

Cafés in the City Centre: Flexible Workspaces and the Urban Balance of Life

Dian Duhita Permata^{1,4}, Himasari Hanan², Widiyani³

¹ Doctoral Program in Architecture, School of Architecture, Planning and Policy Development, Institut Teknologi Bandung.

² Architecture History, Theory, and Criticism Group, School of Architecture, Planning and Policy Development, Institut Teknologi Bandung.

³ Architectural Design Research Group, School of Architecture, Planning and Policy Development, Institut Teknologi Bandung.

⁴ Architecture Department, Institut Teknologi Nasional, Bandung, Indonesia.

Email korespondensi: 35222004@mahasiswa.itb.ac.id, dian.duhita@itenas.ac.id

Received: 2025-07-23

Reviewed: 2026-01-27

Revised: 2026-02-08

Approved: 2026-02-10

ABSTRACT. The rise of flexible work styles in major cities has led to the emergence of alternative workspaces outside traditional office settings, including cafés, coworking spaces, and libraries. This study examines how café locations in city centres, when utilised as alternative work settings, can enhance work-life balance. The research employs a mixed-methods approach, combining spatial observation using Google Maps with a two-week tracking of respondents' movements via Google Timeline. The findings reveal that most respondents prefer working in cafés situated in the city centre, particularly in areas such as Dago, Braga, Gasibu, and Buah Batu. Key factors influencing location preference include high accessibility, spatial proximity between functions, a diverse range of activities, and a visually appealing urban atmosphere. The study concludes that cafés in the city centre have evolved beyond their commercial function to become integral parts of the urban work-life environment, supporting both productivity and psychological well-being in contemporary urban life.

Kata kunci: work from café, city centre, work-life balance, visual experience

ABSTRAK. Meningkatnya gaya kerja fleksibel di kota-kota besar telah mendorong munculnya ruang kerja alternatif di luar kantor tradisional, termasuk kafe, ruang kerja bersama, serta perpustakaan. Studi ini mengkaji sejauh mana peran kafe yang berlokasi di pusat kota dan dimanfaatkan sebagai tempat kerja alternatif, mampu meningkatkan kualitas keseimbangan kerja-kehidupan. Penelitian ini menggunakan pendekatan metode campuran, dengan menggabungkan kuesioner daring, observasi spasial menggunakan Google Maps, dan pelacakan aktivitas responden selama dua minggu melalui Google Timeline untuk menangkap pola dan preferensi harian. Temuan menunjukkan bahwa sebagian besar responden lebih memilih bekerja di kafe yang terletak di pusat kota, khususnya di kawasan seperti Dago, Braga, Gasibu, Andir, dan Buah Batu. Faktor utama yang memengaruhi preferensi lokasi mencakup aksesibilitas tinggi, kedekatan spasial antar fungsi kota, keberagaman aktivitas, serta suasana visual yang menarik. Kualitas visual dan spasial dari kafe-kafe ini tidak hanya memberikan kenyamanan fisik, tetapi juga kelegaan psikologis, yang memperkuat pentingnya desain dan lokasi dalam menciptakan ruang kerja yang mendukung. Studi ini menyimpulkan bahwa kafe-kafe di pusat kota telah berkembang melampaui fungsi komersialnya menjadi simpul penting dalam ekosistem kerja-perkotaan, yang menjembatani produktivitas, rekreasi, dan kesejahteraan emosional dalam kehidupan urban kontemporer.

Keywords: work from café, pusat kota, work-life balance, pengalaman visual

INTRODUCTION

The shift toward increasingly flexible work arrangements has encouraged individuals to perform their tasks from a variety of locations, including homes, cafés, co-working spaces, and

libraries (Di Marino & Lapintie, 2017; Orel et al., 2021). Flexible workers choose these alternative settings because they value the freedom to manage their time and workspace according to both personal preferences and professional demands (Valet et al., 2021). Such arrangements offer a range

of benefits, including improved work-life balance, greater job satisfaction, and expanded opportunities to engage with a more diverse and specialised talent pool (Ardi et al., 2024; Kim et al., 2020).

