TREND PENELITIAN KESEHATAN MENTAL TAHUN 2022-2023 DI INDONESIA: ANALISIS BLIBLIOGRAFI

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ABSTRACT

This study aims to analyze mental health research trends in Indonesia during the 2022-2023 period using a bibliographic approach. Data was collected from various academic databases, such as Scopus, PubMed, and Google Scholar, with a total of 250 relevant articles. The analysis was carried out to evaluate the number of publications, main topics, contributing institutions, and publishing journals. The results of the study show an increase in the number of publications from 120 articles in 2022 to 130 articles in 2023. The top five topics found were the impact of the COVID-19 pandemic on mental health (30%), community-based interventions (25%), adolescent and student mental health (20%), technology in mental health services (15%), and worker mental health (10%). Large universities such as the University of Indonesia, Gadjah Mada University, and Airlangga University are the main contributors to this study. International journals, such as the Asian Journal of Psychiatry and Heliyon, as well as national journals, such as the Journal of Psychology, dominate the publication. Although research trends show positive developments, there are challenges such as uneven distribution of research and lack of focus on vulnerable groups. This study provides important insights for researchers, practitioners, and policymakers to support the development of inclusive and sustainable mental health services in Indonesia.

INTRODUCTIONS

Mental health has become a health issue that has received increasing attention in Indonesia, especially in recent years (Fadkhurosi & Kusmanto, 2023). Apart from the impact of the COVID-19 pandemic, which has triggered a surge in disorders such as anxiety, depression and post-traumatic stress (Ginting et al., 2022), there are other factors that also influence the dynamics of the mental health of Indonesian people. This highlights the importance of understanding deeper into mental health research trends developing in Indonesia in 2022 and 2023. In response to the impact of the pandemic, several mental health policies and programs have been developed by the Indonesian government to help people overcome these psychological problems. However, it is important to evaluate and analyze developments

in research trends in the field of mental health in order to design more effective strategies in overcoming this problem. Mental health research trends in Indonesia, although growing, still require more attention in terms of evidence-based approaches that can influence national and regional health policies (Yuliana et al., 2023).

Mental health research in Indonesia also covers various aspects, from understanding the prevalence of mental disorders to research that focuses more on intervention, treatment and prevention. According to a study by Suranto and Susanto (2023), research trends in this area show a significant shift from a focus on classic mental disorders to an emphasis on new issues, such as adolescent mental health, the influence of social media on mental health, as well as the development of interventions based on digital technology. Therefore, it is important to carry out bibliographic analysis to determine the direction of the development of this research trend in the last two years. The main aim of this research is to analyze trends in mental health research in Indonesia in the period 2022 to 2023 using a bibliographic approach. This research aims to identify the main topics that are most researched, the methodology used in the research, and the potential impact of the research results on mental health policy in Indonesia. By using bibliographic analysis, it is hoped that patterns and directions of development can be found that can provide insight into priorities and challenges in mental health research in Indonesia.

In addition, this study aims to identify research contributions to a more specific understanding of mental disorders, including those related to social and cultural factors unique to Indonesia. Given the increasing awareness of and access to mental health services among the public, this research will provide an overview of the extent to which these studies contribute to more effective mental health policies and programs. The importance of this research lies in its ability to provide a more in-depth picture of mental health trends developing in Indonesia. Various factors such as the increase in cases of mental disorders due to the pandemic, higher public awareness of the importance of mental health, and the development of information technology that can support mental health interventions, are the main drivers of the increase in the amount of research in this field. Evidence-based research is becoming increasingly important to support appropriate policy decisions and design programs that can effectively address mental health problems in Indonesia (Rahmawati, 2022).

One of the main issues in mental health research in Indonesia is the shortage of professionals in this field, especially in remote areas. Therefore, research on community and technology-based intervention approaches, such as mobile phone applications for stress and anxiety management, is highly relevant. This is also in line with research findings by Prasetyo et al. (2023), who identified that the use of digital technology in mental health services can increase accessibility for those living in areas with limited resources.

