The Principles Of Healing Environment In Sexual Harassment Rehabilitation Centre

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Abstract. The number of victims of sexual harassment increases every year while the number and quality of facilities related to rehabilitation are inadequate. According to some experts, Healing Environment has a very good role in accelerating the physical and psychological recovery process of patients, but in reality, patients are treated with inadequate facilities in terms of quality space and environment, so the healing process is less than optimal. Therefore, this study aims to find out the proper principles of the healing environment in sexual harassment rehabilitation centers. Data collection was carried out by literature studies combined with observation and comparative studies in similar facilities and interviews with psychologists, interviews with victims, and other professionals. The result shows that the required aspect of the healing environment in the Sexual Harassment Rehabilitation Center. These results can be applied in the Design of a Sexual Harassment Rehabilitation Center.

Keywords: Sexual Harassment, Rehabilitation, Adult Women and Children, Therapy Room, Healing Environment

1. Introduction

The number of victims of sexual harassment is increasing every year while the number and quality of facilities related to rehabilitation are inadequate [1]. The victim performs treatment with inadequate facilities in terms of the quality of the room and the environment, even the treatment is carried out from one place to another, so that the healing process is not optimal [2]. In fact, the quality of space and environment greatly affects physical and psychological health. Therefore, the optimization of quality in sexual harassment rehabilitation centers is assisted by the concept of healing environment, because the Healing Environment is a design concept where the environment plays an important role in designing health facilities that can help reduce stress and help patients feel comfortable during treatment [3]. According to Samanta Ananta, M.Psi, who is a child and family psychologist, he revealed that the way to deal with a stable emotional state is to do art therapy which is a therapeutic process. The healing environment has several aspects [4] namely:

- Lighting. Based on the source of light can divided into two, namely natural light and artificial light. Natural light can be obtained through openings such as windows or skylights. Natural light has various benefits, one of which is benefits in psychological conditions,
where natural light can reduce psychological anxiety (Psychological Fatigue), natural light also has a role where positive emotions can be formed and encouraged. In applied design, artificial light sources have a fairly close relationship with the color on the walls and ceiling. With the dark walls with bright ceilings, the light entering the room has a sense of rigidity and formality. Meanwhile, a bright wall with a dark ceiling will create a relaxed and informal sense of color [5].

- Color. In the design of the Healing Environment, colors have different effects. According to various sources of colors that are soft and close to nature tend to have a positive effect compared to colors like red, because in psychology red colors indicate a danger even threats and pressures. There are colors that are not recommended by previous designers, such as yellow or dark green that triggers nausea, dark blue because it gives the impression of a cold, and in a study revealed that the colors orange and red are very disliked by patients with mental disorders [5]. Colors such as red, orange, and yellow provide a psychological effect that excites, stimulates, and excites. As for the color blue and green psychic meaning soothing and peaceful, purple brings a sad effect, white gives a clean, open and bright influence, black gives a heavy, formal, and unpleasant influence [6].

- View. The natural scenery comes into the room can help stimulate health and reduce stress. The outer sight is not only important for patients, but also important for staff and visitors. The impression of the height of the room on a high ceiling that is not in accordance with the area of the room will give a feeling of fear to the victim, with a high ceiling the victim can imagine the things he was afraid of. So that the ceiling height in the room must be adjusted to the area of the room. According to psychologists a room with many openings can provide a feeling of not being depressed or confined. [7].

- Sound. The performance of the nervous system can be affected by sound. A pleasant sound that can create a sensation of pleasure in the sense of hearing will also help reduce blood pressure and heart rate [8].

- Scent. The aroma can stimulate emotions that have a relationship with blood pressure, mood, calmness and heart rate, a gentle aroma can help lower blood pressure and heart rate benefits are very beneficial for patients to be more stable, calm, and help reduce stress. The aroma element can be applied in the form of a Healing Garden and can be applied to adjusting the laying of flowers and the function of these flowers to space activity [7].

- Art. Art has a role in the healing process because it can improve the quality of the environment, reduce stress levels with the help of visual simulations. Art in the Healing Environment process can be applied to signage, walls, ceilings, or floors. In a study of natural elements in an art has a positive effect on patient recovery [9].

- Texture Textures that are felt by the sense of touch according to psychologists and some research results are more suitable to be applied to children, because by touching children feel more satisfied. So that material selection is very influential on this aspect. Whereas the visual senses described in a study that tend to be shiny textures can interfere with patient lighting, where a shiny texture will produce enough glare that is disturbing [5].

Therefore, this research paper aims to find out what healing environment factors are appropriate for victims of sexual harassment who apply a better atmosphere and quality of life so that victims of sexual harassment can recover quickly, because victims of sexual harassment must be treated immediately and must have a good environment so that healing can run well and optimally.
2. The Methodology

2.1. The Method of Study

This research uses applied research (applied) with qualitative research methods through several collecting data methods. The method used is by means of literature studies, interviews with experts and victims to find appropriate healing environment variables to support sexual harassment rehabilitation, Comparison studies on the facility based on the healing environment variables to determine the quality of the healing environment. aims to compare the environmental quality and physical condition of the building with the foundation aspects of environmental healing. The room variables studied are spaces that are used as therapy areas, this is aimed at carrying out the harmony between the therapy program and the quality of the building and the environment in an architectural context so that it can help speed up the patient's recovery process.

