

## INTISARI

### UJI PSIKOMETRIK ADOLESCENT SLEEP - WAKE SCALE VERSI BAHASA INDONESIA

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**Latar Belakang:** Di Indonesia remaja sekolah menengah atas masih banyak yang memiliki kualitas tidur yang buruk. Instrumen *Adolescent Sleep – Wake Scale* (ASWS) dapat digunakan untuk mengukur kualitas tidur remaja. Belum ditemukan penelitian mengenai uji psikometri instrumen ASWS di Indonesia.

**Tujuan Penelitian :** Mengetahui uji validitas dan reliabilitas instrumen *Adolescent Sleep – Wake Scale* (ASWS) versi Bahasa Indonesia.

**Metode :** Merupakan penelitian deskriptif psikometri dengan rancangan *cross sectional*. Dilaksanakan pada 328 siswa untuk uji validitas dan reliabilitas. Dilakukan proses *cross cultural adaptation* untuk melakukan penyesuaian budaya. Analisis uji validitas isi menggunakan skor *aiken's v*, uji validitas konstruk menggunakan *confirmatory factor analysis* (CFA). Analisis uji reliabilitas konsistensi internal menggunakan *chronbach alpha* dan konsistensi eksternal dengan uji *paired t test*.

**Hasil :** Semua item pada uji validitas isi dan konstruk dikatakan valid dan reliabel dengan seluruh item memiliki nilai *aiken's v* > *v* minimum, nilai *factor loadings* > 0,5, nilai *chronbach alpha* 0,754, dan *sig. test retest* 0,760. Indikator *goodness of fit* pada instrumen ASWS dengan 3 faktor pada model dua diperoleh hasil model fit dengan nilai *GFI*=0,969, *AGFI*=0,941, *NFI*=0,956, *TLI*=0,965, *CFI*=0,976, dan *RMSEA*=0,059.

**Kesimpulan :** Instrumen ASWS versi Bahasa Indonesia dapat diterima dengan baik sehingga dapat digunakan untuk menilai kualitas tidur pada remaja Indonesia.

**Kata Kunci :** kualitas tidur, *cross cultural adaptation*, psikometri

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## ABSTRACT

### PSYCHOMETRIC TESTING OF ADOLESCENT SLEEP – WAKE SCALE (ASWS) INDONESIAN VERSION

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**Background:** In Indonesia, there are still many high school teenagers who have poor sleep quality. The Adolescent Sleep – Wake Scale (ASWS) instrument can be used to measure adolescent sleep quality. No research has been found on the psychometric test of ASWS instrument in Indonesian.

**Objective:** To knowing the validity and reliability test of the Indonesian version of the Adolescent Sleep – Wake Scale (ASWS)

**Methods:** This is a descriptive psychometric study with a cross sectional design. Conducted on 328 students to test the validity and reliability. A cross cultural adaptation process is carried out to make cultural adjustment. Analysis of the content validity test using the aiken's v, the construct validity test using confirmatory factor analysis. Analysis of internal consistency reliability test using chronbach alpha and external consistency using paired t test.

**Results:** All items in the content and construct validity tests are said to be valid and reliable with all items having aiken's value > v minimum, factor loadings value > 0.5, chronbach alpha value 0.754, and sig. retest 0.760. The goodness of fit indicator on the ASWS instrument with 3 factors in model two obtained a fit model with a value of GFI = 0.969, AGFI = 0.941, NFI = 0.956, TLI = 0.965, CFI = 0.976, and RMSEA = 0.059.

**Conclusion:** The Indonesian version on ASWS instrument is well received so that it can be used to assess sleep quality in Indonesian adolescents.

**Keyword:** sleep quality, cross cultural adaptation, psychometric

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