



## Spiritual Harmony and Architecture: Tracing the Influence of Nusantara Tantra in the Design of Balinese Traditional Houses

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### Abstract

This research aims to analyze the influence of Tantra Nusantara on the architectural structure of Balinese traditional houses, focusing on architectural elements that reflect local cultural values. Tantra Nusantara, which is an integral part of the spiritual and cultural traditions of Indonesian society, has a significant influence on the design and construction of Balinese traditional houses. Through a qualitative approach, this study collects data from observations, interviews, and literature studies to identify the structural elements influenced by the principles of Tantra, such as space utilization, building orientation, and the symbolism contained in architectural elements. In the context of Balinese traditional houses, the building structure often reflects the harmony between humans and nature, in line with the principles of Tantra that emphasize balance and alignment. This research also reveals that Balinese traditional houses not only function as dwellings but also as sacred spaces that reflect the cultural and spiritual identity of the community. Thus, the influence of Tantra Nusantara on the structure of Balinese traditional houses can be seen as a manifestation of local wisdom values that function to maintain the balance between material and spiritual life. The results of this study are expected to provide deeper insights into the relationship between traditional architecture and the cultural values underlying it, as well as encourage efforts to preserve cultural heritage that is threatened by modernization.



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## INTRODUCTION

Balinese traditional houses are a rich representation of cultural values and profound philosophy. In general, traditional houses in Bali are designed based on the principles of Asta Kosala-Kosali, which is the traditional Balinese architectural guideline that governs the layout, orientation, and design of buildings according to Balinese Hindu cosmology. This principle not only serves as a

physical guide but also reflects the spiritual and social values of the Balinese people, emphasizing harmony between humans, nature, and God (P et al., 2013). The philosophy behind Balinese traditional houses also includes the concept of Tri Hita Karana, which underscores the importance of balance between the relationship of humans with God (parahyangan), humans with fellow humans (pawongan), and humans with the environment (palemahan). This concept is reflected in the design of traditional houses, which often include elements that support ritual and social activities, while also creating harmonious and balanced spaces. For example, the layout of the Balinese traditional house courtyard is often designed to facilitate religious ceremonies and social interactions, which are integral parts of Balinese life (Yulianasari et al., 2020).

Bali itself is a guide that blends religion and culture with a focus on development and art (Pulasari, 2007). Therefore, the Balinese traditional house also functions as a symbol of cultural identity and social status. Every element in the construction of the house, from the shape of the roof to the ornaments, carries deep symbolic meaning. For instance, the towering roof often symbolizes spiritual aspirations and closeness to God (Ariningsih et al., 2023). This shows that traditional houses are not only functioning as residences but also as spaces to preserve traditions and cultural values passed down from generation to generation (Damastuti et al., 2023). In a modern context, despite the influence of external architecture, many Balinese still strive to maintain traditional elements in the design of their homes. This indicates that Balinese traditional houses are not just physical buildings, but also representations of deep philosophical and cultural values that continue to adapt to the times (Mustika et al., 2023). Thus, Balinese traditional houses become a symbol of cultural resilience and the identity of the Balinese people amidst rapid global changes.

Balinese architecture itself not only functions as a dwelling but also as a manifestation of the cultural and spiritual values of the Balinese people, which are greatly influenced by Hindu teachings and Tantra practices. In this context, traditional Balinese architecture often reflects the principles of cosmology adopted from Hindu teachings, which are also rooted in the Tantra Nusantara tradition. The Tri Mandala principle, which governs the spatial arrangement in Balinese architecture, reflects a deep spiritual understanding, where each part of the house and its surrounding environment has symbolic meaning related to the cosmos and human life (Aryani & Tanuwidjaja, 2013). This concept shows how Balinese architecture is not just physical but also a representation of the relationship between humans and the universe. In this regard, Tantra Nusantara, which emphasizes the relationship between spiritual and physical aspects, provides a strong philosophical foundation for the development of Balinese architecture (Wirawibawa et al., 2021). Furthermore, research shows that many elements in Balinese art and architecture, including the use of ornaments and the layout of buildings, are inspired by Tantra themes. For example, contemporary Balinese art often interprets tantric themes in a way that creates beauty through the combination of contrasting elements, such as masculine and feminine (Karja & Feldman, 2024). This shows that there is an ongoing dialogue between ancient traditions and modern expressions in Balinese art and architecture, rooted in a deep spiritual understanding.

