

UJI VALIDITAS DAN RELIABILITAS INSTRUMEN *FAMILY COPING QUESTIONNAIRE (FCQ)* PADA *FAMILY CAREGIVER* PASIEN SKIZOFRENIA DI RSJ GRHASIA DIY

INTISARI

Latar belakang Penilaian strategi koping *family caregiver* membantu tenaga profesional kesehatan dalam merancang psikoedukasi maupun intervensi lainnya. Beberapa instrumen telah dikembangkan untuk menilai strategi koping, tetapi belum banyak instrumen koping yang dikembangkan berdasarkan penyakit maupun populasi tertentu. *Family Coping Questionnaire (FCQ)* dikembangkan secara spesifik untuk mengeksplorasi strategi koping pada keluarga pasien skizofrenia. Namun, FCQ belum divalidasi ke dalam bahasa Indonesia sehingga belum diketahui validitas dan reliabilitasnya.

Tujuan Untuk mengetahui validitas dan reliabilitas instrumen *Family Coping Questionnaire (FCQ)* versi Indonesia.

Metode Penelitian ini merupakan penelitian analitik observasional dengan rancangan *cross-sectional*. Subyek penelitian ini adalah *family caregiver* pasien skizofrenia di bagian rawat jalan psikiatri RSJ Grhasia DIY. Instrumen yang diteliti adalah *Family Coping Questionnaire (FCQ)*. Uji validitas meliputi uji validitas isi, konstruk, dan kesejajaran. Uji reliabilitas dengan menghitung nilai *internal consistency* berdasarkan *Cronbach alpha*.

Hasil Hasil uji validitas konstruk dengan korelasi *Pearson Product Moment* menunjukkan bahwa semua *item* memiliki r hitung lebih dari r tabel ($r > 0,193$). Analisis faktor menunjukkan bahwa kesebelas faktor menjelaskan 64,518% dari keseluruhan konstruk instrumen FCQ. Hasil uji validitas kesejajaran dengan kriteria *Brief COPE* menunjukkan r hitung (0,833) lebih dari r tabel (0,193). Hasil uji reliabilitas konsistensi internal instrumen FCQ didapatkan nilai *Cronbach's alpha* 0,805.

Kesimpulan *Family Coping Questionnaire (FCQ)* versi Indonesia valid dan reliabel dalam menilai strategi koping *family caregiver* pasien skizofrenia.

Kata kunci : koping – keluarga – pengasuh – validitas – reliabilitas

**TEST OF VALIDITY AND RELIABILITY INSTRUMENTS FAMILY
COPING QUESTIONNAIRE (FCQ) ON FAMILY CAREGIVER
OF SCHIZOPRENIA PATIENT IN MENTAL HOSPITAL
GRHASIA SPECIAL REGION OF YOGYAKARTA**

ABSTRACT

Background Assessment of family caregiver coping strategy helps health professionals in designing psycho-education and other interventions. Several instruments have been developed to assess coping strategies, but few coping instruments have been developed based on specific diseases or populations. Family Coping Questionnaire (FCQ) was developed specifically to explore coping strategies in families of schizophrenic patients. However, FCQ has not been validated into Indonesian so it has not known the validity and reliability.

Objective To find out the validity and reliability of the Indonesian version of the Family Coping Questionnaire (FCQ) instrument.

Methods This was an observational analytic study with cross-sectional design. The subject of this study is family caregiver schizophrenia patients in the outpatient psychiatric RSJ Grhasia DIY. The instrument under study is Family Coping Questionnaire (FCQ). Validity test includes content, construct, and concurrent validity test. Reliability test by calculating the internal consistency value based on Cronbach's alpha.

Results The result of construct validity test with Pearson Product Moment correlation shows that all items have r count more than r table ($r > 0.193$). Factor analysis shows that the eleven factors account for 64.518% of the overall FCQ instrument construct. Result of concurrent validity test with criteria of Brief COPE show r count (0.833) more than r table (0.193). FCQ instrument internal consistency reliability test results obtained Cronbach's alpha value 0.805.

Conclusion Indonesian version of Family Coping Questionnaire (FCQ) is valid and reliable in assessing the family caregiver coping strategy of schizophrenic patients.

Keywords : coping – family – caregiver – validity – reliability