

## **PENGUKURAN GANGGUAN PENYESUAIAN PADA REMAJA: SEBUAH LITERATURE REVIEW**

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### **INTISARI**

**Latar belakang:** Remaja memiliki kecenderungan untuk mengalami stres berlebih sehubungan dengan perubahan serta kompleksitas hidup yang dialami. Akibat dari stres berlebih tersebut, remaja berisiko mengalami gangguan penyesuaian. Akan tetapi, diagnosis tersebut masih sulit digunakan dalam praktek klinis karena masih adanya perbedaan penegakan diagnosis yang berdampak pada minimnya sumber yang *valid* dan *reliable* untuk mengukur gangguan penyesuaian.

**Tujuan penelitian:** Mengidentifikasi pengukuran-pengukuran gangguan penyesuaian pada remaja sesuai dengan *evidence* terkini.

**Metode:** Penelitian ini merupakan *literature (narrative) review*. *Database* yang digunakan dalam pencarian literatur adalah PubMed, EBSCOhost, dan Cochrane. Kriteria inklusi: dipublikasikan tahun 2009 sampai 2019, ditulis dalam bahasa Inggris, dapat diakses secara utuh, jenis artikel berupa *original research* atau *review*.

**Hasil:** Berdasarkan hasil analisis dari 8 literatur, terdapat dua kategori alat ukur dalam pengkajian gangguan penyesuaian, yaitu panduan wawancara (kualitatif) dan kuesioner *self-report* (kuantitatif). Alat ukur panduan wawancara berupa adaptasi *Life Events and Social History Interview* (LESH) serta kombinasi *Composite International Diagnostic Interview* (CIDI) dan *Structured Interview for Disorders of Extreme Stress* (SIDES), *Structural Clinical Interview for DSM-IV Axis I Disorders* (SCID-I), *Mini International Neuropsychiatric Interview-Kid* (MINI-Kid), dan *Composite International Diagnostic Interview for Oncology* (CIDI-O/khusus pada pasien kanker). Alat ukur dalam bentuk kuesioner *self-report* berupa *Adjustment Disorder New Module* (ADNM) dengan versi ADNM-29, ADNM-20, atau *AJD questionnaire-19*.

**Kesimpulan:** Terdapat empat panduan wawancara dan tiga kuesioner pengukuran gangguan penyesuaian. Belum ada alat ukur yang dijadikan sebagai *gold standard* pengukuran gangguan penyesuaian, khususnya pada remaja. Diperlukan penelitian lebih lanjut untuk mengembangkan alat ukur yang dapat diaplikasikan di Indonesia.

**Kata kunci:** alat ukur, gangguan penyesuaian, remaja

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## **MEASUREMENT OF ADJUSTMENT DISORDERS IN ADOLESCENTS: A LITERATURE REVIEW**

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### **ABSTRACT**

**Background:** Adolescents have a tendency to experience excessive stress due to changes and complexity of life. As a result, they are at risk of experiencing adjustment disorders. However, it is still difficult to use adjustment disorders diagnosis in clinical practice because there are differences in the diagnostic process that results in insufficient valid and reliable sources for measuring adjustment disorders.

**Objective:** To identify the measurement of adjustment disorders in adolescents according to the latest evidence.

**Methods:** This research is a literature (narrative) review. Databases used in literature search were PubMed, EBSCOhost, and Cochrane. Inclusion criteria were articles published from 2009 to 2019, written in English, accessible in full, and in the form of original research or review.

**Results:** Based on the results of the analysis of 8 literatures, there were two categories of instruments for assessing adjustment disorders, namely interview guide (qualitative) and self-report questionnaire (quantitative). The interview guide consisted of the adapted version of Life Events and Social History Interview (LESH), a combination of Composite International Diagnostic Interview (CIDI) and Structured Interview for Disorders of Extreme Stress (SIDES), Structural Clinical Interview for DSM-IV Axis I Disorders (SCID-I), Mini International Neuropsychiatric Interview-Kid (MINI-Kid), and Composite International Diagnostic Interview for Oncology (CIDI-O /specifically in cancer patients). The self-report questionnaire consisted of Adjustment Disorder New Module (ADNM) with versions of ADNM-29, ADNM-20, or AjD questionnaire-19.

**Conclusion:** There are four interview guides and three questionnaires for measuring adjustment disorders discusses in the literatures. There is no instrument used as a gold standard for measuring adjustment disorders, especially in adolescents. However, there are several instruments whose validity and reability can be examined into Indonesian versions. It is necessary to conduct further research to develop instruments applicable in Indonesia.

**Keywords:** instruments, adjustment disorders, adolescents

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