

VALIDITY AND RELIABILITY INSTRUMENT PHYSICAL ACTIVITY FOR OLDER CHILDREN QUESTIONNAIRE (PAQ-C) AND PHYSICAL ACTIVITY FOR ADOLESCENT QUESTIONNAIRE (PAQ-A)

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ABSTRACT

This study aimed to test the validity and reliability of instrument Physical Activity Questionnaire for Older Children (PAQ-C) and Adolescent Physical Activity Questionnaire (PAQ-A). This research is a descriptive research with cross-sectional method. Sampling technique used is purposive sampling and quota sampling. The first subjects of this study are 5th grade students SD N Samirono and SD N Sono as much as 57 students. In the PAQ-C analysis process, a total of 17 subjects were not analyzed due to inappropriate age categories, incomplete data and / or extreme values. The second subjects of this research are 7th grade students from SMP N 1 Yogyakarta and SMP N 2 Kretek as much as 57 students. In the analysis process PAQ-A, a number of 7 subjects did not participate analyzed because the data is incomplete and / or the value that the instrument validity ekstrim. Concurrent PAQ-A and PAQ-C tested by correlating score Physical Fitness Test instrument (TKJI). Furthermore, item validity and inter-item correlations are also investigated. The analysis technique used is quantitative descriptive analysis using Spearman correlation and with the help of SPSS 21 software. Test the validity of PAQ-A with the criterion of Indonesian Physical Fitness Test/TKJI (Concurrent Validity) showed a significant correlation value 0.474 fairly close correlation. Regardless of item number 3, the PAQ-A Instrument has good item validity with the score range -0.003 - 0.767. The inter-item correlation of PAQ-A is between -0.018 - 0.506. In addition, the PAQ-A instrument proved reliable with Cronbach Alpha score 0.622. Next, test the validity of the PAQ-C with the criterion of the Indonesian Physical Fitness Test (Concurrent Validity) showed a significant correlation value 0.475 fairly close correlation. Furthermore, the PAQ-C item validity test at SD Samirono shows the majority of PAQ-C instruments have good item validity with correlation score ranges between 0.140 - 0.730. Further correlation between PAQ-C inter-items ranges from (0.000) - 0.616. The PAQ-C item validity test in SD Sono shows the majority of PAQ-C instrument has good item validity with correlation score range between 0,217 - 0,881. Inter-item correlations ranged between (-0.018) - 0.793. Furthermore, the PAQ-C instrument proved reliable with Cronbach Alpha score between 0.682 - 0.745. The conclusion of this research is that the instrument PAQ-C and PAQ-A proved to have concurrent validity which is good enough and reliable. Apart from some problematic items, generally PAQ-C and PAQ-A instruments have good item validity. As for the highly varied inter-item correlations, similar studies that tested the validity of this instrument also found similar results.

Kata Kunci: *Test Validity, Reliability Test, PAQ-C, PAQ-A, Physical Activity*