



# Development of Healing Forest Nature Tourism and Health in Tahura Wan Abdul Rachman Lampung

M. Dwi Wicaksono<sup>1\*</sup>, M. Nasor<sup>2</sup>, M. Mawardi J<sup>3</sup>, Bambang Budi  
Wiranto<sup>4</sup>, Rini Setiawati<sup>5</sup>

<sup>12345</sup> Raden Intan State Islamic University Lampung, Indonesia.

Correspondence ✉ [\\*soniwicaksono890@gmail.com](mailto:*soniwicaksono890@gmail.com)

## Keywords:

Healing Forest,  
Grand Forest Park,  
Forest Health and  
Sustainability

**Abstract:** Wan Abdul Rachman Lampung Grand Forest Park (Tahura) is a nature conservation area with the aim of collecting natural or non-natural plants and/or animals, native and/or non-native species that are not invasive and used for research, science, education, to support cultivation, culture, tourism and recreation covering an area of 22,242 hectares. Its biodiversity has the potential to be developed into a natural and health tourism destination. Healing Forest, which combines nature tourism with mental and physical health benefits through interaction with nature, offers new opportunities to improve people's quality of life while promoting forest sustainability. The research aims to identify potential and design the development of the Healing Forest concept in Tahura Wan Abdul Rachman. This research uses a qualitative descriptive approach with surveys, observations, in-depth interviews and data analysis. The research results show that Tahura Wan Abdul Rachman has high biodiversity and natural beauty which really supports the development of the Healing Forest. Survey results show that visitors experience reduced stress levels, improved mood, and increased physical fitness after visiting. Interviews revealed the need for improved facilities in the form of walking paths, rest areas, and educational information about local flora and fauna. In conclusion, Healing Forest has great potential to provide dual benefits in the form of: improving visitor health and preserving the environment. Implementing the right management strategy can make Tahura Wan Abdul Rachman a leading tourist destination in Lampung.

Vol. 2, No. 1, (2025)

DOI: <https://doi.org/10.47352/3032-503x.55>

## INTRODUCTION

Lampung Province has a complete forest area, consisting of conservation forest areas, protected forest areas, and production forest areas. Conservation forest areas consist of Bukit Barisan Selatan National Park, Way Kambas National Park, and Krakatau Nature Reserve and Krakatau Marine Reserve, and Wan Abdul Rachman Grand Forest Park, whose management is carried out by the UPT of the Ministry of Environment and Forestry, namely the Bukit Barisan Selatan National Park Center, Way Kambas National Park Center, Bengkulu Natural Resources Conservation Center cq Region III Lampung Conservation Section, and UPTD Conservation Forest Management Conservation of Grand Forest Park (KPHK Tahura) Wan Abdul Rachman. Protected and production forest areas are managed through site management in the form of Forest Management Units under the Forestry Service of Lampung Province.

Tahura is a nature conservation area with the aim of collecting natural or non-natural plants and or animals, native and or non-native species that are not invasive and are utilized for the purposes of research, science, education, supporting cultivation, culture, tourism, and recreation (Forest Service,

2020). Tahura is managed by the UPTD KPHK Tahura Wan Abdul Rachman located in Bandar Lampung City and Pesawaran Regency covering an area of 22,244 hectares. The UPTD KPHK Tahura Wan Abdul Rachman office is located in Sumber Agung Village, Bandar Lampung. In the office area there are deer breeding, a campground and an incubation center for archipelago plants.

In its management, Tahura develops forestry conservation partnerships with forest farmer groups for forest utilization in the form of environmental services and non-timber forest products (NTFPs). Some types of NTFPs include candlenut, areca nut, rubber and durian. Development of forest farmer groups and forestry conservation partnerships is carried out by functional forestry extension officers and forestry police. Apart from officers from civil servants, they are also assisted by Community Self-Help Forestry Extension Workers (PKSM).

Healing forest is a new term in the world of forestry which is defined as therapeutic activities in the forest that are integrated with the forest itself. Healing forests emphasize the contribution of forest ecosystem space to provide "*healing services*" for humans. The forest ecosystem approach to health is focused on the healing forest. In healing, not only healing the sick but strengthening the healthy, and as a recovery after illness. The research aims to identify the potential and design the development of the Healing Forest concept in Tahura Wan Abdul Rachman.

