

UJI VALIDITAS DAN RELIABILITAS INSTRUMEN KECEMASAN ANAK (SCARED) PADA SISWA SEKOLAH DASAR KEDUNGSARI 5 MAGELANG

INTISARI

Latar Belakang: Gangguan cemas menempati urutan ke 9 penyebab *Disability Adjusted Life Years* (DALYs) yang dapat memiliki efek jangka panjang. Gangguan cemas dapat terjadi di semua usia namun dikatakan dimulai pada masa kanak. Gangguan cemas anak mempunyai 3.3 % beban penyakit global. Pandemi Covid-19 menyebabkan stressor yang dapat memicu gangguan cemas pada anak terkait perubahan pembelajaran, pembiasaan perilaku baru, penyakit COVID-19 sendiri dan faktor-faktor lain. Penelitian menunjukkan adanya peningkatan kecemasan pada anak selama pandemi COVID 19. Deteksi gangguan cemas pada anak perlu dilakukan secara dini sehingga dapat terhindar dari efek jangka panjangnya. *Screen for Children Anxiety Related Emotion Disorder* (SCARED) merupakan instrumen multi informan yang dianggap baik sebagai skrining gangguan cemas pada anak, prosedur penegakan diagnosis dan evaluasi terapi sehingga perlu dinilai validitas dan reliabilitasnya agar bisa digunakan di Indonesia.

Tujuan: Penelitian ini bertujuan menguji validitas dan reliabilitas instrumen Kecemasan Anak *Screen for Child anxiety related Emotion Disorder* (SCARED) dalam Bahasa Indonesia untuk mengukur kecenderungan Gangguan Cemas anak.

Metode: Penelitian ini merupakan penelitian non eksperimental dengan rancangan *cross sectional*. Subjek penelitian adalah siswa Sekolah dasar Negeri Kedungsari 5 Magelang (n=220). Uji validitas isi menggunakan *Pearson product moment* dan uji validitas konstruk menggunakan *Confirmatory Factor Analysis* (CFA). Uji Kesejajaran dengan RCMAS dengan korelasi Pearson dan penentuan cut off menggunakan *receiver operator curve* (ROC). Uji reliabilitas dengan menghitung nilai *Cronbach alpha*.

Hasil : Hasil uji validitas konstruk dengan uji korelasi *Pearson's Product Moment* menunjukkan bahwa semua item SCARED versi anak memiliki r hitung (0,219-0,609) dan SCARED versi orangtua memiliki r hitung (0,200-0,615) dimana keduanya lebih dari r tabel ($r > 0,132$). Analisis faktor menunjukkan kesuluruhan konstruk instrumen anak yaitu 42,7% dan versi orangtua yaitu 46,64%. Terdapat kesejajaran dengan RCMAS dengan r 0,640 dan $p < 0,001$ dan kesejajaran SCARED anak dengan orang tua yaitu r 0,290 dan $p < 0,001$. Berdasarkan nilai koordinat kurva ROC didapatkan nilai cut off pada total skor 34.5 dengan nilai sensitivitas 74% dan spesifisitas 88,6% hasil uji realibilitas konsistensi internal instrumen SCARED versi anak didapatkan nilai *Cronbach's alpha* yaitu 0.901 dan SCARED versi orangtua nilai *Cronbach's alpha* yaitu 0.891

Kesimpulan: SCARED versi Indonesia merupakan instrument yang valid dan reliabel untuk menilai kecendrungan gangguan cemas anak pada siswa Sekolah Dasar

Kata kunci: *children anxiety, screen for anxiety related emotion disorder, instrumen skrining.*

**TEST OF VALIDITY AN REALIABILITY INSTRUMENT CHILD
ANXIETY (SCARED) IN ELEMENTARY STUDENT OF *SEKOLAH
DASAR NEGERI KEDUNGSARI 5 MAGELANG***

ABSTRACT

Background: Anxiety disorders rank the 9th cause of Disability Adjusted Life Years (DALYs) which can have long-term effects. Anxiety disorders can occur at any age but are said to begin in childhood. Child anxiety disorders account for 3.3% of the global disease burden. The Covid-19 pandemic causes stressors that can trigger anxiety disorders in children related to changes in learning, habituation of new behaviors, COVID-19 disease itself and other factors. Research shows an increase in children's anxiety during the COVID-19 pandemic. Detection of anxiety disorders in children needs to be done early so that it can avoid its long-term effects. Screen for Children Anxiety Related Emotion Disorder (SCARED) is a multi-informant instrument that is considered good for screening for anxiety disorders in children, diagnostic procedures and evaluation of therapy, so it is necessary to assess its validity and reliability so that it can be used in Indonesia.

Objective: This study aims to test the validity and reliability of Screen for Child Anxiety related Emotion Disorder (SCARED) instrument in Indonesian to measure the tendency of children's Anxiety Disorders.

Methods : This research is a non-experimental study with a cross-sectional design. The research subjects were students of Sekolah Dasar Negeri Kedungsari 5 Magelang (n=220). Content validity test using Pearson product moment and construct validity test using Confirmatory Factor Analysis (CFA). Concurrent test with RCMAS using Pearson correlation. Cut off determination using receiver operator curve (ROC). Reliability test by calculating the value of Cronbach alpa

Result : The results of content validity test with the Pearson's Product Moment correlation test showed that all children's version of SCARED items had r counts (0.219-0.609) and parents' versions of SCARED had r counts (0.200-0.615) where both were more than r tables ($r > 0.132$). Factor analysis showed that the overall construct of the child's instrument was 42.7% and the parent's version is 46.64%. There were concernment with the RCMAS with r 0.640 and $p < 0.001$ and the SCARED children version concurrent with parent version (r 0.290 and $p < 0.001$). Based on the coordinates of the ROC curve, the cut off value was obtained at a total score of 34.5 with a sensitivity value of 74% and a specificity of 88.6%. Internal consistency reliability test of SCARED child version obtained the Cronbach's alpha value of 0.901 and the parent version the Cronbach's alpha value of 0.891

Conclusion: The Indonesian version of SCARED is a valid and reliable instrument to assess the tendency of children's anxiety disorders in elementary school students

Keywords: children anxiety, screen for anxiety related emotion disorder, screening.