

Pengaruh persepsi visual terhadap kenyamanan bergerak pada aktivitas berolahraga di pusat kebugaran = The effects of visual perception to the body movement comfortness during exercise activities in fitness center

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Abstrak

[ABSTRAK]

Gaya hidup sehat dan bugar merupakan bagian dari kebutuhan manusia. Saat ini terdapat banyak Pusat Kebugaran yang berkembang di sekitar kita untuk memenuhi kebutuhan tersebut. Kehadiran ruang Pusat Kebugaran secara visual menjadi semakin terasa melalui elemen-elemen yang membentuk ruang interior. Pembahasan dilakukan untuk mengetahui bagaimana persepsi visual dapat berpengaruh terhadap kenyamanan bergerak pada aktivitas manusia, khususnya aktivitas berolahraga pada Pusat Kebugaran, elemen seperti apa yang dihadirkan pada sebuah ruang secara visual, juga bagaimana dimensi dan tata letak memberikan kenyamanan untuk bergerak sehingga dapat mengoptimalkan aktivitas berolahraga. Skripsi ini membahas sebuah Pusat Kebugaran yang memiliki fasilitas all-in di dalamnya. Analisis yang dilakukan menunjukkan bahwa elemen pembentuk ruang seperti pencahayaan, warna dan material serta dimensi dan tata letak memberikan pengaruh terhadap kenyamanan bergerak pada aktivitas berolahraga di Pusat Kebugaran.

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<i>ABSTRACT</i>

;Healthy and fit lifestyle is a part of human needs. Currently there are a lot of Fitness Centers evolving to meet those needs. The presence of Fitness Center felt increasing visually through the elements that create interior space. The discussion is made to discover how visual perception can affect the comfort in human's activities, especially in Fitness Center, which kind of elements that are presented in a space visually, as well as how dimensions and layouts can provide comfort to move and also to optimize the exercising activities. This thesis discusses a Fitness Center which has all-in facility. The analysis showed that space forming elements such as lighting, color, material, dimensions and layout can affect the body movement comfort during exercise activities in Fitness Center., Healthy and fit lifestyle is a part of human needs. Currently there are a lot of Fitness Centers evolving to meet those needs. The presence of Fitness Center felt increasing visually through the elements that create interior space. The discussion is made to discover how visual perception can affect the comfort in human's activities, especially in Fitness Center, which kind of elements that are presented in a space visually, as well as how dimensions and layouts can provide comfort to move and also to optimize the exercising activities. This thesis discusses a Fitness Center which has all-in facility. The analysis showed that space forming elements such as lighting, color, material, dimensions and layout can affect the body movement comfort during exercise activities in Fitness Center.]