

The Healing Environment Approach in Elderly-Friendly Resort Design Based on Nvivo Analysis

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ABSTRACT

The aging process in the elderly results in physical, psychological, and social declines that can lead to various health issues. Many elderly individuals engage in travel activities, such as visiting new places or spending time abroad, as a means of psychological satisfaction and self-actualization, improving their overall quality of life. However, a significant concern is whether resort areas provide adequate comfort and safety for elderly tourists, as many destinations are not elderly-friendly. This research aims to explore the concept of healing, the specific needs of the elderly in tourism for comfort and security, and how to design an ideal resort for the elderly. This research employs a mixed-methods approach, using both quantitative and qualitative data. Quantitative data were processed using SPSS/SmartPLS, while qualitative data were analyzed using NVivo. The research's findings highlight the importance of a "healing environment" in resort design for the elderly, with considerations for accessibility, psychological well-being, and integration with nature. The results provide insights into how a resort can be designed to meet the physical and emotional needs of elderly tourists. The research's implications suggest that applying the "healing environment" approach can significantly enhance the safety, comfort, and overall experience for elderly visitors in tourism settings.

Keywords: Nature, Healing Environment, Psychology, Five Senses, Elderly Friendly Resort.

INTRODUCTION

Stress is a condition that can be experienced by everyone, where stress describes the existence of a demand felt by individuals that arises as an effort from the body and mind to adapt and stress can also be interpreted as a form of individual reaction to any changes that require adjustment both physically, mentally and emotionally (Sanjiwani & Dewi, 2022).

Healing is a process to be able to carry out dynamic recovery, repair, and renewal, in this case, to increase endurance, well-being, and synergy of mind, body, and spirit (Ruspandi, 2018); (Sakallaris et al., 2015). Where this healing is a natural process when humans experience stress in everyday life and our souls need healing (Hamzah et al., 2020); (Younis, 2021).

The difference between healing and curing is that healing is more about illnesses caused by the soul such as suffering and the need to be at peace with oneself, while curing is more about curing the symptoms of illness or injury through external influences such as drugs. There is an understanding of the Optimal Healing Environment (OHE) in the healing environment that influences the design process (Silver, 2004).

A Healing Environment is a therapeutic approach that combines elements of nature, the five senses, and psychology, where the application of elements of the healing environment seen in terms of architecture can create a built environment and will affect the psychology of space that helps patients adapt to the recovery process (Yetti, 2017).

Aging is the last phase in human life where humans slowly lose the ability of tissues to repair themselves, so in this process, there will be a decrease in organ function, and physical, psychological, and social conditions that can cause health problems in the elderly (Aziza et al., 2019); (Budiyono & Abidin, 2020); (Putra et al., 2022).

According to (Permensos RI No. 19, 2012; Law No. 13 of 1998 concerning the Welfare of the Elderly, 1998) concerning the welfare of the elderly, it explains that what is meant by Elderly (Elderly) is someone who is more than 60 years old (Afriansyah & Santoso, 2019). According to WHO, by 2030, it is estimated that at least 1 in 6 of the world's population will be elderly, where the number of people aged 60 years and over is expected to increase from 1.4 billion in 2020 to 2.1 billion in 2050 (Rohmah, 2016) (Statistics, 2022).

Indonesia is currently entering the aging population era, where this era occurs when Indonesia has an elderly population of 10 percent, and the elderly population in Indonesia has reached 10.82 percent (Annisa, 2010); (Primastuti & Listyaningsih, 2023); (Statistics, 2022); (Widiyastuti, 2017).

The importance of life expectancy and quality of life of the elderly can be seen in the supporting factors including physical health, psychological health, social relationships and environmental aspects. There will be a problem if these aspects cannot be fulfilled (Budiyono & Abidin, 2020); (Sari & Yulianti, 2017); (Tantri, 2018b), (Tantri, 2018a); (Utami, 2018).

Indonesia is one of the top tourist destinations for tourists on vacation. However, not all tourist destinations are friendly to elderly visitors. Therefore, the government and tourist managers are expected to provide facilities for tourists from the elderly group (Grehenson, 2019).

Based on the above background, the purpose of this research is to explore the concept of healing environment and the specific needs of the elderly in tourism activities that can provide a sense of comfort and security. This research also aims to design a resort concept and design that is friendly to the elderly, by integrating a healing environment approach that considers physical, psychological, social, and environmental aspects that support the health and well-being of the elderly. The benefit of this research is to contribute to the development of inclusive and elderly-friendly tourism design, which can improve their quality of life through a safe, comfortable tourist experience, and support the physical and mental recovery process. In addition, the results of this

research are expected to be a guide for tourist destination managers and policy makers in designing facilities that are more friendly to the elderly, so that Indonesia's tourism sector can be more inclusive and sustainable.

