

[Mengoptimalkan Kenyamanan Visual di Pusat Kebugaran Melalui Zonasi Cahaya Siang Berdasarkan Intensitas Latihan = Optimizing Visual Comfort in Fitness Centers Through Exercise Intensity-Based Daylight Zoning;Practising Feminism : Identity, Difference, Power, Practising Feminism : Identity, Difference, Power]

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Abstrak

[<p dir="ltr" style="line-height:1.38;text-align: justify;margin-top:12pt;margin-bottom:12pt;">Seiring meningkatnya persyaratan bangunan hijau, bukaan visual besar sering digunakan dalam bangunan baru, termasuk pusat kebugaran, untuk memaksimalkan pencahayaan alami, menghemat energi, dan menciptakan kesan ruang terbuka. Namun, paparan cahaya berlebihan dapat memicu ketidaknyamanan visual, terutama di pusat kebugaran di mana keselamatan, postur, dan koordinasi bergantung pada penglihatan jelas. Studi ini menyoroti belum adanya teknik zonasi yang mencocokkan kinerja siang hari dengan sensitivitas visual spesifik aktivitas olahraga. Tata letak studi didasarkan pada pusat kebugaran komersial Anytime Fitness. Untuk mengklasifikasikan area berdasarkan intensitas latihan yang diukur melalui detak jantung dan sensitivitas pencahayaan, studi ini mengusulkan sistem zonasi berbasis siang hari. Menggunakan simulasi, penelitian ini menganalisis distribusi dan konsistensi iluminasi pada berbagai waktu dalam sehari. Zona latihan kemudian diatur ulang melalui intervensi spasial untuk mencocokkan area dengan kontrol siang hari terhadap aktivitas yang lebih sensitif. Hasil simulasi menunjukkan kebanyakan area mengalami keseimbangan pencahayaan yang lebih baik dengan zonasi yang diusulkan, khususnya zona latihan intensitas sedang dan tinggi. Namun, zona intensitas rendah masih berkinerja kurang baik pada jam tertentu, menandakan perlunya optimalisasi lebih lanjut dengan solusi pasif. Studi ini mendorong desain pusat kebugaran yang responsif terhadap cahaya alami demi kenyamanan pengguna dan efisiensi energi.</p><div> </div><hr /><p dir="ltr" style="line-height:1.38;text-align: justify;margin-top:12pt;margin-bottom:12pt;">As green building requirements become increasingly prevalent, large visual openings are often integrated into new buildings, including fitness centres, to enhance natural lighting, conserve energy, and create a sense of openness. However, excessive daylight exposure can lead to visual discomfort, especially in fitness settings where clear vision is crucial for safety, posture, and coordination. This study addresses the lack of zoning techniques that align daylight performance with the visual sensitivity required for specific workouts. Using publicly available layouts from Anytime Fitness, the study examines existing commercial fitness centres. It proposes a daylight-based zoning system that classifies fitness areas

according to exercise intensity defined by heart rate and corresponding lighting sensitivity. A simulation-based approach evaluates daylight distribution and illuminance consistency at different times of day within the fitness centre layout. Based on these analyses, spatial interventions are applied to rearrange training zones, aligning controlled daylight areas with activities that are more visually sensitive. Simulation results indicate that most activity zones benefit from improved illuminance balance under the proposed zoning, particularly moderate and high-intensity zones. Nonetheless, low-intensity zones still underperform during certain hours, suggesting further optimization through passive design strategies. Overall, this study contributes to daylight-responsive fitness centre designs that enhance user comfort and energy efficiency.

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