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# Poster Book

**IIIDBEE X 2023**  
20 JANUARY 2023  
*International Invention, Innovation & Design Exposition  
for Built Environment and Engineering 2023*

**College of Built Environment  
UiTM Puncak Alam**  
20 January 2023 | Friday

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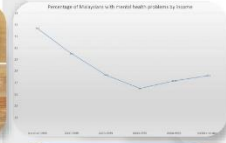
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# Typology of Food Art Therapy effect on Mental Illness in Common Food Stall in Malaysia



## INTRODUCTION

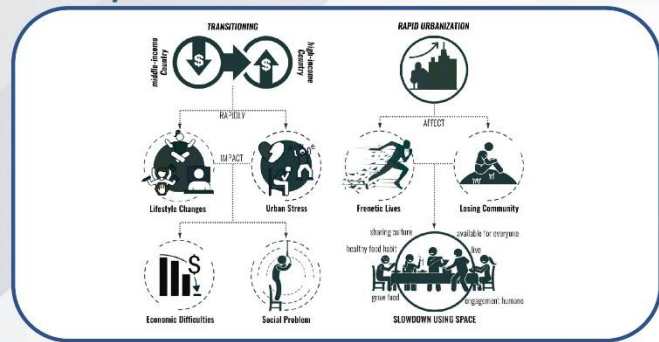


**What?**  
Food therapy cooperates with medications and employs traditional culinary talents as well as contemporary processing technologies to create food that is not only beautiful in colour, scent, taste, and shape, but also healthy, disease-resistant, healing, and longevity-promoting.

**Why?**  
Due to the fast development in Kuala Lumpur, we have disregarded the necessity to provide adequate and flexible urban spaces to ensure that the areas have a welcoming atmosphere and offer health and wellness to all. Eating is one activity that causes slowness to impact and recovers mental health.

**How?**  
It treatments through eating, which means that medication may be used as food and food can be coupled with medicine. Food Therapy is the program to focus on how the food will help on increase quality of life and well-being of people cause by the rapid urbanization happen in Malaysia specifically Kuala Lumpur

## ISSUES/ PROBLEM STATEMENT



## OBJECTIVES



a) To define the classification of food hubs markets in Malaysian urban contexts

b) To identify common program in conventional food hub market in Malaysia

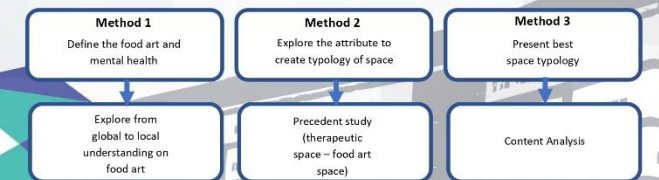
c) To propose typology of new food hub markets that integrated between food hub environment and therapeutic environment

## METHODOLOGY

### UNOBSTRUCTIVE METHOD

This research aims to discover the typology of food art therapy that can assist individuals with mental health issues caused by multiple factors, including increasing urbanisation. This study's structure is comprised of three qualitative sections that match to the study's research question. This qualitative content analysis on case study is a research method that permits the exploration of a phenomena within its context using several data sources (Baxter & Jack, 2015). Through the collection of data from the case study, it is possible to respond to research questions two and three on the understanding of the fundamentals of the food hub and innovation in the space programme with therapy elements. Finally, the data collection methods, including locations and analysis methods, are discussed.

- Case Study:
1. Food Hub common programs study - Warung – warung PPR Sri Pantai, Kuala Lumpur, Malaysia
  2. Therapeutic Environment Study - Maggie's Cancer Centre Manchester, Manchester, United Kingdom



## FINDINGS

No	Physical Environment Parameter	Key Analysis Physical Element		Therapeutic Environment Efficacy	
		Warung-warung PPR Sri Pantai	Maggie's Cancer Centre	Warung-warung PPR Sri Pantai	Maggie's Cancer Centre
1	Wall	Enclosed only private spaces & public areas semi-enclosed space to allow flexibility of spaces	Long open spaces to welcome the crowd and transparent to feel the connection inside and outside	Having a sense of social support through an open plan but a look on people's safety	Enhance social support spaces and give a sense of control over certain spaces
2	Screen	Screen element place only certain areas of the dining area, specifically that being used, to reduce glare	Various screen elements between solid and void to ensure dining area not too tight	Have a small portion of sense of control when the screening becomes a barrier between the eating area and traffic	Act to reduce the environmental stressor from penetrating to the building
3	Object	Dining table is main object to support the main programme and make people stay longer	Dining table is main object to support the main programme and make people stay longer	Act to promote social support area and become social interaction become a positive distraction	Act to promote social support area and become social interaction become a positive distraction
4	Symbol	Small temporary food hub and nearby the open field	Unique building form and natural elements of conventional method used	Give sense of attachment to community and have potential to increase the value of social support	Nature used to have a high value of positive distraction for people to have therapy
5	Star & Share	A basic rectangle and small fit to the context, and the dining area is semi-enclosed space to give flexibility to the screen	Dining areas in long open-plan spaces allow a high number of social interactions to happen	Light space allows for a low value of social support quality	Large space allows for a high value of social support quality
6	Oriental	Parallel to main road to increase efficiency of every spaces	Long wall stretch facing one-way to allow for heat reduction to give over look to the spaces	No any value of therapeutic environment quality	Allow sunlight to penetrate the building increase the number of the tree to grow inside the building, have the positive distraction
7	Environmental Conditions	Surrounded by the main road and near the PPR house, that easily give a sense of attachment	Surrounded by nature and landscaped housing that easily give a sense of attachment	The main road is the main factor behind the low value of environmental conditions on the site	High value of positive distraction that brings even from the surrounding context

No	Physical Environment Parameter	Potential Typology of Food Hub Therapy	Therapeutic Environment Theory
1	Wall		Enhance social support spaces and give a sense of control over certain spaces
2	Screen		Act to reduce the environmental stressor from penetrating to the building
3	Object		Act to promote social support area and become social interaction become a positive distraction
4	Symbol		Nature used to have a high value of positive distraction for people to have therapy. Every object placed on the main road area is flexible object so it movable

Based on previous research findings, this study managed to identify the potential physical environmental factor of a therapeutic environment that help people having indirect therapy for mental health while eating. Through these synthesis data, there have potential for injecting the innovation of the therapeutic spaces in the food hub because of the current food hub is already have a small potential to achieve that. For instance, the arrangement of dining area already offer small amount of social support, it just need a few innovation on designing physical space of that to enable full potential. Design elements comprising barriers and fields show that they can significantly impact the therapeutic environment space quality on that space, as shown in the findings.

## CONCLUSION

In this chapter, the conclusion is derived from the findings of this study, identifying the physical environmental parameters displaying therapeutic properties that encourage for indirect therapy for mental health. The parameters were discussed, and recommendations were provided to understand the impacts of these approaches better.