

**UJI PSIKOMETRI: VALIDITAS DAN RELIABILITAS**  
**INSTRUMEN PENGKAJIAN KUALITAS TIDUR**  
***RICHARD-CAMPBELL SLEEP QUESTIONNAIRE* VERSI BAHASA**  
**INDONESIA (RCSQ-ID) PADA PASIEN KRITIS**

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**INTISARI**

**Latar Belakang:** Pasien kritis memerlukan alat pengkajian kualitas tidur yang valid sekaligus reliabel. *Richard-Campbell Sleep Questionnaire* (RCSQ) memiliki domain-domain kualitas tidur yang dapat mengkaji kualitas tidur pada pasien kritis tetapi adaptasi budaya dan uji psikometri instrumen RCSQ versi Bahasa Indonesia belum dilakukan.

**Tujuan:** Untuk melakukan proses adaptasi budaya dan uji psikometri instrumen RCSQ ke dalam versi Bahasa Indonesia pada pasien kritis.

**Metode:** Adaptasi budaya menggunakan metode Beaton dan uji psikometri RCSQ melibatkan 111 pasien di ruang perawatan kritis yang meliputi uji validitas muka, isi, dan konstruk, serta uji reliabilitas konsistensi internal dan tes ulang.

**Hasil:** Instrumen RCSQ-ID tidak mengalami perubahan substansi. Penyesuaian diksi terdapat pada item 1 dan 2, yaitu penggunaan diksi “nyenyak” dan “terjaga/bangun sepanjang malam” serta adanya modifikasi visualisaasi instrumen. Instrumen RCSQ-ID memiliki nilai validitas muka (96,7%), validitas isi (I-CVI dan S-CVI 1,000), validitas konstruk  $pearson=0,763-0,887$ , indikator CFA=*good fit* ( $Chi-square/df=1,474$ ; RMSEA=0,066; CFI=0,999; GFI=0,995; AGFI=0,919; NFI=0,996; TLI=0,986), dan nilai muatan faktor=0,647-0,899, reliabilitas konsistensi internal (*Cronbach alpha*=0,888), dan reliabilitas tes ulang (ICC=0,822-0,890).

**Kesimpulan:** RCSQ-ID memiliki validitas, reliabilitas, dan kesesuaian model yang baik sehingga dapat diterapkan pada pasien kritis di Indonesia, baik pada pasien non-intubasi atau pasien terintubasi dengan sedasi ringan.

**Kata kunci:** pasien kritis, perawatan kritis, uji psikometri, RCSQ, kualitas tidur.

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**PSYCHOMETRIC TEST: VALIDITY AND RELIABILITY OF  
SLEEP QUALITY ASSESSMENT TOOL  
RICHARD-CAMPBELL SLEEP QUESTIONNAIRE INDONESIAN  
VERSION (RCSQ-ID) IN CRITICALLY ILL PATIENTS**

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**ABSTRACT**

**Background:** Critically ill patients require a valid and reliable sleep quality assessment tool. The Richard Campbell Sleep Questionnaire (RCSQ) The Richard-Campbell Sleep Questionnaire (RCSQ) has sleep quality domains that can assess sleep quality in critically ill patients. However, the cultural adaptation process and psychometric testing to the Indonesian Version (RCSQ-ID) are unavailable.

**Objective:** This study aimed to do a cultural adaptation process and investigate the psychometric testing of the RCSQ-ID for critically ill patients.

**Method:** Cultural adaptation using the Beaton method and psychometric testing of the RCSQ instrument involving 111 patients in critical care rooms which includes face, content and construct validity tests, as well as internal consistency and test-retest reliability tests.

**Results:** The RCSQ-ID instrument had not substantive changes. Diction adjustments were found in items 1 and 2 by using diction "quiet" and "awake/up all night" as well as modifications to the visualization of the instrument. The RCSQ-ID instrument has face validity (96.7%), content validity (I-CVI and S-CVI 1.000), Pearson construct validity=0.763-0.887, CFA indicator=good fit (Chi-square/df=1.474; RMSEA=0.066; CFI=0.999; GFI=0.995; AGFI=0.888; and test-retest reliability (ICC =0.822-0.890).

**Conclusion:** The RCSQ-ID instrument has good validity, reliability and good fit model. Hence, it can be implemented for critically ill patients in Indonesia, both non-intubated patients and intubated patients with light sedation.

**Keywords:** critically ill patients, critical care, psychometric tests, RCSQ, sleep quality.

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