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Geotourism Versus Wellness Tourism or Should We Better Combine Them in Getwell Tourism? A Case Study in Papandayan Compared to Wellness Tourism in Kuningan, West Java, Indonesia

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ABSTRACT

In the geotourism program and destination, as the scope of the meaning of geotourism from the experts, it is possible to have other recreational activities that take advantage of the program and the destination area. Both require the importance of conservation and respect for nature and local values in the destination area. Even in geotourism activities carried out in geopark areas, the other recreation can be in the form of activities that support the 10 main program areas in geoparks, as well as the activities in the context of achieving the "Sustainable Development Goals" (SDGs). One other recreation that meets these criteria is health tourism. Thus, instead of being contradicted, between geotourism and health tourism it is very possible to be combined and carried out in one agenda simultaneously with complementary each other. This paper examines an experience of combining the application of one part of health tourism with geotourism travel, hereinafter referred to as getwell tourism program. The location of the application of the getwell tourism is the Papandayan area, an important and well-known geotourism destination in West Java. Aspects of site selection are underlined, as well as the determination of the appropriate health tourism program for the location. In the Papandayan geotourism program, health tours are carried out in the form of earthing, forest therapy, pranayama, and soaking in hot springs. The results were evaluated with the wellness program that had been carried out in Kuningan, West Java and the responses from the participants. It was found that the two types of tourism complement each other and some suggestions for improvement. Thus, getwell tourism is not only possible, it can be applied in almost all geotourism and geopark destinations. Health tourism enriches geotourism and vice versa, and both implementations can be combined in the getwell tourism program.

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1. INTRODUCTION

Reviewing geotourism with health tourism and considering to combine them into one program, is obviously very challenging. This is because there are quite a lot of similarities between them as seen in the meaning of geotourism as well as the notion of health tourism. It also can be seen from the basis, purpose, and location of their activities. The trial effort of combining the two types of tourism has proven successful, as will be presented in this paper later.

There are two approaches or types of definition of geotourism, namely: geological approach or style and geographical approach or style (Newsome and Dowling, 2010). In connection with the topic of this paper, the geographic approach needs to be put forward as formulated among others by Stueve et al, 2002, etc. One among them reads: "Geotourism is a multi-interest kind of tourism exploiting natural sites and landscapes containing interesting earth-science features in a didactic and entertaining way" (Pralong, 2006 in Farsani, 2012).

From all the definitions of geotourism, it can be understood that in geotourism activities it is possible to have tourism or other activities that are involved in an integrated manner or some kind of combination in the geotourism agenda. The meaning of geotourism from those researchers has penetrated into other fields, such as motivation, imagination, community development, which of course includes health.

The integration of tourism or other activities that go hand in hand with geotourism, as the topic of this paper, - from a geotourism point of view - a pilot for enriching geotourism material with other elements, namely "culture" i.e in Dowling, 2010; or part of "Geo+" box (Brahmantyo, 2014). Geo+ is geotourism supporting factors, namely geoarcheology, legend or myth, history-culture-social, and flora¬fauna of geosite. Here, wellness tourism is a part of cultural aspect of Geo+.

The Global Wellness Institute, 2022 defined wellness tourism as travel associated with the pursuit of maintaining or enhancing one's personal wellbeing. There are two type of wellness tourism: 1) A primary wellness tourist is a tourist whose trip or destination is primarily motivated by wellness; and 2) A secondary wellness tourist seeks to maintain wellness while traveling or participates in wellness experiences while taking any type of trip for leisure or business (ibid). Wellness tourism divided into three types, namely: 1) Geothermal therapy that consists of hydrotherapy and rejuvenation; 2) Forest therapy which is divided into two types: earthing or/and breathing, and sounds healing; and 3) Oceano therapy which also divided into two kind: balneotherapy and thalassotherapy (Cooper, 2010; Li, et.al 2020; Charlier, et. al 2014). Based on the description above, the type of health tourism that is studied in this paper is the second type; and the type of wellness tourism that will be discussed further here is forest therapy.

