



DEVELOPMENT AND VALIDATION OF THE MODIFIED FALLS EFFICACY SCALE IN INDONESIAN VERSION

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ABSTRACT

Fear of falling causes a decrease quality of life of elderly. Tool for identified fear of falling is Modified FES-I adopted from FES-I. FES-I needs to be developed because it's used for people with disabilities so it's not sensitive to assess fear of falling in elderly. Content validation and internal consistency of tool need to be done. Original instrument was translated into Bahasa by two linguists and health professionals. Translation results were translated back into English by two other translators. After considering language equality, content validity was tested by 7 geriatricians (physiotherapists, lecturers and doctors). 105 elderly (± 76 years old) in nursing homes were selected by proportional random sampling. Validity index (CVI) and Cronbach's alpha are used to analyze the questionnaire. Modified FES-I contains 16 items. CVI results was > 0.8 for item level and > 0.9 for the entire questionnaire. Questions 1, 3, 4, 5, 10, and 11 need to be modified according to the culture and conditions in Indonesia and 12 need to be modified because it overlaps with number 11. Internal consistency is very good (0.957). The results showed, Modified FES-I is valid and can be used to measure fear of falling in elderly in Indonesia.

Keywords: elderly, Modified FES-I, validation

ABSTRAK

Takut jatuh menyebabkan penurunan kualitas hidup lansia. Alat ukur identifikasi takut jatuh lansia adalah Modified Falls Efficacy Scale Indonesian Version (FES-I) yang diadopsi dari Falls Efficacy Scale International (FES-I). FES-I perlu dikembangkan karena digunakan untuk kegiatan penyandang cacat sehingga kurang peka menilai takut jatuh lansia. Agar dapat digunakan, perlu dilakukan validasi konten dan konsistensi internal alat ukur. Langkahnya, instrument asli (16 item) diterjemahkan ke Bahasa Indonesia oleh dua ahli bahasa dan profesional kesehatan. Hasil terjemahan diterjemahkan kembali ke Bahasa Inggris oleh dua penerjemah lain. Setelah mempertimbangkan kesetaraan bahasa, validitas konten diuji 7 ahli geriatri (fisioterapis, dosen fisioterapi dan dokter). Sebanyak 105 (usia rata-rata ± 76 tahun) di panti jompo dipilih dengan proportional random sampling. Indeks validitas (CVI) dan alpha Cronbach digunakan untuk menganalisis validitas konten dan konsistensi internal kuesioner. Modified FES-I mengandung 16 item. Hasil CVI yaitu > 0.8 untuk item level dan > 0.9 untuk keseluruhan kuesioner. Saran ahli, pertanyaan nomor 1, 3, 4, 5, 10, dan 11 perlu dimodifikasi sesuai budaya dan keadaan di Indonesia dan nomor 12 dimodifikasi karena tumpang tindih dengan nomor 11. Konsistensi internal sangat baik (alpha Cronbach = 0.957). Hasil penelitian menunjukkan bahwa Modified FES-I valid dan dapat digunakan untuk mengukur takut jatuh lansia di Indonesia.

Kata kunci: lansia, Modified FES-I, validasi

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Studies in Natural Products Chemistry Atta-ur-Rahman,2025-12-15 Natural products in the plant and animal kingdom offer a huge diversity of chemical structures that are the result of biosynthetic processes that have been modulated over the millennia through genetic effects With the rapid developments in spectroscopic techniques and accompanying advances in high throughput screening techniques it has become possible to isolate and then determine the structures and biological activity of natural products rapidly thus opening up exciting opportunities in the field of new drug development to the pharmaceutical industry Studies in

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