

ABSTRAK

Penelitian ini bertujuan untuk mengeksplorasi efek restoratif yang dipersepsi oleh jamaah di Masjid Al-Fauz, Jakarta Pusat, serta meninjau pandangan Islam mengenai fenomena ini. Masjid sebagai tempat ibadah tidak hanya berfungsi sebagai pusat spiritual, tetapi juga sebagai lingkungan fisik yang dapat memberikan ketenangan, mengurangi stres, dan memfasilitasi pemulihan mental. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi, di mana data dikumpulkan melalui teknik *photovoice* untuk menangkap persepsi jamaah terhadap fitur arsitektur dan lingkungan masjid. Hasil penelitian menunjukkan bahwa beberapa fitur arsitektur dan lingkungan di Masjid Al-Fauz, seperti kebersihan, luasnya ruang shalat, tata letak area wudhu, dan elemen visual seperti kaligrafi berkontribusi signifikan pada pengalaman restoratif jamaah. Pada teori *Attention Restoration Theory* (ART), melalui dimensi-dimensinya yaitu *being away*, *fascination*, *extent*, dan *compatibility*, dimensi-dimensi ini memberikan pengalaman yang mendalam dan menenangkan. Selain itu, dari perspektif Islam, masjid tidak hanya berfungsi sebagai tempat shalat tetapi juga sebagai pusat spiritual yang memberikan kedamaian dan ketenangan batin bagi para jamaah. Penelitian ini diharapkan dapat memberikan wawasan baru tentang bagaimana desain dan lingkungan masjid dapat dioptimalkan untuk mendukung kesejahteraan psikologis dan spiritual jamaah.

Kata Kunci: *Efek Restoratif, Masjid Al-Fauz dan Attention Restoration Theory.*

ABSTRACT

This study aims to explore the restorative effects perceived by worshippers at Al-Fauz Mosque, Central Jakarta, as well as to review Islamic views on this phenomenon. Mosques as places of worship not only function as spiritual centers, but also as physical environments that can provide calm, reduce stress, and facilitate mental recovery. This study uses a qualitative approach with a phenomenological method, where data is collected through photovoice techniques to capture the perception of worshippers towards the architectural features and environment of the mosque. The results of the study showed that several architectural and environmental features in the Al-Fauz Mosque, such as cleanliness, the spaciousness of the prayer room, the layout of the ablution area, and visual elements such as calligraphy contributed significantly to the restorative experience of the congregation. In Attention Restoration Theory (ART), such as being away, fascination, extent, and compatibility, these dimensions provide a profound and calming experience. In addition, from an Islamic perspective, mosques not only function as places of prayer but also as spiritual centers that provide peace and inner peace for worshippers. This research is expected to provide new insights into how the design and environment of mosques can be optimized to support the psychological and spiritual well-being of worshippers.

Keywords: Restorative Effect, Al-Fauz Mosque and Attention Restoration Theory.