

INTISARI

Latar Belakang: Depresi postpartum (PPD) sering tidak disadari akibat rendahnya pengetahuan ibu. Oleh karena itu, penting untuk menilai pengetahuan ibu mengenai depresi pasca persalinan. Instrumen *Postpartum Depression Knowledge, Attitude, and Prevention Behaviors Questionnaire* (PPD KAPB-Q) dapat digunakan untuk menilai pengetahuan, sikap, dan perilaku (KAB) ibu nifas terkait PPD, namun belum diadaptasi dan diuji secara psikometrik di Indonesia.

Tujuan Penelitian: Penelitian ini bertujuan untuk menerjemahkan, mengadaptasi, dan memvalidasi instrumen PPD KAPB-Q versi Bahasa Indonesia pada ibu postpartum di Indonesia.

Metode: Penelitian ini menggunakan pendekatan *cross-cultural adaptation* dalam tujuh tahap sesuai pedoman Sousa & Rojjanasrirat (2011): *forward translation* oleh dua penerjemah dari Bahasa Mandarin ke Bahasa Indonesia; *synthesis I* bersama *proofreader*; *blind back translation* oleh dua penerjemah berbeda; *synthesis II* oleh peneliti dan penerjemah tahap ketiga; *pilot testing* pada 15 ibu postpartum untuk menilai kejelasan item; dan *full psychometric testing* pada 120 ibu postpartum dari enam puskesmas di Kota Yogyakarta. Validitas konstruk dianalisis menggunakan *Confirmatory Factor Analysis* (CFA), dan reliabilitas diuji dengan *Cronbach's Alpha*.

Hasil: Proses translasi dan adaptasi berjalan lancar meskipun tidak sepenuhnya mengikuti pedoman karena keterbatasan penerjemah yang sesuai kualifikasi. Beberapa penyesuaian redaksi dilakukan untuk meningkatkan kejelasan dan kesesuaian budaya tanpa mengubah makna asli item. Dari 29 item kuesioner, sebanyak 26 item dinyatakan valid dengan *factor loading* > 0,5 dan reliabel dengan nilai Cronbach's Alpha sebesar 0,887. Model kedua yang hanya mencakup 26 item menunjukkan kesesuaian model yang lebih baik berdasarkan indikator *goodness of fit* (GFI = 0,943; AGFI = 0,932; RMR = 0,060; NFI = 0,917).

Kesimpulan: Instrumen PPD KAPB-Q versi Bahasa Indonesia dengan 26 item lebih direkomendasikan untuk digunakan sebagai alternatif menilai KAB ibu nifas terhadap PPD di Indonesia. Penelitian selanjutnya disarankan untuk mengikuti proses penerjemahan secara lebih ketat sesuai pedoman yang berlaku, serta melakukan re-evaluasi terhadap tiga item yang belum valid agar dapat meningkatkan kualitas instrumen secara keseluruhan.

Kata Kunci: Depresi postpartum, pengetahuan, sikap, perilaku, penerjemahan, validasi.

ABSTRACT

Background: Postpartum depression (PPD) often goes unrecognized due to mothers' limited knowledge. Therefore, assessing maternal knowledge regarding postpartum depression is crucial. The Postpartum Depression Knowledge, Attitude, and Prevention Behaviors Questionnaire (PPD KAPB-Q) is a potential tool to evaluate postpartum mothers' knowledge, attitudes, and preventive behaviors (KAP) related to PPD. However, this instrument has not yet been culturally adapted or psychometrically tested in Indonesia.

Objective: This study aimed to translate, culturally adapt, and validate the Indonesian version of the PPD KAPB-Q among postpartum mothers in Indonesia.

Methods: A cross-cultural adaptation approach was applied, following the seven steps outlined by Sousa & Rojjanasrirat (2011): forward translation by two independent translators from Mandarin to Indonesian; synthesis I involving a proofreader; blind back-translation by two different translators; synthesis II involving the researcher and a third translator; pilot testing with 15 postpartum mothers to assess item clarity; and full psychometric testing involving 120 postpartum mothers recruited from six community health centers in Yogyakarta. Construct validity was analyzed using Confirmatory Factor Analysis (CFA), and internal consistency was measured using Cronbach's Alpha.

Results: The translation and adaptation process was completed successfully, although not entirely aligned with the guidelines due to limited availability of qualified translators. Minor editorial adjustments were made to improve clarity and cultural relevance without altering the original meaning of the items. Of the 29 items, 26 were found to be valid (factor loadings > 0.5) and reliable (Cronbach's Alpha = 0.887). The revised model with 26 items demonstrated better model fit based on the following indices: GFI = 0.943; AGFI = 0.932; RMR = 0.060; NFI = 0.917.

Conclusion: The Indonesian version of the KAPB-Q PPD instrument with 26 items is more recommended for use as an alternative to assess postpartum mothers' knowledge, attitudes, and preventive behaviors toward PPD. Future studies are recommended to adhere more strictly to established translation guidelines and to re-evaluate the three items that did not meet validity criteria to enhance the overall quality of the instrument.

Keywords: Postpartum depression, knowledge, attitude, behavior, translation, validation.