

LATAR BELAKANG

Gangguan bipolar adalah kondisi kesehatan mental yang ditandai dengan fluktuasi emosi ekstrem antara fase mania dan depresi. Perubahan suasana hati ini tidak hanya memengaruhi keseharian penyintas, tetapi juga sering menimbulkan kesalahpahaman dari lingkungan sekitar. Di Indonesia, meskipun kesadaran terhadap isu kesehatan mental mulai meningkat, stigma sosial dan keterbatasan layanan membuat banyak penyintas masih enggan mencari bantuan. Mereka sering kali mengelola kondisi emosionalnya sendiri tanpa dukungan ruang yang aman dan adaptif.

Dalam kondisi seperti ini, arsitektur memiliki potensi lebih dari sekadar fungsi fisik. Arsitektur dapat menjadi medium untuk memahami, merespons, dan menampung pengalaman emosional manusia. Terutama bagi penyintas bipolar, ruang yang dirancang dengan empati dapat membantu mengenali pola emosi, menyalurkannya dengan cara yang aman, dan menghadirkan rasa diterima tanpa penghakiman.

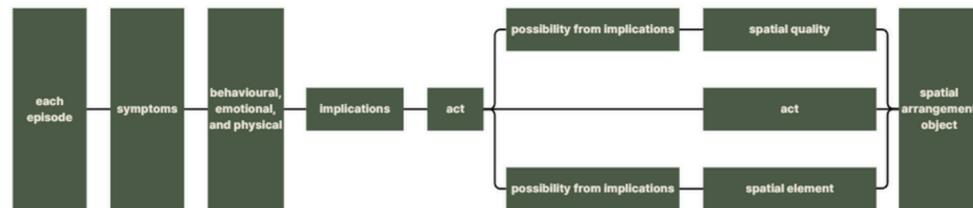
Melalui pendekatan *person-centered design*, proyek ini menghadirkan desain ruang terapeutik yang tidak memaksakan "penyembuhan", tetapi memberi tempat bagi proses refleksi dan membantu menyalurkan emosi. Perancangan dilakukan dengan menggali keterkaitan antara gejala-gejala bipolar dan kebutuhan spasialnya—sebuah eksplorasi kompleks dalam merancang ruang yang benar-benar manusiawi.

LOKASI TAPAK



Tapak berlokasi di Jl. Kuningan Mulia, Setiabudi, Jakarta Selatan, tepatnya di kawasan pusat aktivitas urban dengan konektivitas tinggi. Wilayah ini terletak dekat dengan fasilitas kesehatan, perkantoran, dan ruang publik, menjadikannya strategis sebagai lokasi pusat terapeutik yang inklusif. Dikelilingi oleh area residensial, zona pendidikan, dan akses transportasi umum, tapak ini memungkinkan integrasi antara arsitektur dan konteks sosial kota. Lokasinya mendukung terciptanya ruang yang mudah diakses, responsif terhadap kebutuhan penyintas, dan selaras dengan lanskap urban Jakarta.

