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Scoping review : Dampak Playground terhadap Kesehatan Mental Anak Disabilitas

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Abstrak

Playground merupakan ruang bermain yang dapat mendukung perkembangan anak termasuk anak dengan disabilitas. Anak disabilitas rentan terganggu kesehatan mentalnya akibat stigma, diskriminasi, dan keterbatasan sosial. Menyediakan ruang bermain diharapkan dapat meningkatkan kesehatan mental anak dengan disabilitas. Penelitian *Scoping review* ini bertujuan untuk memetakan dan memberi penjelasan mengenai dampak *playground* pada kesehatan mental anak dengan disabilitas. Pengumpulan data dilakukan pada *database* yaitu *Web of science*, *Scopus*, *PubMed* dan *Sciadirect*. Selain itu, pencarian juga dilakukan melalui *Google scholar* dan pencarian manual/*hand search*. Kata kunci yang digunakan dalam pengumpulan data menyesuaikan dengan tema penelitian berdasarkan format PCC (*population*, *concept* dan *context*). Dari 317 artikel yang dikumpulkan, sebanyak 24 artikel dianalisis karena memenuhi kriteria inklusi. *Playground* berdampak positif dan negatif terhadap kesehatan mental anak dengan disabilitas. Dampak positif *playground* berupa peningkatan keterampilan sosial, rasa percaya diri, kesejahteraan emosional, serta mendukung perkembangan kognitif. Adapun dampak negatifnya dapat menyebabkan isolasi sosial, penurunan rasa percaya diri, dan risiko kecelakaan. Aspek kesehatan mental anak disabilitas yang terdampak dari bermain di *playground* meliputi aspek sosial, emosional, dan kognitif. Hasil penelitian menemukan *playground* inklusif merupakan *playground* yang direkomendasikan untuk anak disabilitas dengan memperhatikan aksesibilitas fisik dan sosial *playground*.

Kata Kunci : *Playground, kesehatan mental, anak dengan disabilitas*

Abstract

A *playground* is a play space that can support children's development, including children with disabilities. Children with disabilities are vulnerable to mental health issues due to stigma, discrimination, and social limitations. Providing a play space is expected to improve the mental health of children with disabilities. This research was conducted through a Scoping Review aimed at mapping and explaining the impact of *playgrounds* on the mental health of children with disabilities. Data collection was done from databases such as Web of Science, Scopus, PubMed, and Science Direct. In addition, searches were also conducted via Google Scholar and manual/*hand search*. The keywords used in data collection were adjusted to the research theme based on the PCC (*population*, *concept* and *context*) format. Of the 317 collected articles, 24 were analyzed as they met the inclusion criteria. *Playgrounds* have both positive and negative impacts on the mental health of children with disabilities. The positive impacts include improvements in social skills, self-confidence, emotional well-being, and support for cognitive development. On the other hand,



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the negative impacts can lead to social isolation, reduced self-esteem, and accident risks. The mental health aspects affected by *playground* activities for children with disabilities include social, emotional, and cognitive dimensions. Research findings suggest that inclusive *playgrounds* are recommended for children with disabilities, emphasizing both physical and social accessibility.

Keywords: *Playground, mental health, children with disabilities*