

**Modifikasi *Revised Champion's Health Belief Model Scale*
untuk Pemeriksaan Payudara Sendiri (SADARI)**

Resti Wahyuni¹, Diana Setiyawati²

¹Magister Psikologi, Universitas Gadjah Mada

²Fakultas Psikologi, Universitas Gadjah Mada

¹restiwahyn@gmail.com, ²diana@ugm.ac.id

Abstract. This study aims to modify Health Belief Model (HBM)-based instrument to measure Indonesian women's perceptions and beliefs regarding breast cancer and early detection methods, specifically Breast Self-Examination (BSE). The instrument was developed to understand the low participation of women in early breast cancer detection within the HBM theoretical framework. Data were collected from 356 Indonesian women aged 20 years and older and analyzed to evaluate the psychometric properties of the modified instrument. The final version of the instrument consists of 21 items, divided equally into three main constructs: perceived susceptibility, perceived benefits, and perceived barriers, with seven items each. The results demonstrated good validity, including content validity, internal structure validity, and concurrent validity, as well as satisfactory reliability.

Keywords: *Scale Modification, Health Belief Model, Breast Cancer, Breast Self-Examination (BSE), Psychometric Properties*

Abstrak. Penelitian ini bertujuan untuk memodifikasi alat ukur Health Belief Model (HBM) guna mengukur persepsi dan keyakinan wanita Indonesia terhadap kanker payudara serta metode deteksi dini berupa Pemeriksaan Payudara Sendiri (SADARI). Alat ukur ini dikembangkan untuk memahami rendahnya partisipasi wanita dalam melakukan deteksi dini kanker payudara berdasarkan kerangka teori HBM. Data dikumpulkan dari 356 wanita Indonesia berusia minimal 20 tahun dan dianalisis untuk mengevaluasi properti psikometri alat ukur hasil modifikasi. Versi final alat ukur terdiri dari 21 item, yang masing-masing mencakup tujuh item pada tiga konstruk utama: perceived susceptibility, perceived benefits, dan perceived barriers. Hasil analisis menunjukkan bahwa alat ukur ini memiliki validitas yang baik, meliputi validitas isi, validitas struktur internal, dan validitas konkuren, serta reliabilitas yang memuaskan.

Kata Kunci: *Modifikasi Alat Ukur, Health Belief Model, Kanker Payudara, Pemeriksaan Payudara Sendiri (SADARI), Properti Psikometri*