Working from cafés is no longer exclusive to flexible workers. Many individuals who follow conventional office hours, typically from 8 a.m. to 5 p.m., actively choose cafés as alternative workspaces. They often visit cafés after work (Haktanir & Gullu, 2024) or on days when their employers allow remote working arrangements (Pokojski et al., 2022). Knowledge workers, such as designers, writers, programmers, researchers, and digital marketers (Wagner et al., 2021), frequently turn to cafés because these spaces support their need for focus, informal collaboration, and creative engagement. These professionals value autonomy, reliable connectivity, and stimulating environments, qualities that urban cafés often provide. Many people choose to work in cafés located in city centres (Maulidi et al., 2024) because these areas offer high accessibility (Colaço & de Abreu e Silva, 2023), convenient transportation (Bhellar et al., 2023), and proximity to amenities such as shopping centres (Eldeeb & Masoumi, 2023), urban parks, and public service institutions (Ananian et al., 2024; Marino et al., 2021). This combination allows them to work efficiently while managing other daily activities within the same environment. Their workspace decisions reflect personal drivers such as motivation, cognitive demands, and self-regulation skills (Spivack & Desai, 2019), leading them to favour cafés as settings that offer both flexibility and psychological comfort. As a result, knowledge workers have redefined cafés as hybrid spaces that blend professional productivity with lifestyle convenience, reinforcing their role in the rhythm of contemporary urban life.

City centres with high functional diversity play a crucial role in supporting a healthy work-life balance. Individuals can carry out various activities, such as working, dining, shopping, or relaxing, within a spatially connected area (Liu et al., 2020). Environments that promote mixed-use development minimise the need for long-distance mobility and encourage time efficiency, allowing

people to balance their roles as workers and family, which enables members and community participants to work more effectively (Choi et al., 2021). Cafés, shopping centres, urban parks, and co-working spaces located within walking distance transform city centres into compact, adaptable ecosystems for both work and everyday life.

High accessibility further reinforces the potential of city centres to support work-life balance. Pedestrian-friendly streets, integrated public transport systems, and strong spatial connectivity make daily mobility more efficient and less exhausting. Individuals can plan their work schedules, rest periods, and social activities without the stress caused by long commutes or traffic congestion. A compact and well-connected urban layout supports flexible work styles and increases satisfaction with daily routines (Liu et al., 2020). Easy mobility also reduces both the physical and psychological distance between work and personal life.

The visual quality of the city centre contributes significantly to maintaining a balanced life. Visually pleasing and well-organised urban spaces with welcoming atmospheres help restore cognitive attention depleted by work-related stress (Ríos-Rodríguez et al., 2021). Elements such as greenery, natural lighting, distinctive architecture, and dynamic cityscapes provide psychological comfort (Kong et al., 2022), which is essential for maintaining mental health (Waldrep et al., 2024) and productivity (Abdelmoula et al., 2024). Exposure to visually stimulating urban environments has been shown to reduce stress and improve mood (Hedblom et al., 2019). Therefore, visual experience in the city centre contributes not only to aesthetic appeal but also to overall well-being. People use cafés not only for consumption but also as alternative workspaces and venues for social connection. These settings enable individuals to transition seamlessly between professional and social roles without having to navigate rigid institutional boundaries. Cafés embedded in vibrant urban environments support flexible work habits while maintaining social interaction (Fang et al., 2024).

City centres also provide inclusive social spaces, ranging from public plazas to active pedestrian corridors. Spontaneous or planned social interactions in these spaces offer individuals opportunities to decompress from work pressure and strengthen social bonds. These interactions generate emotional support, which is essential in maintaining work-life balance, especially under increasingly flexible yet demanding work conditions. Attachment and the social networks that emerge within these environments play a significant role in shaping psychological balance (Dameria et al., 2020).

The urban form of city centres also encourages physical well-being by supporting walkability and active lifestyles. People who move between activities on foot save time and simultaneously gain health benefits. Active mobility, such as walking or cycling, becomes a natural part of daily life, integrated with city functions. Easy access to open spaces and public facilities within walking distance enhances health outcomes and promotes urban well-being (Ibrahim et al., 2024).

From a spatial perspective, the city centre functions as a mediator between work and personal life. The *Work-Family Border Theory* (Clark, 2000) remains relevant, emphasising the need for transitional spaces that help individuals manage their dual roles effectively. Urban areas that allow for flexible role transitions, such as transitioning from the office to a café or from a park to a place of worship, facilitate healthy psychological shifts. The spatial structure of city centres naturally accommodates these transitions in a fluid and human-centred manner.

Previous studies on cafés have primarily focused on interior aspects such as Wi-Fi quality, ambience, lighting, ventilation, and service elements closely tied to architectural interior design (Iswaridewi et al., 2024; Khanzadeh, 2024; Sri Wahyuni Trisna et al., 2022; Taqwim et al., 2021). However, few studies have examined the importance of a café's location in the city centre as a determining factor in workspace preferences, particularly in terms of spatial experience and the pursuit of work-life balance. This study aims to explore the relationship between the location of cafés as an alternative and the potential of city-centre workspaces to enhance work-life balance.

