

Holistic Therapeutic Platform for the Cure of Mental Illness According to Heidegger's Philosophy

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ABSTRACT

The COVID-19 pandemic has an impact on the economy and mental health of the people. Since the emergence of the COVID-19 pandemic, the number of sufferers of stress and depression has increased significantly. They start to feel bored because they cannot socialize with other people and experience excessive anxiety due to the COVID-19 virus pandemic. These factors are like a chain that never breaks and ultimately impacts people's mental health. People start to feel stressed and depressed because they have nowhere to let go of these problems. Therefore, the purpose of this research is to solve the above problems, so we need a platform that can accommodate sufferers of stress and depression during the COVID-19 pandemic, according to Heidegger's view of being and time. In this research process, researchers used the method; 1) Healing-garden concept; 2) Aromatic healing flowers; 3) Metaphor in the form of Edelweiss; 4) Biophilic design concept. This study found a holistic therapy platform that has a garden, as well as a place for healing with flowers' aromatherapy, has cross-ventilation, natural lighting, and a semi-outdoor area. That is proven to provide a sense of security from exposure to the COVID-19 virus and providing good physical health.

Keywords: COVID-19; Healing Garden; Healing Flower; Cross Ventilation; Natural Light

1. INTRODUCTION

Stress and depression are some of the diseases that often occur in society. A variety of factors can trigger stress and depression. From 2020 to the present (May 2021), stress and depression have increased due to the emergence of the COVID-19 pandemic worldwide. Countries around the world began to experience economic downturns as well as human resource problems. Countries worldwide are working to minimize the impact of the COVID-19 pandemic by implementing a Lockdown system, but in Jakarta, the system is not implemented or used. Jakarta uses the *PSBB* (Large-Scale Social Restrictions) system issued by the Governor of DKI Jakarta, Anies Baswedan, in The Governor's Decree no. 19 of 2021 restrictions on outdoor activities [1]. The COVID-19 pandemic has caused a decline in human resources, according to the Jakarta COVID-19 Task Force, which confirmed that there were 1,174,770 sufferers with a death rate of 31,776 people. The largest distribution area is DKI Jakarta as many as 280,261 people, followed by West Java with 157,611 people. The most considerable death rate is in DKI Jakarta, with 4000 people with an age range of 31-60 years and above [2]. The COVID-19 pandemic shows that many people have lost their lives because of it, then there is a prohibition on social interaction and staying at home slowly, but indeed this fact can cause stress and depression. It happens intensely for weeks, months, even years. Sufferers need a fixed place that

can be used both during a pandemic and without a pandemic. A garden is considered suitable to meet their needs amid the current pandemic conditions. A garden filled with greenery, water, and aromatherapy flowers is used to help sufferers relax

2. MATERIAL AND METHOD

2.1. Pantai Indah Kapuk, North Jakarta, Indonesia

Site is located in the Pantai Indah Kapuk area, on Jalan Pantai Indah Utara 3, right next to Pantai Indah Kapuk Hospital. Site entry into public and social service zoning is dominated by low to moderate housing zoning (Figure 1).



Figure 1. Pantai Indah Kapuk Area
Source: Google Earth, accessed on March 3rd, 2021

Pantai Indah Kapuk area, especially Jalan Pantai Indah Utara 3, is an area that has the largest green areas and is the area with the lowest number of tall buildings. The location adjacent to the hospital has a positive impact because the hospital does not serve diseases due to mild stress (mainly due to the pandemic). This location has a significant impact [3] on the Holistic Therapeutic Platform for the Cure of Mental Illness. With the being of existence to fulfil the needs of sufferers of stress and depression, that is why they are, and they are received directly by nature just as Heidegger said about the philosophy of "Being and Time". Heidegger said that "being" is also called existence, existence and "being" is time, so that everything "being" can only be understood when "being" exists on this earth so, "being" and "time" are interrelated. In the book, Heidegger for Architecture, buildings and residences take place simultaneously all the time [4]. Heidegger said that being could be placed because the act of being can see the place itself. This human experience will refer to the place itself [5]; Residence is a place where everyone will find comfort. Heidegger argues that the way we live on this earth is our way [6]. If we draw a common thread, there is a relationship between time and being in the condition pandemic state.

