
EFFECT OF BAMBOO INTERIOR DESIGN ON PSYCHOLOGICAL USERS OF HIDEOUT BALI

Putu Surya Triana Dewi

Sekolah Tinggi Desain Bali

trianadewi@std-bali.ac.id

ABSTRACT

Tourism accommodation is growing rapidly in Bali. Ranging from hotels, villas, retreats, homestays, until recently what is on the rise is sustainable tourism accommodation with bamboo material in it, which not only offers shelter for the night, but also enjoys an overnight experience in it, the term 'staycation'. One of them is Bali Hideout. Hideout is a unique eco-friendly lodging for adventurous travelers. Bamboo residences hidden in the mountains of Mount Agung, on the banks of a beautiful river between rice fields, travelers are invited to enjoy authentic rural life in Bali. Although in Bali there are many accommodations that offer similar authenticity, Hideout provides a different space experience by eliminating massive walls, blending between inner and outer space, and changing perceptions of overnight romanticism that seem intimate and private only when inside closed spaces. be the opposite; outer space becomes something powerful to be presented in the space. Feel like being in the wild without having to really be outside. This study aims to determine the effect of bamboo interior design that integrates with nature, making nature as a major component in it to the psychological user of this tourism accommodation which is reviewed based on well-designed space according to Sally Augustin, using descriptive qualitative methods. The result is Hideout Falcon has had a positive influence on the psychological use of its users in terms of safety (privacy maintained), comfort (under users control), and space experience (create relax and intimate ambience).

Keywords: *sustainable, bamboo interior, interior psychology*

INTRODUCTION

Tourism accommodation is growing rapidly in Bali. Tourism accommodation now no longer functions only as a place to stay when the tourists are touring, a rising trend is the 'staycation', where the tourists instead spend all of their time enjoying tourism accommodation. Usually the accommodation chosen is a star hotel with complete facilities or tourist accommodation that offers a different experience than most and of course, *instagramable* spots for millennials. The types of activities carried out also become different depending on the attractiveness of the tourist accommodations, starting from enjoying a spa at the hotel, swimming in the hotel pool, eating special food, to the experience of staying outdoor like a camping but with complete facilities – it called *glamping* (glamor camping). One of the tourist accommodations that offer this glamping sensation is Hideout which located at Desa Selat, Karangasem.

Hideout is an unique eco-friendly inn for adventurous travelers. Bamboo residences hidden in the mountains of Mount Agung, on the banks of a beautiful river between rice fields, travelers are invited to enjoy authentic rural life in Bali. Hideout has six different types of bamboo houses including Hideout Classic, Hideout Lightroom, Hideout Beehive, Hideout Falcon, Hideout Horizon, and Hay House. The six bamboo houses use bamboo material as a whole, both exterior and interior. Although in Bali there have been many accommodations that use similar materials, Hideout provides a different space experience by removing massive

walls, blending between indoor and outdoor, then changing perceptions of overnight romanticism that seem intimate and private only when inside closed spaces - be the opposite; outdoor space becomes something powerful to be presented in the space. Feels like being in the wild without really being outside. By this research, the writer wants to know the effect of Hideout bamboo interior design that makes nature as the main component in it, to the psychological users of this tourism accommodation. Sally Augustin (Augustin, 2009) suggests that a well-designed place enhances life experiences that have an impact on personal happiness. It gives a person energy and supports their need to communicate with others and provides inspiration and comfort that enhances life in a sustainable manner. Hopefully later what is applied to the interior of the bamboo house to provide a relaxing effect on the residents can be a reference to be applied in other tourist accommodations so as to increase the value and benefits of the space.

DATA DESCRIPTION AND DISCUSSION

According to Sally Augustin, *Well Designed Space* is a benchmark to see whether a space design is functioning properly to meet the physiological or psychological needs of its inhabitants. The *Well Designed Space* Theory for the retail spaces category is divided into Complying, Communicating, and Comforting. The aspect of complying is related to functionality and space experience, how the design of a space is adjusted to its function to support the activities of its users. Through the identification of the function of space, it can be analyzed facilities inside such as furniture, whether supporting or even inhibiting the activity of its users. Spatial experience that is felt by residents can also be analyzed through this aspect, of course, a good design will help users solve things that must be completed in the room efficiently. Communicating aspects related to non-verbal communication created from the design of a space that indirectly affects the segmentation of visitors who come. This aspect is also used to see how the design is able to divide private and public territories without massive visual boundaries such as walls, remembering that 70% of tourist accommodation is a young couple who certainly require high privacy. This time the research is focused on Hideout Falcon, due to the limited reach of the author in terms of time and respondents caused by the ongoing pandemic covid19.

