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ADOLESCENTS' KNOWLEDGE ABOUT STRESS AND DEPRESSION QUESTIONNAIRE (AKSDQ): VALIDITY AND RELIABILITY TEST

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Abstract

Background: Adolescence is a period of growth that is very vulnerable to stress. This is due to the relatively high demands on adolescents, both in the field of education and daily life.

Objective: The purpose of this study was to analyze the results of the validity and reliability tests of the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ).

Methods: This study used a descriptive analysis research design with a cross-sectional approach. The research was carried out in August 2023 at Senior High School Darul Ulum 3 Peterongan Jombang. The instrument used in this study was the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ). This questionnaire consists of 10 items with 7 items in the form of positive statements and 3 items in the form of negative statements. This questionnaire uses the true and false statement method. Data analysis was carried out in this study using SPSS 21. The data analysis presented is the mean, standard deviation, Item-Content Validity Index (I-CVI), and Kuder-Richardson.

Result: Based on the research results, it was found that the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) had a good enough reliability value marked by a KR-20 value of .601. In addition, the results of the validity test using the Item-Content Validity Index (I-CVI) method showed that the Mean I-CVI is 0.90.

Conclusion: The results of this study indicated that the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) can be used in a study to assess the level of knowledge of adolescents related to stress and depression.

INTRODUCTION

Adolescence is a growth process experienced by a person, both physically and psychologically. Adolescence will experience changes that require heavy adaptation. During adolescence, a person will also seek his own identity and form relationships with the opposite sex as an expression of sexual feelings (Nasution, 2007). In dealing with everyday life, adolescents experience quite high obstacles and demands. Often the conditions faced by adolescents will make them experience disturbances, both

physically and psychologically. The conditions experienced by these adolescents will result in a decrease in their motivation to develop and succeed, both in the academic field and in social relations with other people (Dinas Kesehatan DKI Jakarta, 2023; Nasution, 2007). Adolescents who experience this condition will often be easy to get emotional, lack of sleep, decreased appetite, decreased academic performance, have changes in behavior, and disruption of social relationships (Makarim, 2022; McLaughlin & King, 2015; Shanahan et al., 2014).

Based on a survey conducted by the American Psychological Association (APA) in 2014, adolescents are more susceptible to stress than adults (Makarim, 2022). The stress experienced by adolescents can come from several triggering factors, including social media, too busy doing activities, too many demands, overprotective parents, and a less conducive environment ((Makarim, 2022; Nurwela & Israfil, 2022). The same thing was expressed by McLaughlin & King (2015), adolescents are a group that has a high vulnerability to stress events and mental health disorders. If this condition is not immediately handled properly, it will have a negative impact on adolescents, such as excessive anxiety, depression, and can even lead to behavior that is dangerous for them (Shanahan et al., 2014; UNICEF Indonesia, n.d.). Anggraini & Nurhanifah (n.d.) added that stressful conditions in adolescents can also lead to criminal behavior as an outlet for the uncomfortable and painful feelings experienced by these adolescents.

Based on the above, we need a questionnaire that can be used to assess adolescent understanding related to stress and depression in adolescents. So, the researchers wanted to develop a questionnaire that could be used to assess adolescents' understanding of stress and depression in adolescents. In the process of developing the questionnaire, the researchers carried out preliminary research to test the validity and reliability of the questionnaire. The research conducted by these researchers was entitled "Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ)".

METHODS

Methodology

This study used a descriptive-analytic research design with a cross-sectional approach. In the process of carrying out the research, the researchers obtained approval from the College of Health Science Husada Jombang and Senior High School Darul Ulum 3 Peterongan Jombang. Prior to data collection using a questionnaire, the researchers explained in advance to prospective respondents regarding the implementation of this research and asked for approval from prospective respondents. If the prospective respondents agreed to become research subjects, they were asked to fill out an informed consent form provided by the researchers. After data collection was carried out, the researcher carried out the coding process on the data that had been obtained. For the process of testing the validity of the instrument, the researchers asked 5 experts to review the research instrument.

Settings

This research was carried out at Senior High School Darul Ulum 3 Peterongan, Jombang Regency, East Java Province, Indonesia in August 2023.

Research subject

The target population in this study were all adolescents who attended Senior High School Darul Ulum 3 Peterongan Jombang. The sampling technique used in this study was purposive sampling. The inclusion criteria set by the researchers included 1) Adolescents living in the Darul Ulum Jombang Islamic boarding school dormitories; 2) Adolescents who have never received counseling about stress and depression; and 3) Teenagers who are willing to be respondents. Based on these criteria, the sample in this study amounted to 30 respondents.

Instruments

The research instrument used was the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ). The questionnaire consists of 10 items with 7 items in the form of positive statements and 3 items in the form of negative statements. Questionnaire on the level of knowledge of adolescents about stress and depression in the form of statements with right and wrong choices. The results of this questionnaire are classified into 3 levels, namely good knowledge (8-10), sufficient knowledge (6-7), and low knowledge (0-5).

Data collection

Research data collection was carried out by way of direct interviews using a questionnaire. Prior to data collection, the researchers asked for consent from the respondents to serve as subjects in this study. After collecting the data, the researchers coded the research data and tabulated the data. After that , the researchers analyzed the data with statistical applications.

Data Analysis

The researcher conducted data analysis using statistical analysis with SPSS 21. The data analysis presented was the mean, standard deviation, I-CVI, and Kuder Richardson (KR)-20.

Ethical Consideration

In the process of conducting this research, the researchers asked for the willingness of the respondents to serve as research subjects by providing an explanation related to the implementation of this research. The researchers also obtained permission to conduct research from the College of Health Science Husada Jombang with number 226.a/SHJ/S.Pen/VII/2023 and Senior High School Darul Ulum 3 Peterongan Jombang.