METHODOLOGY

The researcher began the observation process by mapping the distribution of cafés across Bandung using preliminary data from Google Maps. After generating the initial distribution map, the researcher conducted field validation to verify the actual condition of each site. This validation involved checking whether the listed cafés physically existed, remained operational, and were open to the public. The researcher utilised GPS tools to record accurate coordinates, thereby reinforcing the spatial validity of the dataset.

During the validation process, the researcher classified the building types in which the cafés were located, including converted residential houses, commercial buildings, shop-houses (*ruko*), and newly constructed structures. The researcher also recorded the cafés' spatial positioning within the urban street network, whether they were situated along major roads, hidden in alleyways, or located on corner plots. In addition, the researcher identified the business models of the cafés, determining whether they were independent establishments, part of a franchise chain, or integrated into commercial zones. This step was crucial for understanding the functional context and visual identity of each café.

The researcher further observed the spatial characteristics of the surrounding environment. The researcher documented the presence of supporting urban functions, including offices, schools, campuses, shopping centres, and public open spaces such as city parks. The analysis also included traffic density, parking availability, and accessibility for both pedestrians and public transport users. The researcher systematically documented all field findings through photographs and detailed observation notes.

Visual quality and atmosphere also became essential aspects of the observation. The researcher examined each café's building façade and its degree of visual openness to the surrounding urban space. The researcher assessed atmospheric qualities by observing noise levels, natural lighting, vegetation, and interior ambience. The researcher considered these factors vital because they contribute to both

the comfort of working and visitors' visual perceptions.

To understand broader spatial patterns, the researcher analysed the distribution of cafés across the city. The researcher investigated whether the spatial distribution of cafés created an even spread across the urban area. The researcher measured the distance between cafés and their proximity to strategic points, such as campuses, business centres, and public parks—this spatial analysis aimed to identify functional connectivity and clustering patterns that support productive activities beyond formal workspaces.

After completing the field observation, the researcher selected respondents through purposive sampling for spatial activity tracking over a two-week period. The researchers selected respondents from participants who had previously completed a questionnaire assessing workplace satisfaction. The inclusion criteria comprised knowledge workers residing in Bandung City and aged 24-43 in 2023. Of the 345 respondents who met these criteria, the majority completed the questionnaire, with architects and designers, both full-time and freelance, emerging as the largest professional group. Based on this dominance, we selected a purposive sample of 30 architects and designers from offices, homes, and alternative workspaces, all of whom consented to mobility tracking.

The researcher filtered the selected respondents and asked them to activate Google Timeline on their mobile devices throughout the tracking period. This feature automatically recorded each respondent's GPS movements, allowing the researcher to identify the locations they visited most frequently. Based on this data, the researcher categorised each location into the following types: cafés, offices, residences, schools for children, and other public facilities. Each visited location was geotagged with latitude and longitude coordinates and subsequently analysed in QGIS. The researcher specifically analysed café locations to determine their spatial relationship to nearby offices, shopping centres, and public spaces, and to assess whether they provided high accessibility. This spatial analysis revealed the urban structure and locational logic underlying the respondents' workspace preferences.

RESULT AND DISCUSSION

The Growth of Cafés in the City Centre

The growth of cafés as alternative workspaces in Bandung has become increasingly concentrated in the city centre, particularly in areas with strategic economic, cultural, and social functions. Neighbourhoods such as Dago, Gasibu, Braga, Buah Batu, and Andir have emerged as dense clusters of cafés that provide conducive work environments. These locations typically offer high accessibility and are situated near business districts, educational institutions, public spaces, and major transportation routes, making them easily accessible to urban professionals, students, and freelancers.

This phenomenon reflects a shift in the city centre's function from a conventional administrative and commercial hub to a multifunctional and adaptive urban space that accommodates flexible work beyond traditional office settings. In addition to their functional advantages, these areas offer strong visual appeal and a vibrant urban atmosphere, which attract individuals seeking a balance between productivity and comfort in their daily routines. (See Figure 1).