Effect of Bamboo Material on Adult Psychology

Some studies have shown how shapes, forms, colors, tones, textures, materials, etc. have a direct influence on human behavior and response towards the environment. During this pandemic that causes us to be unable to go anywhere, we begin to realize that we miss the outdoors. Tracing the way back to those good old memories, we realize that all of our nostalgia moment is built on the senses and perception. Even if we think about our loved ones, it is their smell, their touch, their presence through visual, that we miss the most. We, as humans, hold on to our senses to assess how a person or a thing made us feel. Our well-being, abilities, responses, efficiency, are all formed by the spaces we work, eat, sleep, and live in. Without 'material,' we cannot bring life, originality, and character to our spaces. So the material has a big contribution to shape the feeling we want to feel in a space, whether it relaxes, seems formal, warm, and so forth.

A study conducted in 2017 at Sichuan Agricultural University suggests that viewing bamboo can help calm a stressed mind, decrease anxiety, and improve concentration span. Bamboo has broadened the possibility of sustainable construction and flexibility in creating organic and calm interiors with the basic human comfort level. Designing efficient spaces that reduce the psychosomatic system, anxiety and stress level, fatigue, or any other sort of physical and mental

discomfort can be encouraged by using materials like bamboo. Viewing bamboo plants enhances physiological and psychological relaxation (Hassan et al., 2017). According to some scientists like Tanja Vollmer that contribute to the field suggest that the more insecure we are, the more sensitive we are to our surroundings. The use of such materials can help stimulate a positive attitude, raise self-esteem, and improve mood and behavior (Zaidi, 2020). Bamboo as a happy material also find in another research (Lyu et al., 2019), findings provide scientific evidence that a 3-day session in a bamboo forest can increase positive mood and decrease negative mood. Falcon Hideout uses bamboo material almost entirely, so it can be analyzed how the effect of bamboo material on aspects of Complying, Communicating, and Comforting.

Analysis of Well Design Space Hideout Falcon

1) Complying Aspect Analysis of Hideout Falcon



Figure 1 & 2. Hideout Falcon
Source: Hide Out, 2020

In Hideout, every bamboo house has a private garden which can be locked from the inside by little bamboo gate. Hideout Falcon has only one multifunctional room. There is a comfy King Size bed with a big mosquito net with leaf shaped on it. Falcon bathroom is partially outdoors, and all covered by plants around. One of the most prominent features is the large wooden deck with comfortable lounge chairs, chilling net under the palm trees and a large stone bathtub. The bathtub is permanently filled and filtered as a standard pool. It can be heated by request to hot spring temperatures. Named Falcon because the architect was inspired by Falcon birds that often pass on this site, so this bamboo house was designed as if it resembled a Falcon that spreads its wings wide across the site which has an area of around four acres.

