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Adopting Healing Environment Approach for Wellness Tourism in Polowijen Cultural Village Malang

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Abstract

Wellness Tourism is an activity related to mental and physical health. This activity invites a person or group of people to find a place that can allow them to exercise, consult about health problems or others, and learn about healthy lifestyles to keep them away from disease. Therefore, a healing environment approach that will reach psychologically is expected to create wellness tourism that blends with nature. The healing environment approach will be the basis for the development of wellness tourism planning, considering the habits of people who seek nature so that the life of humans and nature are back in balance. With the Polowijen Cultural Village as a place for wellness tourism, it is hoped that the community is able to create outdoor sports activities that blend with nature and give another benefit, namely traditional healing.

Keywords: Wellness Tourism, Health, Kampung Budaya Polowijen, Traditional Healing

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Introduction

Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-Cov-2) is the cause of Coronavirus disease-2019 (Covid-19) disease. This disease was originating from a virus that causes health problems and attacks the immune system in humans. Even drugs or vaccines have not been able to cure and restore the health of people infected with COVID-19. Through the Ministry of Health, the government can only urge the public to wear masks, wash hands using running water, maintain a safe distance from others, and do more exercise to stay healthy and fit. (Ministry of Health RI, 2020). A healthy and fit body will form an immune system to prevent the coronavirus from infecting the body, and there are some ways to maintain it. The first way is maintaining immunity by eating a healthy diet to work in balance. The second way is to exercise regularly because exercising by producing sweat can directly remove toxins in our body and stretch some muscles. The third way is to relieve stress or put aside the burden of thoughts that can weaken the immune system. The fourth way is by using traditional healing such as sunbathing, meditation, and drinking herbal medicine.

Recently, millennials are attracted to sports activities. The tendency to enjoy sports activities rather than activities related to social and political issues is arising. From the results of a survey conducted by the Center For Strategic And International Studies in 2017 to 600 people, it can be concluded that doing sports activities are more attractive to the millennials than watching music concerts, cooking shows, or movies. (AN Uyung

Pramudiarja, Detik Health, 2017).

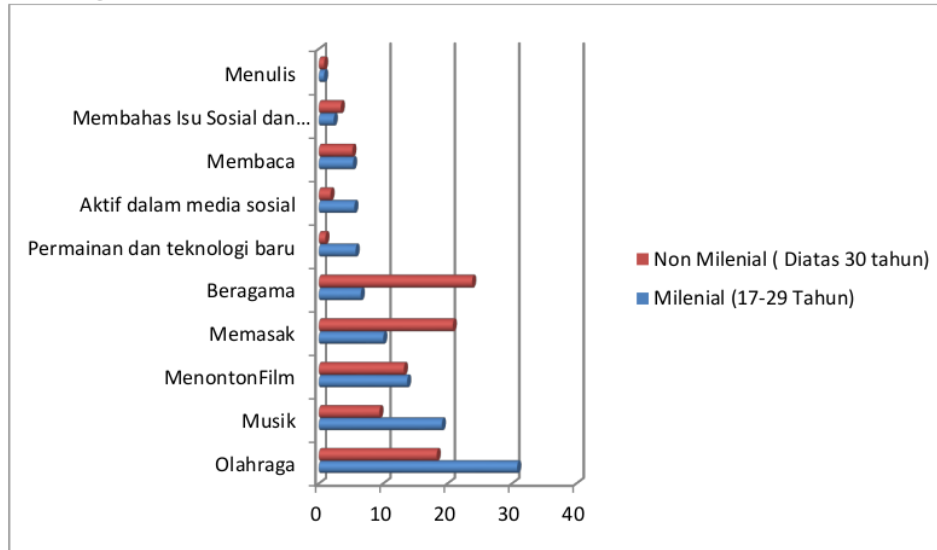


Chart 1. A Survey Diagram of the Most Interesting Activity For Young Generations
(Derived from healthy.detik, 2017)

Wellness Tour is an activity that is sought to maintain physical health and to consult about health. The facilities of the Wellness Tour in Polowijen Cultural Village will be designed by implementing health protocols during pandemic situations, including preparing a room to detect the visitors' body condition by doing SWAB Antigen. The visitors can also show their vaccine cards or swab test results that they have already taken before entering the main area. This main area refers to a vast rice field that will provide the visitors with brisk walking, meditating, sunbathing, health consultation, and supporting facilities such as gazebos, toilets, lockers, and healthy food and beverage shops. This healing environment approach is expected to have a good influence on the visitors' health.

As a place for wellness tour planning, it is expected that the Polowijen Cultural Village would accommodate people who want to do sports activities safely and comfortably supported by complete and adequate facilities in the pandemic era or the new normal era.

Literature Review

Wellness Tourism

Wellness tourism is a product of tourism that can be developed, modified, and adapted to a certain destination's social and environmental conditions (Mueller and Kaufmann, 2007).