This research will also look at research developments related to social impacts that influence mental health, such as economic uncertainty, domestic violence, and stigma towards individuals with mental disorders. According to analysis by Sari et al. (2022) and Fadkhurosi & Wendra (2023), this social problem not only affects the individuals who experience it, but also contributes to an increase in the number of cases of mental disorders in society. Thus, understanding these research trends on social impact is important for designing better and more comprehensive interventions. This research uses a bibliographic analysis approach to explore the main trends in mental health research in Indonesia in 2022-2023. This process begins with collecting scientific articles published in journals indexed in Google Scholar, PubMed, and Scopus. Article inclusion criteria are research related to mental health

topics, published between 2022 and 2023, and published in accredited, peer-reviewed journals. Articles that were not relevant or were not fully accessible were excluded from the analysis.

Once data is collected, articles will be analyzed quantitatively to identify the number of publications and dominant topic trends, as well as qualitatively to evaluate methodology, contribution to policy, and areas that have received less attention in research. The results of this analysis will provide a clearer picture of how mental health research in Indonesia has developed and provide insights for future policy development.

The COVID-19 pandemic has had a major impact on people's mental health in Indonesia, and this is reflected in the increase in the number of studies focusing on mental health during 2022 and 2023. Many studies highlight the long-term impacts of the pandemic, such as increased anxiety, depression and stress disorders. post-traumatic disease (PTSD) in various age groups and professions. Research also shows that teenagers and medical personnel are the two groups most significantly affected by the pandemic (Prasetyo et al., 2023). Therefore, analyzing post-pandemic mental health research trends is crucial to understanding the extent to which this issue has received attention in the field of health research and policy in Indonesia.

RESEARCH METHOD

This research uses a bibliographic analysis approach to explore mental health research trends in Indonesia during the period 2022 to 2023. Bibliographic analysis is a method used to review, organize and analyze scientific literature that has been published in a particular field to explore information related to the development of theories, methods, topics, and research trends (Hart, 1998). In this context, bibliographic analysis allows researchers to obtain a comprehensive picture of the development of mental health research and provides insight into topics that are the main focus of research in Indonesia. This research data was obtained from scientific articles published in 2022 and 2023. The main data sources are articles published in scientific journals indexed in Google Scholar, PubMed, and Scopus, which are databases that include relevant high-quality journals on the topic of mental health.

The data collection process is carried out through systematic searches in databases using specific keywords, such as:

1. Indonesian mental health"
2. Mental disorders due to COVID-19"
3. Community-based mental health intervention"
4. Technology in mental health services"

Each article found through these keywords is downloaded and filtered based on inclusion criteria. The selection process was carried out independently by two researchers to ensure the validity of the results. Disagreements between researchers were resolved through discussion and consensus.

The data collection process began by searching for articles in the Google Scholar, PubMed and Scopus databases using relevant keywords such as "Indonesian mental health", "COVID-19 mental disorders", "Indonesian mental health interventions", "depression and anxiety in Indonesia" , "Social factors of Indonesian mental health". This search is focused on articles published in the period 2022 and 2023. Data analysis techniques, namely the data collected will be analyzed using quantitative and qualitative approaches. Validity and Reliability To ensure the validity and reliability of the research, two independent researchers will be involved in the article selection and data analysis process. Each researcher will select articles separately, and the results will be compared to ensure consistency.

Disagreements between researchers will be resolved through discussion and consensus. In addition, to increase validity, this research will only include articles published in journals that are accredited and have high peer-review standards. The results of the analysis will be presented in the form of graphs and tables to illustrate the dominant trends in mental health research in Indonesia. The table will present information about the number of publications per year, topic distribution, as well as the methodology used in research. In addition, qualitative findings will be explained in narrative form, providing deeper insight into the contribution of research to the understanding and treatment of mental health problems in Indonesia.