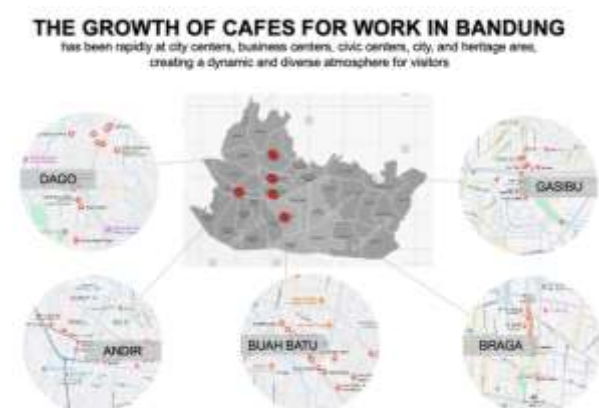


Figure 1. Café Growth is Predominantly Concentrated in the City Center of Bandung

Source: Author's Documentation capture from Google Map, 2024

The Dago area in Bandung has emerged as one of the city's most rapidly developing urban corridors, marked by a significant shift in its social and economic landscape, particularly with the rise of

cafés as new spaces for both work and leisure. By combining business, commercial, and colonial architectural heritage functions, Dago attracts a wide range of visitors with its cool climate, lush greenery, and integration into the city's primary road network. (See Figure 2).



Figure 2. Café Growth in the Dago Area
Source: Author's Documentation capture from Google and Instagram, 2024

Cafés such as One Eighty, Kopi Kyomi, and DE.U have repurposed traditional tropical-style buildings and colonial residences into vibrant public spaces. These establishments transform formerly private spaces into semi-public environments while preserving the district's architectural character. Dago's strategic location, characterised by high accessibility, proximity to educational institutions, and shaded pedestrian corridors, provides a comfortable setting for work, social interaction, and informal gatherings.

The Gedung Sate/Gasibu area in Bandung, which serves as both a civic centre and a heritage zone, has evolved into one of the city's most attractive urban corridors for the growth of cafés with strong social and productive functions. Surrounded by government institutions, museums, and public parks, the area offers an open, green, and visually pleasant urban structure, making it an ideal setting for casual work outside the home or office.

Cafés such as Oseboo, Merindu Canteen, and Sejiwa have emerged as part of the area's transformation from a predominantly administrative zone into a more inclusive and participatory urban space. These cafés have carefully integrated their design with the existing trees and historical buildings,

demonstrating sensitivity to the spatial context and the symbolic value of the heritage environment.

The café activities in this area foster new interactions between residents, public spaces, and the city's identity, where visual appeal, environmental comfort, and urban rhythm converge into a contemporary experience that remains deeply rooted in local heritage. (See Figure 3).



Figure 3. Café Growth in the Gasibu Area
Source: Author's Documentation capture from Google and Instagram, 2024

As one of Bandung's most iconic city centre areas, Braga actively revitalises its historic urban spaces through contemporary activities, including the growth of cafés that support flexible work styles and modern urban lifestyles. Despite its narrow streets, the area remains vibrant, dominated by pedestrian traffic, and characterised by colonial architecture that creates a dynamic old-town atmosphere rich in visual appeal.

Cafés such as Koffie Braga, Sawo Coffee, and Jurnal Risa have integrated seamlessly into the existing historical façades, transforming traditional commercial spaces into informal work and social environments. Strategically located along the city's central activity axis, Braga serves as a convergence point for economic, cultural, and recreational functions, attracting creative workers, tourists, and residents alike.

These cafés not only reactivate old buildings but also contribute to urban revitalisation by facilitating diverse, daily forms of space occupation. Through this consistent use, Braga exemplifies how cultural and place-based strategies can successfully activate

the urban core and redefine the role of heritage areas in contemporary city life. (See Figure 4).



Figure 4. Café Growth in the Braga Area

Source: Author's Documentation capture from Google and Instagram, 2024

The Andir area in Bandung, historically renowned as a centre of business and trade, is undergoing a spatial transformation with the emergence of cafés catering to urban workers, creative communities, and local visitors. Amidst dense commercial corridors, cafés such as Yumaju, Noah's Barn, and Oseebo have established themselves as alternative spaces for both relaxation and remote work in an area once dominated by conventional economic activity. (See Figure 5).



Figure 5. Café Growth in the Andir Area

Source: Author's Documentation capture from Google and Instagram, 2024

These cafés actively enrich the urban fabric by adding new layers of function to a zone typically characterised by high vehicular traffic and transactional spaces. Most of them occupy leftover plots tucked between rows of shophouses or old residential buildings, repurposing these in-between

spaces into comfortable, inclusive, and publicly accessible micro-urban enclaves.

This transformation shows how Andir, once purely utilitarian and commerce-driven, has begun to adopt the rhythms of a contemporary mixed-use urban lifestyle. Work, social interaction, and leisure now converge in a single integrated landscape. Cafés serve as agents of urban activation, shifting the area's spatial character from transactional to human-centred and from purely economic to experientially rich.