2.2. The Case Study

The comparison study was conducted on the RPTC, Timberline Knolls and New Direction project. The first one used direct observation, while the last two projects used a desk study. The rooms observed were the counseling room, group therapy room, individual therapy room, and inpatient room. The spaces in this project will be observed in depth regarding the aspects of the healing environment they have.

RPTC (House of Trauma Protection) which located in East Jakarta, is one of the institutions under the Ministry of Social Affairs that serves victims of violence which includes Rape, Domestic Violence, Sexual Abuse, Trafficking, Child Trafficking Victims, and psychological violence as well as serving Indonesian Citizens, Victims of Trafficking in Persons (WNIM-KPO) and children of WNIM-KPO. The services provided at RPTC Bambu Apus are in the form of referrals from various social institutions, after the victim is referred to RPTC the victim will find several services such as Health, Psychology, Law, Trauma Healing, Group Therapy, Social Guidance (Handicraft Activities, Cooking Class, Gardening, Music, sewing), violence counseling, 24-hour hospitalization, and returning the victim to his/her origin.

Timberline Knolls is a 43Ha Residential Treatment Center for Adult Women and Girls for Addiction, Depression, Sexual Abuse, Trauma and Anorexia in Lemont, DuPage Country, Chicago. Established in 2005, Timberline Knolls combines clinical, spiritual and emotional aspects of medicine combined with good quality spaces. With an inpatient period of at least 90 days.

New Directions for women are a rehabilitation facility for alcohol addiction and domestic violence that serves women with their children and pregnant women. This facility is located in Costa Mesa, Southern California, with a building that has been standing since 1977. The rehabilitation facility has a commitment to non-outpatient treatment for at least 30 days and this rehabilitation facility also has a collaborating partner with The Lighthouse which serves sex trafficking victims - women and children who are sold for sex. Traffickers prey on young women and girls who have been abused or neglected, who have been victims of violent crimes or who have fled their homes. The victims who report themselves to The Lighthouse will be further followed up for the recovery process in New Directions for women.

3. Result and Discussion

The following are the results of a comparison between field observations and precedent studies with the application of aspects of Healing Environments in accordance with field
observations made at RPTC and precedents that are compared are Timberline Knolls for Women & Girls and New Direction for Women:

**Counseling Room**

| Healing Environment Aspect | RPTC Light | Timberline Knolls Light | New Directions Light | Conclusions |
|----------------------------|------------|-------------------------|----------------------|-------------|
| Light                      | Bright, with maximum natural lighting | Bright, with maximum natural lighting | Bright, with natural lighting | Bright light with better natural lighting. |

| Healing Environment Aspect | RPTC Color | Timberline Knolls Color | New Directions Color | Conclusions |
|----------------------------|------------|-------------------------|----------------------|-------------|
| Color                      | Cream      | White                   | White                | White is more widely used. |

| Healing Environment Aspect | RPTC View | Timberline Knolls View | New Directions View | Conclusions |
|----------------------------|-----------|------------------------|---------------------|-------------|
| View                       | There is no view | there is a view        | there is a view     | There should be a view in the counseling room. |

| Healing Environment Aspect | RPTC Art | Timberline Knolls Art | New Directions Art | Conclusions |
|----------------------------|----------|-----------------------|-------------------|-------------|
| Art                        | Hanging Wall Craft | Paintings           | Paintings and ornament furniture | Many art applications are implemented in the form of paintings. |

| Healing Environment Aspect | RPTC Texture | Timberline Knolls Texture | New Directions Texture | Conclusions |
|----------------------------|--------------|---------------------------|------------------------|-------------|
| Texture                    | Slightly shiny floor texture, sofas made of soft and soft | The texture of the floor in the form of soft carpet and matte, sofas made of soft and soft | The texture of the floor in the form of soft carpet and wooden parquetted, wooden chairs with soft cushion holder | Textures should be soft and tend to be soft. |

**Group Therapy Room**

| Healing Environment Aspect | RPTC Light | Timberline Knolls Light | New Directions Light | Conclusions |
|----------------------------|------------|-------------------------|----------------------|-------------|
| Light                      | Less Bright, due to less than maximum natural lighting | Bright, with maximum natural lighting | Bright, with maximum natural lighting | Bright light with better natural lighting. |

| Healing Environment Aspect | RPTC Colour | Timberline Knolls Colour | New Directions Colour | Conclusions |
|----------------------------|------------|-------------------------|----------------------|-------------|
| Colour                     | Cream      | White, Soft Blue, Soft Green | White, Cream, Brown | Color variations are widely used in Group Therapy with colors approaching nature. |

| Healing Environment Aspect | RPTC View | Timberline Knolls View | New Directions View | Conclusions |
|----------------------------|-----------|------------------------|---------------------|-------------|
| View                       | There is no view | there is a view        | there is a view     | There should be a view in the Group Therapy Room. |

| Healing Environment Aspect | RPTC Art | Timberline Knolls Art | New Directions Art | Conclusions |
|----------------------------|----------|-----------------------|-------------------|-------------|
| Art                        | There is no Art | Unique Opening       | Paintings         | The application of art in the Group Therapy Room varies with application to the wall. |

| Healing Environment Aspect | RPTC Texture | Timberline Knolls Texture | New Directions Texture | Conclusions |
|----------------------------|--------------|---------------------------|------------------------|-------------|
| Texture                    | Slightly shiny floor texture with a soft carpet cover | The texture of the floor in the form of soft carpet, sofas made of soft and soft. | The texture of the floor in the form of soft carpet, a combination of stone walls with plaster | The texture in the Group Therapy Room should be soft. |

