

**UJI VALIDITAS DAN RELIABILITAS  
INSTRUMEN *CYBER PORNOGRAPHY ADDICTION TEST* (CYPAT)  
PADA MAHASISWA PENDIDIKAN OLAKHRAGA  
UNIVERSITAS NEGERI YOGYAKARTA**

**INTISARI**

**Latar Belakang:** Adiksi pornografi internet merupakan masalah yang menjadi perhatian banyak kalangan dan sangat rentan terjadi pada usia muda. Mahasiswa pendidikan olahraga dipersiapkan menjadi seorang guru yang profesional secara akademik, moral dan psikologis. Paparan pornografi pada usia muda menimbulkan dampak yang lebih berat, yang mempengaruhi prestasi akademik dan dampak psikologis. Beberapa instrumen telah dikembangkan untuk menilai adiksi pornografi internet, tetapi sangat bervariasi, cukup panjang dan tidak spesifik. Cyber pornography addiction test (CYPAT) dikembangkan sebagai instrumen singkat dan cepat untuk menilai kecenderungan yang dirasakan terhadap adiksi pornografi internet. Namun, CYPAT belum divalidasi ke dalam Bahasa Indonesia sehingga belum diketahui validitas dan reliabilitasnya.

**Tujuan:** Untuk mengetahui validitas dan reliabilitas instrumen CYPAT versi Indonesia.

**Metode:** Penelitian ini adalah penelitian non eksperimental dengan rancangan *cross sectional*. Subjek penelitian adalah mahasiswa S1 jurusan Pendidikan Olahraga Fakultas Keolahragaan Universitas Negeri Yogyakarta (N=228). Uji validitas isi menggunakan uji korelasi *Pearson's Product Moment*, uji validasi konstruk dengan *confirmatory factor analysis* (CFA), dan uji kesejajaran dengan kurva ROC. Uji reliabilitas dengan menghitung nilai *internal consistency* berdasarkan *Cronbach's alpha*.

**Hasil:** Hasil uji validitas isi dengan uji korelasi *Pearson's Product Moment* menunjukkan bahwa semua *item* memiliki  $r$  hitung (0,342-0,767) lebih dari  $r$  tabel ( $r > 0,130$ ). Analisis faktor menunjukkan bahwa ketiga faktor menjelaskan 55,917% dari keseluruhan konstruk instrumen CYPAT. Berdasarkan nilai koordinat kurva ROC didapatkan nilai cut-off pada total skor 14,5 dengan nilai sensitivitas 63,3% dan spesifisitas 66,4%. Hasil uji reliabilitas konsistensi internal instrumen CYPAT didapatkan hasil nilai *Cronbach's alpha* 0,818.

**Kesimpulan:** CYPAT versi Indonesia adalah instrumen yang valid dan reliabel untuk menilai kecenderungan perilaku adiksi pornografi internet pada mahasiswa.

**Kata kunci:** adiksi pornografi internet, *cyber pornography addiction test*, mahasiswa, skrining

## TEST OF VALIDITY AND RELIABILITY INSTRUMENTS CYBER PORNOGRAPHY ADDICTION TEST (CYPAT) IN STUDENT OF FACULTY OF SPORT, YOGYAKARTA STATE UNIVERSITY

### ABSTRACT

**Background:** Internet pornography addiction is a concern to many and is particularly vulnerable at a young age. Sports education students are prepared to become teachers who are academically, morally and psychologically professional. Exposure to pornography at a young age has a more severe impact, which affects academic achievement and psychological impact. Several instruments have been developed to assess the internet pornography addiction, but are very varied, quite long and not specific. Cyber pornography addiction test (CYPAT) was developed as a short and fast instrument to assess perceived tendencies towards internet pornography addiction. However, CYPAT has not been validated into Indonesian so it has not known the validity and reliability.

**Objective:** To conduct validity and reliability tests on the Indonesian version of CYPAT instrument.

**Methods:** This was a non-experimental study with cross sectional design. The subject of this study are sport education students of Sports Education of Faculty of Sports, Yogyakarta State University (N=228). The content validity testing was conducted with Pearson's Product Moment correlation test, construct validation test with confirmatory factor analysis (CFA), and concurrent validity test with ROC curve. Reliability test was conducted by calculating the internal consistency values based on Cronbach's alpha.

**Result:** The result of content validity test results with Pearson's Product Moment correlation showed that all *items* had *r* count (0.342-0.767) more than *r* table ( $r > 0.130$ ). Factor analysis showed that the three factors account for 55.917% of the overall CYPAT instruments construct. Based on ROC coordinate value obtained cut-off value at a total score of 14.5 with sensitivity value of 63.3% and specificity value of 66.4%. CYPAT instrument internal consistency reliability test results obtained Cronbach's alpha value of 0.818.

**Conclusion:** Indonesian version CYPAT is a valid and reliable instrument to assess the tendency of internet pornography addiction in college students.

**Keywords:** internet pornography, cyber pornography addiction test, college student, screening