

EXPLORING THE RISK FACTORS OF MENTALL ILLNESS THROUGH A BIBLIOMETRIC ANALYSIS

Sri Wahyuni¹, Suharno²

¹ Universitas Muhammadiyah Ahmad Dahlan Cirebon

Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Indeks Massa Tubuh Aktivitas fisik Siklus menstruasi Kesehatan reproduksi Mahasiswawi</p>	<p>Background: Isu kesehatan mental menjadi perhatian seluruh dunia seiring dengan meningkatnya angka penderita gangguan mental. Berbagai factor resiko telah banyak dilaporkan dalam banyak literatur tetapi pemetaan mengenai tren penelitian, tema dan peluang riset mengenai factor resiko gangguan mental ini masih terbatas, maka diperlukan pendekatan bibliometrik untuk mengidentifikasi trend publikasi dan mendapatkan novelty penelitian secara sistematis. Objective: Tujuan dari penelitian ini Adalah untuk menganalisis trend publikasi dan kluster tematik factor resiko penyakit mental melalui network visualization, overlay visualization, and density visualization melalui analisis bibliometric. Methods: Dalam penelitian ini, digunakan analisis bibliometric, Data diidentifikasi melalui pencarian basis data di https://app.dimensions.ai/. Data yang diperoleh kemudian diseleksi menggunakan diagram alur PRISMA. Makalah dibatasi pada tahun publikasi 2022-2025 dan berfokus pada ilmu kesehatan, psikologi, kesehatan masyarakat, psikologi klinis, serta keperawatan. Jenis publikasi yang dipilih hanya artikel, Data dianalisis menggunakan VOSviewer kemudian ditinjau oleh penulis. Results: Analisis dari hasil Network visualization, teridentifikasi terdapat 182 item terbagi dalam 8 clusters dengan 5,645 links dengan total link strength adalah 42,204. Setelah mengidentifikasi clusters, didapatkan bahwa factor resiko penyakit mental adalah dementia, aggressive behavior, childhood trauma, family history, homelessness dan PTSD. Dari overlay visualization, terindikasi bahwa topik terbaru yang banyak diteliti terkait tema ini adalah alcohol consumption, medical condition and mood disorder. dari density visualization, terindikasi bahwa topik yang jarang diteliti terkait faktor risiko penyakit mental adalah social isolation, pregnancy and insomnia. Conclusion: Topik mengenai faktor-faktor risiko penyakit mental merupakan topik yang perlu dikembangkan lebih lanjut di berbagai negara, terutama dengan memilih topik yang low visualization agar dapat memperkaya ragam penelitian pada tema ini. Implikasi: Temuan pemetaan bibliometrik ini memberikan dasar evidens bagi praktik keperawatan dalam upaya promotif, preventif, dan deteksi dini gangguan mental. Identifikasi faktor risiko utama yang didapatkan menegaskan pentingnya skrining komprehensif berbasis faktor risiko dalam praktik keperawatan komunitas, keperawatan jiwa, dan pelayanan primer. Selain itu, temuan mengenai topik yang masih jarang diteliti (social isolation, pregnancy, dan insomnia) menunjukkan peluang bagi perawat untuk mengembangkan intervensi berbasis komunitas, edukasi kesehatan mental, serta program pencegahan yang lebih terarah pada kelompok rentan. Hasil ini juga dapat menjadi dasar pengembangan kurikulum pendidikan keperawatan, panduan praktik berbasis bukti, serta</p>

kebijakan layanan kesehatan mental yang berorientasi pada pencegahan dan manajemen faktor risiko secara holistik.

ABSTRACT

Background: Mental health issues have become a global concern alongside the increasing prevalence of mental disorders worldwide. Various risk factors have been widely reported in the literature; however, mapping research trends, themes, and research opportunities related to mental disorder risk factors remains limited. Therefore, a bibliometric approach is needed to systematically identify publication trends and research novelty. Objective: This study aims to analyze publication trends and thematic clusters of mental disorder risk factors through network visualization, overlay visualization, and density visualization using bibliometric analysis. Methods: This study employed a bibliometric analysis approach in which data were identified through database searches using <https://app.dimensions.ai/>. The retrieved data were screened using the PRISMA flow diagram. Publications were limited to the years 2022–2025 and focused on health sciences, psychology, public health, clinical psychology, and nursing, with only article-type publications included. The data were analyzed using VOSviewer and subsequently reviewed by the authors. Results: Network visualization analysis identified 182 items divided into 8 clusters, with 5,645 links and a total link strength of 42,204. Cluster identification revealed several major mental disorder risk factors, including dementia, aggressive behavior, childhood trauma, family history, homelessness, and PTSD. Overlay visualization indicated that emerging research topics related to this theme include alcohol consumption, medical conditions, and mood disorders. Density visualization showed that underexplored topics related to mental disorder risk factors include social isolation, pregnancy, and insomnia. Conclusion: Research on mental disorder risk factors remains an important area for further development across countries, particularly by focusing on topics with low visualization density to enrich the diversity of research within this field. Implications: The findings of this bibliometric mapping provide evidence-based foundations for nursing practice in promotive, preventive, and early detection efforts for mental disorders. The identification of key risk factors emphasizes the importance of comprehensive risk-based screening in community nursing, mental health nursing, and primary healthcare services. Furthermore, the identification of underexplored topics (social isolation, pregnancy, and insomnia) highlights opportunities for nurses to develop community-based interventions, mental health education, and targeted prevention programs for vulnerable populations. These findings may also serve as a basis for developing nursing education curricula, evidence-based practice guidelines, and mental health service policies oriented toward holistic prevention and risk factor management.

*Corresponding Author: yuyunyuni363@gmail.com