The Buah Batu area in Bandung reveals dynamic urban patterns, where former residential zones are gradually transforming into emerging business districts with mixed-use characteristics. Amid this transition, cafés such as Yumaju, Sein Kiri, and Kofu Coffee 2.0 have flourished by occupying former homes and small commercial plots. These cafés create new enclaves that blend seamlessly into secondary street networks and the surrounding residential areas.

Cafés in Buah Batu actively transform post-residential urban spaces by repurposing previously private areas into inclusive and adaptable semi-public environments. Urban actors are actively transforming small-scale residential units and older buildings into hubs of urban activity and social interaction, reflecting an ongoing spatial reconfiguration. (See Figure 6).



Figure 6. Café Growth in the Buah Batu Area

Source: Author's Documentation capture from Google and Instagram, 2024

Their presence reinforces the shift in spatial orientation from purely residential to mixed-use,

incorporating economic and social functions while still preserving the human scale and local accessibility of the neighbourhood. Buah Batu exemplifies micro-urban transformation, characterised by adaptive reuse, functional diversity, and openness to emerging patterns of flexible work and contemporary interaction.

Respondents visited most cafés in Bandung's city centre during the two-week location tracking period, particularly in areas such as Dago, Braga, Gasibu/Gedung Sate, and Buah Batu. Notably, most respondents resided at a considerable distance from these café locations, indicating that café visits were not driven by residential proximity. Instead, respondents deliberately travelled to cafés as destinations for work-related activities and social interaction.



Figure 7. Cafés Frequently Visited by Respondents Over the Two Weeks

Source: Author's Documentation, 2025

This visitation pattern reveals that the city centre serves not only as an economic and administrative hub but also as an interconnected network of social and productive spaces actively frequented by flexible workers. (See Figure 7).

Respondents consistently selected cafés in the city centre, indicating a clear preference for locations offering high accessibility, spatial diversity, and strong visual quality, such as tree-lined corridors, architecturally distinctive buildings, and proximity to public open spaces. The atmosphere of these cafés supports not only comfort and productivity

but also social connectivity and the pursuit of work-life balance.

For some individuals, visiting cafés in the city centre has become part of their lifestyle (Pratiwi, 2022), perceived as prestigious or trendy, which significantly shapes their product choices (Anwar, 2021). By visiting cafés located far from home, individuals often express success and identity through coffee consumption, reflecting the culture of contemporary urban lifestyles (Ahmad et al., 2022). However, several factors influence why individuals choose to visit city centres rather than other alternatives.

High Accessibility and Connectivity

Cafés located in city centres often attract visitors due to their high accessibility and strong spatial connectivity between key urban functions. People tend to favour cafés within walking distance, typically 400 to 800 meters from offices, shopping areas, public facilities, and other cafés.

This spatial proximity promotes walkability, enabling efficient daily movement and reducing the need for long commutes. Urban stakeholders, including café owners, local governments, and civic organisations, actively support this connectivity by developing supporting infrastructure such as pedestrian-friendly walkways, inclusive facilities for people with disabilities, and accessible public transportation. They also improve access to information through websites, mobile apps, and clear wayfinding systems. These collective efforts create inclusive and adaptable urban environments that accommodate diverse user needs.

This spatial configuration reduces reliance on private vehicles, minimises fuel consumption and travel time, and contributes to lower carbon emissions. At the same time, walkable access encourages physical activity, promoting public health and improving the overall quality of urban life. The high accessibility and spatial connectivity of cafés in the city centre directly support achieving *work-life balance* in contemporary urban living.

Individuals who work in city centre cafés benefit from these conditions by smoothly transitioning between work and personal domains. Strategically located cafés act as buffer zones, allowing people to manage their engagement with both spheres more flexibly. These walkable destinations also encourage light physical activity that not only improves physical and mental health but also offers a natural break from work-related pressure.

Integrated Urban Function

Cafés in the city centre thrive as part of a broader system of mixed urban functions that reinforce one another. City centres typically integrate offices, public spaces, educational institutions, retail zones, and multimodal transport, all within a walkable radius. Within this network, cafés serve as strategic hubs, offering flexible workspaces and casual social settings for light recreation.

This mix of functions creates a balanced yet dynamic rhythm of activity, allowing individuals to fluidly shift between professional and personal roles in a single spatial environment. Cafés located near workplaces, transit stops, and public open spaces enable users to complete work tasks while staying connected to the city's social life.

This functional integration significantly enhances work-life balance by minimising commute times, fostering informal social interaction, and providing visual and emotional relief from daily work routines. Furthermore, cafés located in areas with urban amenities such as parks, galleries, or places of worship allow individuals to better regulate their work-rest rhythm. These accessible environments offer the mental and emotional space needed to sustain productivity without compromising personal well-being.