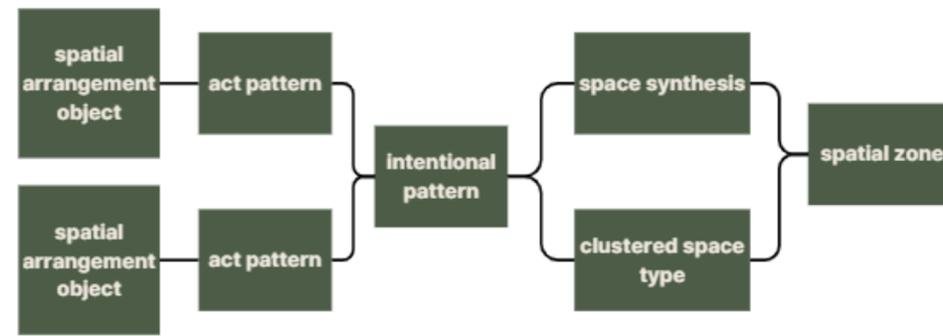
EKSPLORASI SISTEM GEJALA DAN SPASIAL



SAMPEL DATA EKSPLORASI

<p>01 pressured speech behavioural symptoms</p> <p>implications</p> <ul style="list-style-type: none"> talkative risky/unexpected sound loud of speaking <p>materiality for minimising noise</p> <ul style="list-style-type: none"> talking with people talking with themselves screaming singing loudly <p>vocal catharsis space (emotion release space)</p>	<p>07 irritability emotional symptoms</p> <p>implications</p> <ul style="list-style-type: none"> easily irritated by irregularity and noise emotional dumping <p>regular and synchronized circulation</p> <ul style="list-style-type: none"> impulsive physical outburst hitting screaming/yelling back throwing <p>high intensity catharsis space (emotion release space)</p>
<p>02 impulsivity behavioural symptoms</p> <p>implications</p> <ul style="list-style-type: none"> risky-taking behaviour poor emotional regulations (emotional dumping) <p>calming materiality, gradual transition, clear wayfinding</p> <ul style="list-style-type: none"> extreme social (jumping) screaming or yelling without trigger throwing and breaking object extreme task switching <p>controlled access</p>	<p>08 racing thought emotional symptoms</p> <p>implications</p> <ul style="list-style-type: none"> emotional instability lack of focus overwhelmed by thoughts <p>calming materiality, minimalist visual materiality, noise control materiality</p> <ul style="list-style-type: none"> unexpected action task-hopping behaviour muttering thoughts <p>personal space, desk space for tasking</p>
<p>03 distractibility behavioural symptoms</p> <p>implications</p> <ul style="list-style-type: none"> easily get distracted mentally jumping between unrelated thoughts <p>acoustic control materiality, visual simplicity, gradual transition</p> <ul style="list-style-type: none"> abandon -ing task mid-way talking but topic-hopping frequently checking by noises, movement parallel task-starter <p>tactile interior</p>	<p>09 increased appetite physical symptoms</p> <p>implications</p> <ul style="list-style-type: none"> craving food less control over eating habits <p>separated zone</p> <ul style="list-style-type: none"> compulsive food seeking eating without awareness <p>healthy food prep space</p>
<p>04 increased sociability and energy behavioural symptoms</p> <p>implications</p> <ul style="list-style-type: none"> enthusiast with other people engaging with new people <p>energetic social initiation</p> <ul style="list-style-type: none"> moving rapidly between social bold stranger approach over-sharing <p>social interaction space, emotion release space, calming nature</p>	<p>10 changes in sleep pattern physical symptoms</p> <p>implications</p> <ul style="list-style-type: none"> could trigger all symptoms about resting <p>multisensory materiality, minimalist visual materiality</p> <ul style="list-style-type: none"> erratic rest behaviour restless/stillness <p>therapy space, rest space</p>
<p>05 psychotic behavioural symptoms</p> <p>implications</p> <ul style="list-style-type: none"> risky-taking behaviour confusion from non-existent distinguishing difficulty <p>acoustic control materiality, natural environment, clear pathway</p> <ul style="list-style-type: none"> irrational physical risk (climbing) dialogue with unseen presence mistaking object for other things disoriented spatial behaviour 	<p>11 tachycardia physical symptoms</p> <p>implications</p> <ul style="list-style-type: none"> mental fog overstimulation of sensory input <p>acoustic control materiality, minimalist visual materiality</p> <ul style="list-style-type: none"> disoriented behaviour sensory withdrawal reaction <p>rest space</p>
<p>06 euphoria and grandiosity emotional symptoms</p> <p>implications</p> <ul style="list-style-type: none"> risky-taking behaviour overconfidence leading misunderstanding <p>joyful boundary breach</p> <ul style="list-style-type: none"> over-eager task taking risky demand authority speech <p>providing realistic surroundings, personal space</p>	

PENGOLAHAN SINTESIS RUANG DAN PENYUSUNAN SPASIAL



SAMPEL SUATU POLA AKSI, KATALOG DAN ZONA SPASIAL

mania episode - interaction with other

01A talking with people	03B talking but topic-hopping	04A energetic social initiation
04B moving rapidly between social	04C bold stranger approach	04D over-sharing
01A joyful boundary breach		

spatial element

- vocal catharsis space (emotion release space)
- social interaction space, emotion release space, calming nature
- providing realistic surroundings, personal space

