

# Uji Validitas Dan Reliabilitas Dysphagia Handicap Index Versi Bahasa Indonesia Sebagai Alat Ukur Kualitas Hidup Pasien Disfagia = Validity and Reliability of Indonesian Version of Dysphagia Handicap Index as A Measuring Tool of Quality of Life in Patient with Dysphagia

Mellisya Ramadhany, author

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## Abstrak

Gangguan menelan atau disfagia sering dijumpai pada pasien stroke, kanker kepala dan leher, serta lansia. Disfagia dapat meningkatkan risiko malnutrisi, aspirasi, dan kematian. Pasien disfagia juga rentan mengalami ansietas atau depresi yang berdampak pada penurunan kualitas hidup. Dysphagia Handicap Index (DHI) merupakan instrumen swaisi yang dirancang khusus untuk menilai kualitas hidup pasien disfagia. Instrumen DHI terdiri dari 25 pertanyaan yang meliputi penilaian domain fisik, fungsional, dan emosional, serta telah diterjemahkan dan divalidasi dalam berbagai bahasa. Penelitian ini bertujuan untuk menguji validitas dan reliabilitas DHI versi Bahasa Indonesia. Kuesioner DHI diterjemahkan ke dalam Bahasa Indonesia melalui proses forward translation dan backward translation, serta cognitive debriefing. Hasil terjemahan balik juga didiskusikan dan disetujui oleh penulis utama DHI. Kuesioner DHI versi Bahasa Indonesia (DHI-INA) final kemudian diujikan kepada 46 subjek dengan berbagai etiologi disfagia. Sebanyak 20 subjek kemudian melakukan pengisian ulang satu minggu setelah pengisian pertama. DHI-INA menunjukkan korelasi yang kuat antara masing-masing domain dan skor total [fisik ( $r = 0,93$ ); fungsional ( $r = 0,97$ ); emosional ( $r = 0,93$ ); dan keparahan ( $r = 0,84$ )]. Konsistensi internal DHI-INA juga menunjukkan nilai yang baik (Cronbach's  $\alpha = 0,87$ ), begitu pula uji tes-retest untuk skor total (ICC = 0,94). Tingkat keterbacaan DHI-INA setara dengan kelas 7 berdasarkan formula grafik Fry. Kuesioner DHI-INA merupakan kuesioner yang valid dan reliabel untuk menilai kualitas hidup pasien disfagia.

.....Swallowing problem or dysphagia often found in stroke patients, head and neck cancer, and elderly. Dysphagia increases the risk of malnutrition, aspiration, and death. Patient with dysphagia also prone to have anxiety or depression which has an impact on decreasing quality of life. The Dysphagia Handicap Index (DHI) is a self-administered instrument specially designed to assess the quality of life of dysphagic patients. The DHI instrument consists of 25 questions covering physical, functional, and emotional aspects and has been translated and validated into various languages. This study aims to test the validity and reliability of the Indonesian version of DHI. The DHI questionnaire was translated into Indonesian through a forward and backward translation process, and cognitive debriefing. The backward translation results were discussed and approved by the lead author of DHI. The final Indonesian version of the DHI Questionnaire (DHI-INA) was then tested on 46 subjects with various etiologies of dysphagia. A total of 20 subjects were then refilled one week after the first administration. DHI-INA showed strong correlation between each domain and total score [physical ( $r = 0.93$ ); functional ( $r = 0.97$ ); emotional ( $r = 0.93$ ); and severity ( $r = 0.84$ )]. The internal consistency of DHI-INA was also good (Cronbach's  $\alpha = 0.87$ ), as well as test-retest reliability for the total scores (ICC = 0.94). The readability level of DHI-INA is 7th grade using the Fry graph formula. The DHI-INA questionnaire is a valid and reliable questionnaire to assess the quality of life of dysphagia patients.