Several countries have begun to develop therapies with nature to address human health problems. One of them is Japan which has developed forest bathing or known as Shinrin- yoku (Hansen et.al 2017). Several studies have proven that forests have a positive effect on human health. Forest therapy methods can reduce sympathetic nerve activity, increase parasympathetic nerves and increase serum adiponectin levels in individuals which serves to reduce the individual's risk level for coronary heart disease (Li, et.al 2016). In forest therapy, all five senses are used to connect humans and nature. The five senses will provide signals that are connected to the brain and then the brain transmits these messages to all areas of the body. So that the body and mind will become relaxed or comfortable (Tsunetsugu et.al. 2010).

In South Korea, public demand for environmental services is increasing. Based on data on the location of forest therapy in South Korea from 2015 until now, it has increased to 28 forests. In addition, every year, at least 3000 people find work in the healing forest field and obtain a certificate through a state-certified training program (Park et al 2021). The location used for forest therapy (healing forest), is a location that has special physical characteristics that have been adapted to the conditions of the recovery room or hospital treatment to have a positive effect on humans. Determination of healing forest is one of the determining factors so that the therapy process is more optimal. Not all natural locations can be used as healing forests. This is because the location must match both the biophysical landscape and the physical elements of the environment as regulated in the Indonesian National Standard Number 9006:2021 regarding Tourism Forests for Health Therapy (Healing Forest) (Ramdan et.al. 2021).

The research whose results are written in this paper is also motivated by the success of the trial results of integrating health tourism into the geotourism program, hereinafter referred to as the "getwell tourism" program (short for "geotourism and wellness tourism"). The getwell tourism trial location was in the peak area of the Papandayan volcano (Figure 1) in 2018.

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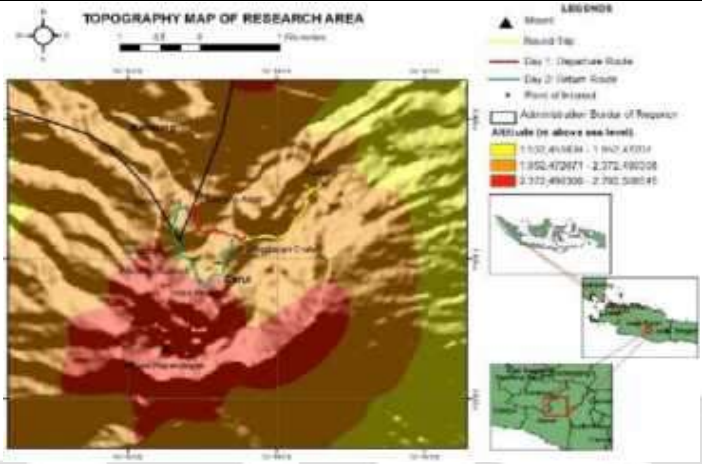


Figure 1: Map of research area in this paper or getwell tourism area in Papandayan region, Garut, West Java, Indonesia

Based on the background above, a number of problems are formulated which will be answered in this paper. First, what is the pillars or basis for integrating health tourism into geotourism and what are the basic criteria and guidelines for that integration? Second, how is geotourism in the Papandayan area? Third, how is the pilot project of getwell tourism that has been conducted? Fourth, what are results of the pilot project compared to the pure wellness tourism program that has been implemented? Fifth, what are other findings or improvements for the future of getwell tourism.

2. DATA AND METHOD

The data used in this study t are primary data and secondary data. Primary data are the results of geotourism trips to the summit area of Papandayan volcano which is a natural tourism area, and the results of testing the practice of wellness tourism, especially forest healing in the geotourism program. Meanwhile, secondary data is in the form of topographic maps, geological data and maps of the Papandayan volcano, including the hazard aspect of its eruption, data on the results of studies related to wellness tourism and data on forest healing practices in Kampung Pasundan Cisamaya, Kuningan, West Java, for comparison.

The geotourism carried out in this study is a two-day and one-night geowita package that starts from Bandung, kl 70 km north of the Papandayan area, and spends the night camping in Lawang Angin area, part of Papandayan's peak area. Meanwhile, the wellness that we done is a type of forest healing which carried out during geotourism trips. Overall, wellness tourism is carried out by referring to the seek aspect: physical, mental, spiritual, emotional, and environmental.

