

Test of Validity and Reliability Questionnaire of Sports Self Efficacy and Outcome Expectation in Elderly Population

by Prijo Sudibjo¹, Cerika Rismayanthi¹, Novita Intan Arovah¹, and Krisnanda Dwi Apriyanto¹

ABSTRACT

This study aims to adapt and test the validity and reliability of the self efficacy instrument and outcome expectation in the adult to elderly population. In the first stage, the translation of instruments was carried out by 6 translators with a forward mechanism and backward translation and synthesis. The second stage included readability tests on 25 participants and content validation tests by 5 expert panels. While the last stage is a psychometric test which includes internal consistency test (n = 126), reliability testing using test and re-test (n = 70) and confirmatory factor analysis (n = 126) to measure questionnaire validity in the population in Indonesia.

Questionnaire adaptation results show high readability and good content validity. Cronbach's value in the two questionnaires was 0.95, which means the questionnaire has excellent internal consistency. The reliability test using the test and retest showed that the results of intraclass correlation ranged from 0.53 to 0.86 for all items, which meant that the reliability of the questionnaire was in the sufficiently good range. Factor loading results and R² also indicate good validity. But the results of goodness and fitness test data showed less optimal results with RMSEA of 0.205 and 0.108 for the instrument of self efficacy and outcome expectation.

The results of the questionnaire adaptation can be used in the adult to elderly population in Indonesia. However, further research on modeling data latent/covariance factors is more appropriate in this population.

Kata Kunci: Self efficacy, outcome expectation, elderly, validity, reliability.