup>2</sup>
8	Yoga Room	24	Semi-Public	Area+Circulation 50%= 286m <sup>2</sup>

**Relaxation Zoning:**

No.	Space Requirements	Capacity (people)	Characteristic	Dimension
1	Creative Studio	40	Semi-Public	Area+Circulation 50%= 500m <sup>2</sup>

**Relax Zoning:**

No.	Space Requirements	Capacity (people)	Characteristic	Dimension
1	Spa (Personal Package & Couple Package)	27	Private	Area+Circulation 100%=50m <sup>2</sup> x 9= 450m <sup>2</sup>
2	Villa	27	Private	Area+Circulation 100%=50m <sup>2</sup> x 9= 450m <sup>2</sup>

**Service Zoning:**

No.	Space Requirements	Capacity (people)	Characteristic	Dimension
1	Public Toilet	10	Service	Area+Circulation 50%=15m <sup>2</sup>
2	Disabled Toilet	2	Service	Area+Circulation 100%=3m <sup>2</sup>
3	Staff Toilet	2	Service	Area+Circulation 50%=8m <sup>2</sup>

Table 3. Management and Staff Room Needs

No.	Space Requirements	Capacity (people)	Characteristic	Dimension
1	Founder/CEO Room	4	Private	Area+Circulation 100%=110m <sup>2</sup>
2	Manager Room	4	Private	Area+Circulation 100%=90m <sup>2</sup>
3	Secretary Room	4	Private	Area+Circulation 100%=110m <sup>2</sup>
4	Finance Office	6	Private	Area+Circulation 50%=140m <sup>2</sup>
5	Marketing Office	6	Private	Area+Circulation 50%=130m <sup>2</sup>
6	Staff Room 1	20	Private	Area+Circulation 50%=137,5m <sup>2</sup>
7	Staff Room 2	20	Private	Area+Circulation 50%=137,5m <sup>2</sup>
8	Meeting Room	12	Private	Area+Circulation 50%=65m <sup>2</sup>

Table 4. Space Needs for Service Facilities

No.	Space Requirements	Capacity (people)	Characteristic	Dimension
1	Pantry/Kitchen	8	Service	Area+Circulation 70%=70m <sup>2</sup>
2	Pharmacy	8	Service	Area+Circulation 50%=12m <sup>2</sup>
3	Administration Room	8	Service	Area+Circulation 50%=12m <sup>2</sup>
4	Shed	8	Service	Area+Circulation 30%=15m <sup>2</sup>
5	CCTV Room	5	Service	Area+Circulation 30%=9m <sup>2</sup>
6	Utility Room/MEP	5	Service	Area+Circulation 30%=9m <sup>2</sup>
7	Security Room	3	Service	Area+Circulation 50%=15m <sup>2</sup>

Based on the calculation of the required space (Tables 2, 3, and 4), the recapitulation of the required space calculation is as follows (Table 5):

Table 5. Recapitulation of Space Needs

No.	Facilities	Dimension (m <sup>2</sup> )
1	Main Facilities	3.617,5
2	Management Facilities	920
3	Service Facilities	142
Total Space Area		4.679,5
Inter-Space Circulation+45%		2.105
<b>FINAL TOTAL</b>		<b>6.785</b>

The calculation of the total inner space is also required to circulate between the required spaces by 25-45% of the total area of the room.