Activities carried out in the healing forest consist of a) Invitations by air, by inhaling air, through deep breathing; b) Invitations by vegetations, for example by looking at vegetation such as green leaves and doing tree hugging, by saying the words "I'm sorry", "forgive me", "thank you", etc; c) Invitations by water, doing activities in water; d) Invitations by land, thoughts need to be focused (mindfull); e) Release emotions, by taking a breath and then shouting (Ramdan et.al. 2021).

The choice of location needs to be considered because when choosing a stressful environment (eg crowds, noise) can cause considerable stress to humans, while visual access to nature shows an effect on stress recovery (Jiang. 2013). Therefore, it is necessary to analyze forest plots. The forest plot itself is defined as a graphical demonstration to present the perfect effect estimates and confidence intervals for both individual studies of the aggregated results (Li, et.al. 2020).

Measurement of the physical characteristics of healing forest is carried out using a geographic information system (GIS), slope analysis, and Green red vegetation index (GRVI) analysis. Parameters of physical characteristics measured were temperature, humidity, noise, light intensity, wind speed, oxygen, and negative air ions. Then, these parameters are compared with the conformity value of the Indonesian National Standard Number 9006:2021 concerning Tourism Forests for Health Therapy (Healing Forest), or simply as "SNI No. 9006:2021".

3. RESULT

Geotourism is one of the main pillars of geoparks (see, for example, Dowling & Newsome, 2006). Geopark is a concept for developing conservation areas, with geotourism being one of the main pillars of its activities. According to UNESCO, 2022, UNESCO Global Geoparks (UGGp) are single and integrated geographic areas where internationally important geological sites and landscapes are managed with a holistic concept of protection, education and sustainable development. Thus, in theory, combining geotourism with other tourism, including health tourism, can also be one of the program activities in a geopark. At this time, geoparks with geotourism as a driving activity for conservation, education and economy development in it, are committed to the success of achieving the sustainable development golas (SDGs), goal number 1,4, 5, 8, 13, 15, and 17 (ibid). By combining geotourism with wellness tourism, it is possible to cover the achievement of other SDGs, especially goal 3: "Good Healt and well-being". This is one of the important pillars or foundations for the incorporation of wellness tourism into geotourism.

Another aspect that becomes the basis for the opportunity to implement getwell tourism is the similarity or suitability in terms of the natural aspects of the place where it is implemented. This is as presented in Table 1, Appendix to this paper (page 6), the possibilities of natural aspects (NA) for combining wellness tourism into geotourism or "getwell tourism" program. In relation to forest therapy, two things need to be further clarified regarding these criteria, namely: aspects of the landscape and the forest itself.

As in Table 1, attached, for wellness tourism it is needed a suitable morphology or slope of the land for forest therapy; meanwhile, for geotourism, morphology is the major element of geodiversity or geoheritage. Several geoparks in Indonesia, even all of Indonesia's UGGp, are characterized by the superiority of this aspect of the landscape, for example, Batur UGGp, as well as UGGp Caldera. Also, based Table 1, regarding forests, forest therapy relies heavily on the availability of forests that are suitable for grounding/earthing, breathing methods, stress release emotions, light trekking, plants medicine, refilling energy by nature, etc. Meanwhile, forest for or in geotourism is the second pillar, after geological heritage, which is a resource or wealth that becomes a destination and guidance material. In other words, forests are the elements of biodiversity as a biotic component of geodiversity or geoheritage for geotourism.

What was conveyed as the similarity of the natural resource aspects of geotourism and wellness tourism mentioned above are also the basic criteria for merging the two types of special tourism, the results of which in this paper are referred to as "getwell tourism". More specifically, for getwell tourism with the wellness type of forest therapy, the criteria are broken down into: vegetation density, temperature and relative humidity, slope, noise, wind velocity. For all of these criteria, in Indonesia already has standards (SNI No. 9006:2021).

Papandayan as a natural tourist area has recorded a long history. It has been visited and told about the situation since 1627 AD by historians and travelers, Bujanggmanik, as in the ancient manuscript (see, for instance: Noorduyn, 2019). Now, visits there are getting more and more crowded, some of them in the form of geotourism, especially since its fairly large eruption in 2002. One of the geotourism programs that is often carried out is the 2 day and 1 night (2D1N).