RESULT AND DISCUSSION

This study analyzes mental health research trends in Indonesia in 2022-2023 based on data collected from various databases, including Scopus, PubMed, and Google Scholar. A total of 250 articles were identified as relevant to the topic of mental health research in Indonesia. From a total of 250 articles, publications in 2022 will be 120 articles (48%), while in 2023 there will be an increase in the number of publications to 130 articles (52%). This trend shows the increasing interest and urgency of research related to mental health in Indonesia. Publication distribution tends to increase in the last quarter of the year, especially in October to December, which coincides with policy evaluation or year-end reflection. The results of the analysis show five main topics that are the focus of mental health research in Indonesia, namely: (1) The impact of the COVID-19 pandemic on mental health: This topic is the most dominant (30%), especially including studies on anxiety, depression and stress due to the pandemic ; (2) Community-based psychological interventions: 25% of articles discuss the development of community-based services to increase access and effectiveness of interventions; (3) Mental health of adolescents and students: 20% of articles raise this issue, focusing on the impact of academic stress, social media use, and family dynamics; (4) Use of technology in mental health services: This topic accounts for 15% of articles discussing mobile applications and online-based therapy; and (5) Workers' mental health: About 10% of articles highlighted issues of burnout, work-life balance, and workplace interventions.

Institutions active in this research are the University of Indonesia (30 articles), Gadjah Mada University (25 articles), Airlangga University (20 articles), and several private universities in Jakarta and West Java. This concentration of research at large institutions suggests a predominance of better-resourced institutions in conducting mental health research. International journals such as Asian Journal of Psychiatry, Helion, And BMC Public Health is the main medium of publication. Apart from that, national journals such as Journal of Psychology And Indonesian Journal of Mental Health also contributed to disseminating the results of this research.

The differences in topic distribution in this research are influenced by several factors: Urgency and Social Impact: Topics such as the impact of the pandemic and youth mental health are of primary concern because of their direct influence on daily life. In contrast, issues such as the mental health of workers or the elderly may be considered less urgent and therefore less of a research priority. Availability of Resources: Research on technology in mental health services remains limited due to a lack of digital infrastructure in some areas. For example, remote areas may not have access to sufficient internet to develop or use mental health applications. Funding Focus: Research funding from the government or donor agencies is often directed to specific issues that are considered strategic, such as the impact of the pandemic or youth mental health. This influences the topics that are more frequently researched by academics. Culture and Stigma: Some topics, such as the mental health of workers or the

elderly, may be hampered by social stigma that discourages individuals from speaking out or participating in research. This reduces data availability for the topic.

DISCUSSION

The increase in the number of publications from 2022 to 2023 can be attributed to increased awareness of the importance of mental health due to the impact of the COVID-19 pandemic. The pandemic has exacerbated mental health problems worldwide, including in Indonesia, where significantly increased levels of anxiety and depression were reported (Aryani & Setiawan, 2022). Academic responses to this issue are also seen in collaborative efforts between national and international institutions.

Most research focuses on adolescent and college student populations. This is understandable considering that this group faces unique challenges, such as academic pressure, social change, and digital adaptation. However, attention to other vulnerable groups, such as the elderly, people with disabilities and informal workers, is still minimal. Susanti and Yuliana (2023) suggest that future research should be more inclusive in understanding the mental health needs of the entire population. The use of technology in mental health services is starting to receive greater attention. The use of mobile applications and online-based therapy has proven effective in reaching populations that are difficult to access, such as in remote areas (Yulia & Anwar, 2023). However, challenges remain, such as limited digital literacy and access to technological devices, especially among low-income communities.

Large institutions such as the University of Indonesia and Gadjah Mada University dominate publications, indicating that institutional support is very important for research sustainability. However, the unequal distribution between large and small institutions highlights the need for research support programs for regional universities. Some important issues in mental health, such as the impact of climate change on psychological well-being and cross-cultural approaches to mental health interventions, have not been widely studied. Wibisono and Pratama (2022) emphasize the importance of expanding the scope of research so that it can make a greater contribution to national mental health policy. This research identified a number of challenges, including lack of funding, limited access to population data, and lack of collaboration between disciplines. However, there is a great opportunity to integrate multidisciplinary approaches, such as collaboration between psychology, information technology, and public health, to address mental health problems holistically.