### Zoning Division

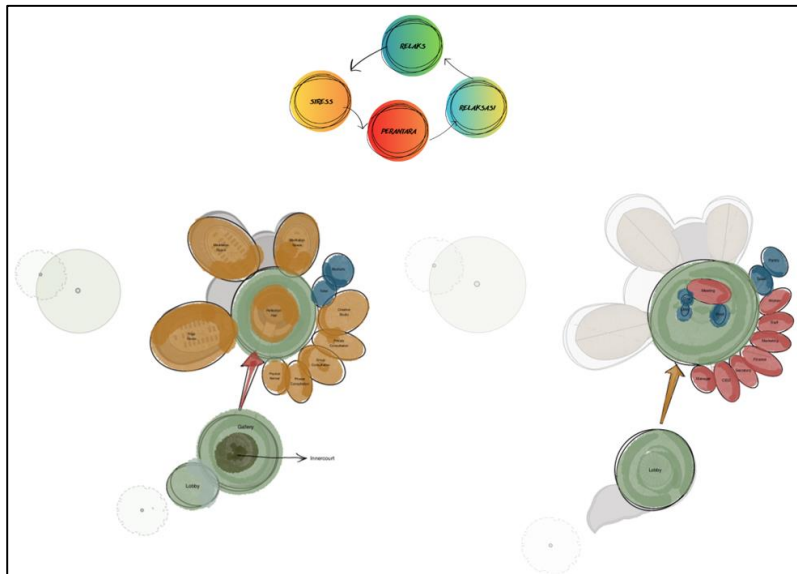


Figure 7. Building Zoning Division

### Deepening the Concept of Planning

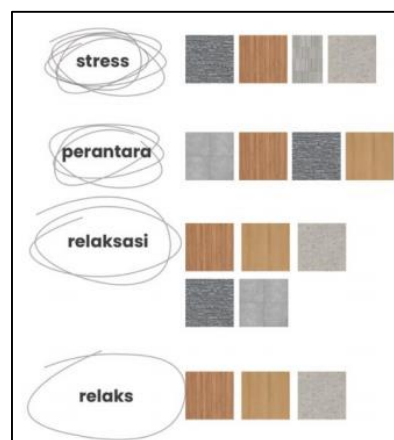


Figure 8. Material Selection by Sequence

The selection of materials also considers the depth of design (Figure 8). The material sequence is selected with images of people experiencing stress towards relaxation. To describe stress, use materials that have a lot of patterns because it will be easier to break the focus. Intermediaries begin

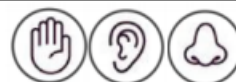


to reduce patterns on certain parts of the material. For relaxation, the combination of materials is more considered, from color to texture. Materials with colors that tend to be warm are chosen for this last step.



**Figure 9.** Lobby Perspective

The lobby prioritizes the senses of hearing and seeing (Figure 9). Warm wood colors are chosen for a friendly effect. In the lobby there is also water and vegetation both on the roof and innercourt to make visitors feel comfortable.



**Figure 10.** Gallery Perspective

The enclosed place and the noise that the wind blows on the vegetation prevents visitors from making noises and encourages them to contemplate making the impression of being calm and amazed. Coupled with the display of non-monotonous arranged motivational words displayed with texture play, such as warm and smooth wood and rough and cold anhesite stone can give visitors a sensation of touch (Figure 10).



**Figure 11.** Perspective of an Indoor Meditation Room

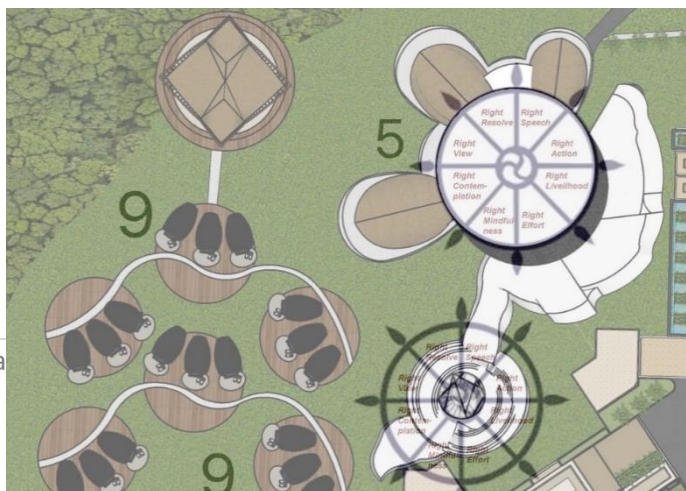


**Figure 12.** Outdoor Meditation Room Perspective

The selection of these materials was taken care to align the biophilic theme with the impression of meditation to be achieved (Figure 11). For this reason, many warm materials are selected from wood with a combination of other aspects of nature (Figure 12).

### Mass composition

The following is the division of zoning based on each sequence applied to the form of mass composition.



### Figure 13. Mass Composition

#### Conclusion

Here is a design for the Meditation Centre in Medan that is intended to provide a place for people who are experiencing stress, especially residents of metropolitan cities like Medan, to use various meditation techniques. With the design of the facility centered on sensory experience and combined with the concept of a healing environment, it is hoped that it can provide new experiences and knowledge to help improve focus and relaxation, especially to control emotions, such as stress experienced by the people of Medan.

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