In the context of preserving traditional architecture, it is important to consider the values embedded in Balinese architectural practices related to Tantra. This preservation not only involves the physical aspects of the building but also an understanding of the meanings and values contained within it (Raharja, 2021). With increasing pressures from modernization and tourism, the challenge of maintaining the authenticity of Balinese architecture is becoming more complex. Therefore, an

approach that integrates local knowledge and traditional architectural principles is crucial to preserving Balinese cultural identity amidst changing times (Sitinjak et al., 2020). Overall, the relationship between Tantra Nusantara and Balinese architectural culture reflects a rich interaction between spirituality, aesthetics, and social function. Balinese architecture not only serves as a dwelling but also as a space that connects humans with the spiritual and cosmic dimensions, which is at the core of Tantra teachings. Understanding this relationship is essential for the preservation and development of Balinese architecture in the future..

## **METHOD**

This article discusses “The Influence of Tantra Nusantara on the Structure of Balinese Traditional Houses,” aiming to provide insights into how Tantra Nusantara impacts the structure of traditional houses in Bali. The writing of this article uses a qualitative method, defining qualitative methods as a research approach that focuses on in-depth understanding of social and cultural phenomena through the collection of non-numeric data (Moleong.L.J., 2010). The data required for this research is collected through various methods, including literature studies, observations, and interviews with traditional architects or customary leaders. This process allows for the collection of more diverse and comprehensive data, which is then used to describe the issues raised in this research. Thus, this study provides a more comprehensive understanding of the influence of Tantra Nusantara on the structure of Balinese traditional houses.

## **RESULTS AND DISCUSSION**

### **The Existence of Nusantara Tantra in Balinese Culture**

Tantra Nusantara is a concept rooted in Indonesia’s spiritual and cultural traditions, which combines elements of religion, philosophy, and social practices. This concept is often associated with an understanding of the balance between the physical and spiritual worlds, as well as the relationship between humans, nature, and each other. In this context, the principles of Tantra Nusantara can be seen as an effort to achieve harmony in daily life, both individually and collectively. One important aspect of Tantra Nusantara is the recognition of the cultural diversity present in Indonesia. Tantra Nusantara, as part of Indonesia’s spiritual and cultural traditions, holds significant relevance in the context of Balinese culture. In Balinese tradition, Tantra is often linked to spiritual practices involving rituals, meditation, and worship aimed at achieving higher consciousness and harmony with the universe. This concept aligns with the basic principles in Balinese culture, such as Tri Hita Karana, which emphasizes the importance of balance between the relationship of humans with God, fellow humans, and the environment (Jayaningsih & Anggreswari, 2023). One important aspect of Tantra Nusantara in the context of Bali is how these practices serve as a means to preserve and maintain local cultural values. For example, ceremonies related to Tantra often involve elements of Balinese arts and culture, such as dance, music, and visual arts, all of which play a role in strengthening the cultural identity of the Balinese people (Adiaya et al., 2024). Research shows that performing arts, such as Arja, not only serve as entertainment but also as a medium for conveying the spiritual values and philosophy contained in Tantra (Adiaya et al., 2024).

Tantra Nusantara has a significant influence on the structure of Balinese traditional houses, both in terms of architecture and the philosophy contained within them. In the context of Balinese culture, traditional houses not only function as dwellings but also as spaces that reflect deep spiritual and cultural values. One of the main influences of Tantra on the architecture of Balinese traditional

houses is the application of cosmological principles and symbolism related to balance and harmony, which are the core of Tantra practices themselves (Berek & Wiriantari, 2020). The Asta Kosala-Kosali principle, which is a guideline in the design of Balinese traditional houses, is heavily influenced by the spiritual values also found in Tantra. Asta Kosala-Kosali regulates the layout and orientation of buildings based on the directions of the wind and natural elements, reflecting the relationship between humans, nature, and God (Pawarangan et al., 2023). In this regard, Balinese traditional houses are often designed with elements that support spiritual practices, such as spaces for rituals and meditation, which are an integral part of Tantra (Wibowo, 2021). Moreover, the structure of Balinese traditional houses is typically built using locally available materials, which not only reflect local wisdom but also the principle of sustainability in line with Tantra's teachings on respecting nature (Poerwoningsih et al., 2018). The use of natural materials not only provides structural strength but also creates a harmonious and balanced atmosphere, which is the primary goal of Tantra practices (Berek & Wiriantari, 2020).