2.2. Covid-19, Stress & Depression

Heidegger said that existence is a way of dwell every human being, but over time the essence of that dwell disappears. We can see from the ways the dwelling changed during the COVID-19 pandemic. As reported by WHO, COVID-19 is an infectious disease. The virus is spread mainly through droplets of saliva or fluid from the nose when an infected person coughs or sneezes. Most people infected with this virus experience mild to moderate respiratory diseases [7]. WHO says, "Try to get a cross breeze so that air coming in from one window moves across the room and exits from another window" [8] and The Forbes article states that the COVID 19 virus cannot survive in the sun, so it can be said that sunlight is a natural disinfectant [9]. COVID-19 virus is very contagious, people are required to stay at home, but increasingly people start experiencing stress and depression [10]. Depression is an emotional disorder or bad mood characterized by prolonged sadness, hopelessness, and feelings of guilt. Depression has six stages with various types; the six stages of depression [11], namely:

- Stage 1: The lightest stage of stress, having a great desire.
- Stage 2: Depression stage accompanied by complaints, such as fatigue.
- Stage 3: The stress stage has complaints such as emotions, insomnia, and difficulty sleeping.
- Stage 4: The stress stage is accompanied by complaints such as loss of concentration and difficulty sleeping.
- Stage 5: The stress stage is accompanied by physical and mental exhaustion.
- Stage 6: The stress stage is accompanied by signs of a racing heart and shortness of breath.

Referring to the magnitude of the symptoms that arise due to stress and depression, the method used to assist the healing process is a Healing Garden.

2.3. Healing Garden & Flower

Healing Garden is a healing garden concept that uses green vegetation, water, and flowers [12]. Adam Sharr said in his book that Heidegger gives an example of the Mountain Walk Black Forest where nature and the whole have marked a sign and path through others or animals. Now and then, they will get lost, but they find a bright spot and a way out [5]. Like with that philosophy, sometimes we get lost in the problem and become stressed, but likewise, nature already provides the best way to help solve the problem even in different aspects that are garden and nature.

In the garden, there are flowers with all fragrances that can provide therapy to sufferers, such as:

- a. Roses**
Roses can relieve fatigue and anxiety disorders. This flower affects the sufferer in terms of sight and smell. Its attractive colour and sweet fragrance can help relieve stress. Inhaling aromatherapy roses for 10 minutes in 5 consecutive days can lower stress levels [13].
- b. Lavender**
Lavender is often used as an aromatic indoors. Lavender flowers can calm the nerves and mind. This flower affects the sufferer through a very fragrant aroma to help sufferers be more relaxed and calmer. Giving lavender aromatherapy can reduce insomnia and improve sleep quality [14].
- c. Passionflower (Passiflora incarnata)**
Passionflower can calm nerves and mind. This flower affects sufferers through its shape and its fragrant smell when drunk to make us more relaxed. According to Hajiaghaee & Akhondzadeh [15] passionflower has shown promising effects for treating sleep disorders and anxiety.
- d. Chamomile**
Chamomile aromatherapy is often used to treat sleep disorders, pain relief, digestive problems, and pan-ic. This flower affects the sufferer through its simple form and also smells good when we drink it. It is stated that chamomile aromatherapy can help reduce anxiety levels by inhaling its fragrance [16].
- e. Gerbera**
The gerbera flower serves to provide happiness and clean air so that the air carried through the cross-ventilation becomes clean air and can reduce the spread of COVID 19. This flower affects the sufferer through vision, with varying flower colours. It is explained that gerbera helps insomniacs sleep better [17].

The flowers listed above are used in the treatment process, but there is something to be done besides undergoing therapy to have faith in healing and that we as humans, both healthy and sick, still have to struggle. This struggle helps us to be healthy again. This symbol of struggle is reflected in the metaphor applied to the Edelweiss flower.

2.4. Metaphor Tangible & Biophilic Concept

Building figures are created for the relaxation process. The concept of form and function going together where the relationship between each function and form is seen independently and runs simultaneously [18]. Then this is realized by using the tangible metaphor concept [19]. A tangible metaphor is a metaphor whose form can be seen immediately so that the message can be felt immediately by using the primary form of the edelweiss flower to convey a message about the struggle.