Wellness can be described as a process in which individuals make choices and engage in activities by promoting a healthy lifestyle and positively impacting the individual's health (Barre, 2005).

Healing Environment

Healing Environment is a physical arrangement and cultural support that nurtures the Physical, Intellectual, Social and Spiritual Well-Being of patients, families, and staff and helps them cope with stress, illness, and hospitalization (Knecht, Michael L, 2010). A Healing Environment is a physical arrangement that supports patients and families to avoid the stress caused by recovery and grief. The Healing Environment is a therapeutic environmental design to help the patient's psychological recovery process. There are three approaches used to create a healing environment: nature, senses, and psychology.

1. For humans, nature is easily accessible and involves the five senses. Nature has therapeutic effects such as lowering blood pressure, contributing to a positive emotional state, reducing stress hormone levels, and increasing humans' energy. As part of nature, gardens are helpful. Gardens are divided into some types, including 1) *contemplative gardens* to calm the mind and boost spirits, 2) *restorative gardens* to improve health and make sick people feel better, 3) *healing gardens* to encourage stress recovery and have a positive influence on visitors, patients, and staff, 4) *enabling gardens* to allow people of all ages to enjoy and interact, 5) *Therapeutic garden* to enhance the therapy of environmental medicine in medical conditions.

2. The senses, including hearing, sight, touch, smell, and taste, can be explained as follows:

a) Sense of hearing

Pleasant sounds can reduce blood pressure and heart rate, thereby creating a sensation of pleasure that affects the nervous system. Sounds that help calm the mind include: 1) the sound of music that is used to treat depression, calm and relaxes for autistic children and psychiatric patients; 2) the sound of rain, wind, sea, moving water, and birds can create a calm atmosphere and create a sense of well-being, and 3) The sound of a fountain that can give spiritual energy and evoke a feeling of being close to mountains and waterfalls.

b) Sense of sight

The scenery, natural light, artwork, and specific colors can help relax the eyes.

c) Sense of touch

Touch is a fundamental mechanism in exploring the world during childhood because touch confirms what they see, smell, taste, and hear.

d) Sense of smell

Pleasant odors can lower blood pressure and heart rate, while unpleasant odors can increase heart rate and rapid breathing.

e) Sense of taste

The sense of taste becomes disturbed when the patient is sick or currently receiving medical treatment. This is usually indicated by the change in the taste of food or drink when consumed. Therefore, the quality of the food and beverages offered must be considered.

3. Psychologically, the healing environment helps the patient's recovery process faster by reducing pain and stress. The patient care provided considers the preferences, needs, and values that guide the patient's clinical decisions. There are six dimensions to patient care,

including (Department of Health, 2001):

- a) compassion, empathy, and responsiveness to needs;
- b) coordination and integration;
- c) information and communication;
- d) physical comfort;
- e) emotional support;
- f) involvement of family and friends.

Facilities

Facilities are everything that facilitates to help to achieve goals. (Zakiah Daradjat, 2012), Another meaning of facilities are physical resources that must be created before services are offered to customers. Facilities hold an essential role in the service sector. One of the things that must be taken into consideration is the cleanliness, especially for those directly related to the visitors. The customers' perception obtained from using the facilities services can affect the service quality in visitors' eyes. (Tjiptono, 2014). The factors that affect the facilities' quality are 1. the design, 2. the functional value, 3. the aesthetics value, 4. the supporting conditions, 5. the supporting equipment. (Nirvana, 2014).

Moreover, three indicators affect the facility, namely: 1. the spatial planning, such as the aspects of proportion and comfort should be considered, combined, and developed to stimulate intellectual and emotional responses from customers; 2. The room planning, such as the interior and architectural elements, includes the furniture and equipment placement and air circulation; 3. The furniture and other equipment provide a sense of comfort as a supporting infrastructure for the visitors.

In general, wellness tourism offers facilities that can support the comfort and satisfaction of visitors. Also, help them relax and become fitter by providing facilities for the following healthy activities: 1) Meditation aims to relax and calm the mind and soul by focusing on the breath; 2) Sunbathing can help increase the production of the vitamin D in the body, helps the muscle and nerve function better maintained, and build the immune system so that the visitors can grow stronger against any infection that bacteria and viruses may cause; 3) Brisk walking is an excellent alternative for strengthening the heart and blood vessel health and can help burn calories effectively.

Methods

The research methods used in the planning and design of wellness tourism in Polowijen Cultural Village Malang are as follows:

1. Data Collection Methods

The methods used in the planning and design of wellness tourism in Polowijen Cultural Village Malang are as follows:

- a) Literature Study is a data collection method by searching for references such as journals and books related to planning and designing wellness tourism.
- b) Field Study/observation is a data collection method by conducting direct observations to fitness centers and city park management to determine the type of activity, community, and design that will be applied.

