

## **TRIHITAKARANA CONCEPT STUDY ON SPATIAL LAYOUT IN SPA AND REFLEXOLOGY BUILDINGS IN BANDUNG**

**(Case Study: Zen Refleksologi Jalan Sunda, Bandung)**

**Maysitha Fitri Az Zahra, S.Ds., M.Ds.**

*Telkom University Bandung*

*maysithafaz.telkomuniversity.ac.id*

### **ABSTRACT**

Trihitakarana is a philosophy of life held by Balinese Hindus to create a balanced life between worshipping God, loving fellow humans, and caring nature. With the advancement of cultural values and social life, the concept of trihitakarana is widely applied in various lives, one of which is in spatial planning. Apart from that, the division of the types of space which includes sacred, neutral, and despicable spaces is also included in the trihitakarana consideration. In spatial planning, the trihitakarana concept contains the application of the tri mandala and tri angga which is the main attraction of this research. Application of the concept of assistance in spatial planning both vertically and horizontally. However, many Balinese buildings outside the island of Bali do not apply the concept of trihitakarana in their spatial arrangement, such as spa and reflexology buildings. The building was chosen because of the mushrooming needs of urban communities for relaxation and recreation facilities, which aim to maintain balance and body health. In addition, spa and reflexology that develop in cities are synonymous with Balinese culture, both in terms of building design and types of activities carried out. Research on the concept of trihitakarana on spatial planning and reflexology was carried out in Bandung, because it departs from the number of tourists visiting Bandung every month, and Bandung is an alternative relaxation and recreation for residents of big cities around Bandung.

*Keywords: Trihitakarana, Spatial, Spa dan Refleksologi*

### **INTRODUCTION**

Harmony, happiness, and tranquility of life for the Balinese are believed to be none other than the Trihitakarana element. This is related to the harmony between humans and God, each other, and the environment. At present, humans no longer talk about muscle strength, but how sophisticated the human brain is to create advanced technologies such as playing magic tricks and technology does not have to be physical. But in the form of new rules, including one of the times that are collaborated with culture. The Trihitakarana principle, which is firmly held by the Balinese people, will be treated with the needs of the current urban community that is outside of Bali. The community, which is the subject of research is the Bandung community with the division of areas in the spa and reflexology.

As times change and the demands of work make a person's level of activity and routine increasingly high, the greater the risk that the person experiences stress due to activities and routines that are carried out every day. A stressful mental condition causes stress. With a tense mental condition, stress can also affect other immune systems, which can affect the health of the human body for a specified period.

Relaxation and massage can be done to loosen tense nerves. The spa case object was chosen because the higher a person's daily routine, the less time that person has to relax and pamper himself. This relationship is strengthened because the concept of trihitakarana contains the values of trimandala and triangga.

### DATA DESCRIPTION

Spa (Solus Per Aqua) is a traditional health effort with a holistic approach, in the form of comprehensive treatments using a combination of hydrotherapy skills, massage, aromatherapy, and added food services, healthy drinks and physical activity (Permenkes 1205 / X2004 spa). Functions and Benefits of Spa The function of the spa is not to cure disease, but to make a person feel comfortable, both body and soul. The spa is a therapy using water, as well as saltwater, oils and aromatherapy, the connection between the body, mind, and spirit, the flow of positive and negative energies within you, and the energy center of the body. The freshness of body and soul makes a person able to do many activities and routines better and with full enthusiasm. Humans always need excellent physical, mental, and emotional stamina to do their job well and at a consistent pace. (Benge and Tara, 2003).

Reflexology Therapy is a natural method to treat the body by tracing and simultaneously providing therapy in the area of reflex points in the human body with massage techniques, both in the foot area with the application of Foot reflexology; hand area with the application of Hand Reflexology; as well as in other body parts, such as in the head region and the right and left sides of the spine by applying



Figure 1: general flow of spa health services

Source: Republic of Indonesia Minister of Health Regulation number 8 of 2014

Accupuncture Reflexology.

Referring to the Bandung City Regulation Number 10 of 2004, article one paragraph 36 says that: Massage parlor is a business that provides a place for facilities as the main business and can be supplemented by the provision of food and beverage services Article 3b says that massage parlors are included in the Exploitation Bandung City Tourism Objects and Attractions, however, massage parlors are included in the type of tourism business as described in article 6o.

The conception of Tri Hita Karana, which means three; Hita means prosperity, good, happy, happy, and sustainable; and Karana means the cause or source of causes (causes), or three causes/elements that make life (goodness), namely: 1). Atma (life substance or soul/spirit), 2). Prana (energy), 3). Angga (body / physical) (Customary Institution Council, 1992: 15).

The Tri Angga conception which regulates the composition of the elements of human life in their natural/physical environment, namely; the main mango, Madya angga, and nista angga. In everyday life it is reflected in the hierarchy of house and village values. A custom or habit that also shows the balance of the relationship between humans and nature, humans and each other in ergonomic and aesthetic calculations, is the concept of Asta Kosala-Kosali and Asta Bumi. (Astika, 1986: 7).

The concept of the Sanga Mandala spatial layout becomes a consideration in zoning activities and building layout in the yard of the house, where activities that are considered main, require tranquility are placed in the main main area (kajakangin), activities that are considered dirty / busy are placed in nistaing nista areas (klodkauh), while the activities between them are placed in the middle (Sulistiyawati. et al., 1985: 10). In its derivation this concept becomes the Natah Pattern (Adhika, 1994: 24) and clearly see Figure.

