

## Uji Validitas dan Reliabilitas Jurnal Spiritual Harian dalam Memperbaiki Depresi pada Usia Lanjut = Validity and Reliability of The Daily Spiritual Journal in Improving Depression in The Elderly

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### Abstrak

Latar belakang: Intervensi spiritual dalam bentuk jurnal spiritual harian untuk memperbaiki depresi pada usia lanjut belum ditemukan. Penelitian ini bertujuan untuk mencari dan menguji validitas dan reliabilitas pernyataan spiritual sebagai panduan jurnal spiritual harian dalam memperbaiki depresi pada usia lanjut. Tujuan: Mendapatkan panduan penulisan jurnal spiritual harian dalam memperbaiki depresi usia lanjut. Metode: Pernyataan spiritual dikembangkan pada metode Delphi putaran awal. Validitas diuji pada metode Delphi putaran lanjutan dan skala psikometrik Likert. Reliabilitas diuji dengan skala psikometrik Likert ulang. Analisis tematik mengidentifikasi tema dari tanggapan narasumber. Hasil: Dari enam puluh satu pernyataan spiritual yang ditemukan, masing-masing pernyataan memperoleh validitas yang baik pada metode Delphi putaran lanjutan dan skala psikometrik Likert, serta reliabilitas yang baik pada skala psikometrik Likert ulang. Empat belas tema diidentifikasi. Simpulan: Setiap pernyataan spiritual yang ditemukan dalam penelitian ini memperoleh validitas dan reliabilitas yang baik, diperkaya dengan temanya.

.....Background: Spiritual intervention in the form of a daily spiritual journal to improve depression in the elderly has not been found. this study sought to find and test the validity and reliability of spiritual statements as a spiritual journal guide to improve depression in the elderly. Objective: To get a daily spiritual journal guide in improving depression in the elderly. Methods: Spiritual statements were developed during the initial round of the Delphi method. The validity was tested by the advanced round of the Delphi method and the Likert psychometric scale. Reliability was tested by re-applying the Likert psychometric scale. The thematic analysis identified themes from the expert responses. Results: Of the sixty-one spiritual statements that have been found, each statement obtained good validity on the advanced round of the Delphi method and the Likert psychometric scale, as well as good reliability on reapplying the Likert psychometric scale. Fourteen themes were identified. Conclusions: Every spiritual statement found in this study obtained good validity and reliability, enriched with its theme.