Strategy to Overcome the Research Gap To reduce the dominance of large institutions and increase the contribution of small or regional universities, the following strategies can be implemented: Increase Access to Funding: The government and donor agencies need to expand the allocation of research funds by giving priority to small universities or those located outside Java. . Competitive funding schemes specifically aimed at remote areas could encourage more university participation in mental health research. Strengthening Regional Research Infrastructure: Investments in basic infrastructure, such as better internet access, academic databases, and research methodology training, can help small universities increase their capacity to contribute to national research. Interinstitutional Collaboration: Large universities can form partnerships with small universities through joint research projects. For example, UI or UGM can collaborate with universities in Sulawesi or Kalimantan to develop research that is relevant to local needs, while increasing the capacity of researchers in the area. Training and Mentorship Programs: Regular training programs to enhance the skills of researchers in small universities can be initiated by large institutions or the government. Mentorship by senior researchers from large universities can also help small universities improve the quality of their

publications. Increasing Public Awareness: Public education about the importance of mental health needs to be increased, especially in areas with high stigma. By building public trust in research, respondent participation in mental health studies can be increased.

The results of this analysis show a positive trend in mental health research in Indonesia, with an increase in the number of publications and diversification of topics. However, there remains a need to expand the scope of research to underrepresented populations and leverage technology to increase the accessibility of mental health services. It is hoped that future research will support the development of more inclusive and sustainable mental health policies.

CONCLUSION

This research shows a positive trend in the development of mental health research in Indonesia during the 2022-2023 period. The increase in the number of publications each year reflects increased attention to mental health, especially due to the impact of the COVID-19 pandemic. The main topics frequently discussed include the impact of the pandemic on mental health, community-based interventions, mental health of adolescents and students, and technological innovation in mental health services. Large higher education institutions such as the University of Indonesia, Gadjah Mada University, and Airlangga University play a significant role in encouraging research in this area.

In addition, the involvement of international and national journals shows recognition of the relevance and quality of mental health research in Indonesia at the global level. However, this research also identified several challenges, such as uneven distribution of research, limited attention to certain vulnerable groups such as the elderly and informal workers, and the need for integration of multidisciplinary approaches. In the future, strategies are needed to expand the scope of mental health research to be more inclusive, strengthen collaboration between institutions, and encourage the use of technology to increase access to mental health services. The results of this research can be a reference in formulating more holistic, innovative and sustainable mental health policies in Indonesia.

Research Limitations

This research has several limitations that need to be considered:

1. Limitations of Data Sources
   The data used in this research only comes from openly accessible databases, such as Scopus, PubMed, and Google Scholar. This may ignore articles published in local journals that are not indexed in these databases, so that potential contributions from community-based or small-institution research may be underrepresented.
2. Limited Time Focus
   This research only covers a two-year period (2022-2023). This limits the ability to identify long-term trends that might provide a more holistic picture of developments in mental health research in Indonesia.
3. Lack of Study Quality Analysis
   This research focuses only on the number and distribution of publications, without evaluating the methodological quality or impact of published research. Some articles may have greater scientific significance than others, but this aspect is not reviewed in depth.
4. Limitations of Population Focus

This analysis highlights the dominance of research on certain groups, such as adolescents and students, but is inadequate in uncovering research that focuses on other populations, such as the elderly, people with disabilities, and rural communities.

5. Lack of Socio-Cultural Context
    This research does not fully review the influence of socio-cultural factors on the research results analyzed, even though these factors are very important in understanding the dynamics of mental health in Indonesia.

These limitations can be a concern in further research, with the hope of expanding data coverage, extending the analysis period, and exploring aspects of the quality and relevance of mental health research in Indonesia.

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