

ABSTRAK

Latar Belakang: Calon jamaah haji lanjut usia termasuk kategori jamaah haji berisiko tinggi, syarat bisa berangkat haji apabila memenuhi status *istithaah* kesehatan. Saat ini tidak dilakukan skrining status *istithaah* kesehatan oleh karena belum ada instrumen skrining. Dibutuhkan instrumen skrining *istithaah* kesehatan yang sederhana, mudah, dapat dikerjakan secara mandiri oleh calon jamaah haji.

Tujuan: Penelitian ini bertujuan mendapatkan instrumen *geriatric hajj early screening* (GHES) untuk deteksi dini *istithaah* kesehatan pada calon jamaah haji lanjut usia.

Metode: Jenis penelitian non eksperimen, desain *research and development* dilakukan dalam dua tahapan. Pengembangan instrumen GHES melalui literatur review untuk mendapatkan domain, indikator, dan item. Instrumen GHES dilakukan uji validitas isi dengan pengukuran CVI dan CVR, validitas muka dengan nilai kesepakatan ahli, uji reliabilitas dengan *Cronbach alpha*, dan korelasi item-item yang menyusun indikator dan domain dengan uji *product moment*. Uji korelasi skor GHES dan *istithaah* kesehatan dengan uji *chi square*, mengukur nilai korelasi, *odd ratio* (OR) dan *p value*, dilanjutkan dengan mengukur nilai sensitivitas, spesifitas, ROC, dan luas kurva AUC untuk mengetahui akurasi GHES terhadap status *istithaah* kesehatan calon jamaah haji lanjut usia.

Hasil: Tersusun instrumen GHES yang terdiri dari 4 domain: bio-psiko-sosio-spiritual, 10 indikator: iman, Islam, ihsan, dukungan sosial/interaksi, gaya hidup, depresi, kognitif, fungsional, instrumental, fisiologi dan 32 item. Instrumen GHES memiliki nilai validitas baik, semua *r* hitung > 0,320 (*r* table) dengan *p* < 0,05 dan reliabilitas 0,939 (tinggi). Setiap item memiliki korelasi signifikan dengan indikator, nilai *p* < 0,05. Korelasi GHES dengan *istithaah* kesehatan *r*=19,957 OR=5,353 *p*=0,001 CI=2,470-11,603. *Cut off point* GHES 78,5 dengan sensitivitas 72,8% dan spesifitas 66,7%. Nilai ROC sebesar 0,736 95% CI (0,647 - 0,826), yang berarti bahwa instrumen GHES memiliki kinerja cukup baik untuk mengukur *istithaah* kesehatan jamaah haji.

Simpulan: Instrumen GHES mempunyai validitas, reliabilitas, sensitivitas, dan spesifitas yang baik. Instrumen GHES valid, handal dan layak digunakan untuk deteksi dini *istithaah* kesehatan pada calon jamaah haji lanjut usia.

Kata kunci: lanjut usia, haji, skrining, instrumen, *istithaah*, kesehatan

ABSTRACT

Background: Senior citizens who are considering making the Hajj are considered high-risk individuals, and they must be in good health in order to travel. Since there is currently no screening tool available, there is no health status screening for istithaah. A straightforward, user-friendly tool for assessing istithaah health is required, one that potential pilgrims can complete on their own.

Objective: This study aims to develop the Geriatric Hajj Early Screening (GHES) instrument for early detection of health istithaah in elderly hajj pilgrims.

Method: The type of research is non-experimental, and the research and development design was carried out in two stages. Development of the GHES instrument through the synthesis of domains, indicators, and items with a literature review. GHES instrument involved content validity testing through the measurement of CVI and CVR, face validity with expert agreement values, reliability testing with Cronbach's alpha, and the correlation of items constituting indicators and domains using the product moment test. Testing the correlation between GHES scores and health istithaah using chi-square test, measuring correlation values, odds ratio (OR), and *p*-value, followed by measuring sensitivity, specificity, ROC, and AUC curve area to determine the accuracy of GHES regarding the health istithaah status of elderly hajj pilgrims.

Results: The GHES instrument was developed, consisting of 4 domains: bio-psycho-socio-spiritual, 10 indicators: iman, Islam, ihsan, social support/interactions, lifestyle, depression, cognitive, functional, instrumental, physiology, and 32 items. The GHES instrument has good validity, with all *r* calculated > 0.320 (*r* table) with $p < 0.05$ and reliability of 0.939. (high). Each item has a significant correlation with the indicator value $p < 0.05$. Cut-off point GHES 78.5 with a sensitivity of 72.8% and a specificity of 66.7%. The ROC value is 0.736, 95% CI (0.647 - 0.826), which means that the GHES instrument has a fairly good performance regarding the health eligibility of pilgrims.

Conclusion: The GHES instrument has good validity, reliability, sensitivity, and specificity. The GHES instrument is valid, reliable, and suitable for early detection of health istithaah in elderly hajj pilgrims.

Key words: elderly, hajj, screening, instrument, health, istithaah