- c) Interviews are a data collection method through direct interaction with people working at the fitness centers or city parks, such as the fitness center manager, city park manager, or fitness center users.
- 2. Data Presentation Method
In this method, the data obtained is processed and developed by synchronizing the theories and concepts related to the fitness centers.
- 3. Data Analysis Method
This method is done by analyzing and developing the data obtained and producing an analysis that can later be applied in planning and designing the wellness tourism in Polowijen Cultural Village Malang.

Result

Polowijen Cultural Village Malang is a tourist destination that is just a place of recreation and unwinding and resting the mind from everyday routine. But as for today, Polowijen Cultural Village will provide a place to learn about our culture and present a new atmosphere with wellness tourism and natural treatment for mental recovery by creating a recovery environment for the visitors.

Basic Concepts

Some of the approaches used to get the basic concept on a wellness tour are:

- 1. Wellness tour is a tour where visitors can do health activities with sports in one area to nourish the body and feed the soul.
- 2. The purpose of the wellness tour is to be a center of health activities that provides exercise facilities with consultation sessions.
- 3. The function of wellness tours as a forum for people's desire to achieve physical health in this pandemic era.

The approach with the basic concept carries the three aspects expressed above as the basis for a wellness tour. Therefore the planning and design of a wellness tour will become a new attraction presented in the Polowijen Cultural Village through the concept of a Healing Environment.

Table 1. Aspects, Elements, and the Application (source of 2021)

Aspects	Elements	Application
Senses	Sight	Colors
		Lighting
		Shape
	Hearing	Music
		Noise Regulation
	Touch	Texture
		Air Ventilation
Smell	Smell	
Nature	Scenery	Landscape
	<i>Healing Garden</i>	Recreational and Social Area
		Consulting Area

		Sports Area
Psychology	Physical Comfort	Security and Safety
		Privacy
		Sense of Control

Design Theme

Designing a wellness tour planning in the Polowijen Cultural Village of Malang is done with the approaches as:

1. Maintaining the locality and the local wisdom of the Polowijen Cultural Village.
2. Supporting the economic aspect by utilizing the local materials in Polowijen Cultural Village with the existing landscape.
3. Adjusting the land so that all activities are well managed using the available landscape can affect the visitors' psychology.

Thus, applying a minimalist design theme to the interior and exterior and the landscapes will create something natural and comfortable and will not change the existing physical facilities.

Space Plan

Spaces that will be used as wellness tourism will be grouped according to their function—starting with Checkpoints, Parking Lots, Covid-19 Test facilities, Registration Rooms, Meditation Facilities, Brisk Walking facilities, Sunbathing facilities, Health Consultation facilities, Gazebos, Toilets, Lockers, and Food and Beverage Shops.



Figure 1. Room Facilities and their functions (source of 2021)

Design Location

The Polowijen Cultural Village, Malang, was chosen because it is a tourist destination with a strategic location and a blend of culture and nature, with rice fields and attractive landscapes surrounding the area, which is suitable for developing wellness tourism activities.

The concept of Wellness Tourism Facility

The room layout concept to decide the room position is as planned because wellness tourism is closely related to the main facilities and supporting facilities that undoubtedly will affect the visitors' psychology. Both the environment and the facilities can synergize optimally.

The concept of the outdoor space is highly expected for the comfort of visitors because it aims to determine the types of hard elements and soft elements so that they can function as visual comfort to the visitors.

The concept of space structuring that applies the basic concept of healing environment is expected to provide a positive stimulus to the senses of visitors

The outdoor lighting utilizes natural lighting such as sunlight, and the indoor lighting uses downlights in every room in the facility.

The ventilation uses natural ventilation with a cross-ventilation system. Bamboo curtains can be used for ventilation in open indoor spaces, while artificial ventilation such as fans and air conditioners are used in closed room facilities.

The Occupational and Visitors Safety is marked by a gathering point. Fire extinguishers and bamboo gongs are used as danger signs.

The communication between employees uses wireless devices, and the room facilities will be equipped with wifi as the internet network.

The security systems in this area employ the security guards who patrol the area and digital security by using CCTVs.

Conclusion

Wellness tourism is related to activities that are healthy for the body and soul. These activities are related to a place that provides exercise, meditation, health consultation problems, and others. In addition to being healthy physically, this wellness tourism also teaches a healthy lifestyle to keep away from disease. A healing environment approach including the sensory, nature, and psychology approach is expected to create Wellness tourism that blends with nature's cycles. The healing environment approach is the basis for developing the Wellness tourism design. The wellness tourism applied in the Polowijen Cultural Village, Malang, will make it easier for visitors who seek physical and psychological improvement with nature and complete facilities.

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