



**THERAPEUTIC ARCHITECTURE AND WELLBEING OF  
USERS IN THE DESIGN OF A WELLNESS CENTER IN  
IBADAN, NIGERIA**

**BY**  
**OMOTOYE OLUWAKOREDE TOLU**  
**(15CA03367)**  
**SUPERVISOR:**  
**DR. EGIDARIO B. ADUWO**

**AUGUST 2021**



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OMOTOYE OLUWAKOREDE TOLU  
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DR. E.B ADUWO**

**A DISSERTATION SUBMITTED TO THE SCHOOL OF  
POSTGRADUATE STUDIES IN PARTIAL FULFILMENT  
FOR THE AWARD OF MASTER OF SCIENCE (M.SC)  
DEGREE IN ARCHITECTURE, OF THE DEPARTMENT  
OF ARCHITECTURE, COLLEGE OF SCIENCE AND  
TECHNOLOGY, COVENANT UNIVERSITY, OTA, OGUN  
STATE NIGERIA.**

**AUGUST 2021**

## **ACCEPTANCE**

This is to attest that this dissertation is accepted in partial fulfilment of the requirements for the award of the degree of Master of Science in the Department of Architecture, College of Science and Technology Covenant University, Ota, Nigeria.

Mr. John A. Philip .....

(Secretary, School of Postgraduate Studies)

Signature and Date

Professor Akan B. Williams .....

(Dean, School of Postgraduate Studies)

Signature and Date

## DECLARATION

I, **OMOTOYE OLUWAKOREDE TOLU (15CA03367)** declare that this research was carried out by me under the supervision of **DR. EGIDARIO B. ADUWO**, of the Department of Architecture, College of Science and Technology, Covenant University, Ota, Nigeria. I attest that the dissertation has neither been presented wholly nor partly for the award of any degree elsewhere. All data sources and scholarly information used in this dissertation are duly acknowledged.

**OMOTOYE OLUWAKOREDE TOLU**

.....

(15CA03367)

Signature and Date

# CERTIFICATION

(To be filled by supervisor)

**Dr. Egidario B. Aduwo**

(Supervisor)

.....

Signature and Date

**Prof. Akunnaya P. Opoko**

(Head of Department)

.....

Signature and Date

**Name**

(External Examiner)

.....

Signature and Date

**Prof. Akan B. Williams**

(Supervisor)

.....

Signature and Date

## **DEDICATION**

This design thesis is dedicated to God, my parents and my siblings for helping me through it all.

## **ACKNOWLEDGEMENT**

My utmost gratitude goes to God Almighty. I thank my parents Mr. and Mrs. Omotoye for being a great support system. Big thanks to my sisters, Tumi and Tami, for always encouraging me and supporting me emotionally and financially.

I would also like to thank the faculty of Department of Architecture for the various experiences I had in course of my studies. I particularly would love to thank Dr. Egidario B. Aduwo, my able supervisor, Dr. Oluwatayo, Dr. Ediae, Dr. Sholanke, Dr. Izobo-Martins and all other lecturers that assisted me in the course of this journey. Thank you for your willingness to always guide in the right direction.

I would like to appreciate HSF Wellness Centre, Dove Spa and Wellness Resort, and other establishments, for welcoming me into your space, providing me with a smile and the data necessary for this project. I truly appreciate your assistance with this project.

My friends and my guys: Abeng, Ore, King David, Steph, Dikachi and Chinenye, thank you guys for all the help and support. Finally, to my amazing colleagues, it was beautiful learning with each one of you. I am grateful for the numerous times I received any form of support from any of you. Thank you and God bless you.

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## **ABSTRACT**

Wellness should be regarded as a more important constituent of life than it is currently. Being healthy is so much more than just being free from sickness. It comprises of a total man wellbeing. Living a healthy life involves the wellness and the health of the spirit, soul and body. In recent years, wellness facilities have emerged to help curb wellbeing-related ailments and wellness facilities are being introduced into corporate spaces like the workplace and educational facilities due to the recent emphasis on the essentiality of mental health. However, wellness facilities are still considered a fad in some parts of the world if they are not directly linked to western medicine.

Therapeutic architecture as a concept has gained prominence as many architects and psychologists alike are convinced of the potentials of healing architecture. Still, there is little study on it in Nigeria and little to no application of the components of therapeutic architecture in other building typologies apart from Western healthcare facilities. Therefore, the aim of this study is to explore the healing potentials of therapeutic architecture components and employ them in the design of a wellness center for Ibadan, Oyo State. This study thrived to achieve this by identifying the components of therapeutic architecture, evaluate the presence of these components in selected existing wellness facilities, investigating the impact of therapeutic architecture components on the health and wellbeing of users of these facilities and ultimately, made use of gathered data to incorporate therapeutic design elements in the design of wellness center. The selected study area for the proposed design is Ibadan, Oyo State.

The study is a descriptive quantitative and qualitative research and it evaluates therapeutic architecture and its impact on health and wellbeing of users. The study employed a multi-staged sampling that stratified the location of the selected centres in Lagos and Ibadan. Both are large and densely populated cities and are also major urban centres. A census sampling was used in selecting the users. Data was collected primarily during the weekends, as all locations identified those days to be their peak periods using observation guides and questionnaires. They were analysed using the Statistical Program for Social Sciences and presented in tables and figures. The data analysis employed were mean rankings. The results from the mean rankings reveal that most of the examined users were satisfied with the movement design within the facilities. The findings display that experience is largely influenced by environmental factors and that therapeutic components of architecture, whether intentionally or unintentionally employed in the design, play a defining role in influencing user health and wellbeing in wellness centres. These findings were incorporated into the proposed design in order to encourage healthy decisions and improve overall health and wellbeing of users.

***Keywords: health, Ibadan, impact, therapeutic architecture, users, wellbeing, wellness centre***