Heidegger said, the figure of a building represents human existence, is built according to human needs, then shapes their lives, and continues to shape the building through their daily work [5]. The Biophilic concepts use as supporting concepts. This concept is an architectural approach that seeks to bring humans closer to nature. This concept is intended to create a more productive and healthier built environment for humans [20] by using six aspects from 14 existing aspects as follow; a) Visual Connection with nature; b) Presence of water; c) Dynamic & diffuse light; d) Connection with the natural system; e) Biomorphic forms & patterns; f) Material connection with nature.

2.5. RESEARCH METHOD

Based on the theoretical review above, the qualitative research method uses a case study with the following details; 1) Healing Garden Concept; 2) Aromatic Healing Flower; 3) Metaphor Tangible Edelweiss; 4) Biophilic Design Concept.

3. RESULT AND DISCUSSION

This chapter discusses the methods used in the research process both in terms of how to create a place that provides a sense of security from exposure to the COVID 19 virus, and achieve a connection with nature and thus create a holistic therapeutic platform that is safe and can help sufferers of stress and depression.

3.1. Healing Garden Concept

The Healing Garden (Figure 2) concept is a garden concept with green vegetation, flowers, and water used to help the healing process of stress and depression. Activities that occur in gardens are healing activities that are passive to active, such as view the garden from the window, sitting outdoor, meditation, rehabilitation exercises, walk to a specific area, read, walkway, children playing in the garden, gardening and moderate exercise [21].



Figure 2. Healing Garden

Source: Author, 2021

Description of the space used to give the sufferer a sense of calm and relaxation. The following are some of the activities carried out in the healing garden, namely:

- a. Garden view is seen from a window**
The use of glass provides a link between the outside of the building into the building. This glass figure can help in the process of connecting with nature, releasing boredom, calmness, children playing, seeing flowers, and greenery that give a calming effect.
- b. Outdoor Sitting Area**
Sufferers can feel the wind, see plants, and feel the smell of nature. The provision of outdoor sitting is intended to help sufferers be more attached and connected to nature and help self-relaxation.
- c. Meditation in Healing Garden**
Meditation activities in the healing area have been shown to help relieve stress and depression, the wind, the smell of flowers, and nature. It is said that sufferers who do meditation have a good level of stress reduction; they become calmer, accessible to rest, patient, a body more relaxed, and not quickly tired [22].
- d. Walkway**
They can take a stroll in any area of the building. This activity can help relieve stress and depression by having a new space experience to become less saturated and more relaxed
- e. Reading Area**
The provision of reading rooms in both public and private reading areas are used to help eliminate the effects of stress and depression, such as excessive enthusiasm. Reading could help lower stress levels, and that reading aloud can also help reduce stress and depression [23].
- f. Physical exercise**
Physical exercise helps in the process of letting go and relaxing. Good exercise regularly can increase the endorphin hormone, which helps lower stress levels in sufferers [24]. Physical exercise can help a person be happier, more positive, and have a mental health condition [25].

3.2. Aromatic Healing Flower

Heidegger said in his philosophy that nature and everything has signs and marked paths [5]. Nature also provides everything in it, be it flowers, water, air, or light. Therefore, the use of healing flowers is aimed at meeting the sufferer's needs. Aromatic fragrances are believed to help relieve symptoms of stress and depression, such as relaxing

sufferers. The flowers are placed according to their unique shapes and colours, and the flowers consist of roses with charm, lavender with fragrance, passionflower with its shape, chamomile flower with its simplicity, and gerbera with its colour (figure 3).

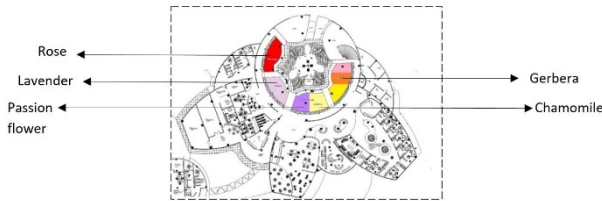


Figure 3. Flower Laying Plan on Healing Garden 1st Floor
Source: Author, 2021

3.3. Metaphor Tangible Edelweiss

Edelweiss flower is a flower that symbolizes love and struggle. The meaning of a flower can survive to fight for its life in extreme conditions, such as being in barren land and highlands, so it means a flower that pays attention to struggles. Humans and flowers themselves struggle with each other, struggle to gain and survive; sufferers of stress and depression also have to struggle to cope with their psychic health.

