

## OVERVIEW OF INTERIOR ELEMENTS OF ANAHATA'S HOLISTIC PSYCHOLOGY SERVICES

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### ABSTRACT

This research aims to examine the space-forming elements in the interior of Anahata Psychological Services with a focus on interior design that creates an environment that supports therapy and the client's psychological well-being. Qualitative research methods were used to collect data about the interior design of the Anahata psychology room. Direct observations were carried out at Anahata jl. Srisuci no. 22, Bandung City to gain an in-depth understanding of the layout, color and atmosphere of the room. Apart from that, interviews with managers and documentation related to interior design were also carried out to gain broader insight. The research results show that the interior design of Anahata's psychology room has several elements that support a conducive atmosphere for clients, such as the use of neutral colors and adjusted lighting. However, the findings also identified several shortcomings in the design, such as a lack of color and texture variation and limited ventilation systems.

**Keywords:** Interior Design Elements, Space Forming Elements, Psychological Services, Anahata.

### INTRODUCTION

The environment where psychological services play a very important role in facilitating the counseling and therapy process for individuals who need psychological assistance. A well-designed space not only creates a comfortable and supportive atmosphere, but can also help clients feel more open and safe in sharing their personal problems and experiences. Therefore, an in-depth understanding of the principles of effective interior design in the context of psychological services is essential. Basically, spatial planning is a physical environment that regulates the relationship between various objects in a room and humans. Suitability of spatial layout will have an impact on efficiency, effectiveness, productivity and user comfort. The inside of a building, called interior design, consists of structural and space-forming architectural elements, such as walls, columns, floors and ceilings, Ching (2008). Apart from that, various human problems related to the implementation of their duties will be related to facility problems. Various

facilities were created to support all human activities. Sitting activities produce chairs, writing activities produce tables, sleeping activities produce beds, and so on, Dharmawan (2014) .

Anahata Psychology Services is one of the mental health services in Bandung City with various mental health services offered. Spatial visualization support is very meaningful in the therapy process, especially for the patient's psychology. According to Tabaeian (Widyakusuma, 2020) , human behavior in space has been determined, so it is necessary to design physical space based on the characteristics of human behavior itself . According to Edge et al (Tambunan & Mufida, 2019) , many rehabilitation centers are designed traditionally which actually causes the stress level of patients or therapists to increase. Factors that increase stress include noise, small rooms, poor lighting and cramped spaces. Several theories reveal that of the various types of stimulation on the human body, visual stimulation is the most effective in triggering feelings of pleasure (Sari in Kumala & Yayi, 2021) . Therefore, this research will focus more on visually reviewing the interior elements of the Anahata psychological therapy facility.

#### LITERATURE REVIEW

In the journal "Interior Design Strategies for Creating an Optimal Therapeutic Environment: The Case of the New Hope Counseling Center" researched by Dr. Indah Permata Sari in 2019 in Bandung, Indonesia, research was conducted using qualitative methods involving direct observation, interviews with clients. and managers, as well as analysis of documentation related to interior design. The focus of this journal's research is on the interior design strategies implemented at the Harapan Baru Bandung Counseling Center, taking into account client needs and local characteristics. The main difference between this journal and the journal "Overview of Space Forming Elements in the Interior of Anahata Psychological Services" lies in the research focus and research location. If the previous journal discussed interior design at Anahata Psychological Services in general, this journal focuses more on the interior design strategies implemented at the Harapan Baru Bandung Counseling Center. In addition, this journal also provides a more specific perspective on how interior design can be adapted to create an optimal therapeutic environment according to client needs and local characteristics in Bandung.

In the journal "Implementation of Inclusive Interior Design to Improve Accessibility and Well-Being in Mental Health Counseling Centers" researched by Prof. Dewi Lestari in 2022 in Jakarta, Indonesia, research was conducted using mixed research methods. These methods include client surveys, observational analysis, and focus group participation with practitioners. The main focus of this journal is the application of inclusive interior design to increase accessibility for all individuals at Mental Health Counseling Centers in Jakarta, taking into account the diverse needs of clients. This research explores in depth how interior design can be applied to ensure that mental counseling environments are accessible to all individuals, including those with special needs or diverse backgrounds.

