RELIABILITY TESTS ON DIETARY INTAKE, PHYSICAL ACTIVITY, SOCIAL SUPPORT, AND SOCIAL COGNITIVE QUESTIONNAIRES OF OVERWEIGHT AND OBESITY IN FEMALE ADOLESCENTS

Yeti Rahelli¹⁾, Agus Kristiyanto²⁾, Bhisma Murti¹⁾

¹⁾Masters Program in Public Health, Universitas Sebelas Maret

²⁾Educational Program in Sports, Health, and Recreational, Universitas Sebelas Maret

ABSTRACT

Background: Obesity is reaching epidemic proportions globally, with a threefold increase from 1975 to 2016. The percentage of obese adolescents aged 12-19 years increased from 5% to 21% over the same period. Social Cognitive Theory can determine human behavior in limiting food intake (diet) and regular physical activity. A valid and accurate measuring instrument for the factors influencing obesity is essential. This study aimed to determine the reliability of measuring instruments for diet, physical activity, social support, and Social Cognitive Theory on overweight and obesity in adolescent girls.

Subjects and Method: This study used primary data. As many as 15 study subjects were selected by simple random sampling. The value of item-rest correlation and Cronbach's alpha were examined using split half method run on Stata 14.

Results: Dietary intake questionnaire had item-rest correlation ≥ 0.20 with Cronbach alpha = 0.77. Physical activity questionnaire had item-rest correlation ≥ 0.20 with Cronbach alpha = 0.78. Social support questionnaire had item-rest correlation ≥ 0.20 with Cronbach alpha = 0.88. Social cognitive theory questionnaire had item-rest correlation ≥ 0.20 with Cronbach alpha = 0.89.

Conclusion: Dietary intake, physical activity, and social cognitive questionnaires are reliable to be used.

Keywords: reliability, item-rest correlation, Cronbach alpha

Correspondence:

Yeti Rahelli. Masters Program in Public Health, Universitas Sebelas Maret. Jl. Ir. Sutami 36A, Surakarta 57126, Central Java. Email: yetirahelli@student.uns.ac.id. Mobile: 082179940557.