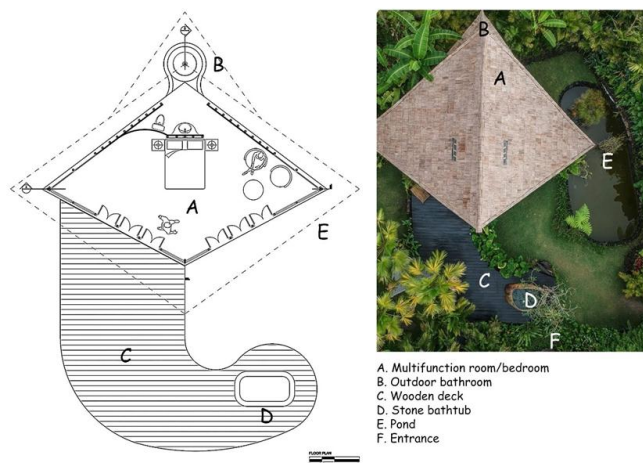


Figure 3 & 4. Hideout Falcon Layout
Source: Studio WNA, 2020

The picture above is the floor plan and site plan of Hideout Falcon. The site plan is fairly simple because there is only one bamboo house in it surrounded by landscape. The direction to the main building are immediately visible after passing through a small bamboo door that functions as an entrance in the form of wooden deck with a fairly large composition that directly leads to the bamboo door. Organization of space in the floor plan is also simple because there is only a main bedroom or multifunction room that accommodates indoor activities, and outdoor bathrooms that provide the sensation of bathing in the open air. Of the twenty respondents who were interviewed by the authors, all said that the layout of the space was easy to understand immediately. Even so simple, there are some hidden spots that turned out to be curious to explore such as outdoor bathtub areas that have direct access to the side of the pond. The multifunction room area is quite spacious and has a relief of circulation, there is only a master bed, sofa and bamboo table, and bamboo shelves hanging on the wall. Furnitures and decorative ornaments inside the house use bamboo material with organic form that contrast with the shape of the facade or layout that has a strict geometric shapes. The organic form gives the impression of being relaxed, and soft; implies a facility for a vacation. In the middle of the multifunction room is a king size bed with leaf accents at the top along with its mosquito nets, and a bamboo bed head with different colors and types of bamboo material to get rid of the monotonous impression. A bed with a mosquito net attached to a romantic impression with a unique leaf accent becomes the vocal point in this room. Gives the impression of room functions primarily as a place to rest even though the term of multifunction room is embedded therein.

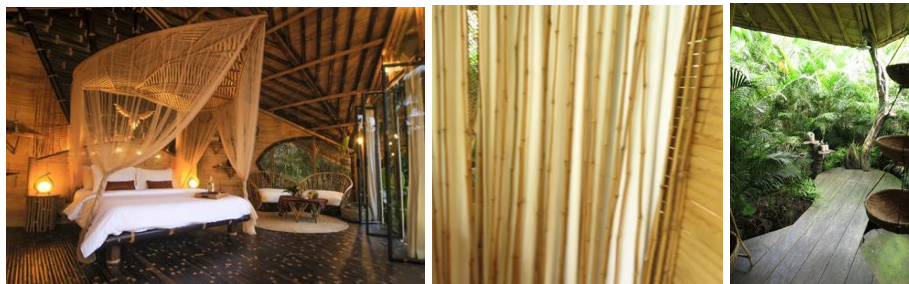


Figure 5. Multifunction room. Figure 6. Bamboo curtain. Figure 7. Outdoor Bathroom
Source: Author's documentation, 2020

On the right side of the bed there is a hidden access to the dry toilet behind the bed head. This access was hidden using many small bamboo that was hung like a curtain. A good design strategy for not showing the toilet area in a vulgar way while creating sequences that make residents feel the experience of an attractive design. After passing through a dry toilet then residents find a wet toilet in the form of an outdoor bathroom. The minimalist arrangement of the floor plan of the furniture with the relief of circulation and the symmetrical shape of the balance, reinforces that visitors who occupy this bamboo house should be able to feel relaxed since their first step in. Residents do not have to think long to understand the new space they first came to, just let it flow and enjoy the moments to escape from the tedious routine, interact with nature, honeymoon with a partner, enjoy the calmness and being refresh.

Simply space design could be cause boredom for certain people especially this accommodation does not provide television and limited wifi access; this possibility was responded by the architect, Widhi Nugroho from WNA Studio by making several play spots inside garden so residents can hangout around, such as stone bathtubs, outdoor bathrooms, ponds that give the sound of water and large wooden decks that can be use for yoga. Outdoor bathroom is the only choice for bathing, so that inevitably the occupants will try to change their habit which is used to bathing in a closed room to be in the open nature which is still maintained their

privacy. It's really challenging! Back to nature, not in a massive and manipulative concrete environment. Stone bathtub laying quite far from the outdoor bathroom area (which is generally agreed upon in a hospitality design, combining the laying of a shower and bathtub in the same area) to provide a different experience than most, an idealism to bring the comfort of star-staring while soak in. Continuing with interviews conducted with respondents who were tourists who stayed there, mostly said this simple thing came up as a brilliant idea to build an intimate feel that arises if only they were on a remote island. From the complying aspect, Hideout Falcon design has succeeded in providing a relaxed atmosphere in simplicity and intimate experience that is in line with the segment of young adventurous couples target.

