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## **AWAKEN THERAPY:**

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**Recreating Lost Space Through Therapeutic Landscape  
at Hospital Tuanku Ja'afar Seremban, Negeri Sembilan**

**This academic project is submitted in partial fulfilment of the requirement for the  
BA (Hons) in Landscape Architecture**

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# Awaken Therapy: Recreating Lost Space through Therapeutic Landscape at Hospital Tuanku Ja'afar Seremban, Negeri Sembilan

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## Abstract

Today, in Malaysia, green spaces within the healthcare facilities are not that impressive in order the healing process to be delivered to the users who use the space. Particularly, green spaces outside the hospital are not only essential but also valuable. However, the evidence is clear that garden and nature elements could help in reduction of stress, invoke senses of users and physical attractiveness of a healthcare landscape design contribute to positive satisfaction and loyalty of patients, staff and visitors. In this study also discussed, the importance of cognitive psychology and senses of human through therapeutic landscape elements is vital in order the healing process to occur. Through collection of data and information during the inventory and analysis, there are several main issues may be a barrier for the therapeutic landscape to be implemented at Hospital Tuanku Ja'afar Seremban. Questionnaire distributed through the hospital to gain more evidence to strengthen the support and act as guidance to solving the issues by considering users' needs and translate the studies into a design that will be applied at the hospital area.

*Keywords: Therapeutic Landscape, Hospital Tuanku Ja'afar, Cognitive, Human senses, Healing process*

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## CHAPTER 1 | INTRODUCTION OF TOPIC

### 1.1 INTRODUCTION

For the majority that stay in vast and strong cities around the world, hospital and other healthcare facilities are some of the most tough places for people to be. Nearly invariably surroundings wherein people face an excessive degree of stress. Green spaces are serious role in accompanying biodiversity and delivering important environment services in healthcare facilities area with a purpose to fasten the healing procedure. However, in Malaysia, green spaces within the healthcare facilities are not that astounding in order the healing process to be evolved intangibly. Particularly, green spaces outside the hospitals are deliberated not only to be important but also precious. Renewed significance in nature inside the hospital surroundings has brought about in research documenting the advantages of nature for lowering stress, enhancing mood, and increasing healthcare satisfaction. In this particular site, Hospital Tuanku Ja'afar Seremban (HTJS) has numerous underutilized spaces or unused spaces are potential to be improved and there may be growing number of interest in how gardens in healthcare settings can offer restoration and wellbeing benefits to patients. Examples of healing gardens (or therapeutic, restorative, or rehabilitative gardens) are nature-orientated spaces which can be designed to provide therapeutic or rehabilitative ability (Reeve, Nieberler-Walker, & Desha, 2017).

HTJS was previously referred to as the general Hospital Seremban or Hospital Besar Seremban and located in the state capital, Seremban town in Negeri Sembilan. The hospital was officially operating in early of 1972 and it is referral hospital for Negeri Sembilan with twenty special specialties covered through resident specialists. HTJS is renowned as a centre of excellence and it also trains a range of medical experts. However, HTJS is currently need consideration in making sure that patients, staffs or visitors should experience comfortability within the hospital area but lacking green space design features that allow the patients, staffs or visitors to rest and socialize, also being capable of enjoy the water features and strolling across the garden.

In this study, the significance of cognitive psychology and senses of human through therapeutic landscape elements is important in order the healing procedure to occur and to create an excellent landscape design considering the current and future of the hospital surroundings. With the aid of several reference cases to accumulate a number of the data and also to find solutions for the current problems at HTJS to ensure that the more benefits are achieved. In accordance with Malaysia 11th Plan 2016 – 2020, (chapter 4 – improving wellbeing for all) that is the initial idea of a therapeutic landscape as a physical place with restoration associations to which people might travel for treatment or healing – whether physical, mental or spiritual (Rose, 2012). This study is going to discuss the current situation of the HTJS that might contribute to the therapeutic landscape in the future.