RESULTS

Data Demografi Responden

Based on the result of this study, it found that most of the respondents were female, as much as 18 respondents (60.0%) and half of the respondents are 16 years old, as much as 15 respondents (50.0%).

Table 1. Respondents' Demographic Data based on Gender and Age of Adolescents in Senior High School Darul Ulum 3 Peterongan, Jombang District, East Java Province, Indonesia on August 2023 (n = 30).

Demographic Data of Respondents	Frequency (f)	Percentage (%)
Gender	(Mean = 1.60; SD = .498)	
Male	12	40.0
Female	18	60.0
Total	**30**	**100.0**
Age	(Mean = 16.27; SD = .740)	
15 years	4	13.4
16 years	15	50.0
17 years	10	33.3
18 years	1	3.3
Total	30	100.0

Sources: Questionnaire Data, August 2023.

Description of Items of Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ)

Table 2. Description of Items of the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) at Senior High School Darul Ulum 3 Peterongan, Jombang District, East Java Province, Indonesia on August 2023 (n = 30).

Items	Mean	Standard Deviation (SD)
1. Stress is a feeling that is not conducive ….	.50	.509
2. Stress is a feeling that we generally feel when we are under ….	.67	.479
3. Early life in Islamic Boarding School is a source ….	.93	.254
4. Acute stress is stress that occurs in a short ….	.97	.183
5. One of the risk factors for stress is poor physical and ….	.87	.346
6. Anxious and irritable people are signs that the person ….	.90	.305
7. Stressed people can sleep ….	.93	.254
8. People who are depressed can lower ….	.97	.183
9. Smoking is one of the activities that can reduce ….	.77	.430
10. One form of preventing depression is by sharing stories with ….	.63	.490

Sources: Questionnaire Data, August 2023.

Description of the items from the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) obtained the lowest Mean value of .50 and the highest Mean of .97.

Analysis of Item Level Content Validity Index (I-CVI) of Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ)

Table 3. Analysis of Item Content Validity Index (I-CVI) of Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ).

Items	Reviewer 1	Reviewer 2	Reviewer 3	Reviewer 4	Reviewer 5	Total	I-CVI
1	1	1	0	1	1	4	0.80
2	1	1	1	1	1	5	1.00
3	1	1	1	1	0	4	0.80
4	1	1	1	1	1	5	1.00
5	1	1	1	1	1	5	1.00
6	1	1	1	1	1	5	1.00
7	1	1	1	0	1	4	0.80
8	1	1	1	1	1	5	1.00
9	0	1	0	1	1	3	0.60
10	1	1	1	1	1	5	1.00
Total	9	10	8	9	9	**Mean I-CVI**	0.90

Information:
0 : No Need
1 : Need

Sources: Questionnaire Data, August 2023.

Based on the result of the Item-Content Validity Index (I-CVI) test above that was tested on 5 reviewers who were considered experts in their fields, it was found that the Mean of I-CVI = 0.90. Based on the table above, it is also found that some items get low values. For example, item no. 9 (I-CVI = 0.6).

Analysis of Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ)

Table 4. Analysis of Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) at Senior High School Darul Ulum 3 Peterongan, Jombang District, East Java Province, Indonesia on August 2023 (n = 30).

Variable	Min	Max	Mean	SD	KR-20	*r*-table	I-CVI	Level
Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ)	5.0	10.0	8.13	1.697	.601	.349	0.90	Good Knowledge

Sources: Questionnaire Data, August 2023.

Based on the research results in Table 4, it was found that the Knowledge Level Questionnaire about Stress and Depression in Adolescents had a good enough reliability value marked by a KR-20

value of .601 (*r*-table .349). The questionnaire was also tested for validity using the Item Content Validity Index (I-CVI) method. The result of the I-CVI test of this questionnaire was .90. Based on the results of the study also showed that the knowledge level about stress and depression of respondents was at good knowledge level (M = 8.13; SD = 1.697; Min = 5.0; Max = 10.0).

DISCUSSION

The description of items obtained the lowest Mean value of .50 and the highest Mean of .97. The lowest Mean value (M = .50) is found in the negative statement about definitions of stress. The highest Mean value (M = .97) is found in 2 statements, namely statements related to acute stress and statements related to the consequences experienced by adolescents when depression occurs.

Based on the results of the validity test using the I-CVI method, it was found that the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) was declared valid and could be used as an instrument in a study (I-CVI = .90). According to Lynn in Putra et al. (2020) states that the recommended standard value for I-CVI results is not less than .78. Based on the assessment results of the reviewers, several items are considered to be confounders. This is because there is an element of habit in everyday life in Indonesian society.

The results of the study also found that the results of the reliability test of the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) using the Kuder-Richardson (KR)-20 was .601. According to Wahyuni (2014), the value of the reliability test results of 0.50 - 0.70 is categorized as moderate reliability. With these results obtained, the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) can be used in groups of adolescents who are in Islamic boarding schools.

LIMITATION

In its implementation, there is no conflict of interest in this research.

CONCLUSION

The results of this study indicate that the Adolescents' Knowledge about Stress and Depression Questionnaire (AKSDQ) can be used as a research instrument to assess the level of adolescent knowledge related to stress and depression.

AUTHOR CONTRIBUTION

Kusuma Wijaya Ridi Putra: Literature review, conceptualization, methodology, investigation, resources, project administration, and manuscript drafting.

Prawito: Investigation, resources, and manuscript drafting.

Eliza Zihni Zatihulwani: Investigation, resources, and manuscript drafting.

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CONFLICT OF INTEREST

There is no conflict of interest in this study.

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