RESEARCH METHOD

This research employs a mixed-methods approach, combining quantitative and qualitative data to address the research questions. By integrating these two forms of data, this approach provides a more comprehensive understanding of the problem than could be achieved through either quantitative or qualitative data alone. Quantitative data will be analyzed using SPSS/SmartPLS, while qualitative data will be processed with NVivo to ensure rigorous analysis. Comparative research through precedent studies will serve as a key analytical tool to balance architectural aspects in similar projects. The research activities are divided into three stages:

Preliminary Stage

This stage includes several key activities:

- a) Obtaining necessary field survey permits.
- b) Conducting comparative studies on healing environments, elderly care, and resort design to deepen the research material.
- c) Collecting field data through questionnaires, interviews, and observations, supplemented by comparative studies of similar projects.
- d) Conducting site surveys of potential locations for resort design.

The findings from this stage will be used to guide data processing and analysis in the next stage.

Data Processing and Analysis Stage

During this stage, data collected from the preliminary phase will be analyzed as follows:

- a) Quantitative data from questionnaires will be processed using Descriptive Analysis via SPSS/SmartPLS, which will provide insights into respondent characteristics such as age, gender, education, and income.
- b) Qualitative data from interviews and observations will be analyzed using NVivo through Content Analysis and Sentiment Analysis. Content analysis will identify key themes related to user preferences and needs for elderly-friendly resort design. Sentiment analysis will assess whether the feedback is generally positive or negative, offering valuable insights into which design features are most favored or require improvement.
- c) Comparative research data from similar projects will be analyzed using the precedent research method, focusing on space analysis and site analysis to inform the architectural design of the resort.

Concept and Design Stage

This final stage focuses on the development and application of the Healing Environment concept for an elderly-friendly resort.

- a) The Healing Environment concept will be created based on the analysis of the data processed in the previous stage. Tools like Canva or Photoshop will be used to present the concept visually.
- b) The design of the resort will include the creation of a Block Plan, Site Plan, detailed building designs (Plan - View - Pieces), and 3D animations using Google Sketchup and AutoCAD. This process will incorporate insights from the previous stages to ensure the design meets the needs of elderly users and promotes a healing environment.

RESULT AND DISCUSSION

Nvivo Analysis Results

Nature is a criterion resulting from the Healing Environment approach to designing resorts that are friendly to the elderly. Where in the natural criteria there are sub-criteria, namely 1) fauna, 2) Contour, 3) Location, 4) Natural Lighting, 5) Natural Air, and 6) Garden. From the sub-criteria, it will be connected to design parameters that can be applied to state the relationship with the Nature criteria. For details of the relationship between design parameters and nature criteria can be seen in the table below.

Table 1. Natural criteria in the design of an elderly-friendly resort with the Healing Environment approach

NATURAL	Fauna	Contours	Location	Natural Lighting	Natural Ventilation	Garden
Bringing in indoor vegetation						1
There is a Fountain Pool						1
Given a lotus flower for air freshener						1
There is a Healing Garden						1
Ramp and railing available		1	1			
Dense and lush vegetation						1
Wood material						1
There is a seating area in the outdoor space.			1			
Wide Opening				1	1	
In rural nature, rice fields and green forests			1			
There is a lake, river or beach.			1			
presenting the biota of birds and butterflies	1					

From the table above, it can be seen that the design elements in presenting natural criteria in the design of a resort that is friendly to the elderly with the Healing Environment approach.

The five senses criteria is an important part of the Healing Environment approach, where using the five senses will be connected to the psychology of its users, especially for the elderly. In the criteria of the Five Senses, there are 5 (five) sub-criteria, namely: 1) sense of smell, 2) sense of hearing, 3) sense of sight, 4) sense of touch, and 5) sense of taste.

In the sense of smell how the user's sense of smell is stimulated to smell fragrances that can provide calmness, energy and positivity. This can be done by using aromatherapy derived from fresh fruit fragrances such as lemon, flowers and trees such as lavender, peppermint and cedar, and spices such as ginger. In addition to using aromatherapy, green elements are also used that can emit aromas that provide calmness, freshness and positive energy for users. The green elements in question include lotus flowers, rosebuds, and jasmine flowers which are not only beautiful but also emit a refreshing and calming aroma.