Research related to the development of healing forests, nature tourism has previously been carried out, as research by (Mulyati Rahayu, 2024), this study explains that the Gunung Gede Pangrango National Park provides concrete evidence of efforts to document ethnobotanical knowledge as well as plant raw materials. This effort must of course be accompanied by a concrete program of sustainable management of plants and local knowledge. About 100 species of "useful plants" from the Bodogol area have been identified. Many of these useful plants have economic value and have the potential to be developed to increase local community income sources and reduce extractive activities in the buffer forest area. Another research was conducted by (Hairil Anwar, 2024), this research Bayan Village, North Lombok Regency has four customary forests namely Mandala Customary Forest, Pengempokan Customary Forest, Tiu Rarangan Customary Forest, and Bengket Bayan Customary Forest. The four customary forests have the potential to be developed with the concept of ecotourism. This research uses a qualitative descriptive method. By determining the location and respondents using Purposive Sampling. The research was conducted with the aim of analyzing the feasibility of developing Indigenous Forests into an ecotourism tourist attraction using the parameters of ecotourism attractiveness, accessibility, surrounding area conditions, accommodation, facilities and infrastructure and the availability of clean water. The results showed that the four tourist attractions in Bayan Village have the potential to be developed into ecotourism destinations, with the respective index values of Mandala Customary Forest 86.83%, Pengempokan Customary Forest 84.03%, Bangket Bayan Customary Forest 87.69% and Tiu Rarangan Customary Forest 84%.

The study of this article is different from the results of other researchers. This article emphasizes more on the Wan Abdul Rachman Lampung Botanical Forest Park (Tahura) which is a nature conservation area with the aim of collecting natural or non-natural plants and or animals, native and or non-native species that are not invasive and are used for the purposes of research, science, education, supporting cultivation, culture, tourism, and recreation covering an area of 22,242 hectares. Its biodiversity has the potential to be developed into a nature and health tourism destination. Healing Forest, which combines nature tourism with mental and physical health benefits through interaction with nature, offers a new opportunity to improve people's quality of life while promoting forest sustainability. This article aims to identify the potential and design the development of the Healing Forest concept in Tahura Wan Abdul Rachman.

## METHODS

This research uses a qualitative method that aims to identify the potential and design the development of the Healing Forest concept in Tahura Wan Abdul Rachman. The approach used in writing the article is descriptive analytical. Data collection techniques with surveys, observations, in-depth interviews, and data analysis in Tahura Wan Abdul Rachman Lampung. The research location is a location that has become a healing forest location. Interviews were conducted with Tahura managers and field officers. Data comes from documents and reports of UPTD Tahura Wan Abdul Rachman, the Forest Service, and other sources.

## RESULTS AND DISCUSSION

### Healing Forest

Healing forest is a healing service that emphasizes the contribution of nature to humans. This concept not only heals the sick but strengthens the healthy and restores after illness. Some of the requirements that must be done by someone if they want to get the full benefits of the healing forest are to be one with nature, calm their mind, think positively, enjoy the aesthetics of nature, walk and talk quietly so as not to make noise, and be grateful to nature and God.

Based on research conducted by Gue Hong Park, Chang Seob Shin, and Yang Soon Hahn with research subjects of elderly people conducted in Yangjaecheon, South Korea, it can be concluded that forest healing has an impact on cortisol test results, increasing the effect on self-confidence (Hikmat Ramdan, 2021). The cortisol test results showed that there was a statistically significant decrease in the group experiment in *forest healing* participants. As is known that cortisol is a hormone to control stress. *Forest healing* has an impact on reducing stress levels.

Another positive impact of *forest healing* is the increased level of self-confidence. This shows that it is more effective to implement an integrative program that applies *forest healing* factors. Self-confidence is a variable that has a significant effect on elderly people, and elderly people with high levels of self-confidence indicate that they are satisfied with life. Therefore, increasing self-confidence helps elderly people feel satisfied with life and able to effectively control emotions.

In addition, a research was conducted in the *Forest Camp* at Gunung Walat to prove the impact of *forest healing* on humans. This activity proves that *forest healing* can indeed reduce stress. This can be seen from the physical and mental stress levels of volunteers who partially decreased (Hikmat Ramdan, 2021). Forest tourism for health therapy (healing forest) Activities carried out in forest ecosystems whose biophysical characteristics have functions, services and health benefits felt by humans in the ecosystem space, whose orientation can be divided into six, namely *promotive, preventive, curative, rehabilitative, preservative, and palliative*.

Being in a forest ecosystem dominated by trees has a positive effect on both physical and psychological health for people who are in it. The benefits obtained include peace of mind and peace reducing stress. Many diseases begin with stress, so with healing the symptoms of disease are reduced; breathing clean air in the forest is good for breathing, as well as inhaling the natural aromatherapy of trees in the form of phytoncides which have an impact on immunity; when walking relaxed under the trees (forest), the positive hormone endorphin is released; and the sounds of nature as nature sound therapy.