On Day 1st, the trekking starts from the last car park to the camping site in the summit area (Lawang Angin or Ghober Hut), through the crater rim road and camping for one night at Lawangangin. This trip is taken for kl 3-4 hours climbing slopes range 30o to 70o. In the Day 2nd, trekking on the way home, along Lawang Angin to Ghober Hut, Pondok Saladah, Edelweiss park, Dead forest, edge of the Baru crater and down to the car park. This takes about 2-3 hours.

Along the trekking track you will find/can see: peak landscape of Mt. Papandayan and other mountain/hills, crater landscape, smoke/gas output (i.e. sulfur and its deposits on hill walls/escarpments); traces or remnants of the eruption; and a beautiful view, i.e: view of Mt. Puntang (+ 3 km to the west); Mt. Cikuray (+10 km to the East/E), Mt. Ciremai (+200 km, to E), and Mt. Slamet (+ 400 km to E). It's good luck to be able to camp on moonlit nights because you can see the rest of the moon and the sun appearing at at the sunrise time.

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Figure 2. View from Lawang Angin at sunrise time, showing the beautiful Mt. Cikuray (front), and Mt. Ciremai (behind).

You will also find the former crater which became the camping area of Pondok Saladah and Edelweiss Park; and the Dead Forest which is a remnant / trace of the 2002 eruption. After the dead forest is passed, the trekking will arrive at the high court of the western crater rim. In this place, geotourists can listen to the historical story of the eruption of Papandayan volcano while enjoying the beautiful natural panorama. As a story telling in geotourism scouting, while observing the Papandayan craters in sight, the history of the volcanic eruption was presented.

From 1772 to 2002 Papandayan volcano erupted total 11 times, that are in 1772, 1882, 1923, 1924, 1925, 1926, 1927, 1942, 1993, 1998, and 2022. The largest and deadliest eruption was one in 1772. This eruption is characterized by: column of eruption up to 3 km high (seen from Cirebon City, +200 km away); about 23 km3 of incandescent material was spewed out; the temperature up to 350oK (77oC), the hot cloud speed reached 70 m/s; the avalanche is 10 km x 5 km; 40 villages were destroyed; 2,951 people died from the hot clouds; and there were 8 people who survived which is often associated with the "banana tree" myth.

According to the myth found in local community, in Papandayan eruption in 1772, eight people survived because they took shelter behind a banana tree. Is this myth true? According to Abdurrachman, 2016, temperature of the 1772's eruption reached 350oK (77oC) and the hot cloud velocity was 70 meter/second. One explanation of that the 8 people survived is that they were at a high place so that they were not hit by the hot clouds that moved in the valley. So the 8 people were only exposed to ash from the eruption with a hot of 77oC which still allows people to survive. Maybe they survive under a banana tree, so they are quite protected from exposure to a lot of dust from the eruption. However, banana trees are not the only "rescue" factor. Because, facing the flow of hot clouds with a speed of 70 m/s, it is certain that no one will be able to survive. Lesson learned from "the myth": Stay away from a volcano that shows signs of erupting according to instructions from the authorities.

The eruption in 1942 left a crater called the "Baru Crater" (= the new crater) until now. The 2002 eruption occurred on November- December. It is a freato magmatic eruption with a landslide on the Nangklak crater wall, flooding along the 7 km to Cimanuk river, submerging several housing units and causing major erosion along the river. It produced a "Hutan Mati" (= "dead forest", as as the effect of hot clouds). This site now become one of the most exotic places in the Papandayan area. The 2002 eruption can be seen at: https://www.youtube.com/watch?app=desktop& v=T7LgDowh-cU

Next, how is wellness integrated into geotourism in the Papandayan area? We have practiced this activity, which we hereinafter referred to as the getwell tourism program. Getwell tourism simply is a geotourism which in its implementation carried out with wellness exercises with health checks carried out before and after, so it becomes a unity between geotourism and health tourism. Geotourism implemented by geo-trekking, camping and explore the Papandayan volcano and it's environments. While wellness tourism inserted on the sidelines of geo-trekking is forest healing.

