

# Uji keandalan dan kesahihan indeks activity of daily living Barthel untuk mengukur status fungsional dasar pada usia lanjut di RSCM = Reliability and validation test activity of daily living Barthel index to measure basic functional status of elderly people in RSCM

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## Abstrak

Latar Belakang. Status fungsional merupakan komponen esensial pengkajian paripurna pasien geriatri. Sesungguhnya pada usia lanjut bukan hanya usia harapan hidup yang penting, tetapi bagaimana usia lanjut dapat menjalani sisa kehidupannya dengan baik dan optimal. Untuk itu usia lanjut harus bisa melakukan ADL secara mandiri. Untuk menilai ADL dasar diperlukan alat ukur yang andal, sahih dan luas dipakai. Indeks ADL Barthel merupakan alat ukur yang banyak dipakai. Suatu alat ukur yang baik untuk dapat dipalcai luas hares melalui uji keandalan dan kesahihan. Di Indonesia Indeks ADL Barthel belum pernah diuji keandalan dan kesahihannya.

Tujuan. Membuktikan bahwa kuesioner Indeks ADL Barthel merupakan instrumen ukur yang andal dan sahih untuk menilai status fungsional dasar usia lanjut Indonesia.

Metodologi. Dirancang suatu studi validasi. Prosedur yang dilakukan adalah pada hari pertama kunjungan semua pasien dilakukan anamnesis, pemeriksaan fisik, pengisian formulir kuesioner indeks ADL Barthel dan indeks ADL Katz serta pada hari 7 --14 kunjungan dilakukan pengisian ulangan formulir kuesioner ADL Barthel.

Hasil. Telah dilakukan pengambilan data dari 100 responden, nilai ICC ADL Barthel tiap-tiap butir, dan nilai total ADL Barthel didapatkan sangat baik ( $> 0,75$ ), kecuali untuk butir mengendalikan rangsang buang air besar dengan ICC 0,645 hasilnya baik (0,4 -- 0,75). Keandalan internal consistency penelitian ini diperoleh nilai Cronbach  $\alpha$  0,938. Uji kesahihan eksternal ADL Barthel dibandingkan ADL Katz dianalisis dengan uji Spearman correlation coefficient menunjukkan hubungan bermakna ( $p < 0,01$ ), yaitu antara butir dan nilai total ADL Barthel dengan butir dan nilai total ADL Katz. Hanya hubungan butir mengendalikan rangsang buang air km-II ADL Barthel dengan butir makan ADL Katz yang bermakna dengan ( $p < 0,05$ ). Kesahihan konstruksi ADL Barthel diuji dengan Spearman correlation coefficient dan melihat nilai rho ( $r$ ) masing masing butir. Hasil yang didapatkan semua butir berhubungan bermakna dengan nilai total ( $p < 0,001$ ). Semua butir mempunyai nilai  $r > 0,3$ .

Simpulan. Kuesioner ADL Barthel merupakan instrumen ukur yang andal dan sahih serta dapat digunakan untuk mengukur status fungsional dasar usia lanjut Indonesia.

<hr>Background. Status functional is essential component of comprehensive geriatric assessment. Actually in addition to longevity, the important thing for elderly is to live the rest of their life as good and as optimal as possible. To live their life as good and as optimal as possible, the elderly should do the basic ADL independently. To measure basic ADL performance of elderly, measurement tool which is valid, reliable and

commonly used is needed. Barthel index is the measurement tool which commonly used. For a good instrument to become commonly used, it should be tested for reliability and validity. In Indonesia Barthel index hasn't been tested for reliability and validity.

**Objectives.** To verify that Barthel index form is an accurate tool to measure basic functional status in elderly population Indonesia.

**Methods.** A validation study was arranged. On the first day of visit, all patients were subjected to anamnesis and physical examination. Barthel index form and Katz index form were filled on the first visit, which were repeated on day 7 through day 14 of visits.

**Results.** There were 100 respondents in this study. Intra class correlation coefficient (ICC) Barthel index for each dimension, total score Barthel index were found to be excellent ( $>0.75$ ) with the exception of controlling bowels with ICC 0.645 (good). The internal consistency was found to have Cronbach a 0.938. Compared to Katz index, the external validity of Barthel index was found to be significant ( $p<0.01$ ) using Spearman correlation coefficient. The construct validity was found to be significant ( $p<0.001$ )

**Conclusion.** Barthel index form is an reliable and valid tool which is recommended to measure basic functional status in elderly population Indonesia.