

UJI VALIDITAS DAN RELIABILITAS INSTRUMEN *BODY IMAGE DISTURBANCE QUESTIONNAIRE* (BIDQ) PADA MAHASISWA KEDOKTERAN DI YOGYAKARTA

INTISARI

Latar Belakang: Mahasiswa kedokteran sering dianggap sebagai panutan dan memiliki penampilan yang menarik. Hal itu menimbulkan kecenderungan untuk mementingkan citra tubuh yang ideal. Citra tubuh negatif merupakan faktor risiko terjadinya *body dysmorphic disorder* (BDD). BDD pada mahasiswa kedokteran dapat menurunkan performa akademik dan mempengaruhi profesionalisme, menimbulkan distress berat, penurunan fungsi sosial, kualitas hidup buruk, gangguan psikotik bahkan bunuh diri. Proses pembelajaran mahasiswa kedokteran di era adaptasi kebiasaan baru masa pandemi COVID-19 mengalami perubahan menjadi daring. Penggunaan fitur video saat kuliah daring dapat memperburuk kondisi mental mahasiswa yang memiliki kecenderungan BDD. BDD sering kali tidak dikenali dan tidak terdiagnosis. Oleh karena itu, diperlukan instrumen guna skrining kecenderungan BDD. *Body Image Disturbance Questionnaire* (BIDQ) merupakan salah satu instrumen yang dianggap lebih superior untuk skrining BDD dan dapat digunakan pada *setting* klinis maupun non-klinis sehingga perlu dinilai validitas dan reliabilitasnya untuk digunakan di Indonesia.

Tujuan: Penelitian ini bertujuan untuk mengetahui validitas dan reliabilitas instrumen BIDQ guna menilai kecenderungan BDD pada mahasiswa kedokteran.

Metode: Penelitian ini adalah penelitian non eksperimental dengan rancangan *cross sectional*. Subjek penelitian adalah mahasiswa S1 Fakultas Kedokteran Universitas Islam Indonesia, Yogyakarta (n=116). Uji validitas isi menggunakan *pearson product moment* dan uji validitas konstruk menggunakan *confirmatory factor analysis* (CFA). Uji reliabilitas dengan menghitung nilai *internal consistency* berdasarkan *cronbach alpha*.

Hasil: Hasil uji korelasi *Pearson Product Moment* menunjukkan bahwa semua *item* memiliki *r* hitung (0,686-0,859) lebih dari *r* tabel ($r > 0,182$). Nilai *loading factor* pada seluruh *item* $> 0,4$ (0,710-0,861). Hasil uji reliabilitas konsistensi internal instrumen BIDQ didapatkan nilai *cronbach alpha* 0,892.

Kesimpulan: BIDQ versi Indonesia adalah instrumen yang valid dan reliabel untuk menilai kecenderungan *body dysmorphic disorder* pada mahasiswa kedokteran.

Kata kunci: kecenderungan *body dysmorphic disorder*, *body image disturbance questionnaire*, mahasiswa kedokteran, skrining

**VALIDITY AND RELIABILITY TEST OF
BODY IMAGE DISTURBANCE QUESTIONNAIRE (BIDQ)
IN MEDICAL STUDENTS IN YOGYAKARTA**

ABSTRACT

Background: Medical students are often seen as role models and having an attractive appearance. This gives rise to a desire to prioritize ideal body image. Negative body image is a risk factor for body dysmorphic disorder (BDD). BDD in medical students can reduce academic performance, affect professionalism, cause severe distress, reduce social functioning and quality of life, cause psychotic disorders, and even lead to suicide. The learning process in schools, including medical schools, in the new normal era due to the COVID-19 pandemic is carried out completely online. The use of video features during online lectures can worsen the mental condition of students with BDD tendency. BDD often goes unrecognized and undiagnosed. Therefore, an instrument for screening for BDD inclination is needed. The Body Image Disturbance Questionnaire (BIDQ) is one of the instruments considered superior for BDD screening and can be used in both clinical and non-clinical settings so that this instrument needs to be measured for its validity and reliability for use in Indonesia.

Objective: This study aims to measure the validity and reliability of the BIDQ instrument in order to assess the BDD tendency in medical students.

Method: This research was a non-experimental study with a cross sectional design. The research subjects were undergraduate students at the Faculty of Medicine, Islamic University of Indonesia, Yogyakarta ($n = 116$). Validity was tested using the Pearson Product Moment and construct validity was measured using confirmatory factor analysis (CFA). Reliability was tested by calculating the internal consistency value based on Cronbach alpha.

Result: The result of correlation test using Pearson Product Moment showed that all items had r count of 0.686-0.859, or higher than r table ($r > 0.182$). The loading factor value on all items was > 0.4 (0.710-0.861). The results of the internal consistency reliability test of the BIDQ instrument produced a Cronbach alpha value of 0.892.

Conclusion: The Indonesian version of the BIDQ is a valid and reliable instrument for assessing the tendency of body dysmorphic disorder in medical students in Indonesia.

Keywords: tendency of body dysmorphic disorder, body image disturbance questionnaire, medical students, screening