By enriching the city physically and programmatically, the functional diversity around cafés supports a balanced urban lifestyle. The presence of cafés within multifunctional urban systems reflects a growing dependence on flexible, socially embedded workspaces. In this context, *work-life balance* becomes less about time management and more about the quality of

interaction between people, space, and the city's daily rhythm.

Visual Experience and Urban Aesthetics

Historic buildings, public spaces, iconic architecture, and vibrant urban atmospheres shape the visual character of city centres. These visual elements generate distinctive and consistent experiences that shape people's perception, spatial orientation, and emotional attachment to the city.

Cafés in these settings often operate within restored heritage buildings or architecturally significant façades, enhancing the continuity of memory and fostering a deep emotional connection with the space. A strong visual identity not only enriches the aesthetic appeal of the city centre but also influences cognitive and emotional responses. When people feel visually comfortable, inspired, and emotionally connected to their environment, they are more likely to feel rooted in place. Visual experiences characterised by natural lighting, greenery, architectural rhythm, and spatial legibility offer psychological satisfaction and reinforce the relationship between people and the city.

These positive visual experiences directly support mental health and overall life balance. A visually engaging café, especially one with natural views and access to public space, can serve as a mental transition zone between work and personal life. It becomes a place of momentary escape and restoration, especially in dense, demanding urban settings. Visual experiences and urban aesthetics directly influence the psychological well-being of city dwellers. A city centre that delivers strong, meaningful, and dynamic visual composition offers more than attraction; it provides a restorative urban environment that bridges productivity and personal well-being. Such spaces play a vital role in supporting sustainable *work-life balance* amid the pressures of modern urban life.

Since the seventeenth century, European cities have developed cafés as institutions of public space (Robilliard, 2024). The growth of cafés in Indonesia represents a process of hybridization rather than a direct imitation. Social practices of coffee drinking have long existed in Indonesia through warung kopi

(warkop), which serve as spaces for discussion and social interaction (Ridaryanthi et al., 2022). Contemporary café development has subsequently reinforced and transformed these practices through the influence of the global consumption economy and third-wave coffee, alongside the expansion of the food and beverage sector and local urban dynamics, such as those in Bandung, that provide both market and spatial conditions for the proliferation of modern café formats.

CONCLUSION

The rapid growth of cafés in Bandung's city centre reflects a broader transformation of urban space into an environment more adaptive to flexible work styles. These cafés serve not only as consumption spaces but also as alternative work environments integrated within a highly accessible, spatially connected, and functionally diverse urban structure. Areas such as Dago, Braga, Gasibu, Andir, and Buah Batu reveal overlapping spatial patterns that integrate economic, social, and recreational functions.

Cafés that are easily accessible via public transportation and pedestrian networks facilitate urban mobility and improve time efficiency, two factors that directly contribute to enhancing *work-life balance*. Moreover, the visual quality and ambience of these central areas strengthen users' emotional attachment and perceived comfort, fostering a strong *sense of place*.

The two-week activity-tracking data clearly show that respondents prefer café locations based on spatial factors, such as functional proximity, visual quality, and the intensity of urban activity. Most respondents expressed high levels of satisfaction with their experiences in city centre cafés, which often serve as transitional zones between professional responsibilities and personal life.

This study highlights that the city centre no longer functions solely as an administrative and economic hub but rather as a dynamic social and spatial ecosystem that supports urban well-being. As integral components of this system, cafés have evolved into productive urban nodes that bridge the need for flexible work environments with

psychological well-being, particularly in contemporary urban living.