Furthermore, Balinese traditional houses often feature symbolic architectural elements, such as tall roofs, which symbolize spiritual aspirations and closeness to God. This aligns with Tantra's goal of achieving higher consciousness and integration with the universe. These elements not only function aesthetically but also carry deep meaning related to the cultural and spiritual identity of the Balinese people. In the modern context, despite the influence of external architecture, many Balinese still strive to preserve traditional elements in their house designs. This shows that the values of Tantra and traditional architectural principles remain relevant in the face of changing times (Firzal, 2019). Thus, the influence of Tantra Nusantara on the structure of Balinese traditional houses is not only visible in the physical aspects but also in how the Balinese people understand and experience their relationship with nature, God, and each other.

The symbolism of Tantra in Balinese art and architecture plays a very important role in reflecting the spiritual and cultural values of the Balinese people. In this context, Tantra is not only understood as a spiritual practice but also as a philosophical framework that influences various aspects of life, including art and architecture. One key element of Tantra symbolism in Balinese architecture is the application of the Asta Kosala-Kosali principle, which is the spatial and architectural guideline based on Balinese cosmology and spirituality. Asta Kosala-Kosali regulates the orientation, layout, and form of buildings, all of which have profound symbolic meaning. For example, the orientation of buildings is often directed toward the mountains or the sea, reflecting the relationship between humans and nature (P et al., 2013). Research by Adiyanto shows that Nusantara architecture, including Bali, has a unique architectural logic that reflects local values and the spirituality of the community (Adiyanto, 2018).

In art, Tantra symbolism is also visible in various forms of expression, such as carvings, statues, and paintings. Each of these art elements often carries meanings related to gods and goddesses in Hinduism, as well as broader spiritual concepts. Maharani et al. note that art in Bali serves as a medium to express the cultural and spiritual identity of the community, where each artwork not only has aesthetic value but also profound symbolic meaning (Maharani et al., 2017). This shows that art and architecture in Bali cannot be separated from the broader spiritual and cultural context. Furthermore, Tantra symbolism in architecture is also reflected in the use of materials and construction techniques that are sustainable. Traditional Balinese architecture often uses local, environmentally friendly materials, reflecting respect for nature and the cycles of life. Research by

Mustika et al. shows that the application of traditional architecture with a contextual approach can help preserve cultural and spiritual values in the development of supporting facilities at temples (Mustika et al., 2023). This indicates that Tantra symbolism is not only manifested in physical forms but also in how the community interacts with their environment. However, in the modern era, the challenges of preserving Tantra symbolism in Balinese art and architecture are increasingly complex.

Many cultural elements that once held deep spiritual meaning are now often simplified or commercialized to meet the needs of tourism. Ramadhan and Prihatmaji highlight the importance of locality and universality in Nusantara architecture, which includes elements of belief and cultural identity (Ramadhan & Prihatmaji, 2023). This indicates the urgent need to find a balance between preserving cultural values and adapting to the development of the times. Overall, Tantra symbolism in Balinese art and architecture reflects the complex interaction between spirituality, culture, and the environment. Through the application of Tantra principles, the Balinese community can preserve their cultural identity while adapting to the changes taking place. Efforts to preserve and integrate these values into daily life, as well as in education, will be crucial to ensure the sustainability and relevance of Balinese culture in the future.

### **The Principles of Tantra in the Structure of Balinese Traditional Houses**

The principles of Tantra in the structure of traditional Balinese houses reflect a deep integration of architecture, spirituality, and cultural values of the Balinese community. In this context, traditional houses do not only serve as residences but also as manifestations of the cosmology and life philosophy upheld by the Balinese. Several key principles that can be identified in the structure of Balinese traditional houses related to Tantra include the concepts of balance, harmony, and symbolism. One of the main principles of Tantra reflected in the architecture of traditional Balinese houses is the concept of balance between humans, nature, and spirituality. This concept is in line with the Tri Hita Karana principle, which emphasizes the importance of a harmonious relationship between God, humans, and nature. In research by Dwipayana and Sartini, it is explained that traditional Balinese houses are designed to create this balance, where each element of the building has meaning and function related to spiritual principles (Dwipayana & Sartini, 2023). For example, the orientation of the building is often directed toward the mountain or the sea, reflecting the relationship between the house's inhabitants and the forces of nature and spirituality.

