

ABSTRAK

Kesehatan mental, khususnya gangguan bipolar, menjadi isu yang semakin diperhatikan di Indonesia seiring meningkatnya kesadaran masyarakat. Gangguan bipolar sering kali disalahpahami dan mendapat stigma sosial yang kuat, sehingga menyulitkan penyintas mendapatkan dukungan yang diperlukan. Studi ini mengusulkan perancangan Pusat Terapeutik Bipolar dengan pendekatan *Person-Centered Design*, yang bertujuan menciptakan lingkungan terapeutik yang mendukung pemulihan emosional, fisik, dan sosial penyintas bipolar. Perancangan ini mengintegrasikan elemen-elemen arsitektur terapeutik, seperti ruang katarsis dan ruang interaksi, yang dirancang untuk mengakomodasi kebutuhan khusus berbagai episode gangguan bipolar (mania, hipomania, dan depresi). Lokasi di Jakarta Selatan dipilih berdasarkan analisis kebutuhan dan aksesibilitas yang optimal. Metode penelitian melibatkan kajian literatur, analisis kontekstual, dan pendekatan desain berbasis perilaku pengguna. Hasilnya diharapkan mampu memberikan solusi desain yang inklusif, mendukung proses terapi, serta mengurangi stigma terhadap penyintas gangguan bipolar.

Kata Kunci : kesehatan mental, gangguan bipolar, arsitektur terapeutik, *person-centered design*

ABSTRACT

Mental health, especially bipolar disorder, is an issue of increasing concern in Indonesia as public awareness increases. Bipolar disorder is often misunderstood and has a strong social stigma, making it difficult for survivors to get the support they need. This study proposes designing a Bipolar Therapeutic Center with a Person-Centered Design approach, which aims to create a therapeutic environment that supports the emotional, physical and social recovery of bipolar survivors. The design integrates therapeutic architectural elements, such as catharsis rooms and interaction rooms, designed to accommodate the specific needs of different episodes of bipolar disorder (mania, hypomania, and depression). The location in South Jakarta was chosen based on needs analysis and optimal accessibility. Research methods involve literature reviews, contextual analysis, and user behavior-based design approaches. It is hoped that the results will be able to provide inclusive design solutions, support the therapy process, and reduce stigma towards bipolar disorder survivors.

Keywords: *mental health, bipolar disorder, therapeutic architecture, person-centered design*