

Uji Kesahihan dan Keandalan Neck Disability Index Bahasa Indonesia untuk Pengukuran Disabilitas Pasien Nyeri Leher = Validity and Reliability of Indonesian Neck Disability Index for Measurement of Disability in Neck Pain Patient

Andre Sugiyono, author

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Abstrak

Latar belakang: Nyeri leher merupakan salah satu keluhan muskuloskeletal tersering menduduki urutan ke 2 setelah nyeri punggung bawah dalam menyebabkan disabilitas, kehilangan produktivitas dalam pekerjaan dan rekurensi. Nyeri leher berhubungan dengan berbagai hendaya dan disabilitas mulai dari nyeri, kekakuan, gangguan keseimbangan, kognitif dan gangguan emosi serta mempengaruhi aktivitas sehari-hari dan berpengaruh pada kualitas hidup. Pengukuran disabilitas akibat nyeri leher menggunakan self-reported questionnaire yang sah dan andal menjadi komponen penting dalam evaluasi dan pemantauan nyeri, disabilitas dan keadaan psikososial pada pasien nyeri leher. Tujuan studi ini adalah untuk menilai kesahihan dan keandalan Neck Disability Index (NDI) untuk mengukur disabilitas pasien nyeri leher di Indonesia.

Metode: Kuesioner NDI orisinil dalam bahasa Inggris diterjemahkan dengan metode adaptasi transkultural dari Mapi Research Trust ke bahasa Indonesia melalui proses forward translation, backward translation, cognitive debriefing dan proofreading. Kuesioner NDI bahasa Indonesia yang telah disetujui oleh peneliti dan pengelola kuesioner dinilai kesahihan dan keandalannya dengan diuji pada 50 pasien nyeri leher di Poliklinik Rehabilitasi Medik RS Cipto Mangunkusumo. Kesahihan konstruksi dinilai dengan menggunakan korelasi antar item terhadap skor total. Keandalan dinilai dengan konsistensi internal berdasarkan Cronbach alpha dan keandalan test-retest yang dinilai dalam jangka waktu 2-3 jam dengan kuesioner kedua yang telah dirandomisasi.

Hasil: Subjek penelitian berada pada rentang usia 45.3 ± 14.7 tahun dengan 74% merupakan perempuan. Kesahihan konstruksi dari kuesioner didapatkan korelasi sedang – kuat dengan koefisien korelasi 0.416-0.761. Konsistensi internal didapatkan baik dengan Cronbach 0.839. Keandalan test-retest didapatkan baik dengan intraclass correlation sebesar 0.92 (95% CI 0.86-0.955).

Kesimpulan: Kuesioner Neck Disability Index bahasa Indonesia merupakan kuesioner yang sah dan andal dalam penilaian disabilitas pada pasien nyeri leher.

.....Background: Neck pain is one of the most common musculoskeletal complaint and ranks second after low back pain. It causes disability, loss of productivity at work and recurrence. Neck pain is associated with various disabilities ranging from pain, stiffness, balance disorders, cognitive and emotional disorders and affects daily activities and quality of life. Measurement of disability due to pain using self-reported questionnaires that is valid and reliable becomes an important component in the evaluation and monitoring of pain, disability and psychosocial conditions in neck pain patients. The aim of this study was to assess the validity and reliability of Neck Disability Index (NDI) to measure disability in neck pain patients in Indonesia.

Method: The original English NDI questionnaire was translated using the transcultural adaptation method from Mapi Research Trust into Indonesian through the process of forward translation, backward translation, cognitive debriefing and proofreading. The Indonesian NDI questionnaire which was approved by the NDI

developer was assessed for validity and reliability by being tested on 50 neck pain patients at the Medical Rehabilitation Polyclinic of Cipto Mangunkusumo Hospital. The construct validity was assessed using the item-total correlation. Reliability was assessed by internal consistency based on Cronbach alpha and test-retest reliability which was assessed within a period of 2-3 hours with a second randomized questionnaire. Results: The research subjects were in the age range of 45.3 ± 14.7 years with 74% being women. The validity of the construction of the questionnaire obtained a moderate - strong correlation with a correlation coefficient of 0.416-0.761. Internal consistency was good with Cronbach 0.839. Test-retest reliability was good with an intraclass correlation of 0.92 (95% CI 0.86-0.955). Conclusion: The Indonesian Neck Disability Index questionnaire is a valid and reliable questionnaire in assessing disability in neck pain patients.