Geo-trekking carried out across the crater with the interpretation of the active volcano of Papandayan for disaster mitigation of volcanic eruptions. Camping and wellness and healing exercised at the peak area of Papandayan volcano (Lawang Angin), on the condition of the volcano is safe to visit (note: distance of Lawangwangi to the active craters + 1 km). Meanwhile, exploration the remnants of the

eruption of Papandayan volcano is conducted along the hiking trail and the return route such as Pondok Saladah, Edelweiss Park, and Dead Forest. The entire program was conducted in two days and one night (2D1N).

The iteneray of the getwell are as follows.

Day 1st : Starting from Bandung city at 07.00 wib by car, having lunch in Garut City, arriving at the parking area. From the parking area, start trekking as far as 4 km, crossing the righat side of the crater, interpretation of the volcanic process. In the afternoon arrive at Lawang Angin basecamp to camp at night. At night: camping, bonfire and dinner. If the weather is fine: enjoy the nature around at full moon and the view of the city of Garut. Day 2nd: Sunrise at Lawang Angin; see the remaining moon and the morning sun; forest therapy (earthing, breathing, and natural healing session). After breakfast, continue trekking to the Pondok Saladah, Edelweiss Park, “Hutan Mati” and top edge of the crater; and back to Bandung in the afternoon

Forest healing that we conducted in detail in including five activities as followos: (1) Health screening first, including blood pressure, & oxygen saturation; (2) Activities carried out after healt screaning : a) Invitations by air, by inhaling air, through deep breathing (pranayama), b) Invitations by vegetations, by looking at vegetation such as green leaves, c) Saying the words “I'm sorry”, “forgive me”, “thank you”, & positive affirmation for decreasing brain wave to relaxation; d) Earthing; and e) Release emotions, by taking a breath and then shouting.



Figure 3. Forest healing in the form of earthing in getwell tourism program at Lawang Angin, Papandayan.

Wellness exercises in the peak area of Papandayan combined with a geotourism program or getwell tour Papandayan, can be called a rather sudden program or not carefully planned in advance. Therefore, these activities are very important to be evaluated. One form of the evaluation is to compare the activity with a wellness exercise in another well-planned area, namely welness tour in Kampung Cisamaya Pasundan area, Pasawahan village, Pasawahan district, Kuningan regency, West Java province.

Based on the result of research by Ramdan et.al (2021), the Kampung Pasundan Cisamaya (KPC) is suitable for use as the location of forest healing. The KPC has a convex topography with a gradient ranging from 0% to 15% with an elevation ranging from 354-414 meters above sea level. The land in the Kampung Pasundan Cisamaya area is dominated by dense canopy density with a range of vegetation index values between 0.1 and 1. There are three spots which their physical characteristics of air temperature (AT) in celcius degree (oC), relative humidity (RH) in %, wind speed (WS) in meter/second (m/s),and noise level (NS) in decibel (dB) vary from morning, 08.00-10.00 AM (m) to afternoon, 12.00-15.00 PM (a), as follows: AT : 24.61 - 26.68oC (m) to 27.27-28.17oC (a); RH: 74.06¬83.41% (m) to 75.38-81.17% (a); WS: 0.20-0.74 m/s (m) to 0.20-0.52 m/s (a); and NL: 46.55¬59.15 dB to 41.72-57.81 dB.

The results of the evaluation indicate that in terms of the feasibility of the place for implementing wellness tourism, KPC, Kuningan, has relatively met the requirements of "SNI No. 9006:2021”. Meanwhile, the practice of getwell tourism in Papandayan has not met the standards place of wellness tourism in several aspects. This comparison is presented in the Appendix, Table 2 (page 6). Non-compliance with SNI No. 9006:2021 for the case in Papandayan, as shown in the Table 2, also because in the program that conducted in Papandayan no measurements were made, both on slopes, temperature, relative humidity, wind velocity, and noise level. On the other hand, although the practice of wellness tourism in the form of forest healing in getwell program on relatively flat land (slope 0o to 5o), however, the overall position is in a place that does not meet the requirements of the SNI in height.