In general, the location of the healing forest can be designed with two main sites, namely: 1) Induction site, provided as a gathering place and initial conditioning for tourists. On the induction site, management provides information and instructions on the implementation of detailed therapeutic activities for health, and 2) Health and relaxation therapy site. The health therapy and relaxation site is the main site for conducting health therapy activities.

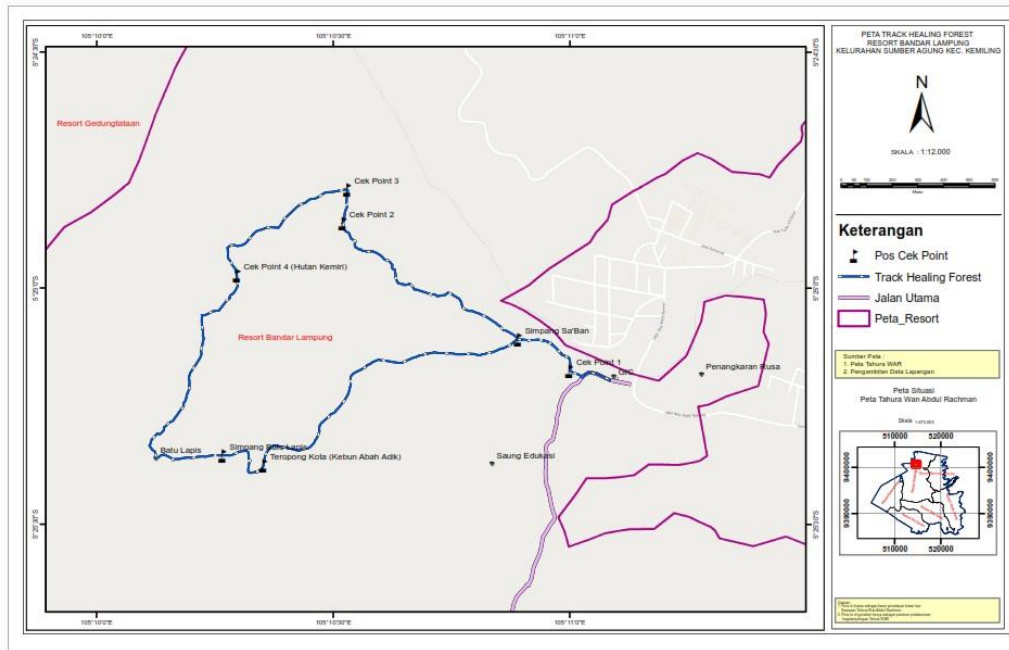
### Development of Healing Forest in Tahura

Tahura Wan Abdul Rachman covers an area of 22,242 hectares and is led by the Head of UPTD KPHK Tahura assisted by the Head of Subagency Administration, two Section Heads, the Head of the Forest Service Unit and the Forestry Extension Coordinator. The management of Tahura Wan Abdul Rachman is divided into five management units known as resorts, namely Resort Bandar Lampung, Resort Youthcamp, Resort Gedongtataan, Resort Padangcermin, and Resort Way Sabu (Forest Service, 2020).

As a nature conservation area with the purpose of collecting natural or non-natural plants and or animals, native and or non-native species that are not invasive and are utilized for the purposes of research, science, education, supporting cultivation, culture, tourism, and recreation, Tahura can be developed as a field campus in the fields of research and education, as well as nature tourism.

Tahura nature tourism with biodiversity and ecosystems is expected to be a leading tourist destination in Lampung Province. During the Covid 19 pandemic in 2020 until mid-2022, healing forest activities began to be in great demand and became a necessity for some people. Forests with their micro

ecosystems provide a refreshing, calming atmosphere, and are able to refresh the human mind and body. The location of Tahura, which is close to the city center, is an attraction so that many parties conduct healing forests in this place.





several special provisions that support the function of the forest as a therapist. These include designating special spots that have a therapeutic function, creating therapy paths, limiting the number of visitors, providing health measuring devices such as sphygmomanometers, and providing several special natural therapy packages. These packages have different prices, which are determined by the form of activity.

With the establishment of this ecotourism activity, forest-based economic development not only benefits economic and ecological aspects alone, but can also benefit social aspects because ecotourism activities in the forest will involve many communities around the forest area in its management. This activity can also answer the three elements of sustainable development, namely increasing the economy while maintaining ecological aspects while improving the social aspects of life of communities around the forest area. This activity can also answer four SDGs points, namely the eighth goal (*decent work and economic growth*), the tenth goal (*reduced inequalities*), the thirteenth goal (*climate action*), and the fifteenth goal (*life on land*).

