

INTISARI

Uji Psikometrik Instrumen *Self Efficacy For Sleep hygiene Inventory-Revised* (SESHI-R) versi Bahasa Indonesia

Latar Belakang : Remaja yang mengalami gangguan tidur di Yogyakarta sebanyak 62,14 %. *Sleep hygiene* terbukti meningkatkan durasi tidur dan menurunkan masalah perilaku tidur anak. SESH-R merupakan instrumen *self efficacy* terkait praktik *sleep hygiene* sebagai terapi gangguan tidur. Sampai saat ini instrumen SESH-R belum terbukti digunakan di Indonesia.

Tujuan Penelitian : Mengetahui uji validitas isi dan konstruk serta reliabilitas *internal consistency* dan *test-retest* instrumen SESH-R versi Bahasa Indonesia .

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan jenis *psychometric testing* menggunakan rancangan *cross sectional design*. Translasi dan adaptasi budaya dilakukan melalui tahapan *forward translation*, *synthesis*, *backward translation*, *expert review*, *pilot testing*, dan uji validitas serta reliabilitas. Uji validitas isi diukur menggunakan Aiken's V. Validitas konstruk diukur menggunakan *Pearson Product Moment* dan analisis faktor. Uji Reliabilitas Konsistensi Internal diukur menggunakan *Cronbach Alpha* dan *test-retest* menggunakan *Paired T- test*.

Hasil : Semua responden *pilot testing* melaporkan instrumen SESH-R jelas dan dapat dipahami. Hasil validitas isi menunjukkan rentang nilai Aiken's 0,75-1. Hasil validitas konstruk menyatakan semua item valid. Hasil analisis faktor menyatakan bahwa 18 item valid (*factor loading*>0,5) dengan 6 faktor terbentuk (*Eigenvalue*>1). Reliabilitas konsistensi internal menunjukkan hasil *Cronbach Alpha* sebesar 0,894 (>0,7) dan nilai *test retest* adalah 0,747.

Kesimpulan : SESH-R versi Bahasa Indonesia memiliki validitas isi, validitas konstruk, reliabilitas konsistensi internal dan *test-retest* yang dapat diterima, sehingga dapat digunakan untuk menilai *Self Efficacy* perilaku *Sleep hygiene* pada remaja usia di Indonesia.

Kata kunci : Remaja, *Self Efficacy*, *Sleep hygiene*, Validitas dan Reliabilitas

ABSTRACT

Psychometric Testing of Self Efficacy for *Sleep hygiene* Inventory-Revised (SESHI-R) Instrument Indonesian Version

Background: Teens with sleep disorders in Yogyakarta are 62.14%. *Sleep hygiene* has been shown to increase sleep duration and reduce children's sleep behavior problems. SESH-R is a self-efficacy instrument related to *sleep hygiene* practices as a therapy for sleep disorders. Until now, the SESH-R instrument has not been proven to be used in Indonesia.

Purpose: To determine the content and construct validity test as well as the internal consistency reliability and test-retest of the Indonesian version of the SESH-R instrument.

Methods: This study used a quantitative approach with the type of psychometric testing using a cross sectional design. Cultural translation and adaptation is carried out through the stages of forward translation, synthesis, backward translation, expert review, *pilot testing*, and validity and reliability tests. The content validity test was measured using Aiken's V. The construct validity was measured using Pearson Product Moment and factor analysis. Internal consistency reliability test was measured using Cronbach Alpha and test-retest using Paired T-test.

Results: All *pilot testing* respondents reported that the SESH-R instrument was clear and understandable. The results of the content validity showed Aiken's value range of 0.75-1. The result of construct validity states that all items are valid. The result of factor analysis states that 18 items were valid (factor loading > 0.5) with 6 factors formed (Eigenvalue > 1). Internal consistency reliability showed the Cronbach Alpha results of 0.894 (> 0.7) and the test retest value was 0.747.

Conclusion: The Indonesian version of SESH-R has content validity, construct validity, internal consistency reliability and acceptable test-retest so that it can be used to assess the Self Efficacy of *Sleep hygiene* behavior among adolescents in Indonesia.

Keywords: Adolescents, Self Efficacy, *Sleep hygiene*, Validity and Reliability