Although many of parameters of wellness tourism carried out in Papandayan did not meet the standard, however, there were some important findings for the improvement of these activities in the future. First, from the results of interviews with the participants, a total of 10 people, all of them stated that they were satisfied with the forest therapy exercises that had been carried out in Lawang Angin. Another finding, that in fact, forest therapy exercises carried out in geotourism activities through mountain climbing trips in Papandayan area have helped the participants gain the fitness needed to complete the trip.

4. CONCLUSIONS

It is possible to combine geotourism with health tourism which is referred to here as "getwell tourism". The understanding of geotourism itself, and one of the goals of the SGDs is to support implementation of the getwell tourism. We have been practicing getwell tourism in the Papandayan area which is famous for nature tourism and growing geotourism. Evaluation of the implementation of forest therapy in getwell tourism at Papandayan area with forest therapy in the area of Kampung Sunda Cimaya, Kuningan, found that what was being done in Papandayan did not meet the whole criteria of the Indonesian National Standard 9006:2021, mainly due to the height factor of the place of implementation. However, getwell tourism which we tested in the geotourism program to the Papandayan areais liked by all the participants and keeps the participants fit during the course of the program.

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DATA ATTACHMENT

Attachment, Table 1 : The possibilities of natural aspects (NA) for combining wellness tourism into geotourism or "getwell tourism" program

No	NA	Wellness Tourism	Geotourism	Getwell Tourism
1.	Morphology / slope	A suitable one for geothermal therapy, forest therapy, & oceanotheraphy	Major element of geodiversity/ geoheritage. Some of them are found in geoparks in Indonesia	Doing wellness activity consist of biophysicosocial & spiritual aspect in the suitable morphology or slope with geo-interpretation
2.	Forest	Grounding/earthing, breathing method, stress release emotion, light trekking, plants medicine, refill energy by nature, etc	Elements of biodiversity as a biotic component of geodiversity/ geoheritage	Doing the Forest Healing/Therapy activity with positive affirmation story of geological land forming of the forest, geotourism philosophy
3.	Hot spring/ geothermal component	Recovery from illness, movement disorder, rejuvenation by mineral geothermal	Element of geodiversity/ geoheritage (GH). It could be international value of GH.	Doing activities soaking in warm water with the right temperature for therapy, mineral of geothermal that is efficacious for wellbeing and physical fitness.
4.	Beach/ Coastal/ Ocean	Sands Therapy, Sun Bathing,Rehabilitation post stroke, balneotherapy, thalassotherapy, nutrition therapy	Geodiversity/ geoheritage element. Many geoparks in Indonesia have geodiversity/ geoheritage with coastal aspects. Some of them have world-class geoheritage	Doing some activities in the beach like easy walking by barefoot can induce your immune system and decreasing your body inflammation, doing thalaso and balneotherapy with sea water can stimulate your endocrine system, improvement of blood circulation, unobstructed breathing, etc

Remarks: NA = Natural aspects/factors

Attachment, Table 2 : Evaluation of the Papandayan getwell tour program, 2018 based on the Kuningan wellness tour program, 2021

No	Wellness Site Parameter	Condition based on Indonesian National Standard Number 9006:2021 (SNI No. 9006:2021))	Kuningan Program (Ramdan et al, 2021)	Getwell Tourism, Papandayan 2019
1.	Vegetation Density	Medium to dense vegetation density	Medium to dense vegetation density	Medium to dense vegetation density
2.	Temperature & Relative Humidity	Provides a comforting effect for the body. Example: The comfort level in a mountain ecosystem is at a temperature of 20 °C to 26 °C and relative humidity of 40% to 80%	24°C - 28°C 74% - 80%	- not measured, but estimated to be lower than 24°C - not measured, but estimated to be higher than 74%
3.	Slope	0% to 15% (flat to gentle)	0% to 15% (354-414 meters above sea level)	Mostly 5% to 45% (2.250 meters above sea level), however however, the wellness program is carried out on a relatively flat narrow area (0% - 5%)
4.	Noise	< 50 dB	40-58 dB	not measured, but estimated to meet the requirements (< 50 dB)
5.	Wind Velocity	<1 m/second	0,29-1 m/second	not measured, but estimated to be higher than 1 m/ second