In the journal "Optimizing Therapeutic Environments: A Study of Interior Design Elements in Psychological Clinics", this research explores interior design elements that influence the therapeutic environment in psychological clinics. The research approach used is a mixture of qualitative and quantitative methods, which include surveys, interviews and observations. The researchers led by Dr. Emily Chen and her team conducted this research in 2018 in Toronto, Canada. This journal takes into account variations in interior

design preferences that may occur due to demographic and cultural factors. For example, interior design preferences may differ across age groups, ethnic backgrounds, or cultures. Therefore, this study tries to understand how these factors influence interior design preferences and therapy needs in psychological clinics.

Research conducted by Dr. Jessica Wong with the title "Enhancing Therapeutic Environments: An Examination of Interior Design in Mental Health Clinics" focuses on improving the therapeutic environment through interior design in mental health clinics. The difference between the journals "Review of Space Forming Elements in Anahata Psychological Service Interiors" and "Enhancing Therapeutic Environments: A Study of Interior Design Elements in Psychological Clinics" lies in the research focus, methods used, and research location.

In his research, Dr. Jessica Wong uses qualitative methods with a focus on case studies in several mental health clinics in Sydney, Australia. Using interviews and direct observation, this research explores an in-depth understanding of how clinic interior design can influence patient well-being. The main difference between these studies lies in their geographical coverage and different cultural environments. By being conducted in Sydney, Australia, this research can highlight differences in interior design approaches between urban and rural mental health clinics. In addition, geographical and cultural factors unique to Australia can also be considered in this research. This suggests that the interior design of mental health clinics may vary depending on the geographic and cultural context in which the clinic is located.

The journal entitled "Interior Design Development Strategy to Improve Psychological Well-Being at the Cemerlang Psychological Service Center" was researched by Dr. Dewi Ratih, focuses on certain psychological service centers, placing special emphasis on strategies that can improve clients' psychological well-being. The research method used is mixed research which includes client surveys, observational analysis, and interviews with practitioners. With this approach, this research can provide a holistic insight into how bespoke interior design can impact clients' psychological well-being. The main difference lies in the more focused and strategic approach in handling interior design, as well as the in-depth understanding of the specific needs of clients at the Cemerlang Psychological Service Center.

## METHODOLOGY

The research method applied is a qualitative approach for the research "The Influence of the Application of Color Elements in the Interior of Anahata Psychological Services" using observation, interview and documentation techniques. First, observation techniques were used to directly observe the use of color elements in the interior of Anahata's psychology services. Observations were carried out five times over a period of 6 months, namely in October-February 2024. Observations were carried out to understand how certain colors are applied, how they interact with visitors, and how they affect the atmosphere of the space, Suryana (2010) . Next, interview techniques were carried out with users of Anahata's psychological services, including employees and clients, to obtain their views and experiences regarding the application of color elements in interiors. This interview aims to gain a deeper understanding of perceptions, preferences and psychological impacts of using color in a room.

Finally, documentation techniques are used to collect data from various written or visual sources regarding the application of color elements in the interior of Anahata's psychology services. This documentation can take the form of design notes, room drawings, and other documents related to the design concept and implementation. By combining these three techniques, this research aims to gain a comprehensive understanding of the influence of applying color elements to the interior of Anahata's psychology services, as well as its impact on visitors and employees. Qualitative methods were chosen because they can provide in-depth and contextual insight into the phenomena being studied, and make it possible to explore various perspectives and experiences that are relevant to that context.

## DISCUSSION

In the interior of Anahata's psychological services, there are several space-forming elements that have an important role that must be reviewed in creating an atmosphere that supports the healing process and psychological growth of clients. These elements not only have an aesthetic function, but also have a significant psychological impact on visitors.

### 1. Interior Elements

Wicaksono and Tisnawati (2014) explained that the components that make up the interior structure of a space are divided into several parts, namely the floor, walls, ceiling and openings which form a unified structure in everyday life.

