

Scoping Review: Intervensi Psikologis untuk Pengembangan Keterampilan Adaptif bagi Orang dengan Disabilitas Intelektual di Indonesia

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Tujuan: Perilaku adaptif merupakan salah satu komponen utama yang mendukung keberfungsian pada orang dengan disabilitas intelektual (ODDI). Kurangnya keterampilan adaptif menyebabkan rendahnya kemampuan mereka untuk hidup mandiri. Model *support* merupakan kerangka terkini untuk memandu pengembangan intervensi bagi ODDI. Sejauh ini, belum tersedia informasi dan dokumentasi terkait layanan yang dapat menunjang keberfungsian ODDI di Indonesia. Kajian ini bertujuan untuk memotret gambaran intervensi psikologis yang pernah dikembangkan untuk meningkatkan keterampilan adaptif bagi ODDI di Indonesia.

Metode: Kajian ini menerapkan metode *scoping review* dan mengikuti pedoman dari Joanna Briggs Institute dan *PRISMA Extension for Scoping Reviews*. Sumber data termasuk Scopus, PubMed, Garuda, Google Scholar, ditambah dengan *handsearching*. Kriteria artikel antara lain berbahasa Inggris atau Indonesia, melibatkan partisipan dengan disabilitas intelektual (DI) tanpa komorbid gangguan tumbuh kembang, menerapkan intervensi psikologis yang menargetkan keterampilan adaptif (tak termasuk keterampilan akademik), dan mencakup konteks di Indonesia. *Critical appraisal* dilakukan menggunakan *Mixed Methods Appraisal Tool*. Studi yang diulas sejumlah 36 artikel dan dipetakan berdasarkan karakteristik partisipan; desain intervensi yang mencakup rumusan kebutuhan adaptif, penetapan target intervensi, dan kondisi pemberian intervensi; serta evaluasi hasil intervensi.

Hasil: Pengembangan intervensi sejauh ini belum mengacu pada model *support* dengan terbatasnya upaya personalisasi sementara model ekologis dan multi-disiplin belum banyak dikembangkan. Penulis melaporkan adanya tren pengembangan keterampilan rawat-diri pada ODDI usia kanak-kanak dan remaja. Kekosongan literatur terlihat pada terbatasnya intervensi yang menyoroti kebutuhan ODDI usia dewasa dan lanjut, mengalami DI pada taraf berat, dan pengembangan keterampilan adaptif untuk menunjang kemandirian di lingkup domestik, kerja, dan kehidupan bermasyarakat. Penilaian terhadap artikel menunjukkan kecenderungan kualitas yang buruk, terutama pada kelengkapan pelaporan pada elemen utama penelitian, seperti variabel dependen dan variabel independennya.

Kesimpulan: Temuan kajian ini menginformasikan arah untuk pengembangan intervensi bagi ODDI ke depannya. Para peneliti disarankan untuk meneruskan studi intervensi yang sudah ada, sambil memperluas lingkup kategori usia dan jenis keterampilan adaptif, serta meningkatkan kualitas penelitian dan pelaporan ilmiah. Praktisi disarankan untuk lebih melibatkan perspektif personal ODDI dan keluarga, serta bekerja sama dengan pakar dari lintas bidang.

Kata kunci: disabilitas intelektual, intervensi psikologis, keterampilan adaptif, retardasi mental, model support

Scoping Review: Psychological Intervention for Developing Adaptive Skills on Individuals with Intellectual Disability in Indonesia

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Objectives: Adaptive behavior is a key component of human functioning in persons with intellectual disability (PWIDs). Deficits in adaptive behavior may impact their ability to live independently. The support-model is the current framework guiding the development of interventions for PWIDs. However, currently there is no available information or documentation on services that can enhance the functioning of PWIDs. This review aims to provide an overview of the psychological interventions that have been developed to improve adaptive skills for PWIDs in Indonesia.

Methods: This study employs a scoping review method and refers to guidelines from the Joanna Briggs Institute and the PRISMA Extension for Scoping Reviews. Data sources included Scopus, PubMed, Garuda, Google Scholar, and handsearching. The criteria for articles include reports written in English or Indonesian, involving PWIDs without comorbid developmental disorders, implementing psychological interventions targeting adaptive skills (excluding academic skills), and including contexts in Indonesia. A critical appraisal was conducted using the Mixed Methods Appraisal Tool. A total of 36 articles were reviewed and mapped based on participant characteristics; intervention design, including the formulation of adaptive needs, intervention goal setting and delivery conditions; and the evaluation of intervention outcomes.

Results: The current development of interventions has so far not referred to the support-model, with limited efforts at personalization while ecological and multidisciplinary models are still underdeveloped. Trends were observed towards the development of self-care skills in children and adolescents with intellectual disabilities (ID). Literature gaps include the limited interventions targeting the needs of adults and the elderly, those with severe ID, as well as the development of adaptive skills to support independence in domestic, work, and community life. The result of critical appraisal shows a tendency towards poor quality, particularly due to poor reporting on key study elements, such as dependent and independent variables.

Conclusion: This review informs future directions for the development of interventions for persons with intellectual disabilities (PWIDs). Researchers should continue to build on current studies, broaden the scope to include diverse age groups and types of adaptive skills, and improve the quality of research and scientific reporting. Practitioners are advised to more thoroughly involve the personal goals of PWIDs and their families, and to seek collaboration with experts across various fields.

Keywords: adaptive skills, intellectual disability, mental retardation, psychological intervention, support model