The sense of hearing how the natural location in this resort can present the sound of the gurgling water and the flow of water in the river or ditch, presenting fauna such as birds to be able to listen to their chirping, the sound of the wind and also the sound of classical music, jazz, nostalgia, and keroncong, especially this music which is much in demand by the elderly.

The sense of sight is of course also an important part of the criteria of the five senses, how the eyes are spoiled by seeing beautiful scenery from natural locations such as mountains, rice fields, and villages, the presence of parks that provide cool colors, as well as for artificial lighting that is comfortable for the eyes, namely using pendant lamps sensorial.

Table 2. Healing Environment approach

PSYCHOLOGY	Fauna	Water Body	Green Area	Accessibility	Shape	Openings	Material	Artificial Lighting	Artificial Airing	View	Sense of smell	Sense of Sight	Sense of Hearing	Sense of Touch	Sense of Taste
Serenity	1	1			1	1				1	1	1	1	1	
Comfort	1	1		1			1	1	1	1		1			1
Security				1	1		1	1							
Warmth								1							
Vigilance											1				
Reduces Tension			1								1				
Relaxation											1	1		1	
Refreshing			1								1				
Positivism										1					
Optimistic												1			
Peace													1		
Relax					1							1			

From the table above, it can be seen the relationship of psychological aspects to the criteria in the Healing Environment approach.

Architectural criteria in the Healing Environment approach have 9 (nine) sub-criteria, namely 1) accessibility, 2) form, 3) local culture, 4) openings, 5) materials, 6) artificial lighting, 7) ventilation, 8) theme, and 9) view.

Architecture as a container in the Healing Environment approach, especially for the material sub-criteria, is an aspect that can be applied to the design of an elderly-friendly resort. The use of materials in the Healing Environment approach can be used to guide the selection of materials that are suitable for users, namely the elderly.

The relationship between material elements that can be used in the Healing Environment approach to designing a resort that is friendly to the elderly can be seen in the following table.

Table 3. The use of materials in the design of an elderly-friendly resort with a Healing Environment approach

Material	Materials from Nature	Ergonomic	Soundproofing (Noise)	Easy to maintain and clean	Elderly and disability friendly	Environmentally friendly
Glass Block	1			1		1
Exposed Brick	1					
Exposed Loster	1					1
Ceramics				1		1
Marble				1		
Terrazzo Tile			1			
Concrete				1		
Suede		1		1		
Carpet			1			
Parquet	1		1			
Plywood		1				
Coral	1				1	
Palimanan Stone	1					
Batu Temple	1					
Rattan	1					
Teak Wood	1					
Pine	1					
Merbau Wood	1					

Material	Materials from Nature	Ergonomic	Soundproofing (Noise)	Easy to maintain and clean	Elderly and disability friendly	Environmentally friendly
Sensorial pendant lamp					1	
Vertical Grass	1				1	
Green Wall						
Ramp & railing						
Thick Partition		1				
Furniture is not acute-angled.		1	1			

Friendly Resort Design

Designing an elderly-friendly resort with the Healing Environment approach, for site design must be able to meet the criteria of natural variables, five senses, psychology, and architecture.

Building Layout

The resort planning location is located close to the Gunung Padang Megalithic tourist area, the location is ± 1 km away, and the tourism potential in the village of Karya Mukti is being developed such as tea garden tours, pine forests, and waterfalls. In developing existing tourism at the location, resort planning is the main need to support this tourism activity.



Figure 1. Aerial Photo of the Resort Site

The site potential of the resort planning location is very supportive such as the presence of rivers, rice fields, forests, and plantations. With the Healing Environment approach where the existing potential will be utilized as the best views in the placement of the building period in the resort design.



Figure 2. Block plan of elderly-friendly resort

In the design of the resort, the location of the resort faces the river or rice fields and forestry areas, in this area will be placed resorts with the elderly type and family type. The elderly and family-type resorts are also brought closer to supporting facilities to provide convenience for the elderly to access these facilities.

Resort with deluxe type which is more intended not for the elderly is placed on the east side of the area, where at this location there is a view of plantations and rice fields. The existing facilities close to the deluxe-type resort are jogging tracks.

The boundary between resorts is made with a fence of trees planted with high density so that these plants in addition to being a barrier also function to present a natural impression.