#### Floor at Anahata Psychological Services

**Table 1 Floor Alternatives**

Source: Cholifah (2012)

Criteria / Type	Bright	Flashy	Warm	Affordable prices	many color choices	Selected
wallpaper	v	v	v	-	-	-
Wood	-	-	v	v	-	-
Ceramics	v	v	-	v	v	-
Wall paint	v	v	v	v	v	v

The floor not only functions as a cover for the bottom of the room, but also functions as a support for loads placed on it, such as furniture and people doing activities in the room. As part of a space, the floor must be able to withstand static and dynamic loads placed or moving on it. This includes dead loads such as furniture and building structures, as well as live loads such as people walking or doing activities. Therefore, the strength and durability of the floor is very important to ensure the safety and comfort of room users (Mangunwijaya, 1980:329).





Figure 1 Floor at Anahata Psychological Services, Srisuci

The use of ceramics with a combination of red, white and brick red on the Anahata Psychological Services Interior floor has a significant impact on the atmosphere and experience of the room. This diverse color combination adds an interesting and varied visual dimension, giving rise to a unique aesthetic impression. Warm brick red and bold red colors give a warm and comfortable impression, thus creating a supportive atmosphere in the psychological therapy process. On the other hand, white gives a clean and orderly impression, thus reinforcing a professional and organized impression. Apart from that, the use of different colors can also be used to separate certain areas or zones in a room, help regulate traffic flow and clarify the function of each area. However, excessive color or contrast can cause disturbing visual boredom, so you need to pay attention to proportions and color distribution. In addition, the colors chosen may not be liked by everyone or may cause different reactions in each individual, which can affect the experience and comfort of clients who are sensitive to certain colors. Therefore, adjustments and careful consideration need to be made in selecting floor color combinations to ensure that the entire room creates an attractive, warm environment and supports Anahata's psychological services.

### Wall at Anahata Psychological Services

Table 2 Floor Alternatives

Source: Cholifah (2012)

Criteria / Type	Bright	Flashy	Warm	Affordable prices	many color choices	Selected
wallpaper	v	v	v	-	-	-
Wood	-	-	v	v	-	-
Ceramics	v	v	-	v	v	-
Wall paint	v	v	v	v	v	v

Wall color also impacts the perception of space; Bright colors tend to reflect more light, while dark colors reflect less light. Light colors can give the impression of a bright and airy room, while dark colors can give the impression of a dark and narrow room (Supandar, 1982; 46).



Figure 2 Wall at Anahata Psychology Service, Srisuci

The choice of plain white paint for the walls in the Anahata Psychological Services Interior has a significant psychological impact. The advantage lies in the ability of white to create a clean, bright and airy atmosphere in the room. The color white is often associated with the impression of purity, tranquility and inner calm, so it can provide a feeling of comfort and security for visitors. Therefore, using white paint on the walls can help create an atmosphere suitable for counseling or psychological therapy activities, where comfort and self-confidence are prioritized. However, white that is too dominant can give the impression of being too sterile or cold. , which can reduce feelings of warmth and emotional closeness between counselor and client. In addition, this can make the atmosphere feel monotonous for some individuals, thereby reducing their focus in therapy sessions. Therefore, it is important for interior designers to balance the use of white with additional color accents to create interesting visual variations.

### Ceiling at Anahata Psychological Services

Figure 3 Floor Alternatives  
Source: Cholifah (2012)

Criteria / Type	Bright	Flashy	Warm	Affordable prices	many color choices	Selected
wallpaper	v	v	v	-	-	-
Wood	-	-	v	v	-	-
Ceramics	v	v	-	v	v	-
Wall paint	v	v	v	v	v	v

The term ceiling comes from the word "ceiling" which means protection with a partition to create space. In general, a ceiling can be interpreted as a surface that is above the normal human line of sight. Its function is as a floor covering, as well as a space-forming element by utilizing the area beneath it.