REFERENCES

- Abdelmoula, E., Abdelmoula, B., & Bouayed Abdelmoula, N. (2024). Natural soundscapes, urban design and psychological well-being. *European Psychiatry*, 67(S1), S680–S680. <https://doi.org/10.1192/j.eurpsy.2024.1414>
- Ahmad, H., Sumarti, E., & Sriwulandari, Y. A. (2022). Cafe as a Representation of the Lifestyle of the Urban Community. *Technium Social Sciences Journal*, 33, 569–576. <https://doi.org/10.47577/tssj.v33i1.6851>
- Ananian, P., Shearmur, R., Borde, M.-A., Lachapelle, U., Paulhiac, F., Tremblay, D.-G., & Rodrigue, T. (2024). Coworking spaces in Montreal (Canada): Moving beyond classic location patterns. *Geoforum*, 152, 104016. <https://doi.org/10.1016/j.geoforum.2024.104016>
- Anwar, S. (2021). Gaya Hidup dan Perilaku Kaum Urban Pekerja Kelas Menengah Jakarta di Era Global (Studi Kasus pada Pekerja di Kawasan Sudirman). *Pekobis : Jurnal Pendidikan, Ekonomi, Dan Bisnis*, 5(1), 15. <https://doi.org/10.32493/pekobis.v5i1.p15-31.9477>
- Ardi, A., Cahyadi, H., Meilani, Y. F. C. P., & Pramono, R. (2024). Talent attraction through flexible work anytime from anywhere. *Journal of Infrastructure, Policy and Development*, 8(3). <https://doi.org/10.24294/jipd.v8i3.2998>
- Bhellar, M. G., Talpur, M. A. H., Khahro, S. H., Ali, T. H., & Javed, Y. (2023). Visualizing Travel Accessibility in a Congested City Center: A GIS-Based Isochrone Model and Trip Rate Analysis Considering Sustainable Transportation Solutions. *Sustainability*, 15(23), 16499. <https://doi.org/10.3390/su152316499>
- Choi, D., Kang, M., & Yoon, J. (2021). Utility of mixed-use development by reducing aggregated travel time for multiple non-work activities: A case of Seoul, Korea. *Cities*, 109, 103007. <https://doi.org/10.1016/j.cities.2020.103007>
- Clark, S. C. (2000). Work/Family Border Theory: A New Theory of Work/Family Balance. *Human Relations*, 53(6), 747–770.

- <https://doi.org/10.1177/0018726700536001>
Colaço, R., & de Abreu e Silva, J. (2023). Exploring the role of accessibility in shaping retail location using space syntax measures: A panel-data analysis in Lisbon, 1995–2010. *Environment and Planning B: Urban Analytics and City Science*, 50(5), 1345–1360. <https://doi.org/10.1177/23998083221138570>
- Dameria, C., Akbar, R., Indradjati, P. N., & Tjokropandojo, D. S. (2020). A Conceptual Framework for Understanding Sense of Place Dimensions in the Heritage Context. *Journal of Regional and City Planning*, 31(2), 139–163. <https://doi.org/10.5614/jpwk.2020.31.2.3>
- Di Marino, M., & Lapintie, K. (2017). Emerging Workplaces in Post-Functionalist Cities. *Journal of Urban Technology*, 24(3), 5–25. <https://doi.org/10.1080/10630732.2017.1297520>
- Eldeeb, S., & Masoumi, H. (2023). Investigating walkability and bikeability in compact vs. new extensions: the case of Greater Cairo. *Frontiers in Built Environment*, 9. <https://doi.org/10.3389/fbuil.2023.1165996>
- Fang, L., Adelakun, F., & Goetemann, T. (2024). Brewing Entrepreneurship: Coffee and Startups. *Journal of Planning Education and Research*, 44(3), 1401–1414. <https://doi.org/10.1177/0739456X211067272>
- Haktanir, M., & Gullu, E. (2024). Place attachment in coffee shops: a customer perspective study in North Cyprus. *Journal of Hospitality and Tourism Insights*, 7(1), 312–328. <https://doi.org/10.1108/JHTI-05-2022-0185>
- Hedblom, M., Gunnarsson, B., Iravani, B., Knez, I., Schaefer, M., Thorsson, P., & Lundström, J. N. (2019). Reduction of physiological stress by urban green space in a multisensory virtual experiment. *Scientific Reports*, 9(1), 10113. <https://doi.org/10.1038/s41598-019-46099-7>
- Ibrahim, F. I., Nadia, N. A., & Xingrui, C. (2024). Psychological Effects of Green Spaces On Walking Accessibility. *Planning Malaysia*, 22. <https://doi.org/10.21837/pm.v22i32.1525>
- Iswaridewi, P. N., Tanadda, O. A., & Astuti, S. B. (2024). Identifikasi Faktor Pemilihan Area Indoor dan Outdoor di Concept Café Berdasarkan Kenyamanan Aktivitas Pengunjung. *Serat Rupa Journal of Design*, 8(1). <https://doi.org/10.28932/srjd.v8i1.6818>
- Khanzadeh, M. (2024). Enhancing User Experience in Interior Architecture Through Biophilic Design: A Case Study of Urban Residential Spaces. *New Design Ideas*, 8(1), 137–168. <https://doi.org/10.62476/ndi81137>
- Kim, J., Henly, J. R., Golden, L. M., & Lambert, S. J. (2020). Workplace Flexibility and Worker Well-Being by Gender. *Journal of Marriage and Family*, 82(3), 892–910. <https://doi.org/10.1111/jomf.12633>
- Kong, Z., Hou, K., Wang, Z., Chen, F., Li, Y., Liu, X., & Liu, C. (2022). Subjective and Physiological Responses towards Interior Natural Lightscape: Influences of Aperture Design, Window Size and Sky Condition. *Buildings*, 12(10), 1612. <https://doi.org/10.3390/buildings12101612>
- Liu, Y., Zhang, Y., Jin, S. T., & Liu, Y. (2020). Spatial pattern of leisure activities among residents in Beijing, China: Exploring the impacts of urban environment. *Sustainable Cities and Society*, 52, 101806. <https://doi.org/10.1016/j.scs.2019.101806>
- Marino, M. Di, Rehunen, A., Tiitu, M., & Lapintie, K. (2021). New working spaces in the Helsinki Metropolitan Area: understanding location factors and implications for planning. *European Planning Studies*, 0(0), 1–20. <https://doi.org/10.1080/09654313.2021.1945541>
- Maulidi, C., Dwicaksono, A., Aritenang, A. F., & Winarso, H. (2024). Food service spatial pattern after the emergence of online retail. *Journal of Infrastructure, Policy and Development*, 8(4), 3005. <https://doi.org/10.24294/jipd.v8i4.3005>
- Orel, M., Dvoutetý, O., Ratten, V., Modern, O., & Transformations, W. (2021). *The Flexible Workplace*. <http://www.springer.com/series/16369>
- Pokojski, Z., Kister, A., & Lipowski, M. (2022). Remote Work Efficiency from the Employers' Perspective—What's Next? *Sustainability*, 14(7), 4220. <https://doi.org/10.3390/su14074220>
- Pratiwi, R. W. (2022). Persepsi Anak Muda Di Surabaya Mengenai Coffee Shop Sebagai Gaya Hidup Masyarakat Perkotaan. *Commercium*,

