

ABSTRAK

Translasi, Adaptasi, dan Validasi ACL-QoL (Anterior Cruciate Ligament - Quality of Life) Score ke Bahasa Indonesia

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Pendahuluan. *Anterior Cruciate Ligament* (ACL) merupakan ligamen lutut yang paling sering mengalami cedera. Instrumen seperti skor ACL-QoL, KOOS, dan SF-36 telah digunakan untuk menilai kualitas hidup pasien dengan cedera ACL, namun semuanya berbasis populasi Barat. Validasi ke dalam bahasa lokal terbukti meningkatkan akurasi penilaian. Walaupun skor ACL-QoL sudah tersedia dalam beberapa bahasa, namun belum tersedia dalam versi bahasa Indonesia. Oleh karena itu, diperlukan penerjemahan dan validasi skor ACL-QoL agar tersedia instrumen yang relevan secara budaya dan dapat digunakan dalam praktik klinis maupun penelitian di Indonesia.

Metode. Studi *cross-sectional* dilakukan di RSUP Dr. Sardjito dengan 155 responden. Data dikumpulkan melalui wawancara dan pengisian kuesioner, kemudian dianalisis menggunakan koefisien *Cronbach's Alpha* untuk uji reliabilitas serta *face validity* untuk uji validitas.

Hasil. Penelitian melibatkan 155 subjek dengan rata-rata usia 28,4 tahun, BMI 24,2, dan skor nyeri VAS 2. Mayoritas partisipan adalah laki-laki, lulusan SMA, dengan cedera paling sering akibat jatuh terpeleset dan cedera olahraga. Uji *face validity* menunjukkan bahwa seluruh item kuesioner dinilai jelas dan mudah dipahami oleh responden, sehingga kuesioner memiliki *face validity* yang baik. Skor ACL-QoL versi Indonesia menunjukkan reliabilitas yang sangat tinggi (*Cronbach's Alpha* = 0,978) dengan seluruh item memiliki konsistensi internal dan korelasi yang memadai.

Pembahasan. Hasil penelitian menunjukkan bahwa skor ACL-QoL versi Indonesia memiliki reliabilitas sangat tinggi dan seluruh item konsisten dalam mengukur kualitas hidup pasien cedera ACL. Skor tertinggi terdapat pada domain *symptoms and physical complaints* serta *work-related concerns*, sedangkan skor terendah pada *recreation and sport participation* dan *social and emotional aspects*. Setiap item berkorelasi dengan baik, dan tidak ada item yang perlu dihapus. Instrumen ini sesuai digunakan pada populasi Indonesia dengan relevansi klinis pada aspek aktivitas fisik dan psikososial pasien.

Kesimpulan. Translasi skor ACL-QoL merupakan skor fungsional yang valid dan reliabel untuk pasien dengan cedera ACL yang telah disesuaikan secara khusus untuk populasi Indonesia.

Kata kunci. Ligamen Anterior Krusiatum, ACL-QoL, Kualitas Hidup, Translasi, Validasi.

ABSTRACT

Translation, Adaptation, and Validation of ACL-QoL (Anterior Cruciate Ligament - Quality of Life) Score to Indonesian

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Introduction. *The Anterior Cruciate Ligament (ACL) is the knee ligament most frequently injured. Instruments such as ACL-QoL score, KOOS, and SF-36 have been used to assess patients' quality of life, but all of them are based on Western populations. Cross-cultural validation has been shown to improve accuracy, and although ACL-QoL score is available in several languages, but there is no Indonesian version available yet. Therefore, translation and validation to Indonesian are needed to provide a culturally relevant tool applicable in both clinical practice and research.*

Methods. *A cross-sectional study was conducted at Dr. Sardjito General Hospital with 155 participants. Data were collected through interviews and questionnaire completion, and subsequently analyzed using Cronbach's Alpha coefficient for reliability testing and face validity for validity assessment.*

Results. *The study involved 155 participants with mean age of 28.4 years, BMI of 24.2, and VAS pain score of 2. Most participants were male, high school graduates, with injuries primarily due to slipping and sports injury. Face validity testing indicated that all questionnaire items were clear and easily understood, suggesting good face validity. The Indonesian version of ACL-QoL score demonstrated very high reliability (Cronbach's Alpha = 0.978), with all items showing adequate internal consistency and correlations.*

Discussion. *The study showed that the Indonesian version of ACL-QoL score demonstrated very high reliability, with all items consistently measuring the quality of life of patients with ACL injury. The highest scores were found in the Symptoms and physical complaints domain and Work-related concerns domain. While the lowest were found in Recreation and sport participation domain and Social and emotional aspects domain. Every item is well correlated and there is no item need to be deleted. This instrument is appropriate for use in the Indonesian population, with clinical relevance particularly in Physical activity and psychosocial aspects domain.*

Conclusion. *The ACL-QoL score translation is a valid and reliable functional score for patients with ACL injuries that has been specifically adapted for the Indonesian population.*

Keywords. *Anterior Cruciate Ligament, ACL-QoL, Quality of Life, Translation, Validation.*