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Poster Book

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

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Editors:

*Dr Aidatul Fadzlin Bakri, Nurzafira Zainul Abidin, Sr Dr Noor Akmal Adillah Ismail,
Dr Har Einur Azrin Baharuddin, Assoc. Prof. Ts Gs Dr Abdul Rauf Abdul Rasam*



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The Influence of Physical Environment Design on Positive Youth Development

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INTRODUCTION

What?

Positive Youth Development (PYD) is a method built on youth's existing abilities and resources, emphasizing the clear definition of positive outcomes and adopting an optimistic vision of adolescents. It has been found that interaction with outdoor spaces, mainly natural and naturalized urban environments, is associated with positive outcomes across a variety of physical, mental, social, emotional, and cognitive indicators of the health and well-being of youth.



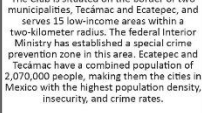
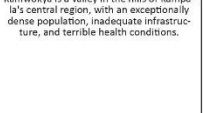


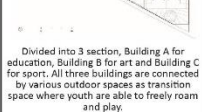
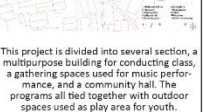


Why?

There is a need for applied research that focuses on designing and assessing interventions that address issues of physical activity and social interaction in Malaysian children and youth as a direct result of the apparent drop in physical activity levels and the increase in the sense of social isolation over the past few decades. (Malaysian Youth Index, 2020).

How?

By understanding the connections between the characteristics of quality outdoor spaces and levels of physical activity and social connectedness, how factors of the built environment influence the health behaviors of children and youth, and the spatial connection between the space and youth development is going to be the primary focuses of the scope of this study. The aim is to determine the extent to which factors of the built environment influence the health behaviors of urban poor youth.

FINDINGS

	Boys and Girls Club, Ecatepec De Morelos, Mexico	Kamwokya Community Center, Kampala, Uganda
Location	 The Club is situated on the border of two municipalities, Tecamac and Ecatepec, and serves 15 low-income areas within a two-kilometer radius. The federal Interior Ministry has established a special crime prevention zone in this area. Ecatepec and Tecamac have a combined population of 2,070,000 people, making them the cities in Mexico with the highest population density, insecurity, and crime rates.	 Kamwokya is a valley in the hills of Kampala's central region, with an exceptionally dense population, inadequate infrastructure, and terrible health conditions.
Programme	 Active + Creative	 This project is divided into several sections, a multipurpose building for conducting class, a gathering spaces used for music performance, and a community hall. The programs all tied together with outdoor spaces used as play area for youth.
Outdoor Space Quality	 Central Play Courtyard	 The platform is divided into distinct zones by subtle changes in level, allowing multiple activities to occur concurrently without interfering with one another. The main sports field is encircled by tribune-like stairs where people may watch the games or meet informally.
Open Space Quality	 Semi-Open Shaded	 The main sports field is shaded and drained, and as well as the raised play scape to encourage physical activity throughout the day.
	 Multipurpose semi-open and shaded spaces are available to the children and youth to use throughout the building compound. The multipurpose space are for student art exhibitions and other events. A semi-open theatre for music recitals, dance performances, and discussions is seamlessly connected to the main stairway leading to the central patio.	 The main sports field is shaded and drained, and as well as the raised play scape to encourage physical activity throughout the day.

This research was able to help in identifying the characteristics of high-quality physical environment design that influence the level of physical activity and social connectivity among young people. These factors, in turn, contribute to positive outcomes for youth development. The layout of an outdoor area, as well as its accessibility, are critical components in the process of youth development, particularly for children and adolescents living in urban areas with limited resources.

ISSUES/ PROBLEM STATEMENT

The rise in physical inactivity among Malaysian youth is widely acknowledged as a major health concern. (Physical Activity Index, Malaysia Youth Index 2020)

Increase of anxiety and stress on the physical and social environment of youth. (Zaremozabbah et al., 2019)

Low-income communities need more outdoor spaces to enable positive youth development.

There is a need for applied research that focuses on designing and assessing interventions that address issues of physical activity and social interaction in Malaysian children and youth. Routine moderate-to-vigorous physical activity is associated with decreased risk of hypertension, obesity, heart disease, stroke, cancer, and depression. Outdoor spaces, defined as any public open area that is natural, water, sporting, playground, or landscaped, frequently provide opportunities to interact with nature, participate in leisure activities, and foster social connection. Additional moderate-to-vigorous physical exercise has been associated with more vital scholastic accomplishment, enhanced cognitive performance, and increased self-esteem, in addition to its association with health markers

OBJECTIVES



- 1) To identify the present attributes of the physical environment of youth from low-income communities.
- 2) To determine the qualities of the physical environment that encourage positive youth development.
- 3) To propose a parameter design to enhance positive youth development.

METHODOLOGY

The goal of this research is to identify the characteristics of various types of high-quality outdoor spaces that can support positive youth development while increasing physical activity and social connection among young people. In content analysis, researchers look at a specific type of social artefact, usually written documents. In order to achieve the study objectives, which is to understand the characteristic of quality outdoor space in enhancing positive youth development, two sample case studies were selected. Identification of the case studies was chosen based on the quality and accessibility of quality outdoor spaces for poor urban youth.

Case study:

1. Boys and Girls Club, Ecatepec De Morelos, Mexico
2. Kamwokya Community Centre, Kampala, Uganda

Method 1:

Defining positive youth development and physical environment

Explore global to local definition of positive youth development

Method 2:

Study the attributes of positive youth development and physical environment

Through analysis of precedent studies.

Method 3:

Analyze existing typology of physical environment that contributes to positive youth development.

Through content analysis.

CONCLUSION

	Identifiable Traits of High-Quality Outdoor Space Design
Outdoor Space	<p>Flexible open space, multipurpose plaza design for play and sports activities, and also catering for occasional community events and activities.</p> <p>Courtyard for free play, an autonomous space for youth to use. A transitional space between main programmes and also a space for youth to meet informally and socialize.</p> <p>Landscape features, the function and the design of outdoor furniture play a role in how children and youth navigate and uses the space. The application of modern design furniture encourages youth physical activities.</p> <p>Materials provide a sense of belonging and the creation of a space ambience to the local communities, and it also embraces the local identity.</p> <p>The availability of shaded or covered semi-open places to accommodate a variety of other activities. Creating a more suitable environment for the activities that are already taking place on-site.</p>