Utilization of information technology is needed in carrying out the duties of forestry extension workers. Increasing the capacity of forestry extension workers and collaboration with various parties are steps that must be developed in carrying out their duties and functions, especially in the development of healing forests which are currently becoming an increasingly popular health tourism.

The use of applications on smart phones is an option in planning, implementing coaching, developing programs, as well as monitoring and evaluating programs and activities. Publication through social media will have an impact on the delivery of information to the wider community, especially with testimonials from actors and users of the healing forest. Pokdarwis is a working partner that needs to always be fostered and directed, as well as monitoring and evaluation that is continuously carried out will oversee programs and activities to achieve the expected targets and objectives.

Capacity building of forestry extension workers on the development of community demands in the Society 5.0 era is a challenge that must always be carried out. Capacity building is both through classical education and training, as well as participation in online training and meetings organized by various parties. The advantage of online training and meetings is the absence of regional and time boundaries that often become obstacles. Capacity building opportunities organized by various parties from various institutions, from various regions become easy and cheap.(Asnawi., 2024)

## CONCLUSION

Healing forest is the development of forest utilization in recreational and health forest tourism. Healing forests are also able to maintain forest sustainability and have an impact on economic improvement. Increasing the competence of extension workers and tourism awareness groups by area managers in the healing forest. The development of healing forests in the aspect of health therapy and the uniqueness of the location, also needs to be considered in the aspects of attractions, amenities and accessibility which are tourism management strategies. Another thing that needs to be considered is the promotion and tourism agenda with the collaboration of the parties.

## REFERENCES

- Anwar. Hairil, et al. (2024). 1243The Potential of Ecotourism in Bayan Village's Customary Forest, North Lombok Regency, *Journal of Multidisciplinary Madani (Mudima)*, Vol. 4 No. 8, 2024. <https://journal.formosapublisher.org/index.php/mudima/article/view/11089/11065>
- Asnawi., H. S. (2024). Mental Rehabilitation of Divorce Prohibition Victim Wives Through the Balancing Institution of Megou Pak Customary Pepung and its Implications Against Household Harmony. *COUNS-EDU: The International Journal of Counseling and Education*, 8(3). <https://doi.org/10.23916/0020230842630>
- Irfan, M., Khair, D., Asnawi, H. S., & Firdawaty, L. (2021). Reflection of a Decade of Pre-Marriage Guidance on Family Resilience in Indonesia. *SMART: Journal of Sharia, Traditon, and Modernity*, 1(2), 188. <https://doi.org/10.24042/smart.v1i2.11353>
- Yoki Pradikta, H., Budianto, A., & Asnawi, H. S. (2024). History of Development and Reform of Family Law in Indonesia and Malaysia. *KnE Social Sciences*, 2024(4). <https://doi.org/10.18502/kss.v9i12.15863>

- B Baroqah, R G Sudjata, D J Irawan. (2021). The benefits of stress relieving treatment in a Healing Forest Program: A pilot project at Ranca Upas, Ciwidey, West Java. The 2nd ISATrop, IOP Conf. Series: Earth and Environmental Science 918 (2021)
- Forestry Service of Lampung Province. (2020). Management Plan for Wan Abdul Rachman Grand Forest Park Lampung.
- Hikmat Ramdan. (2021). Healing Forest: Reconnecting Humans to Nature, ITB.
- Rahayu. Mulyati et al. (2024). *Book of Useful Plant Diversity in Bodogol Forest Area, Gunung Gede Pangrango National Park*, Jakarta: BRIN
- Imam Ardiansyah, Ratna Gema Maulida. (2020). Study of Attractions, Amenity and Accessibility for Tourism Development in Gunung Pancar Nature Park, Bogor Regency. Journal of Research Innovation Vol 1 No. 4, September 2020.
- Kurniasari et all. (2023). Healing Forests as Potential Natural Resources for Visitor Health Therapy in the Post Pandemic Period. IOP Conference Series: Earth and Environmental Science
- Muhajirin, et.all. (2022). Forest Healing: A Systematic Review of the Utilization of Forest Ecosystem Services as an Alternative to Community Stress Management, IPB.
- Putri V, Wijayanti, Hidayati. (2024). Ecotherapy Healing Forest Concept in Natural Tourism Park (NTP) Mount Kelam Sintang Regency West Kalimantan, Indonesia. International Journal of Geoinformatics, Vol. 20, No. 1, January, 2024
- Yasuhiro Kotera et all. (2022) Effects of Shinrin-Yoku (Forest Bathing) and Nat'herapy on Mental Health: a Systematic Review and Meta-analysis. International Journal of Mental Health and Addiction (2022) 20:337-361