spatial quality

- materiality for minimising noise
- minimalist visual materiality

catalogues

indoor interaction

- wooden slat ceiling
- fabric acoustic wall panel
- acoustic vinyl flooring

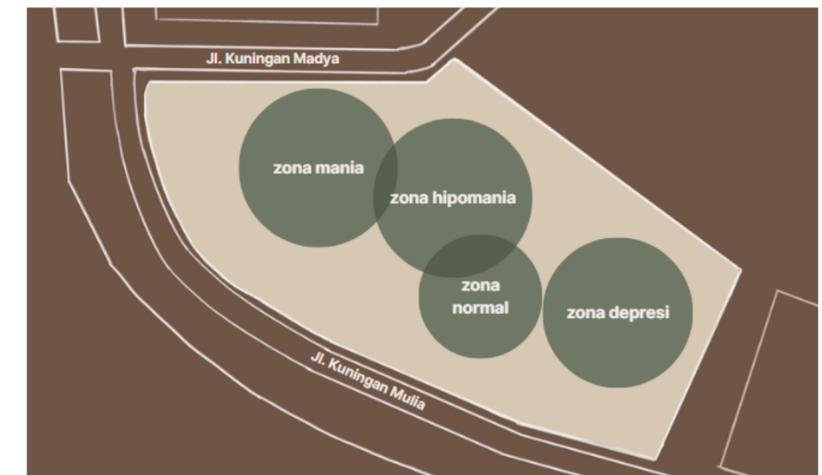
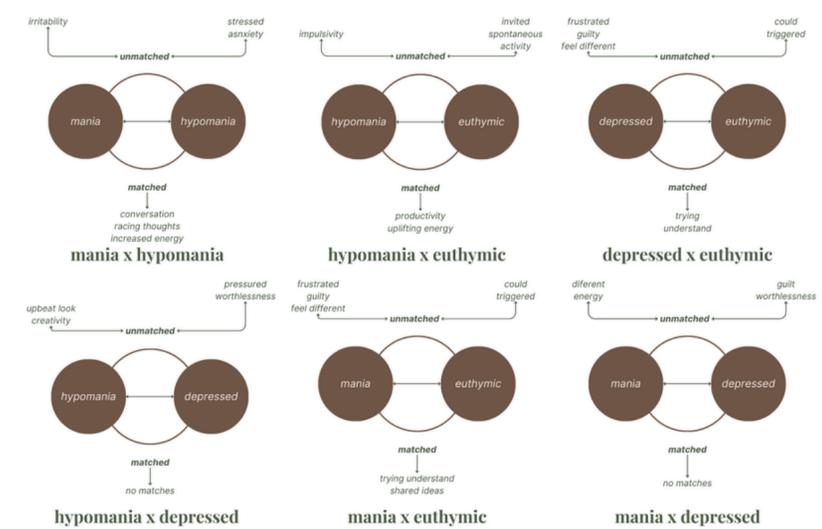
outdoor interaction

- Bambusa multiplex
- vetiver grass
- water jasmine

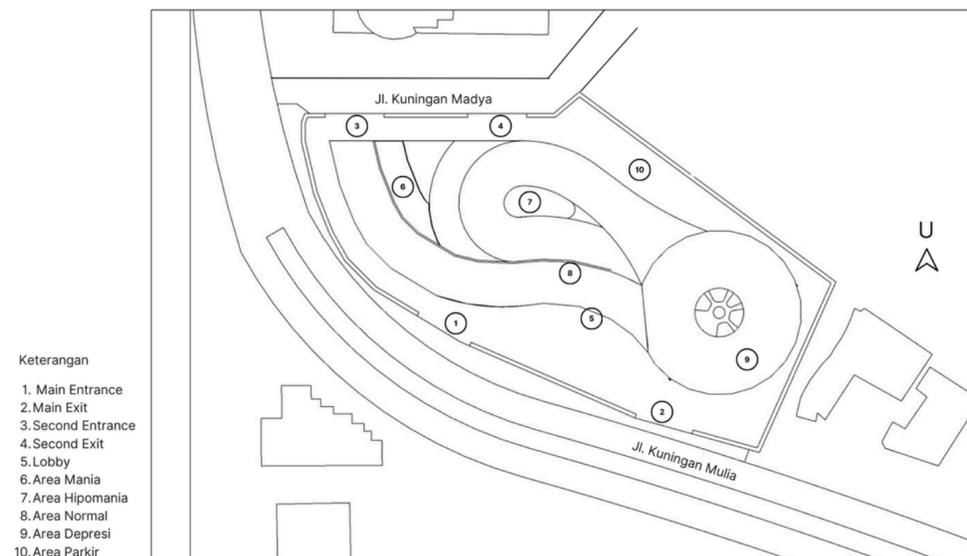
spatial zone

an integrated spatial zone

INTERAKSI ANTAR-FASE BIPOLAR MEMBENTUK ZONA



SITE PLAN



- Keterangan
1. Main Entrance
 2. Main Exit
 3. Second Entrance
 4. Second Exit
 5. Lobby
 6. Area Mania
 7. Area Hipomania
 8. Area Normal
 9. Area Depresi
 10. Area Parkir

PERSPEKTIF INTERIOR



PERSPEKTIF INTERIOR

