

ABSTRACT

Design Of Wellness-Stress Hub Shelter For Urban Communities With Biophilic Design Concept

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Mental health is a crucial aspect of individual and societal well-being. The ability to manage life's stresses, maintain healthy social relationships, and contribute productively depends heavily on a person's mental state. However, the increasing pressures of life in large cities like Jakarta have led to a surge in stress and anxiety levels, particularly among Generation Z and Millennials. Data shows that 40% of Generation Z and 38.8% of Millennials experience moderate to extreme anxiety, triggered by academic pressure, economic uncertainty, social media, and limited access to psychological services. This condition is also closely linked to the rise in self-harm and suicide among young people. In response to this crisis, the Wellness-Stress Hub Shelter was designed, a multifunctional public facility intended as a stress and mental health recovery center. This facility provides psychological therapy, emotional rehabilitation, and healing activities that address social, academic, and work-related stress. The building's location in Pluit, North Jakarta, was chosen for its tranquil atmosphere and proximity to the sea, which offers the potential for natural therapy through the sound of waves and sea breezes. In terms of design, this building integrates healing architecture, biophilic design, and the five element theory to create a natural, harmonious environment that supports the holistic mental healing process. In addition to being a rehabilitation space, this building also functions as an education and social support center, to raise public awareness of the importance of mental health. It is hoped that the Wellness-Stress Hub Shelter can be an architectural solution that contributes to reducing stress and suicide rates, as well as improving the quality of life for urban communities in a sustainable manner.

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