

INTISARI

Latar Belakang: *Sleep Hygiene Awareness and Practice Scale* (SHAPS) merupakan suatu instrumen yang digunakan untuk mengukur pengetahuan dan praktik *sleep hygiene*. Instrumen SHAPS belum pernah dilakukan uji validitas dan reliabilitas dalam Bahasa Indonesia.

Tujuan Penelitian: Mengidentifikasi uji validitas konten, konstruk, reliabilitas konsistensi internal, dan *test-retest* instrumen SHAPS versi Bahasa Indonesia.

Metode: Jenis penelitian ini adalah *psychometric testing* dengan rancangan *cross-sectional* yang melibatkan 328 siswa dipilih melalui *multistage cluster random sampling*. Adaptasi bahasa dan budaya dilakukan dengan mengacu teori *cross cultural adaptation*. Uji yang dilakukan adalah uji validitas konten menggunakan *Aiken's V*, validitas konstruk menggunakan *Pearson Product Moment*, reliabilitas konsistensi internal menggunakan *Cronbach's Alpha*, dan *test-retest* menggunakan *Paired T-test* alternatif *Wilcoxon*.

Hasil: Proses adaptasi bahasa dan budaya menghasilkan instrumen SHAPS versi Bahasa Indonesia. Uji Validitas konten menunjukkan rentang nilai *Aiken's V* 0,83 – 1,00. Uji validitas konstruk menyatakan bahwa semua item valid. Reliabilitas konsistensi internal menunjukkan angka *Cronbach's Alpha* 0,397 dan 0,532 untuk subskala pengetahuan dan praktik. Uji *test-retest* menunjukkan sig. > 0,05 yang berarti instrumen reliabel.

Kesimpulan: Instrumen SHAPS versi Bahasa Indonesia memiliki validitas konten, konstruk, reliabilitas konsistensi internal, dan *test-retest* yang dapat diterima, sehingga dapat digunakan untuk mengukur pengetahuan dan praktik *sleep hygiene* pada remaja di Indonesia.

Kata kunci: Reliabilitas konsistensi internal, *Sleep Hygiene Awareness and Practice Scale* versi Bahasa Indonesia, *test-retest*, validitas konstruk, validitas konten.

ABSTRACT

Background: Sleep Hygiene Awareness and Practice Scale (SHAPS) is an instrument used to measure sleep hygiene knowledge and practice. The test for the validity and reliability of instrument SHAPS in Bahasa Indonesia has never been done before.

Objectives: This study aimed to determine the validity and reliability of the Indonesian version SHAPS instrument.

Methods: This research is psychometric testing with a cross-sectional involving 328 students selected through multistage cluster random sampling. Language and cultural adaptation are carried out by referring to the theory of cross cultural adaptation. The tests carried out were content validity using Aiken's V, construct validity using Pearson Product Moment, internal consistency reliability using Cronbach's Alpha, and test-retest using Paired T-test with alternative Wilcoxon.

Results: The language and cultural adaptation process resulted in the Indonesian version of the SHAPS instrument. The content validity test shows the range of Aiken's V values from 0.83 to 1.00. The construct validity test stated that all items were valid. Internal consistency reliability shows Cronbach's Alpha numbers 0.397 and 0.532 for the knowledge and practice subscales. Test-retest test shows sig. > 0.05 which means the instrument is reliable.

Conclusion: The Indonesian version of the SHAPS instrument has content validity, construct validity, internal consistency reliability, and acceptable test-retest, so it can be used to measure sleep hygiene knowledge and practices in adolescents in Indonesia.

Keywords: construct validity, content validity, internal consistency reliability, Indonesian version of Sleep Hygiene Awareness and Practice Scale, test-retest.