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Proceeding for International Undergraduates Get Together 2024 (IUGeT 2024)
"Undergraduates' Digital Engagement Towards Global Ingenuity"

1st Edition



Organiser :

Department of Built Environment Studies and Technology, College of Built Environment, UiTM Perak Branch

Co-organiser :

INSPIRED 2024. Office of Research, Industrial Linkages, Community & Alumni (PJIMA), UiTM Perak Branch

Bauchemic (Malaysia) Sdn Bhd

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Warta Warisan: The Role of Student-Facility in Fostering Student Mental Health and Well-Being

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ABSTRACT

Depression among university students is a significant concern, as evidenced by multiple studies. Research indicates that university students are particularly vulnerable to depression due to various factors, including academic pressure and social challenges. Warta Warisan is an all-encompassing idea for student life that goes beyond a student's facility. This design exceeds traditional student centres by placing a higher importance on community engagement, sustainability, and well-being to improve the overall quality of campus life. The synergy between the natural environment and the flexible design of the edu-hub fosters an ambience that facilitates cognitive and intellectual growth. The initiative is attractive to both investors and institutions because of its potential for scalability and economic viability. While the foundation of this concept is robust, conducting additional research on aspects such as long-term sustainability, user satisfaction, and technological integration has the potential to optimise the performance of Warta Warisan. With exposure to natural environments, Warta Warisan can play a significant role in alleviating depression among university students through mechanisms such as physical activity, cognitive restoration, and sensory engagement. This design intention underscores the importance of integrating green spaces within students' facilities to support their mental health within the university campus.

KEYWORDS: Edu-hub, mental health, well-being, mini-library, sustainability

DESIGN DESCRIPTION

Facilities play a crucial role in creating a campus environment that supports mental health and reduces depression by providing spaces that promote well-being, inclusivity, and accessibility. For instance, creating spaces that are not isolated or hidden away can encourage more students to utilize these services without fear of judgment (Cobt. C et al., 2023) (Ribeiro. H et al., 2024). The proposed space design of Warta Warisan reimagines the student experience by creating a sustainable and inviting social and educational hub. This innovative space seamlessly blends natural timber with contemporary design elements, prioritizing both eco-friendliness and functionality. Inspired by nature, Warta Warisan offers a haven for students seeking refuge from the bustling campus environment. Open and covered areas provide a versatile space for relaxation, group study, or social interaction which also can be used for exhibitions, art installations or temporary events. The retreat fosters a sense of community and well-being by incorporating biophilic design elements, timber modular elements, and natural light. The design aims to create a serene and inspiring atmosphere that enhances the overall students' experience. Exposure to natural environments has been consistently highlighted as a beneficial intervention for depression among university students. Studies indicate that green spaces, such as parks and

gardens, can significantly alleviate depressive symptoms by providing a calming and restorative environment. This is supported by findings that suggest regular interaction with nature can enhance mood and reduce stress levels among students (Ribeiro. H et al., 2024) (Huang. H et al., 2024). Warta Warisan goes beyond a traditional lounge by incorporating hidden bookcases within a half-circle seating area, creating a mini-library for spontaneous learning. Additionally, integrated outdoor planter boxes and openings to external views, promote a sense of connection with nature and the nearby lake recreational area and sustainable practices. This unique concept aims to be a model for student spaces, offering a holistic environment that caters to academic pursuits, relaxation, and environmental awareness.



Figure 1: Warta Warisan

NOVELTY AND UNIQUENESS

Warta Warisan is a haven for students, seamlessly merging nature and innovative design. As a sustainable hub, it prioritizes well-being and community. The novelty of this pavilion lies within the versatile space with a modular mechanism which offers relaxation, study, and social areas, fostering a tranquil campus escape and making it able to form and function creatively. With biophilic elements and eco-friendly materials, the Warta Warisan redefines the student experience with its combination of practicality and aesthetics which create an engaging and immersive design. With the effective intervention of biophilic design elements in the proposed Warta Warisan, the design includes the use of natural light, greeneries, and materials that mimic natural textures. Such elements can create a more inviting and less stressful environment, which can help reduce symptoms of depression (Alvarez. D et al., 2023).

BENEFITS TO MANKIND

Warta Warisan is not just a students' social hub. It is a comprehensive solution for modern university life. By aligning students' lives, well-being and community, this hub focuses on important issues facing today's youth. Its biophilic approach promotes better mental health while the inclusive library promotes intellectual development. Financially, it can create jobs and increase property values. Beyond its physical appearance, Warta Warisan is an educational tool, that promotes environmental awareness and inspires creative design with the usage of local material of timber modular systems. Ultimately, the program enriches students' experience, strengthens community ties and contributes to greater sustainability.

COMMERCIAL POTENTIAL

Warta Warisan is a concept for students' lives that is more than just a facility. By putting community, sustainability, and well-being first, this design goes above and beyond traditional student centres. Its ability to improve campus life in general is indisputable. An environment that fosters both mental and intellectual growth is created by the blending of nature and the hub's versatile and adaptive architecture. The initiative is a tempting offer for both investors and institutions because of its potential for scalability and economic feasibility. While the basis for this concept is solid, more study in areas like long-term sustainability, user experience, and technology integration might push Warta Warisan to even greater heights of performance.

CONCLUSION

In conclusion, creating supportive and engaging physical environments through natural exposure, thoughtful Warta Warisan, with biophilic elements, water bodies and a green environment can significantly mitigate depressive symptoms among university students. These interventions, when combined with peer support, offer a comprehensive approach in improving student mental health. A strategically located campus facility like Warta Warisan, nestled in nature, can significantly contribute to a supportive environment for mental health. By promoting accessibility, inclusivity, and integration, Warta Warisan can help reduce depression and encourage students in social activities, ultimately fostering a healthier campus community.

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