

## Perancangan Skala Psikologi untuk Mengukur Impulsivitas = The Development of Psychology Scale to Measure Impulsiveness

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### Abstrak

Keterbatasan pada alat ukur impulsivitas yang telah ada menyebabkan adanya kebutuhan untuk suatu alat ukur impulsivitas yang lebih memadai. Oleh karena itu, penelitian ini bertujuan untuk mengembangkan suatu skala impulsivitas baru dengan cara mengevaluasi dan menguji skala baru tersebut. Skala baru terdiri dari 12 butir pernyataan dengan 7 skala pilihan jawaban untuk masing-masing butir. 217 mahasiswa sebagai partisipan diminta untuk mengisi kuesioner menggunakan skala impulsivitas baru. Barrat impulsive scale-11 (BIS-11) dan International Personality Item Pool (IPIP) Extraversion juga digunakan untuk menguji validitas skala baru tersebut. Dari uji reliabilitas menggunakan Cronbach Alpha, ditemukan bahwa skala baru memiliki reliabilitas yang tergolong baik. Indeks diskriminasi butir untuk skala baru juga ditemukan baik. Selain itu, konvergen validitas ditemukan yang disimpulkan berdasarkan korelasi positif yang signifikan antara skala baru dan BIS-11, juga IPIP extraversion dan skala baru. Mann-Whitney U tes menunjukkan bahwa terdapat perbedaan yang signifikan antara laki-laki dan perempuan dalam tingkat impulsivitas. Dengan demikian disimpulkan bahwa alat ukur ini valid dan reliable untuk mengukur impulsivitas.

.....Limitations on existing impulsivity measures lead to the need for a more adequate impulsivity measure. Thus, this study aims to develop a new impulsivity scale by evaluating and validating the new scale. The new scale consists of 12 items with 7 scale option for each item. 217 students as participants were asked to fill out questionnaire of new impulsivity scale. Barrat impulsive scale (BIS-11) and International Personality Item Pool (IPIP) extraversion were used to validate this new scale. From reliability test by using Cronbach Alpha, it was found that new scale has reliability that consider as good. Index discrimination item for new scale was found good. Besides, convergent validity was established that concluded based on significant positive correlation between new scale and BIS-11, also between IPIP extraversion and new scale. Mann-Whitney U test showed there was a significant difference between male and female on level of impulsivity. Thus, it is concluded that this new measures is a valid and reliable to measure impulsivity. Limitations on existing impulsivity measures lead to the need for a more adequate impulsivity measure. Thus, this study aims to develop a new impulsivity scale by evaluating and validating the new scale. The new scale consists of 12 items with 7 scale option for each item. 217 students as participants were asked to fill out questionnaire of new impulsivity scale. Barrat impulsive scale (BIS-11) and International Personality Item Pool (IPIP) extraversion were used to validate this new scale. From reliability test by using Cronbach Alpha, it was found that new scale has reliability that consider as good. Index discrimination item for new scale was found good. Besides, convergent validity was established that concluded based on significant positive correlation between new scale and BIS-11, also between IPIP extraversion and new scale. Mann-Whitney U test showed there was a significant difference between male and female on level of impulsivity. Thus, it is concluded that this new measures is a valid and reliable to measure impulsivity.