

INTISARI

Latar belakang: Stigma terhadap orang dengan gangguan jiwa (ODGJ) menjadi hambatan utama dalam akses layanan, proses pemulihan, serta memperburuk diskriminasi sosial. Pendidikan kesehatan jiwa terbukti mampu meningkatkan pemahaman dan mengurangi stigma, namun kajian sistematis terkait bentuk intervensinya masih terbatas.

Tujuan: Penelitian ini bertujuan mengidentifikasi intervensi kesehatan yang dapat menurunkan stigma masyarakat tentang ODGJ berdasarkan *scoping review*.

Metode: Studi ini menganalisis empat artikel ilmiah yang diperoleh dari database *Proquest*, *Scopus*, dan *Sciencedirect*. penelusuran dilakukan menggunakan kerangka *Population*, *Concept*, dan *Context* dengan kata kunci “*community*” and “*mental health education*” and “*stigma*”. Kriteria inklusi meliputi artikel berbahasa Inggris, terbit tahun 2020-2025, dengan desain studi kuantitatif, kualitatif, maupun campuran, serta dapat diakses penuh. Analisis dan ekstraksi data dilakukan sesuai *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* dan dilakukan *critical appraisal* menggunakan *Crowe Critical Appraisal Tool*.

Hasil: Terdapat 2.509 artikel yang ditemukan, setelah dianalisis artikel yang *eligible* sebanyak 4 artikel. *Scoping review* ini menunjukkan bahwa intervensi kesehatan berupa intervensi digital berbasis teknologi; intervensi dukungan sosial dan kolaboratif; intervensi pendidikan aktif dan partisipatif; dan intervensi psikoedukasi dan psikoterapeutik dapat menurunkan stigma terhadap ODGJ.

Kesimpulan: Intervensi kesehatan berbasis digital maupun konvensional, terbukti efektif menurunkan stigma terhadap ODGJ. Pendekatan digital unggul dalam jangkauan luas dan aksesibilitas, sedangkan pendekatan konvensional lebih efektif membangun empati dan dukungan sosial jangka panjang.

Kata Kunci: ODGJ, Pendidikan Kesehatan Jiwa, Stigma Masyarakat, *Scoping Review*

ABSTRACT

Background: *Stigma against people with mental disorders is a major barrier to accessing services, recovery processes, and exacerbates social discrimination. Mental health education has been proven to improve understanding and reduce stigma, but systematic reviews of the forms of intervention are still limited.*

Objective: *This study aims to identify health interventions that can reduce community stigma toward people with mental disorders based on a scoping review.*

Methods: *This study analyzed four scientific articles obtained from the Proquest, Scopus, and Sciencedirect databases. The search was conducted using the Population, Concept, and Context framework with the keywords “community,” “mental health education,” and “stigma.” Inclusion criteria included English-language articles published between 2020 and 2025, with quantitative, qualitative, or mixed study designs, and full text access. Data analysis and extraction were conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses, and critical appraisal was performed using the Crowe Critical Appraisal Tool.*

Results: *A total of 2,509 articles were identified, and after analysis, 4 articles were deemed eligible. This scoping review indicates that health interventions such as technology-based digital interventions; social support and collaborative interventions; active and participatory educational interventions; and psychoeducational and psychotherapeutic interventions can reduce stigma toward people with mental disorders.*

Conclusion: *Both digital and conventional health interventions have been proven effective in reducing stigma toward people with mental disorders. Digital approaches excel in terms of broad reach and accessibility, while conventional approaches are more effective in building empathy and long-term social support.*

Keywords: *Mental Health Education, People with mental disorders, Public Stigma, Scoping Review*