2) Communicating Aspect Analysis of Hideout Falcon

Entering the Hideout Falcon area, there are no massive walls or fences opened around the bamboo house as found in tourist attractions such as private villas in general, only the lush landscape of trees that become a barrier or visual boundary of bamboo houses. However, privacy is maintained with a careful layout planning and cut and fill system on the site, so that private areas such as outdoor bathrooms are difficult to access by stranger.

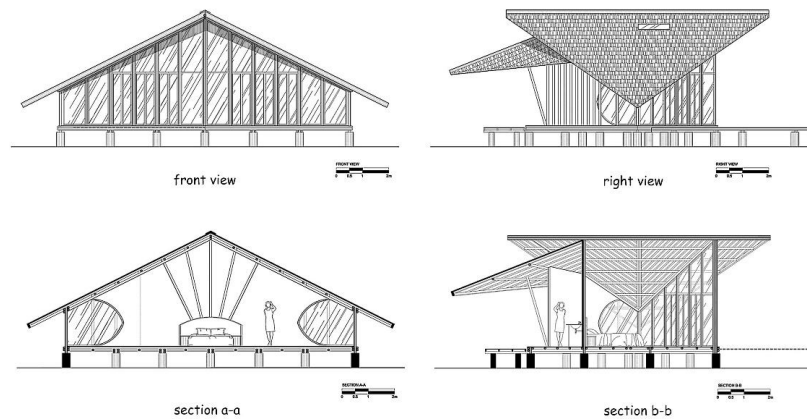


Figure 8. View and Section of Hideout Falcon
Source: Studio WNA, 2020

The Hideout Falcon facade looks like fairly simple with the mainstream form that still take the essence of conventional houses (triangular roofs and geometric walls), using bamboo structures, vertical wall accents made of bamboo-framed glass material, and roof structures that are piled and widened to resemble the wings of a stretched Falcon bird. This wide roof also answers climate problems in the tropics with high rainfall and sunlight. Instead of looking conventional, this Falcon Hideout looks modern and stylish. Facade design that widened at the front looks as it welcoming visitors who come to explore further. Modern impression is displayed strongly through the use of glass material that dominates the bamboo house. Glass material seems to blur the boundary between indoor and outdoor space so that the green landscape can be seen directly from inside the bamboo house and provides a psychological effect that is both calming and visually refreshing.

The non-verbal communication conveyed by the design was also shown from the wooden deck which immediately showed circulation to the main door of the bamboo house, as well as access to the dry toilet located on the right side of the master bed; shows the eastern civilization that upholds the right side as the superior side - that the need to use the toilet is the first priority activity after waking up.

3) Comforting Aspect Analysis of Hideout Falcon

The comforting aspect can be analyzed from the comfy feel that can be felt by residents through the five senses, safety feeling because everything is under the control of the occupants, and the feeling of relaxation that results from a space design. The five senses referred to here are certainly closely related to the comforting aspects that are felt after receiving stimuli that consist of visuals, sounds, tactile input, smells, and spatial details.

Visually, the concept of eco-glamping can be seen from the architecture and interior design of Hideout Falcon. Combining bamboo material with modern designs that are equipped with decorative details and the use of warm white and yellow lights that not only show a dramatic and luxurious impression, but are also warm and intimate. The lighting colors support the intimacy that occurs by providing a relaxing effect on the occupants. The brownish bamboo color that dominates the interior of the Hideout Falcon combined with the green landscape gives a thick natural aura. The color of bamboo is also not monotonous brown, but combined with the black color of Java Black Bamboo or bamboo Wulung, with a variety of modifications to the plait or arrangement of bamboo material so as to produce an attractive impression in the interior. By sound, Hideout Falcon has a very calm atmosphere, there are only natural sounds like the gurgling of water from a nearby river, the sound of birds chirping, frogs at night, crickets, really feels like camping; it's just that some respondents said the noise was even more pronounced from neighbors in other bamboo houses who turned on the music or accidentally spoke too loudly, but this was always quickly resolved by Hideout management. Tactile inputs are obtained from the texture of the material and the temperature felt by the occupants of the Hideout. The texture produced from bamboo material certainly varies depending on the finishing used and the impression that the interior designer, Putri Wiwoho, wants to create. Finishing bamboo material on the interior looks very well thought out by designers because they all follow hospitality standards which certainly do not cause sharp corners or rough surfaces or have the potential to cause blisters when touched.

