

## 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 ( $\pm 76$  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

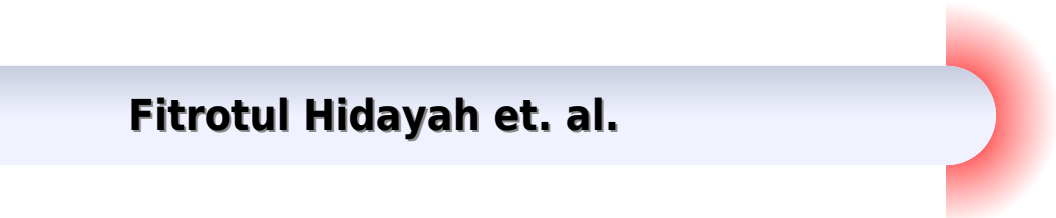
### ABSTRAK

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 geriatric (fisioterapis, dosen fisioterapi dan dokter). Sebanyak 105 (usia rata-rata  $\pm 76$  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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**Fitrotul Hidayah et. al.**



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*Unity of Sciences Teori Dietetika berbagai Penyakit* Fitrotul Hidayah et. al., 2022-01-31 Kata diet merupakan kata serapan dari bahasa Inggris terkait dengan upaya memangkas porsi makan untuk menurunkan berat badan. Itulah sebabnya diet identik dengan upaya mengatasi obesitas saja. Pemahaman ini belum sepenuhnya benar karena perlu pula diketahui bahwa istilah diet berakar dari bahasa Yunani Kuno yang bermakna cara hidup. Jadi istilah diet sebenarnya bukan semata-mata terkait upaya penurunan berat badan yang hanya terkait obesitas tetapi bisa juga karena alasan lain dalam konteks hidup sehat sehingga menjadi kebiasaan yang telah dijadikan gaya hidup. Itulah sebabnya tujuan dari diet sebenarnya bukan semata-mata agar penampilan seseorang menjadi lebih menarik namun yang terutama adalah untuk menjaga kesehatannya. Ironisnya sebagian orang masih memahami dengan pemahaman yang sebaliknya yaitu mengutamakan penampilan namun relatif mengabaikan kesehatan. Jadi penggunaan istilah diet sehat ini adalah untuk membedakannya dengan fenomena diet yang tidak sehat. Dalam konteks diet sehat inilah persoalan diet memiliki korelasi dengan teori self care atau penjaan diri. Teori self care pertama kali dibahas oleh Dorothea Elizabeth Orem sebagai teori yang membahas tindakan penjaan diri untuk mempertahankan kehidupan kesehatan dan kesejahteraan individu baik dalam keadaan sehat maupun sakit.

**Proceedings of the 3rd Borobudur International Symposium on Humanities and Social Science 2021 (BIS-HSS 2021)** Muji Setiyo, Agus Setiawan, Veni Soraya Dewi, Fitriana Yuliasuti, Chrisna Bagus Edhita Praja, Lintang Muliawanti, Zulfikar Bagus Pambuko, 2023-02-10 This is an open access book. Still related to the big theme of reinforcement the SDGs at the previous conference we try to invite academics and researchers in the world to participate in the 3rd Borobudur International Symposium 2021 3rd BIS 2021. As we know The COVID 19 pandemic and its impact on all 17 SDGs have demonstrated that what began as a health catastrophe swiftly transformed into a human and socioeconomic crisis. In September 2019 the UN Secretary General urged all sectors of society to mobilize for a decade of action on three fronts: global action to ensure increased leadership, increased resources and smarter solutions for the Sustainable Development Goals; local action to embed the necessary transitions into governments' policies, budgets, institutions and regulatory frameworks; and international action to ensure greater leadership, increased resources and smarter solutions for the Sustainable Development Goals. Especially in 3rd BIS 2021 we brought up Decade of Action towards Environmental Issues: Advancing the Innovation to Recover our Planet as main theme. The conference will be held on Wednesday December 15, 2021 in Magelang Central Java Indonesia. Scope includes Art, Linguistics, Communication, Economics, Education, Government Studies, Health Administration, Hospitality, International Relations, Law, Pharmacy, Political Studies, Psychology, Public Health, Religious Studies, Sociology, Health Sciences. **REVOLUSI KESEHATAN GLOBAL: "STRATEGI INOVATIF DAN INTERVENSI HOLISTIK UNTUK ELIMINASI TUBERKULOSIS"** Nur Fadhilah, M.Kes., Ph.D., Ifa Nofalia, S.Kep., Ns., M.Kep., Dr. Ro'isah, S.KM., S.Kep., Ns., M.Kes., Enny Virda Yuniarti, S.Kep., Ns., M.Kes., Dr. Nunuk Sri Purwanti, S.Kp.,

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Henri Setiawan, Yudisa Diaz Lutfi Sandi, Esti Andarini, 2025-09-27 The book Formulation of the GENFREE Model Community Based Educational Approach for Thalassemia Prevention among Engaged Couples introduces an innovative framework aimed at reducing the incidence of thalassemia through education and community empowerment The GENFREE model focuses on engaged couples as a critical entry point for preventive action recognizing the importance of premarital awareness in breaking the chain of genetic transmission The model integrates genetic counselling health education and community based interventions tailored to cultural and social contexts By emphasizing culturally sensitive approaches it ensures higher acceptance and long term impact within communities The book presents the development process assessment instruments intervention strategies and evaluation methods used to measure the effectiveness of GENFREE in increasing knowledge awareness and preventive behaviours Beyond statistical analysis the book highlights personal and community level changes illustrating how educational interventions can inspire broader health seeking behaviour It also discusses sustainability replication in other regions and potential expansion to address other genetic disorders Ultimately this book contributes both theoretically and practically to nursing community health and public health education It offers a roadmap toward a healthier society and envisions the creation of a thalassemia free generation through collaborative community driven strategies

Indeks majalah ilmiah Indonesia ,2006

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