

## Uji validitas dan reliabilitas instrumen pittsburgh sleep quality index versi Bahasa Indonesia = Test validity and reliability of the instrument pittsburgh sleep quality index Indonesia language version

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### Abstrak

Tesis ini membahas uji validitas dan reliabilitas instrumen Pittsburgh Sleep Quality Index (PSQI) versi Bahasa Indonesia untuk mengukur kualitas tidur. Kualitas tidur merupakan fenomena yang berhubungan dengan kesehatan fisik dan psikologis. Penelitian dilakukan pada populasi Penyakit Ginjal Kronis dan populasi sehat. Penelitian ini menghasilkan uji konsistensi internal Cronbach's Alpha = 0.79, validitas isi 0.89, validitas konstruksi menunjukkan korelasi komponen dengan skor global PSQI yang baik, known group validity bermakna ( $p < 0.001$ ), nilai sensitivitas adalah satu, spesifisitas 0.81, titik potong 5. Instrumen PSQI terbukti kesahihan dan keandalannya.

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This thesis discusses the validity and reliability on the instrument Pittsburgh Sleep Quality Index (PSQI) Indonesia version to measure sleep quality. Sleep quality is a phenomenon which is related to the physical and psychological health. This study use population of chronic kidney disease and healthy population. This study resulted Chronbach's alpha score 0.79, content validity score 0.89, and construct validity showed correlation between component and global PSQI score, and known group validity was significant ( $p < 0.001$ ), sensitivity is one and specificity is 0.81, with cut off 5. This instrument proved the validity and reliability.