The whole bamboo houses in Hideout does not use air conditioning, only a fan is provided, so that air circulation is entirely dependent on the opening of the glass doors and bamboo roasters on the wall that function as ventilation as well as aesthetics. The advantage of using bamboo material on a wall is that bamboo has pores that allow cold air to enter the room, so that during hot days, a fan could help to optimized the movement of air to lower the temperature of the room. As a tourist accommodation that offers a jungle oasis, of course the smells here will greatly help create a perception of relax residents such as the smell of the ground when it rains, the aroma of bamboo in the room, the fresh air in the morning, or the scent of plants or flowers that grow as a landscape. Respondents stated that there had never been a problem with smells, so it could be concluded that the management had managed their waste well. There are a number of room details that are highlighted in the interior of the Hideout Falcon, including the leaf-shaped ceiling on the top of the bed and its nets, the Falcon-shaped decorative lights as an icon placed above the bed and facade, and the bamboo curtain that covers access to a dry toilet or outdoor bathroom. The ceiling of the leaves and the mosquito nets provide a feeling of safety as well as calming because it seems like nest that protects the occupants from the wild or bites from insects, especially mosquitoes. Elements of mosquito nets also add an intimate feel for couples. Falcon-shaped decorative lights become symbolic meanings of status and prestige for respondents, icons that must be entered into the frame when they are doing documentation for social media. While the bamboo curtain gives a brief sensation as if entering bamboo forest, it seems simple but has a surprising effect for respondents, coupled with finding an outdoor bathroom area in it.

The comforting aspect can also be assessed from the feeling of safety felt by Hideout Falcon residents from their ability to control the space, in this case the area of the bamboo house that is not too large, the openness of space patterns that can be understood directly by the residents - with glass material in the facade allows residents to observe with almost the entire area. We are all more comfortable and satisfied in the spaces when the control we have matches the control we want. When we don't feel in control of what happens to us in a place, we are stressed, discouraged, and frustrated. Feeling in control is the key here; we don't have to exercise control to reap psychological benefits. Ten percent of respondents felt their comfort disturbed by insects entering when the glass door was not tightly closed.

A restorative space is always a place in which we feel safe, generally include positive distractions and often provide views of something green and natural. Well-designed places provide comforting psychological support. And that was found in Falcon Hideout. All respondents gave testimonials that the Hideout Falcon design as an eco glamping that blends between the outdoor space and indoor space by utilizing bamboo material succeeded in making them feel relaxed, feel fresh, mindful, and make them want to go back there.

CONCLUSION

Based on the analysis that has been done, it can be concluded that the bamboo interior design in Hideout Falcon has had a positive influence on the psychological use of its users in terms of safety, comfort, and space experience required. Viewed from the Complying aspect, Hideout Falcon create an experience by provide a relaxed atmosphere from the blending of the visual boundary between indoor and outdoor as well as surprise elements that can enhance pair intimacy such as outdoor bathrooms, playgrounds, and so on. Although bamboo appears in a simple building design, natural bamboo feels even stronger and makes residents more relaxed, happy, and focused to enjoy the moment that occurs. Safety feel come from the aspect of Communicating, Hideout Falcon's design makes the landscape a barrier to privacy as a visual therapy. Judging from the aspect of Comforting, a sense of comfort naturally arises from the feeling of safety felt by Hideout Falcon residents from their ability to control the space, in this case the area of the bamboo house that is not too large, the openness of space patterns that can be directly understood by residents - with glass material in the facade allows residents can freely observe the entire area.

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