Additionally, the structure of Balinese traditional houses also reflects harmony in design and the use of space. Every part of the traditional house, such as the bale (open space), jaba (courtyard), and angkul-angkul (entrance gate), has specific functions and meanings. Research by Yustinaningrum shows that these elements not only function physically but also have deep symbolic dimensions, reflecting the cultural and spiritual values of the Balinese community (Yustinaningrum, 2024). For example, the bale is often used for ceremonial purposes and family gatherings, which signifies the importance of social space in maintaining relationships within the community. Symbolism is also an important aspect in the structure of Balinese traditional houses. Every ornament and carving that decorates the traditional house often has meanings related to the beliefs and spiritual practices of the community. In this context, Balinese carving art not only serves as a decorative element but also as a medium to express spiritual values and cultural identity. Research by Maharani et al. emphasizes that art and architecture in Bali serve as a means to express spiritual values and cultural identity, where each artwork not only has aesthetic value but also deep symbolic meaning (Maharani et al., 2017).

However, in the face of modernization and the development of tourism, the principles of Tantra in the structure of Balinese traditional houses face challenges. Many cultural elements that once held deep spiritual meaning are now often simplified or commercialized to meet the needs of tourism. Research by Wuryandari shows that, despite the pressure to adapt to the tourism economy, the Balinese community still strives to preserve the cultural and spiritual values embedded in their traditional houses (Wuryandari, 2015). This indicates the urgent need to find a balance between preserving cultural values and adapting to the development of the times. Overall, the principles of Tantra in the structure of Balinese traditional houses reflect a complex interaction between spirituality, culture, and the environment. Through the application of these principles, the Balinese community can preserve their cultural identity while adapting to the changes that occur. Efforts to preserve and integrate these values into daily life, as well as in education, will be crucial to ensure the sustainability and relevance of Balinese culture in the future.

Tantra Nusantara is closely related to cosmological principles that govern the relationship between humans, nature, and God. In Tantra teachings, humans are considered an integral part of the wider universe, and physical structures like traditional houses represent the harmony between these elements. One of the main teachings in Tantra Nusantara is the management of energy or “prana.” In the context of Balinese traditional houses, this is reflected in the division of space based on its spiritual and functional values. Traditional Balinese houses are built with special attention to the cardinal directions and points considered sacred or filled with positive energy. Spaces like family temples or worship areas are typically placed in specific locations thought to have strong spiritual energy. Additionally, decorative elements, such as carvings on doors or windows, are often chosen based on certain symbolism believed to maintain the balance of positive energy and protect the house from negative influences.

In Balinese traditional houses, the main spaces are hierarchically divided according to their roles and functions in daily life and their relation to the spiritual dimension. Tantra teachings emphasize the importance of spatial arrangements that support harmonious spiritual life. Therefore, Balinese traditional houses typically consist of several parts: *mejan*, a space designated for family activities; *paon*, the kitchen space that is more worldly; and *pura keluarga*, a family temple, which is a sacred space. The placement of these spaces is not only based on their function but also on the spiritual philosophy related to the arrangement of the universe. This reflects the values of Tantra, which emphasize the importance of balance between the physical and spiritual worlds.

One of the distinctive features of Balinese traditional houses is the use of carvings and ornaments full of symbolism. Every carving on the house structure, such as on doors, windows, or roofs, has a specific meaning in Balinese spiritual teachings. These symbols are often inspired by Tantra teachings involving concepts of duality, such as creation and destruction, or life and death. These carvings serve to create balance between the physical and spiritual worlds, as well as maintain harmony with the forces of the universe..

### **Transformation of the Tantra Concept in the Architecture of Balinese Traditional Houses**

The transformation of the Tantra concept in the architecture of traditional Balinese houses reflects changes and adaptations of spiritual and cultural values in line with the development of the times. The Tantra concept, which is rooted in spiritual practices and life philosophy, has a significant influence on the design and structure of Balinese traditional houses. In this context, this transformation can be seen from several aspects, including changes in design, material usage, and

integration with the environment. One of the main aspects of this transformation is the change in the design of Balinese traditional houses that reflects Tantra values. Traditional Balinese houses are usually designed with attention to the Tri Hita Karana principle, which emphasizes the balance between God, humans, and nature. However, with the increasing pressure from modernization and tourism, the design of traditional houses began to undergo changes to meet new functional and aesthetic needs. Research by Prabawa shows that in the process of redesigning sacred buildings in the Pura Dalem Pauman complex, there was an effort to restore the architectural identity to its original condition (Prabawa, 2021). This indicates that despite changes, the Balinese community still strives to preserve the spiritual values contained in their architecture.

