

## Active design : the contribution of architecture and design on healthy lifestyle = Desain aktif : kontribusi arsitektur dan desain pada gaya hidup sehat

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### Abstrak

[<b> ABSTRAK</b><br>

Dikarenakan oleh perubahan yang disebabkan globalisasi, yang membawa pengaruh buruk pada kualitas lingkungan, maka penting bagi arsitektur untuk melakukan pendekatan yang bertanggung jawab terhadap alam dengan menyediakan lingkungan yang sehat dan berkelanjutan untuk tempat huni manusia. Gagasan untuk menciptakan "ruang sehat" dalam arsitektur mengarah ke upaya untuk menciptakan desain aktif yang memicu gaya hidup sehat dan aktivitas fisik melalui fitur seperti penggunaan lahan campuran, walkability, pusat olahraga dan kesehatan, ruang komunitas terbuka, dan ruang hijau. Usaha lain adalah mengintegrasikan desain dengan unsur-unsur alam dan teknologi yang efisien untuk mengurangi konsumsi energi dan air tanpa mengurangi tingkat kenyamanan atau standar huni. Melalui penelitian yang mendalam pada arsitektur yang berkelanjutan, konteks dan analisis tapak, studi kasus, dan observasi langsung, tulisan ini akan menguraikan aspek dalam mencapai gaya hidup sehat melalui desain arsitektur, yang disajikan melalui berbagai konsep desain dan aplikasi pada tapak. Karya tulis ini berdasarkan proyek studio penulis yang terletak di Perth, Australia Barat.

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<b>ABSTRACT</b><br>

Due to the changes brought on by globalization, which have negatively influenced the environmental quality, it is essential for architecture to take a responsible approach towards nature by providing a healthy and sustainable environments for our habitation. The notion of creating a "healthy space" in architecture leads to an attempt in creating an active design that promotes a healthy lifestyle and physical activity especially through features such as land use mix, walkability, sport and wellness center, open community space, and green space. There is also an endeavor in integrating with natural elements and efficient technologies to reduce energy and water requirements without decreasing either comfort level or living standard. Through an extensive research on sustainability, context and site analysis, case studies, and direct observation, this report will elaborate upon the aspects in achieving healthy lifestyle through architectural design, which is presented through various ideas of design concept and application on site. This report will be in accordance with the author's completed studio project situated in Perth, Western Australia.;Due to the changes brought on by globalization, which have negatively influenced

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