

Validasi instrumen Multidimensional Emotion Questionnaire (MEQ) pada Psikiater di Indonesia = Validation of the Multidimensional Emotion Questionnaire (MEQ) in Psychiatrists in Indonesia

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Abstrak

Latar Belakang: Emosi memiliki peran penting dalam kehidupan manusia, yaitu sebagai dorongan untuk beraksi dan bentuk komunikasi. Dalam dunia profesional, emosi penting karena dapat mempengaruhi fungsi kognitif berupa memori, persepsi, judgment, dan pengambilan keputusan. Psikiater sebagai tenaga medis yang paling sering menghadapi kasus-kasus yang memunculkan beragam emosi perlu memiliki kesadaran terhadap emosi dalam diri dan kemampuan regulasi emosi yang baik agar dapat terhindarkan dari bias dan burnout. Instrumen MEQ dapat menilai reaktivitas dan regulasi emosi individu. Penelitian ini bertujuan untuk menilai validitas dan reliabilitas instrumen tersebut pada psikiater di Indonesia.

Metode: Penelitian potong lintang ini dilakukan dengan pengumpulan kuesioner secara daring (dalam jaringan) pada psikiater di seluruh Indonesia dari bulan Desember 2022 hingga Januari 2023. Rekrutmen responden menggunakan teknik stratified random sampling (N=227). Sebanyak 2 responden dieksklusi karena tidak aktif praktik saat ini. Penerjemahan instrumen dilakukan oleh dua pasang penerjemah tersumpah dan penerjemah dari bidang psikiatri. Validitas isi dinilai oleh 3 ahli di bidang psikiatri sementara validitas konstruk dinilai menggunakan teknik CFA (confirmatory factor analysis) terhadap model yang telah ditetapkan sebelumnya. Reliabilitas konsistensi internal dinilai menggunakan nilai Cronbach alpha sementara reliabilitas test-retest dinilai menggunakan analisis korelasi Pearson.

Hasil: Validitas isi instrumen MEQ versi bahasa Indonesia mendapatkan nilai rerata I-CVI dan rerata S-CVI sebesar 0,99, dan S-CVI/UA sebesar 0,975. Validitas konstruk mendapatkan hanya dua model yang cocok, yaitu skala reaktivitas emosi positif dan skala reaktivitas emosi negatif, dengan nilai CMIN/df berturut-turut 3,120 dan 3,442. Nilai Cronbach alpha untuk konsistensi internal adalah 0,821 (diskret emosi positif) dan 0,850 (diskret emosi negatif). Nilai korelasi Pearson berkisar antara 0,547 (diskret emosi senang) hingga 0,933 (diskret emosi cemas).

Simpulan: Instrumen MEQ versi bahasa Indonesia, meskipun reliabel, dinilai belum cukup valid untuk menggambarkan reaktivitas emosi psikiater di Indonesia. Diperlukan penelitian lebih lanjut untuk meneliti emosi positif dan negatif yang paling sering dirasakan psikiater di Indonesia.

.....**Background:** Emotion holds important roles in human lives, e.g as motivators for action and forms of communication. In professional world, emotions are vital because they could influence memory, perception, judgment, and decision-making processes. Psychiatrists encounter various cases which would elicit a range of emotions in their daily practice. Thus, they need to be aware of their emotions and have a good emotion regulation capacity in order to prevent biases and burnout. The instrument MEQ is able to assess an individual's emotion reactivity and emotion regulation. This study aims to evaluate the validity and reliability of the instrument in psychiatrists in Indonesia.

Method: This cross-sectional study was conducted using online surveys distributed among psychiatrists throughout Indonesia from December 2022 to January 2023. The recruitment of respondents used stratified random sampling technique (N=227). There were 2 inactive respondents and thus were excluded from the

analysis. The translations of the instrument were done by 2 pairs of sworn language translator and translator from psychiatry background. Content validity was assessed by 3 experts from psychiatry while construct validity was evaluated using CFA (confirmatory factor analysis) method on hypothesized models. Internal consistency was assessed using Cronbach alpha and test and retest reliability was assessed using Pearson correlation analysis.

Results: Content validity of MEQ Bahasa version obtained mean I-CVI and mean S-CVI scores of 0.99, and S-CVI/UA score of 0.975. Construct validity using CFA found that only two models fitted the data, i.e. positive reactivity scale and negative reactivity scale, with CMIN/df values 3.120 and 3.442 respectively. For internal consistency, the Cronbach alpha values were 0.821 for discrete positive emotion and 0.850 for discrete negative emotion. Whereas for test and retest reliability, the Pearson correlation values ranged from 0.547 (discrete happy emotion) to 0.933 (discrete anxious emotion).

Conclusion: MEQ Bahasa version, although reliable, was assessed to be not valid enough to represent Indonesian psychiatrists' discrete emotions. Further studies need to be done to explore which positive and negative emotions often experienced by psychiatrists in Indonesia.