

## ABSTRAK

### PERANCANGAN *MIXED-USE “CO-WORKING SPACE AND WELLNESS SPACE”* DI BANDAR LAMPUNG: RUANG KERJA *MINDFULNESS* UNTUK GEN-Z DENGAN BIOFILIK DESAIN.

Disusun Oleh

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Pertumbuhan UMKM dan startup di Kota Bandar Lampung meningkatkan kebutuhan akan ruang kerja yang fleksibel, efisien, dan ekonomis. Di sisi lain, dominasi Generasi Z dalam dunia kerja menghadirkan tantangan berupa tingginya tingkat stres dan *burnout*, sehingga diperlukan lingkungan kerja yang mampu mendukung produktivitas sekaligus kesehatan mental. Perancangan *Mixed-Use Co-Working Space and Wellness Space* di Bandar Lampung dikembangkan sebagai solusi melalui integrasi ruang kerja kolaboratif dan fasilitas *wellness* dengan pendekatan Biofilik Desain. Metode perancangan dilakukan melalui studi literatur, studi preseden, observasi lapangan, serta analisis tapak dan kebutuhan ruang. Penerapan prinsip biofilik diwujudkan melalui penggunaan pencahayaan dan ventilasi alami, vegetasi, material alami, ruang terbuka hijau, serta koneksi dengan alam untuk mendukung *mindfulness*. Hasil perancangan berupa bangunan mixed-use yang mengintegrasikan area *co-working*, *wellness cafe*, gym, yoga, pilates, dan ruang relaksasi dalam satu lingkungan yang saling terhubung, sehingga mampu meningkatkan produktivitas, konsentrasi, interaksi sosial, serta kesejahteraan fisik dan mental pengguna, khususnya Generasi Z.

**Kata kunci:** *Co-Working Space*, *Wellness Space*, *Mixed-Use Building*, *Mindfulness*, Biofilik Desain, Generasi Z.

## **ABSTRACT**

### ***MIXED-USE “CO-WORKING SPACE AND WELLNESS SPACE” DESAIN IN BANDAR LAMPUNG: MINDFULNESS WORKSPACE FOR GEN-Z WITH BIOPHILIC DESAIN.***

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*The growth of MSMEs and startups in Bandar Lampung City has increased the need for flexible, efficient, and economical workspaces. Furthermore, the dominance of Generation Z in the workforce presents challenges in the form of high levels of stress and burnout, necessitating a work environment that supports both productivity and mental health. The Desain of a Mixed-Use Co-Working Space and Wellness Space in Bandar Lampung was developed as a solution by integrating collaborative workspaces and wellness facilities using a Biophilic Desain approach. The Desain method was carried out through literature studies, precedent studies, field observations, and site and space requirements analysis. The application of biophilic principles is realized through the use of natural lighting and ventilation, vegetation, natural materials, green open spaces, and connections with nature to support mindfulness. The resulting Desain is a mixed-use building that integrates a co-working area, a wellness cafe, a gym, yoga, pilates, and relaxation rooms in one interconnected environment, thereby enhancing productivity, concentration, social interaction, and the physical and mental well-being of users, particularly Generation Z.*

**Keywords:** *Co-Working Space, Wellness Space, Biophilic Desain, Mindfulness, Generation Z.*