

Salutogenesis

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Introduction

Salutogenesis was a term coined by Aaron Antonovsky, a sociologist and academician whose work is about the relationship between stress, health and well-being. A key concept in Antonovsky's theory concerns how specific personal dispositions serve to make individuals more resilient to the stressors they encounter in daily life. Antonovsky (1979) identified these characteristics, which he claimed helped a person better cope (and remain healthy) by providing a sense of coherence about life and its challenges. More specifically, the salutogenesis model is regarding with the relationship between health, stress and coping.

The theme "Architecture of Healing" was tasked as the collective theme and the terminology salutogenesis was adopted for an architectural adaptation by the graduating Bachelor of Architecture students of Department of Architecture, University Putra Malaysia. With 23 aspiring young graduating architects, it was indeed a challenge for each individual to establish a thesis study on a subject matter that could relate strongly to the general theme of healing by Architecture without literally designing a health-care centred thesis study.

This paper will highlight four selected student projects that are considered to be the most successful in design strategies as to answer to the issues that are derived from the theme of Architecture of Healing .

Methodology

In general students identify the issues from the literature review and site justification before proposing the design solution which

involved several rounds of desk tutorial and presentation to the selected jury in the first semester of year 5. The architectural programme of the building is formulated based on precedent studies of related project and several case studies that have similar issues in common. It also take into consideration the passive design strategies as the main requirement for design strategies. The design developments are also reviewed by individual assigned supervisor and progressively monitored by course lecturer along the semester. Apart from design project the students have to submit research report at the end of the 2nd semester.

Proposed Solution

Kota Damansara Memorial

(Michele)

Spaces that hugely evoke and provoke the emotions definitely offer memorable experiences for the visitors, critics and patrons of these spaces. Though they may not be spiritual spaces designed specifically for enlightening faithful searching souls, the mere architectural sensation or tabula rasa of these healing spaces could positively or even negatively affect the psychological and emotional wellbeing of the user of these spaces.

The desire to search for the creation of a spiritually divine and emotionally rewarding spaces has somewhat diminished the need for the ubiquitous exploration for the sometimes predictable students common practise of over-whelming form driven architectural exposition. One of the most rewarding schemes for the year, a

Memorial Park for the deceased diverse and multi-ethnic community of Kota Damansara was devoid of any celebratory facades and successfully transcends harmoniously from Mother Nature to Man and the Built Environment. A great sense of respect and homage to nature could be felt walking thru the meandering roads of the memorial park. The buildings exist harmoniously in coherent to the landscape (Figure 1).

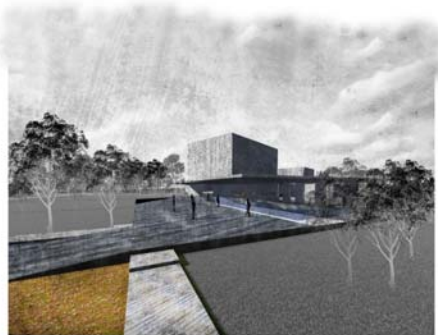


Figure 1: Kota Damansara Memorial by Michele

Putrajaya People Bureau

(Syafiq)

A scheme in Putrajaya chooses to embrace the society and community of Putrajaya in a more inclusive and consultative communal spaces. The Putrajaya Peoples Bureau is the student s fragmentary dissatisfaction and frustration with the authoritarianism of certain standards of services rendered by the government s civil services. The spaces of the Bureau were designed to be people and community centred with the hope of invoking more public participation in the running and implementations of many

governmental policies thru open debates, provocations and discussions. Several non-governmental organisations (NGOs) are envisaged to have representative offices at this centre to have better accessibility to the ears and eyes to the proprietor of the corridor of power. The healing aspect of this scheme is of improving ties and communication between the policy makers and the common people, to ensure true democracy and good practises prevail (Figure 2).

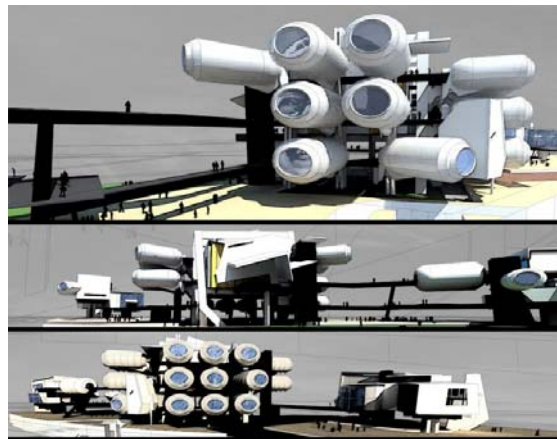


Figure 2: Putrajaya People Bureau by Syafiq

Therapotel d' Gurney

(Saidal)

A Therapotel D'Gurney is the ideation of a psychological refreshment which generates a society into a healthier community and subsequently encourages various level of individuals and society to have a nursing confidentially. Nevertheless in term of economics, it provides a new typology of hotel for the purpose of high class services and hospitality adapting a continuing

treatment as a complimentary facility. The environment in the island of Penang is dense and its population is growing at a higher rate than the other states in Malaysia, thus, Therapotel D' Gurney will help improve the stressful condition and becomes one of the society and economic excitors (Figure 3).



Figure 3: Therapotel d' Gurney, Penang by Saidal

Petronas Sport Gallery

(Razaki)

A scheme near Dayabumi, Kuala Lumpur is a complex that houses all types of motorsports, sponsored by PETRONAS. The original intent of this project is to increase the number of tourists to come to Malaysia, especially in Kuala Lumpur and the Sepang International F1 Circuit. The complex offers a view to the world of motoring, such as the technical issues in the building of a racing car, methods of handling, race management and others. Exhibitions will not be only in static form but more interactive and innovative. It will become an attraction and a reference center to the

community especially in the development of motorsport engineering and technology. The location chosen for the project is near Dayabumi because it is a popular tourist area and surrounded by several other museums. Besides, the Dayabumi complex is owned by the Petronas. The high land price issue is less significant since the proposed building will be built on the river and its side. Building the project on a limited and narrow area is the challenge for this scheme and the availability of the Dayabumi complex may also be the catalyst to revive the dying area (Figure 4).



Figure 4: Petronas Sport Gallery by Razaki

Conclusion

As a conclusion, students presented the solutions to answer the issues and objectives through their architectural design process and developments. The architectural design programmes and solutions proposed are tackled to fit the challenging sites in a harmonious way. The works are very promising and consist of fresh ideas and thought.

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