Uji Validitas dan Reliabilitas Instrumen Cyberchondria Severity Scale untuk Menilai Kecemasan Terhadap Kesehatan Fisik Akibat Internet pada Mahasiswa Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada di Yogyakarta

INTISARI

Latar Belakang:
Cyberchondria adalah istilah baru untuk menggambarkan kecemasan terhadap kesehatan akibat informasi internet. Penelitian tentang *cyberchondria* terbatas karena hanya sedikit instrumen untuk menilai fenomena ini. Sebagian besar instrumen yang mengukur kecemasan tidak mempertimbangkan perilaku berinternet sebagai faktor penting. *Cyberchondria severity scale* (CSS) terdiri dari 33 *item* untuk mengukur beberapa aspek *cyberchondria*, yaitu kompulsi, distress, akses berlebihan, keperluan untuk dukungan pendapat, dan ketidakpercayaan pada petugas medis. Mahasiswa kedokteran sering dianggap memiliki kecemasan terhadap kesehatan karena proses belajar kedokteran ("*Medical student syndrome*"). Bukti penelitian terkait kecemasan tentang kesehatan pada mahasiswa masih terbatas, namun tidak diragukan bahwa populasi mahasiswa menerima informasi dalam jumlah besar. Penelitian bertujuan untuk menentukan apakah instrumen CSS versi bahasa Indonesia valid dan reliabel untuk digunakan pada mahasiswa kedokteran.
Metode Penelitian:
Seluruh mahasiswa kedokteran program reguler tahun pertama yang bersedia mengikuti penelitian menjadi responden dan mengisi instrumen *self-report* CSS dan *General Health Questionnaire* 12 *items* (GHQ12). Responden dengan nilai GHQ12 6 atau lebih dieksklusi untuk menghindari kesalahan pelaporan karena *distress* atau kemungkinan masalah jiwa berat. Validitas dianalisis dengan uji *Pearson's product moment* dan *Confirmatory factor analysis*. Reliabilitas diuji dengan *Cronbach's alpha*.
Hasil:
129 subyek memenuhi kriteria inklusi dan tidak memenuhi kriteria eksklusi, terdiri dari 43 laki-laki dan 86 perempuan. Rata-rata umur 18.15 tahun +- 0.686. Didapatkan bahwa 30 *item* CSS berkorelasi signifikan dengan skor total CSS (r=0.357-0.673), tetapi 3 *item* pada subskala "ketidakpercayaan pada staf medis" tereksklusi karena dijawab sama oleh kebanyakan subyek (sebagian besar subyek menyatakan bahwa mereka lebih percaya tenaga medis dibandingkan informasi online). Jumlah sampel adekuat berdasarkan hasil tes KMO, *Bartlett's test of Sphericity*, dan *Measure of Sampling Adequacy*. *Item* yang tersisa memiliki nilai *communalities* > 0.5. Didapatkan 7 *item* dengan eigenvalue > 1 yang dapat menjelaskan 64.652% variansi. Nilai *Cronbach's alpha* adalah 0.899.
Kesimpulan:
Setelah menghilangkan 3 *item*, instrumen CSS versi Indonesia valid dan reliabel

***Keyword*:** Cyberchondria, Instrumen, Validitas, Reliabilitas

Validity and Reliability of Cyberchondria Severity Scale to Measure Health Anxiety Caused by Internet Use in Student of Faculty of Medicine, Public Health, and Nursery Universitas Gadjah Mada, Yogyakarta

ABSTRACT

Background:
Cyberchondria is new term addressing health anxiety associated with online health information. Research about this topic is scarce, as there is limited instruments to measure the phenomenon. Most instruments measuring anxiety are not considering online behavior as important factor. Cyberchondria severity scale (CSS) consisted of 33 *item*s to measure aspects of cyberchondria : Compulsive information-seeking, Distress associated with online information, Excessive access, Need for Reassurance, and Mistrust for Medical Personnels. Medical student is assumed to have significant health anxiety induced by medical study, i.e. "medical student syndrome." Although it lacks evidence, they were undeniably exposed to large amount of information. We attempted to determine whether Indonesian version of CSS is valid and reliable instrument to measure cyberchondria in medical students.
Method:
First year medical students of regular program Universitas Gadjah Mada participated to complete self-reported instruments (CSS, General Health Questionnaire 12 *item*s (GHQ12), and Beck Anxiety Inventory). Students who score 6 or more for GHQ12 were excluded to prevent reporting mistakes associated with significant distress or mental health problems. Data were analyzed for validity using Pearson's product moment and Confirmatory factor analysis. Reliability was measured using cronbach's alpha.
Result:
Data from 129 students were analyzed, 43 males and 86 females. Mean age were 18.15 year old +- 0.686. We found that 30 items were significantly correlated to total score (r=0.357-0.673). However, 3 items belonging to "mistrust to medical personnel" were excluded as they were answered too similarly (most participants answered that they believe in medical personed more than online information). Adequacy of sample was ensured from result of KMO test, Bartlett's test of Sphericity, and Measure of Sampling Adequacy. Remaining items have communalities > 0.5. Seven items have eigenvalue > 1 and can explain 64.652% of variance. Cronbach's alpha result was 0.899.
Conclusion:
After excluding 3 items, 30 items of CSS-Indonesian Version were valid and reliable.

Keyword: Cyberchondria, Instrument, Validity, Reliability