

Chapter IV. DESIGN ISSUE ANALYSIS

The international youth center provides housing, training, and sporting opportunities for athletes, as well as classes and performances for international and local exchange students. Apart from exercising, guests can participate in a variety of events at this venue, including classes, recital music concerts, art performances, and international conferences. This location is dedicated to greeting foreign junior athletes who wish to compete in major international athletic events such as the Olympics, which occur every three years, and the ASEAN Games, which occur every four years. At the moment, the host city for the following year's Olympics has been determined. Indonesia, on the other hand, can submit a bid to host the Youth Olympic Games in 2036, taking advantage of these supporting facilities.

A. Problem Analysis

1. Problem on building's design to project the image of sport in 2036

Jakarta is a large metropolis in Indonesia that is undergoing rapid expansion. Given that the location is the focal point of the city's facade development, the International Youth Center facade becomes a unifying element of the current urban development order.

Given the distance traveled by international sports contests every three to four years, this structure must be created to meet the needs of the distant future. Potential difficulties include rising population density, congestion, and a lack of green space. As a result, a solution is required to resolve this issue for 15 to 30 years later in order to allow the area to develop in accordance with civilization.

2. Problem on building's design to overcome time differences and optimize athlete performance

Inadequate sleep has been shown to impair memory. Sleep interruptions caused by shiftwork, working and training on irregular schedules, or participating in international

travel can all have an impact on athlete bodyweight. Sleep is vital for athletes because it helps them recuperate after a training session or after an event, and it also helps them perform better physically and mentally during competition. Athlete may suffer variations in the quality and amount of their sleep at different times of day and under different conditions. Athletes at the development stage of their sporting discipline frequently have to work, study, or train at the same time, and/or perform a combination of these tasks. When athletes reach the elite level, extra stressors, such as international travel, may become a factor in their performance. According to research conducted on basketball players, swimmers, American football players, and other sports, receiving more sleep increases playing accuracy, response time, speed, and metabolic parameters, as well as physical and mental well-being in both the short and long term.

3. Problem to resolve Participant's Psychological issues during times of stress throughout competition.

Athletes' mental health is a valuable resource when it comes to improving their overall performance and development. World Health Organization (2016) defines health as "a state of complete physical, mental, and social well-being that allows a person to perform his or her daily activities with ease." Physical, mental, and social problems can all be met with this global phrase, which shows each individual's ability to adapt and respond when faced with them.

Additionally, athletes face additional mental health risks relative to the general population, such as high training loads, harsh events, and a stressful lifestyle, which are not experienced by the general population. In this way of thinking about health, there is no distinction between physical and mental health, which are intertwined. Physical obstacles in sports, such as hard training and sport injury, can have psychological implications, such

as cognitive, emotional, and behavioral sequelae, as well as long-term consequences. A variety of psychological concerns, such as relationship difficulties, post-traumatic stress disorder, anxiety and depression, aggression, disordered eating, and substance abuse, can have major physical effects. Physical stress/injuries, as well as psychological stress, can have a negative impact on athletic performance and can interfere with training, career transitions, interpersonal functioning, and physical rehabilitation if they are not adequately addressed and handled.

4. Problem on building's Layout to ensure participant safety

Jakarta is a large city with a diverse range of cultures. This project's primary objective is to provide facilities for youth who will compete in and participate in sports competitions. Teenagers from other countries who come and stay are given priority. Teenagers may experience stress and fatigue during the event, which is required by facilities that develop talent and quality. Teenagers are drawn to challenges and are willing to try new things. However, they are not yet considered mature enough to protect themselves, particularly when it comes to high-intensity sports; therefore the prevention towards accidents and health are top priority. One of the challenges in this design project was facilitating and protecting participants from external dangers such as kidnapping, traffic road, as well through out challenge situations like city demonstration and chaos.

B. Emerging Issue

Numerous potential and impediments have been identified through the analytical approach, which is based on the user, the site, and the location of the project. Concluding with a series of issues that could be resolved through architecture.

1. Building must be capable of withstanding and adapting to changes in its surroundings for 15 year ahead.

2. The building must provide optimal rest quality for athletes in order to improve their performance after traveling from abroad.
3. This building is primarily intended for international exchange students use that has many different background and culture.
4. Buildings can provide stress relieving impact for participants who want to compete.
5. The building must pay attention to the safety of users, namely teenagers and international youth