Although the edelweiss flower does not have a healing or relaxing effect, it can be said that it is also a therapeutic flower, where the sufferer reconciles with reality and begins to have the will to struggle. The expression of this building is a silent witness where the struggle is for everyone, the struggle to help sufferers recover (Figure 4)



Figure 4. Building Expression from top and Edelweiss Flowers
Source: Author, 2021

3.4. Biophilic Design Concept

The use of biophilic design concepts can assist in the application of this philosophy of Heidegger. The biophilic design concept is an architectural concept that helps facility users to be closer to nature. In the book *The Practice of Biophilic Design*, it is stated that the benefits of biophilic design focus on human adaptation to nature, which begins to develop over time and has helped improve human health, fitness, and well-being [26]. This concept has 14 patterns in which six patterns can support physical and psychological health [20], as follows:

a. Visual Connection with Nature

Having a lot of openness and transparency can give visual access to nature well. Visual limitations can

provide comfort and help lower blood pressure and heart rate [27]. In addition to relieving stress, openings also have a good impact in preventing the transmission of COVID-19 by creating cross-ventilation from outdoor to indoor and vice versa and providing access to natural light.

b. Presence of Water

The sound of water gurgling and water droplets can lower the level of stress and depression. It is said that the sound of water splashing has a relaxing and calming effect on a person. The sound of water droplets or consisting of droplets gives a calming effect and makes it easier for a person to fall asleep [28].

c. Dynamic & Diffuse Light

A building figure with many openings that allow natural light can enter the area maximally and provide an added effect of visual comfort [29] and promising to help reduce the spread of COVID-19, where can kill existing virus particle by using natural light. If space or area is not reached by natural light, it can use UV light.

d. Connection with Natural System

The figure of the building has an area in direct contact with nature, and it can help relieve stress because there is no barrier between humans and nature itself. It is combined with garden elements for a soothing, healthy, and fit effect. This area can break down the density of activities and keep social distancing in the indoor area to minimize the possibility of transmission of the COVID-19 virus.

e. Biomorphic Forms & Patterns

A model is taken from nature or science to find a new building form [30]. This natural shape is a circular shape that can relieve stress in a room.

f. Material Connection with Nature

According to Heidegger's view, using materials from nature is one way of understanding the world around him [5]. The use of natural ingredients can add comfort and can help lower blood pressure [31], and It is said that the play of textures on the walls and floors has a good influence on the sense of taste so that it gives a fresh and healthy effect [28].

The building figure describes the overall atmosphere of the summary in a tangible form taken from the whole theory above. The whole theory has a good impact on the figure of the building that can provide benefits for both physical and psychic health.

4. CONCLUSION

COVID-19 is a hazardous virus; the COVID-19 pandemic will not quickly disappear or subside. Every day, it is confirmed that there are exposed people or die from COVID-19.–The certainty that this pandemic cannot go away quickly leads to a significant increase in stress and depression. Many people experience anxiety about how safe a place is to be safe from exposure to COVID-19 and whether it can also help relieve stress and depression.

Therefore, it can be said that a holistic therapy platform is the best solution. Based on Heidegger's philosophy that the figure of a building represents human existence, built according to human needs, then shapes his life. Therefore, this platform was formed based on public anxiety about mental health problems and the need for a sense of security from the COVID-19 virus. Healing Gardens is intended to help sufferers relax, and aromatherapy from flowers supports this process.

The figure of the building uses the biophilic concept, where this concept prioritizes natural air circulation and natural lighting to prevent the COVID-19 pandemic. Each opening uses the concept of cross ventilation and natural lighting centered on a healing garden. The healing garden has a significant enough area to reduce the room's density, and social distancing can still be applied. Therefore, the findings in this study are a holistic therapy platform that has a garden and a place for healing with flowers' aromatherapy, has cross-ventilation, natural lighting, and a semi-outdoor area. That is proven to provide a sense of security from exposure to the COVID-19 virus and providing good physical health. Good mentally, it can help relieve stress, depression and aid in the self-relaxation process.

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