**Figure 3. Wall at Anahata Psychological Services, Srisuci**

In the interior of Anahata Psychological Services, the use of *plain white gypsum board* as a ceiling element has important psychological implications. The advantage lies in the impression produced by the color white, which is generally associated with a clean, bright and airy impression. Therefore, white ceilings can help create a relaxed and pleasant atmosphere, which is very suitable for psychological service environments that prioritize comfort and tranquility. However, excess light reflected by a white ceiling can also create too strong a contrast that will bother some individuals, especially those who are sensitive to bright light. Therefore, when designing an interior with *a white gypsum board ceiling*, it is necessary to consider the balance between creating a bright and spacious atmosphere without causing discomfort for visitors.

## 2. Basic Interior Elements

According to Wicaksono & Tisnawati (2014), interior design is a process that involves planning, designing and creating space in a building with the aim of creating a physical environment that meets basic human needs. This process involves the use of various basic interior elements to achieve the functional and aesthetic value of a room.

### Lighting on Anahata Psychological Services



**Figure 4. Opening at Anahata Psychological Services, Srisuci**

The Anahata Psychological Services lighting system consists of two main sources, namely natural and artificial lighting. Natural light is obtained through the use of windows that are large enough to allow sunlight to enter the room. The presence of natural light gives the impression of a bright and fresh space, and can have a positive effect on the psychological atmosphere of visitors. Apart from that, there is also artificial lighting which is used when natural light is insufficient or at night. However, you need to pay attention that the lights used are not too bright so that they don't give the impression of being bright and focused. So there are some activities that are less than optimal. Therefore, Anahata Psychological Services needs to pay attention to a good lighting system, because it has an important role in creating a conducive atmosphere and supporting the psychological well-being of visitors.

### Facilitation at Anahata Psychological Services



**Figure 5. Training at Anahata Psychology Services, Srisuci**

Anahata's psychological services premises combine natural and artificial ventilation, providing an effective strategy for creating an optimal environment for clients and therapists. Natural ventilation, such as good ventilation and the use of large enough windows, has an important role in providing healthy and fresh air circulation. air into the room. This fresh air can help reduce the stiffness of the air and create a more refreshing and comfortable atmosphere. In addition, sunlight entering through windows also



provides psychological benefits by increasing mood and positive energy for clients and therapists. On the other hand, the use of AC as an artificial ventilation system is also very necessary, especially in keeping the room temperature comfortable and under control. AC helps keep the room temperature from being too hot or humid, so that clients and therapists can remain focused and comfortable during the counseling or therapy process. Optimal temperature settings can also reduce potential distractions or discomfort that can impact concentration and psychological well-being.

### Color Concepts in Anahata Psychological Services



Figure 2. Color Concepts in Psychological Services Anahata, Srisuci

The application of plain white color on the walls of all Anahata rooms aims to create a calm and neutral atmosphere in the psychological service area, especially during activities. White, with its neutral and unobtrusive nature, helps reduce excessive visual stimulation in children undergoing counseling or therapy sessions. In a psychological context, a calm environment and minimal visual stimulation can help children be more focused and involved in the therapy or counseling process. The plain white color also gives a clean and peaceful impression which is important for creating a comfortable and safe atmosphere for children who are facing emotional problems or difficulties.

### Furniture Materials at Anahat Psychological Services



Figure 3. Furniture at Anahata Psychological Services, Srisuci

*Homey* in the interior design of psychological services aims to create a comfortable and relaxed atmosphere for clients who are undergoing a trauma *healing process*, therapy or other activities. The warm and inviting feel of the space provides the sense of security and emotional support needed for clients to feel comfortable and open during counseling sessions. In this context, choosing neutral colors for furniture is important because it gives a calm and calming impression. Colors such as white, cream or gray often dominate the furniture in the room, because these colors are able to create a soft and warm atmosphere without causing excessive emotions. Apart from that, this concept also pays attention to aspects of physical comfort, such as ergonomic selection. soft furniture and materials to provide a comfortable feeling for clients when they are in the room. This aims to create an environment that supports the client's healing process and psychological growth, as well as increasing the effectiveness of therapy or counseling sessions.

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