

**Intervensi Psikologis untuk Mendukung Well-Being Orang Tua dengan Anak Neurodevelopmental Disorders (NDD) di Wilayah Low- and Middle-Income Countries (LMIC): Sebuah Scoping Review**

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**Abstrak**

Anak dengan *neurodevelopmental disorders* (NDD) mengalami hambatan dalam perilaku, interaksi sosial, komunikasi, fungsi kognitif, dan kemandirian, sehingga membutuhkan dukungan berkelanjutan dalam kehidupan sehari-hari. Kondisi ini menimbulkan tantangan signifikan bagi orang tua yang kerap menghadapi tekanan psikologis dalam peran pengasuhan. Beban tersebut semakin kompleks pada orang tua di wilayah *low- and middle-income countries* (LMIC), yang umumnya memiliki keterbatasan akses terhadap layanan kesehatan mental, dukungan sosial, serta sumber daya. Penelitian ini bertujuan untuk mengidentifikasi dan memetakan berbagai penelitian intervensi psikologis untuk mendukung *well-being* orang tua dengan anak NDD di wilayah LMIC. Metode yang digunakan adalah *scoping review* dengan pencarian artikel melalui *database* PubMed, Scopus, Web of Science, ProQuest, dan Google Scholar. Dari 29 artikel yang ditinjau, ditemukan penelitian intervensi psikologis yang mencakup *acceptance and commitment therapy* (ACT), intervensi terintegrasi/multimodal, intervensi psikososial, *cognitive-behavioral based*, psikoedukasi, *movement-based mind-body interventions*, *mindfulness-based therapy*, *narrative therapy*, *reality therapy*, *expressive arts therapy*, dan *psychological nursing*. Intervensi yang diberikan mayoritas dalam sesi kelompok dengan sasaran *outcome* pada aspek negatif psikologis, serta adanya penyesuaian konten atau materi intervensi dengan budaya lokal. Hasil tinjauan ini berkontribusi dalam memperkaya pemahaman, mengembangkan dan memperluas intervensi psikologis yang berfokus pada *well-being* orang tua dengan anak NDD di wilayah LMIC.

**Kata kunci:** intervensi psikologis, *well-being*, orang tua, *neurodevelopmental disorders*, *low- and middle-income countries*

## Abstract

Children with neurodevelopmental disorders (NDD) experience barriers in behavior, social interaction, communication, cognitive function, and independence, requiring ongoing support in their daily lives. This condition poses significant challenges for parents who often face psychological pressure in their caregiving role. This burden is even more complex for parents in low- and middle-income countries (LMICs), who generally have limited access to mental health services, social support, and resources. This study aims to identify and map various psychological intervention studies aimed at supporting the well-being of parents with children with NDD in LMICs. The method used is a scoping review with article searches through the PubMed, Scopus, Web of Science, ProQuest, and Google Scholar databases. Of the 29 articles reviewed, psychological intervention studies were found to include acceptance and commitment therapy (ACT), integrated/multimodal interventions, psychosocial interventions, cognitive-behavioral based interventions, psychoeducation, movement-based mind-body interventions, mindfulness-based therapy, narrative therapy, reality therapy, expressive arts therapy, and psychological nursing. Most interventions were delivered in group sessions with outcome targets on psychological negative aspects, and there was adjustment of intervention content or material to the local culture. The results of this review contribute to enriching understanding, developing, and expanding psychological interventions that focus on the well-being of parents with children with NDD in LMICs.

**Keywords:** psychological interventions, well-being, parents, neurodevelopmental disorders, low- and middle-income countries