

UJI VALIDITAS DAN RELIABILITAS INSTRUMEN

POSTTRAUMATIC STRESS DISORDER CHECKLIST FOR DSM-V (PCL-5)

VERSI INDONESIA PADA PENYINTAS COVID-19 DI YOGYAKARTA

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Intisari

Latar Belakang: Bencana skala besar, seperti wabah penyakit, dikaitkan dengan peningkatan risiko gejala stres pasca-trauma, baik pada populasi umum maupun dalam kelompok berisiko tinggi seperti pasien dan petugas kesehatan. Kami menaruh perhatian terhadap PTSD sebagai efek sekunder dari pandemi COVID-19, terutama bagi populasi yang paling rentan mengalami PTSD yaitu pasien positif COVID-19 dan petugas kesehatan. Oleh karena itu, instrumen yang tepat untuk mendeteksi adanya kecenderungan gejala PTSD di masa pandemi ini sangat diperlukan sebagai identifikasi awal sehingga memperoleh penatalaksanaan yang sesuai. PCL5 merupakan instrumen *screening* yang paling sering digunakan peneliti di luar negeri selama pandemi COVID-19 baik pada populasi umum maupun khusus karena merujuk pada kriteria diagnosis terbaru dan memiliki fungsi psikometri yang sangat baik sehingga perlu dilakukan uji validitas dan reliabilitas agar bisa digunakan di Indonesia.

Tujuan: untuk menguji dan mengidentifikasi validitas dan reliabilitas instrumen *Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5)* versi Indonesia

Metode: Penelitian ini adalah penelitian non eksperimental dengan rancangan *cross sectional*. Subjek penelitian adalah penyintas Covid-19 yang telah menjalani isolasi mandiri di shelter COVID-19 UGM (n=83). Uji validitas isi menggunakan *formula Aiken's V* dan uji korelasi *Pearson's Product Moment*, uji validasi konstruk dengan *confirmatory factor analysis (CFA)*, dan uji validitas kriteria dengan kurva ROC. Uji reliabilitas menggunakan *Cronbach's alpha*.

Hasil: Uji validitas isi baik dengan nilai koefisien *Aiken's V* antara 0,77-1 dan uji korelasi *Pearson's Product Moment* menunjukkan semua item memiliki *r* hitung (0,525-0,832) lebih dari *r* tabel ($r > 0,213$). Validitas konstruk dengan analisis faktor menunjukkan 4 konstruk yang terbentuk dapat menjelaskan 72,56% dari keseluruhan instrumen PCL-5. Nilai kordinat kurva ROC didapatkan nilai *cut-off* pada total skor 30,5 memiliki nilai sensitivitas 100% dan spesifisitas 100% menurut instrumen PCL-C. Uji reliabilitas didapatkan nilai *Cronbach's alpha* 0,946.

Kesimpulan: PCL-5 versi Indonesia valid dan reliabel untuk menilai kecenderungan PTSD pada penyintas COVID-19.

Kata kunci: PTSD, PCL-5, COVID-19, *screening*

VALIDITY AND RELIABILITY TESTING OF THE INDONESIAN VERSION OF THE POSTTRAUMATIC STRESS DISORDER CHECKLIST FOR DSM-5 (PCL-5) INSTRUMENT ON COVID-19 SURVIVAL IN YOGYAKARTA

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Abstract

Background: Large-scale disasters, such as disease outbreaks, are associated with an increased risk of post-traumatic stress symptoms, both in the general population and in high-risk groups such as patients and healthcare workers. We pay attention to PTSD as a secondary effect of the COVID-19 pandemic, especially for the population most vulnerable to PTSD: COVID-19 positive patients and health workers. Therefore, the right instrument to detect the tendency for PTSD symptoms during this pandemic is very necessary for early identification in order to obtain appropriate management. PCL-5 is the most frequently used screening instrument by overseas researchers during the COVID-19 pandemic in both the general and special populations because it refers to the latest diagnostic criteria and has excellent psychometric functions. Thus, it is necessary to test its validity and reliability so that it can be used in Indonesia.

Objective: To test and identify the validity and reliability of the Indonesian version of the Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5) instrument.

Methods: This study was a non-experimental study with a cross sectional design. The research subjects are COVID-19 survivors who have completed self-isolation at the UGM COVID-19 shelter (n=83). The content validity test used the Aiken's V formula and the Pearson's Product Moment correlation test, the construct validation test using confirmatory factor analysis (CFA), and the criterion validity test using the ROC curve. Reliability test using Cronbach's alpha was performed.

Results: The content validity test is good with Aiken's V coefficient value between 0.77-1 and the Pearson's Product Moment correlation test shows that all items have r count (0.525-0.832) more than r table ($r > 0.213$). Construct validity with factor analysis showed that the 4 constructs formed could explain 72.56% of the entire PCL-5 instrument. The value of the coordinates of the ROC curve obtained a cut-off value of a total score of 30.5 has a sensitivity value of 100% and a specificity of 100% according to the PCL-C instrument. The Reliability test obtained a Cronbach's alpha value of 0.946.

Conclusion: The Indonesian version of PCL-5 is valid and reliable to assess PTSD tendencies in COVID-19 survivors.

Keywords: PTSD, PCL-5, COVID-19, screening