Accessibility and Circulation Within the Site

For the site entrance in the elderly resort area, there is one access in and out of this resort area. Access to this elderly resort is via the Karyamukti Villageroad. Circulation in this site is linear to make it easier for the elderly to access existing facilities. In the linear circulation access, a pointer is given as a meeting area between accesses to make it easier for the elderly to remember the position of each zone, where a landmark will be made at the pointer.

From the entrance due to the contour location of the site, there will be a reception room before heading to the Lobby and a buggy car facility will be prepared as a shuttle vehicle within the location.



Figure 3. Accessibility and Circulation in an elderly-friendly Resort

Exterior Layout and Parking Arrangement

The location in the rice field area with a river track provides a natural environment for the elderly-friendly resort, the potential of this area will be maintained by its natural conditions. As for the arrangement of the outer space in this area using lush vegetation in the resort area to become a boundary between one resort and another. The vegetation used is the type of vegetation that can present fauna such as birds and butterflies.



KUPU-KUPU:
• TANAMLAH BUNGA YANG MENGANDUNG BANYAK SERBUK SARI. TANAMAN VARIETAS LOKAL TANAMAN BUNGA MATANARI.

BURUNG:
• TANAMAN YANG MEMILIKI BUAH DAN BUNGA. TANAMAN BUAH SEPERTI SAWD KECIK, JAMBU AIR, LALU TANAMAN HIAS SEPERTI PALEM MERAH DAN SOKA, TANAMAN KELUARGA RERUMPUNAN DAN POLONG-POLONGAN SEPERTI ANGSANA, AKASIA, DAN DADAP. SELAIN MENYEDIAKAN PERLINDUNGAN, TANAMAN TERSEBUT JUGA MENYEDIAKAN BUAH-BUAH SEBAGAI MAKANAN BURUNG.

Figure 4. Vegetation types that attract butterflies and birds

The design of the outdoor layout can be seen in the picture below, the use of high-density vegetation.



Figure 5. High-density vegetation types in the resort area

In the arrangement of landscaping, it is made to follow the contours of the land so that the arrangement of the building will look natural and the vegetation that is arranged is only in the building.

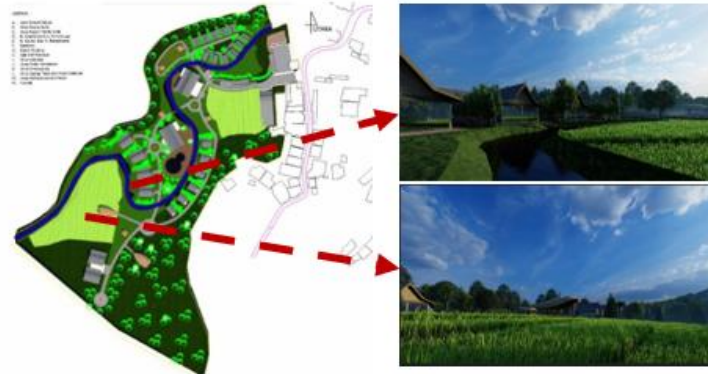


Figure 6. Best View of River, Rice Fields and Forest

The parking area is centralized in one location and placed close to the gate. The planning of the parking area is centralized only at the site entrance because the resort area wants to keep the air clean and fresh not polluted by vehicles. To facilitate visitors, especially for the elderly, a buggy car will be provided to pick up visitors in the reception area (close to the gate). Vehicles that are allowed are electric vehicles that have been prepared by the resort manager such as buggy cars and electric motorbikes.



Figure 7. Types of vehicles with electric and solar energy

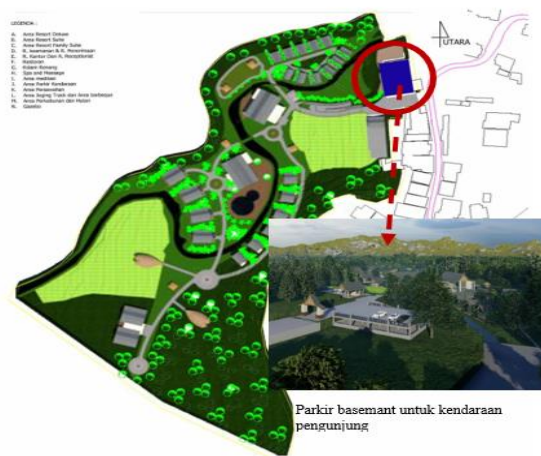


Figure 8. Exterior layout and parking in the elderly-friendly resort area

BUILDING DESIGN

Vernacular Architecture

The application of design in this elderly-friendly resort building uses vernacular architecture, where architecture is a contextual architectural design. In addition, vernacular architecture will also experience development according to the times.