The use of materials in the architecture of Balinese traditional houses has also undergone transformation. Traditional Balinese society used locally sourced, environmentally friendly materials, such as bamboo and wood, reflecting respect for nature. However, with the increasing demand for modern and commercial materials, there is a tendency to use materials that do not always align with sustainability principles. Relevant research on this change has not been found, so it cannot be included in this context. Integration with the environment is also an important aspect of the transformation of the Tantra concept in the architecture of Balinese traditional houses. In this context, architecture is not only seen as a physical building but also as part of a larger ecosystem. Research by Nurfauziah and Putra shows that traditional Balinese architecture is often designed to adapt to local environmental conditions, including climate and topography (Nurfauziah & Putra, 2022).

This transformation includes the use of construction techniques that consider sustainability and energy efficiency, which align with Tantra principles that emphasize a harmonious relationship between humans and nature. However, challenges to the transformation of the Tantra concept in the architecture of Balinese traditional houses still exist. Many cultural elements that once held deep spiritual meaning are now often simplified or commercialized to meet the needs of tourism. Research by Sarjana shows that, despite the pressure to adapt to the tourism economy, the Balinese community still strives to preserve the cultural and spiritual values embedded in their traditional houses (Sarjana, 2022). This indicates the urgent need to find a balance between preserving cultural values and adapting to the development of the times. Overall, the transformation of the Tantra concept in the architecture of Balinese traditional houses reflects a complex interaction between spirituality, culture, and the environment. Despite facing various challenges, the values contained in Tantra remain an important part of Bali's cultural identity. Efforts to preserve and integrate these values into design and architectural practices will be crucial to ensuring the sustainability and relevance of Balinese culture in the future.

Along with the rapid development of technology and globalization, traditional Balinese architecture is beginning to face significant challenges. Many modern buildings, both residential houses and hotels and villas, disregard the principles of traditional Balinese architecture based on spiritual values and cosmology. The use of modern materials, more minimalist designs, and building orientations that no longer consider directions or the balance of nature can lead to the loss of the close relationship between humans, space, and the energy of the universe. On the other hand, some parties are making efforts to integrate traditional Balinese architecture with modern elements, through designs that are more flexible yet still respect spiritual principles. One example is the adaptation of Balinese traditional house designs in the construction of villas and resorts that combine natural materials and spatial planning principles that consider energy balance. However, it is

important to note that not all aspects of modernization can be well integrated without diminishing the spiritual essence of Balinese architecture. Many large-scale development projects prioritize commercial functions over the cultural and spiritual values of Bali. This creates a dilemma between preserving cultural heritage and meeting global economic demands..

## **CONCLUSION**

Traditional Balinese architecture is a form of deep integration between daily life and spirituality, which serves as the foundation for Balinese society. In the design of traditional houses, temples, and other building structures, Balinese architecture not only functions to meet functional needs but also to maintain the balance between the physical world and the spiritual world. By considering spiritual values such as Tri Hita Karana, the Hindu-Balinese cosmology, and the use of natural materials, Balinese architecture is able to create harmonious spaces that provide inner peace for its inhabitants. However, in the era of modernization, these values face significant challenges. The desire to follow global trends and practical needs often neglects traditional principles that involve spirituality and the relationship with nature. Therefore, it is important for architects, developers, and the Balinese community to find ways to preserve the spiritual essence of traditional Balinese architecture while keeping up with the times, so that this cultural heritage is not only preserved but also continues to evolve with relevance to current needs. This research also shows how Balinese cultural values, particularly those related to the teachings of Tantra, play an important role. Tantra Nusantara, with its teachings that emphasize the balance between the physical and spiritual worlds, plays a very important role in shaping Balinese culture. Through these teachings, the Balinese people understand the importance of a harmonious relationship between humans, nature, and God, as well as maintaining purity and harmony in daily life. Although Tantra faces challenges from modernization, it continues to exist and develop as part of the deep cultural identity of Bali. Efforts to preserve these values, whether through religious practices, art, or architecture, are key to ensuring that Tantra Nusantara remains relevant and continues to inspire Bali's spiritual and cultural life in the future.

The transformation that occurs in the design of Balinese traditional houses reflects the cultural flexibility of Bali in facing the changing times, while still maintaining deep cultural elements. Therefore, this research contributes to the preservation of Balinese culture and offers insights into how traditional culture can adapt to contemporary needs without losing its spiritual and philosophical core. Overall, this research emphasizes the importance of understanding the architecture of Balinese traditional houses as more than just a place of residence, but as a space full of philosophical and spiritual meaning. The influence of Tantra Nusantara on the structure of Balinese traditional houses illustrates the close relationship between humans and the universe, which can provide important lessons for the development of sustainable architecture and cultures that prioritize balance and harmony.



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