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Interior Redesign of Yayasan Pondok Hayat With Trauma-Informed Design Approach in Surabaya



JOY NICOLE

E11220007

joynicoleh23@gmail.com

YAYASAN PONDOK HAYAT

Jl. Dukuh Kupang VI No.6, Dukuh Kupang, Kec.
Dukuhpakis, Surabaya, Jawa Timur 60256



Client: Yayasan Pondok Hayat



The design object for this research is the shelter for pregnant women and infants at **Yayasan Pondok Hayat**, a non-profit organization established in Surabaya on June 20, 1998. The foundation provides comprehensive facilities, including a shelter for unmarried pregnant women, a separate children's home for orphans, and a kindergarten.

ISSUES

The design approach begins by addressing the context of teen pregnancy, often resulting from sexual violence or juvenile delinquency. This situation can lead to significant psychological conditions such as trauma, depression, and stress. Given that humans are deeply connected to their physical environment, these conditions manifest somatically in individuals with PTSD.

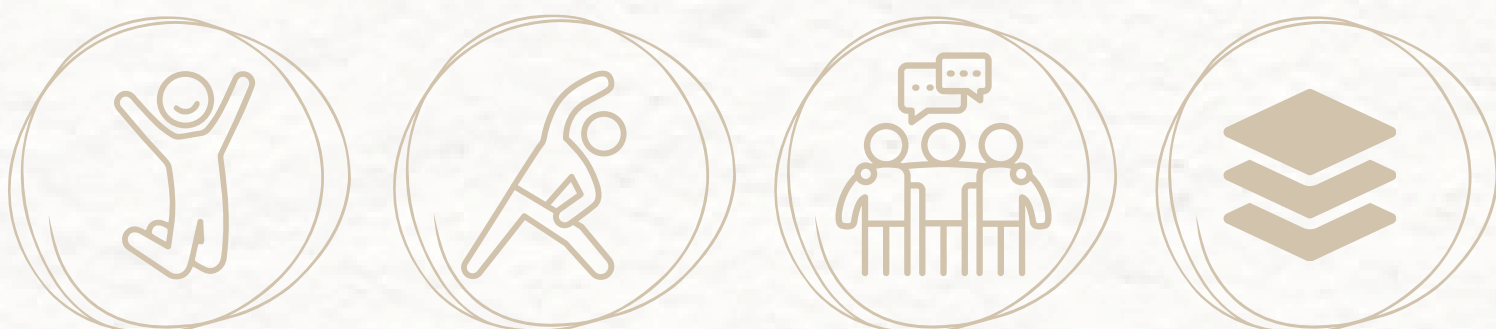
This physical manifestation triggers the four common trauma responses (4Fs), which underscores the necessity for architectural principles that soothe or alleviate the burden on trauma survivors. Ultimately, this leads to the application of Trauma-Informed Design as the primary framework for the project.

DESIGN CONCEPT

N A L A

Non-institutional, Active, Support Social Interactions, and Layered Area

Non-institutional, Active, Layered Area) derives from the Sanskrit word for 'Heart' or 'Center.' This concept positions social interaction and psychological comfort as the core of the design, ensuring that the healing journey of the residents remains the heartbeat of the space."



PLANS



The current zoning is suboptimal and may trigger trauma in survivors of sexual violence or juvenile delinquency, particularly due to the proximity of the infant and toddler being around (kindergarden)

The plan was to make a separate entrance for the kindergarden and the "rumah singgah". The ground floor will mainly be used for more public or semi public area such as staff office, health examination room, yoga room, and a multifunction space to host social events. The first floor will primarily serve as the living area for pregnant mothers to ensure greater privacy and security."



Lobby



Hallway



Multifunction Space



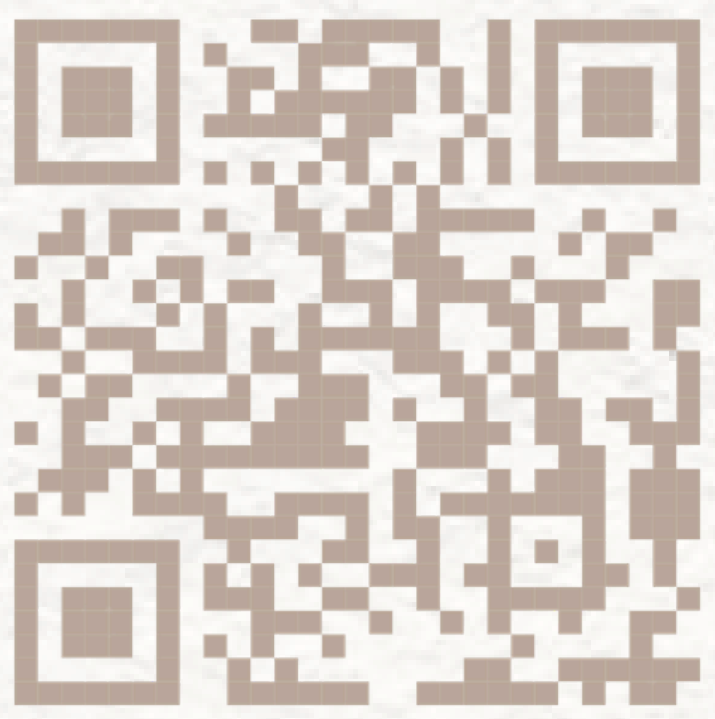
Yoga Room

Nala is designed with trauma-informed principles in mind. In trauma-informed design approach, spaces are designed to be a “prevention” to handle trauma responses. For individuals who exhibit a “fight” response, it is essential to provide spaces that facilitate physical activity. For individuals who exhibit “fawn” and “flight” responses, spaces need to have boundaries between public and individual spaces. Individuals exhibiting a “freeze” response require sensory stimuli to facilitate a transition from their trauma; this can be addressed through the application of textures such as camprot-infused materials.



Communal Space

integrating biophilic elements such as dry gardens and vertical greenery, a therapeutic color palette based on Bo-Kang (2023) to promote relaxation, and a non-institutional spatial layout—including private single-bed rooms and flexible workshop areas—to empower survivors in rebuilding their identity, all brought together by warm, layered lighting that creates a safe and nurturing sense of belonging.



Private Bedroom



Counseling Room



Communal Space



Workshop