By promoting local culture and local identity, the application of vernacular architecture in the building design can be seen in the use of roof elements resembling the roof shape in the research location where the location is in West Java. The application of vernacular architecture can be seen in the picture below.



Figure 9. Application of vernacular architecture to the resort building

Site Plan and Block Plan of Elderly Friendly Resort

In the Elderly Friendly Resort Block Plan, many masses function as buildings with the main function, namely resorts and supporting facilities. It can be seen in the block plan that the building mass arrangement follows the contour conditions and the shape of the river in the elderly-friendly resort area.

Through the Healing Environment approach, the block plan arrangement is planned to maintain the natural conditions of the location, maintaining the existing ecosystem so that this elderly-friendly resort is in a beautiful environment.

Limiting the number of vehicles and providing parking zones away from the area is a solution given to protect users from air pollution and noise. The sound that is heard only comes from nature, in the form of birdsong, river water flow, gurgling water, and wind noise. Visitors who come to this resort, not only use the resort as a form of accommodation from existing tourism, but visitors can also do healing therapy due to stress (healing) both for the elderly and other visitors.



Figure 10. Block Plan of the elderly-friendly resort with a Healing Environment approach

Resort Type

Type resorts consist of 3 (three) types, namely: 1) Deluxe type, 2) Elderly Suite, and 3) Type Suite Family. These three types of resorts are designed to facilitate the various visitors who will come from the youth and also the elderly.

Zoning at the resort consists of private, public, and service zoning. The public area in the resort building is a terrace that will be used for the elderly and families or users in general to communicate and view the natural beauty of the location. The private area is a space that functions as a sleeping room, with free space for the elderly to rest without fear of being bumped, and if using a wheelchair it can be passed without interference. In the sleeping area used by the elderly, furniture should be provided on the side of the bed as a barrier for the elderly.

As for the service area in resorts with suite and family suite types, there are toilets and minibars, for resorts with deluxe types there are only toilets. Toilets for elderly suites and family suites use elderly-friendly toilet standards where the toilet uses a railing, and there are 2 doors, one of which connects to the room using a sliding door.

The following is a layout for space at the resort in the design of an elderly-friendly resort with a Healing Environment approach.

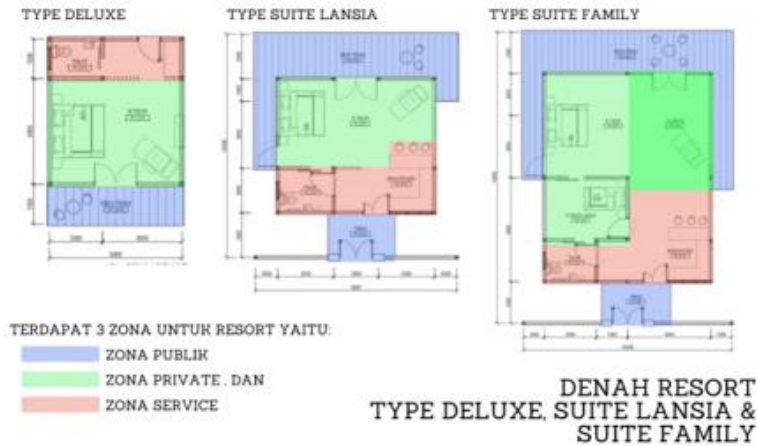


Figure 11. Type of elderly-friendly resort with a Healing Environment approach

To be able to see the interior of each type of resort can be seen in the picture below.