**Individual Therapy Room**

| Healing Environment Aspect | RPTC Light | Timberline Knolls Light | New Directions Light | Conclusions |
|----------------------------|------------|-------------------------|----------------------|-------------|
| Light                      | Dark, with minimal lighting | Bright, with natural lighting | Bright, with natural lighting | Bright light with better natural lighting. |

| Healing Environment Aspect | RPTC Colour | Timberline Knolls Colour | New Directions Colour | Conclusions |
|----------------------------|------------|-------------------------|----------------------|-------------|
| Colour                     | Soft Blue  | Brown                   | White                | The colors used in the Therapy Room are colors close to nature. |

| Healing Environment Aspect | RPTC View | Timberline Knolls View | New Directions View | Conclusions |
|----------------------------|-----------|------------------------|---------------------|-------------|
| View                       | There is no view | there is a view        | there is a view     | There should be a view in the Therapy Room to reduce depression. |

| Healing Environment Aspect | RPTC Art | Timberline Knolls Art | New Directions Art | Conclusions |
|----------------------------|----------|-----------------------|-------------------|-------------|
| Art                        | Paintings | Paintings            | There is no Art    | Many art applications are implemented in the form of paintings. |

| Healing Environment Aspect | RPTC Texture | Timberline Knolls Texture | New Directions Texture | Conclusions |
|----------------------------|--------------|---------------------------|------------------------|-------------|
| Texture                    | The texture of the floor in the form of a soft carpet | The texture of the floor in the form of a wooden parquetted, with a combination of stone and plaster walls. | The texture of the floor in the form of a wooden parquetted | The texture in the Therapy Room is applied according to Therapy's needs. |
**Inpatient Room**

| Healing Environment Aspect | RPTC | Timberline Knolls | New Directions | Conclusions |
|----------------------------|------|-------------------|---------------|-------------|
| Light                      | Bright, with natural lighting | Bright, with natural lighting | Bright, with natural lighting | Bright light with better natural lighting. |
| Colour                     | Cream | White | Soft Green | The colors in inpatient are soft colors. |
| View                       | there is a view | there is a view | there is a view | There should be a view on the Inpatient Room to reduce depression. |
| Art                        | There is no Art | The texture of the floor in the form of soft carpet, soft bed | Paintings | Art in Inpatient Room is not widely applied. |
| Texture                    | Slightly shiny floor texture | The texture of the floor in the form of a wooden parquetted, soft bed | The texture of the Inpatient Room should be soft. |

Based on the comparison between RPTC, Timberline Knolls, New Direction for Women, it was found that only the RPTC building, Timberline Knolls, New Direction for Women had applied aspects of Healing Environment. In accordance with the results of the comparison in the above table, the design guidelines of Sexual Harassment Rehabilitation Centers should apply bright spaces - with natural lighting preferred. This is to avoid trauma to the victim, where most sexual violence occurs in a dark room. The color of the room preferable white, soft color or color close to nature, to give the impression of a warm and calming space. Avoid making striking colors, which might evoke certain negative memories. The design of the room should open, with a maximum opening to the nature. Avoid designing closed spaces, because a lot of sexual violence occurs in narrow and closed spaces. An Artwork can help to liven up the atmosphere in a space. Artwork can be ornamental as well as paintings on the wall, on the floor, or on the ceiling. The material texture should choose carefully. Avoid using materials with a rough surface, because it makes the sense of touch uncomfortable.

Among the case study – RPTC, Timberline Knolls, New Directon for Women – the Timberline Knolls has a very good Healing Environment aspect. The application of the view in counseling room in the RPTC is very good, because according to the therapist the openings for the view can only look towards nature so that it does not cause additional disturbances like the activities of others outside the room. In the table above, the light, view, and texture aspects have a good effect in all rooms used as therapy areas so that the victim's recovery process can be better.

**4. Concluding Remarks**

From this study, it was found that the Healing Environment aspects play an important role to reduce the level of depression of victims by improving the quality of space. With these aspects concluded that there are the most important aspects for the recovery process of victims, both adult women and children victims. The results of interviews with adult women showed that the room that became the victim's favorite room was the Group Therapy and Inpatient room with the quality of therapy space most needed by patients was light, view, sound, scent, and texture. Based on the results of interviews and field observations, it was found that treatment facilities for victims of sexual harassment did not really require areas far from settlements or markets.

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