- 5(2), 238–248.
<https://ejournal.unesa.ac.id/index.php/Commercium/article/view/47850/39945>
- Ridaryanthi, M., Ahmad, A. L., & Dwityas, N. A. (2022). Coffee Culture in Indonesia: A Symbolic Interactionism Point of View. *Jurnal Komunikasi: Malaysian Journal of Communication*, 38(2), 215–230.
<https://doi.org/10.17576/JKMJC-2022-3802-13>
- Ríos-Rodríguez, M. L., Rosales, C., Lorenzo, M., Muinos, G., & Hernández, B. (2021). Influence of Perceived Environmental Quality on the Perceived Restorativeness of Public Spaces. *Frontiers in Psychology*, 12.
<https://doi.org/10.3389/fpsyg.2021.644763>
- Robilliard, G. (2024). Novel, popular, fashionable and partisan: making coffeehouses ‘burgherly’ spaces in early modern Hamburg. *Urban History*, 51(1), 146–170.
<https://doi.org/10.1017/S0963926822000311>
- Spivack, A. J., & Desai, A. (2019). Psychological Underpinnings of the Work-Site Selection Process of Knowledge Workers. *Organization Management Journal*, 16(3), 123–139.
<https://doi.org/10.1080/15416518.2019.1609344>
- Sri Wahyuni Trisna, N. M., Utami, N. K. Y., & Effendi, N. R. (2022). Pengaruh Ambient Interior Cafe Terhadap Pemilihan Tempat Bekerja Remote Worker di Era Pandemi COVID-19. *Waca Cipta Ruang*, 8(2), 68–76.
<https://doi.org/10.34010/wcr.v8i2.7351>
- Taqwim, C., Aditi, B., & Pentana, S. (2021). The Effect of Cafe Atmosphere and Food Quality on Revisit Intention with Customer Satisfaction as a Mediating Variable at Cafe in Medan City. *Jurnal Ekonomi LLDIKTI Wilayah 1 (JUKET)*, 1(2), 82–88.
<https://doi.org/10.54076/juket.v1i2.135>
- Valet, P., Sauer, C., & Tolsma, J. (2021). Preferences for work arrangements: A discrete choice experiment. *PLOS ONE*, 16(7), e0254483.
<https://doi.org/10.1371/journal.pone.0254483>
- Wagner, G., Prester, J., & Paré, G. (2021). Exploring the boundaries and processes of digital platforms for knowledge work: A review of information systems research. *The Journal of Strategic Information Systems*, 30(4), 101694.
<https://doi.org/10.1016/j.jsis.2021.101694>
- Waldrep, C. E., Fritz, M., & Glass, J. (2024). Preferences for Remote and Hybrid Work: Evidence from the COVID-19 Pandemic. *Social Sciences*, 13(6), 303.
<https://doi.org/10.3390/socsci13060303>