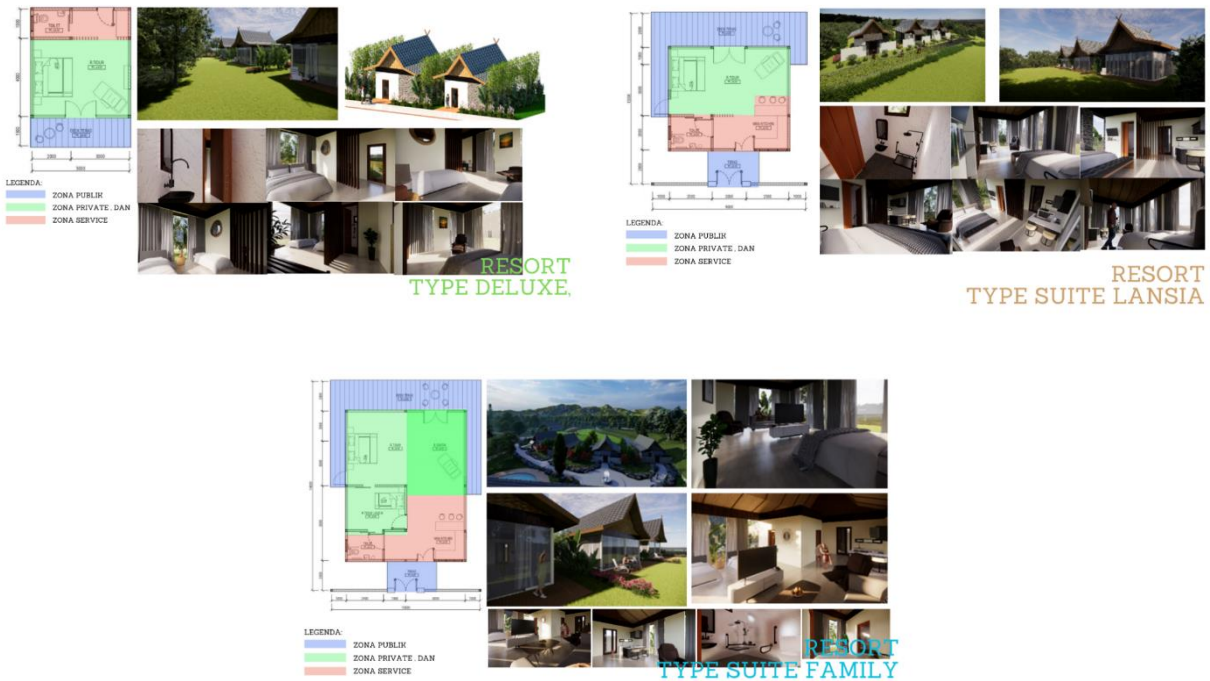


Figure 12. Interior space in the elderly-friendly resort type with the Healing Environment approach

Supporting Facilities for Elderly Friendly Resorts

Supporting facilities for elderly-friendly resorts are several buildings. The buildings for supporting facilities are as follows

1. Gate, Gazebo, and Therapy Area



Figure 13. Interior of Archway, Gazebo & Therapy Area

The gate of the area uses vernacular architecture whereas the roof uses existing local wisdom. As for the therapy area (bale bengong) is taken from the shape of a leaf that can be used by visitors to do yoga and other therapies.

2. Parking and Reception Area



Figure 14. Interior of Reception and Parking Building

The parking area is in the form of a basement due to limited land and contours, so vertical parking is provided with supervision. There is also a reception area that serves visitors waiting for buggy cars to pick up visitors.

3. Management and Reception Building



Figure 15. Building, Manager & Receptionist

Management & reception building, where this building functions for visitors to make reservations (check-in/out), and there is a lobby area and coffee shop. The 2nd floor functions as the resort management area.

4. Restaurant and Pool Building



Figure 16. Restaurant Building & Swimming Pool

The restaurant and pool building are located in the same zone, this building is to provide visiting facilities looking for culinary tours and freshness.

5. SPA Area



Figure 17. Area Interior SPA

Another supporting facility is the SPA area, an area used for relaxation against boredom and stress.

Perspective



Figure 18. Area View

CONCLUSION

The conclusion of this study highlights the significant potential of the Healing Environment approach in improving the quality of life for the elderly through resort design. By incorporating elderly-friendly architectural features, ensuring good accessibility, providing health care facilities, and integrating the natural environment, resorts can promote a healthy and active lifestyle for elderly residents. The study's findings suggest that such environments not only enhance physical health but also contribute to mental well-being by facilitating relaxation, recovery, and the stimulation of sensory experiences and memory, all of which are crucial for elderly well-being.

Key design considerations for elderly-friendly resorts include accessibility, safety, and comfort. These aspects should be prioritized by ensuring the availability of accessible pathways, secure walking environments, and furniture and facilities that accommodate the physical limitations of seniors. The application of the Healing Environment approach has been shown to provide a fulfilling and supportive experience for the elderly, fostering a healing process that enhances both physical and emotional health. Moreover, the inclusion of environmental factors such as good lighting, natural sounds, and scenic views further strengthens this effect, lowering stress levels and improving overall mood. Additionally, the integration of social and physical activities in the resort design is essential for fostering community and interaction among elderly visitors. Features such as walking areas and communal spaces can enhance social engagement and physical activity, both of which are critical to maintaining emotional well-being and reducing feelings of isolation.

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