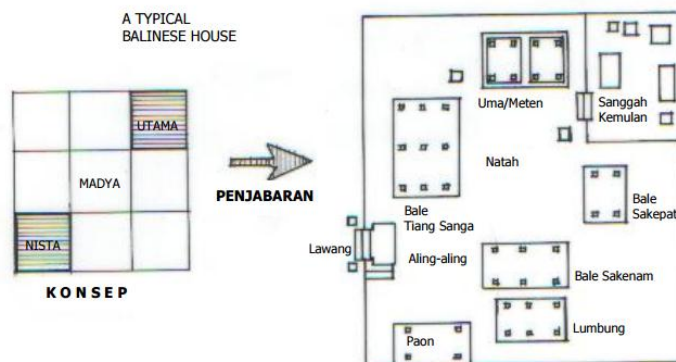


Figure 2 : Explanation of the Zoning Sanga Mandala Concept at Home  
Source: Eko Budiharjo (1986)

It can be concluded that traditional Balinese architecture which has a conception based on Hinduism, is an embodiment of culture, where the character of Traditional Balinese Architecture is very much determined by Hindu religious norms, customs, and a sense of art that reflects culture. (Bappeda, 1982: 119). The data received will be processed by analyzing it to find out some of the possibilities of the layout results. Data between trihitakarana, trimandala, and triangga will be collaborated to regulate the spatial structure, both private space for employees and private space for visitors.

## RESEARCH METHODS

The data analyzed are then connected to form a new concept, and the data obtained can be adjusted to the intended idea. However, this design concept does not eliminate the possibility of going back to the analysis stage as a benchmark so that the new design that is made does not repeat the failure of the previous model. Looking back at the analysis section can also help solve problems that arise during the drafting stage of a new design concept. After that the produced data will be evaluated to produce a new design. After the evaluation phase is complete, the design will go through the design development process. The

design development stage is a complement to the missing design components and still needs to be refined.

## **DISCUSSION**

The Balinese traditional that is taken is an element of the spatial layout pattern, which is divided into primary, intermediate, and nista areas. The sense of comfort, warmth, and calm that is created cannot be separated from the natural elements as its support. Oneness with nature is one thing to consider in structuring the trihitakarana concept. Comfort and balance can be influenced by many factors, one of which is the creation of a calm atmosphere. The traditional Balinese approach adopts the concept of geometric shapes as the main form. Natural materials are used by many types of rocks, such as Palimanan, Rock, red brick, and temple stones.

The color concept to be used is the color based on Kaja - kelod, and Kangin - kauh. Division of areas for dominated colors. First of all, the building is divided into three parts, namely main - Madya - nista. Based on the concept of tri angga madya, it is a human activity, identical to the color brown and its descent, Utama is for God, and is purified so that it is likened to a mountain which is similar to green. Disgrace is compared to kelod or sea, so that it is identical to blue.

The lighting system applied is an artificial lighting system. This lighting is indirect by spa treatments. The color of the light used is dominated by warm yellow, which is emitted from the usual LED strip lights found on the drop ceiling. The downlight in the middle of the room produces broken white light, and the chandelier uses incandescent lights. The floor finishing is done by applying cotto stone material with bone white / bright yellow color with semi-semi finishing in the VVIP treatment room area. This is to give a warm impression to the room. A semi-glossy finish is applied so that the floor still looks glossy or shiny, but there is a matte texture to add a little friction to the level so that the floor is not too slippery. In wet areas, use white gravel and templek stones.

The walls use white-bone Palimanan stone, which is collaborated with red bricks and ash temple stones. Redbrick is applied 50cm wide at the bottom of the wall, and the temple stone ashes are used as a carving on the wall list between the apalimanan stone and the red brick. The finishing on the Palimanan stone walls uses the sanding technique, and on the red bricks using a clear matte finish to create the original red color of the bricks. The furniture used is furniture with geometric shapes, firm and straightforward. They are combined with carvings of floral motifs as decorative ornaments and the delivery of typical Balinese forms on the sculptures made on the furniture. Furniture made of rosewood and merbau finished with dark brown polishing. Wood is chosen with the lowest moisture content quality or has been dried so that the expansion and shrinkage of the furniture are not too massive so that it increases the life of the furniture longer.

## **CONCLUSIONS**

In designing a functional public space, in-depth analysis is needed so that a design can be created that is not only visually satisfying but also has good value in its use. This value is the quality of safety and comfort for visitors and objects in it. In this design, the root of the problem is the insufficient body care facilities that pay attention to the comfort aspect and are equipped with gathering facilities therein. So that many people feel like they want to finish quickly while being treated. So it is necessary to

make a spa area and family reflexology in the city of Bandung with a traditional Balinese approach as the style.

In designing the interior of a family spa and reflexology in the city of Bandung with a traditional Balinese approach, the most hardened point is how to create a gathering facility for several people with different ages and activities. The conventional Balinese style was chosen because Bali has rules in its traditional buildings, paying attention to the closeness to nature and the honesty of the materials used.

The theme used is relaxing and balancing, which means calm and balance. Calmness and balance between the activities carried out in it, the buildings used, and unity with environmental elements. With the use of these concepts and themes, it is hoped that visitors can feel a new atmosphere and experience while carrying out their maintenance activities.

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