

**ADAPTASI RYFF PSYCHOLOGICAL WELL-BEING SCALE DALAM
KONTEKS INDONESIA**

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ABSTRAK

Penelitian ini merupakan adaptasi suatu alat ukur psikologis yakni *psychological well-being scale* (PWBS) yang disusun oleh Carol Ryff. Penelitian ini bertujuan untuk mengetahui apakah hasil adaptasi PWBS memiliki ekuivalensi dengan PWBS versi asli. Adaptasi ini dilakukan dengan mengikuti pedoman adaptasi yang telah disusun oleh *International Test Commission* (ITC). Proses adaptasi melibatkan proses *forward translation, back-translation, decentering*, pemeriksaan validitas konten dan pemeriksaan *construct bias* dalam rangka ekuivalensi. Subjek yang digunakan dalam pemeriksaan *construct bias* terdiri dari 373 pria dan wanita yang berada di Yogyakarta dan sekitarnya, dengan rentang umur 17-69 tahun (mean = 26,63). PWBS hasil adaptasi menunjukkan bahwa memiliki validitas konten yang baik (CVR = 1) dan validitas konstruk yang baik (model fit), namun tidak memiliki struktur konstruk yang sesuai dengan struktur konstruk yang dirumuskan oleh Carol Ryff. Struktur konstruk PWBS versi adaptasi menunjukkan bahwa terdapat hubungan antara aspek yang bersifat langsung seperti aspek *autonomy* dengan *self acceptance, purpose in life* dengan *personal growth, positive relations with others* dengan *environmental mastery*, dan *positive relations with others* dengan *autonomy*. Meskipun begitu PWBS versi adaptasi memiliki reliabilitas yang baik ($\alpha = 0,935$) dan mampu memberikan informasi mengenai kondisi *psychological well-being* di Indonesia. Hanya saja hasil PWBS versi adaptasi menggambarkan kondisi individu yang kolektif, yang ditandai dengan skor *autonomy* yang rendah dan skor *positive relations with others* yang tinggi. Selain itu diperlukan pemeriksaan kembali atas skor PWBS adaptasi karena memiliki struktur konstruk yang berbeda dengan konstruk yang disusun oleh Carol Ryff.

Kata kunci : Adaptasi, Psychological well-being, Confirmatory Factor Analysis.

**ADAPTATION OF RYFF PSYCHOLOGICAL WELL-BEING SCALE IN
THE CONTEXT OF INDONESIA**

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ABSTRACT

This research about an adaption of psychological measurement scale named psychological well-being scale (PWBS) developed by Carol Ryff. The purpose of this research is to examine whether the adaptation of PWBS having an equivalence with the original version of PWBS. Adaptation was conducted by following the guidelines that have been developed by International Test Commission (ITC). The process consist of the forward-translation, back-translation, decentering, the examination of content validity and the examination of construct bias in the order of equivalence. The subjects that used in this examination of construct bias consisted of 373 man and female that lived in Yogyakarta and surrounding areas, with span of age between 17-69 (mean=26,63). The results of adaptation showed that adaptation of PWBS has good content validity (CVR = 1) and good construct validiy (fit model), but doesn't have same construct with the construct that were formulated by Carol Ryff. The construct of adaptation showed that some of dimension has a direct relationship such as autonomy with self acceptance, purpose in life with personal growth, positive relations with others with environmental mastery, dan positive relations with others with autonomy. Nevertheless the adaptation of PWBS has good reliability ($\alpha = 0,935$) and able to provide information about psychological well-being in Indonesia. But only the result of adaptation of PWBS described the characterize of collective individual, which is marked with low scored autonomy and high scored positive relations with others. Besides it's necessary to conduct another examination of the score of adaptation because it had different construct the construct that had been compiled by Carol Ryff.

Kata kunci : Adaptation, Psychological well-being, Confirmatory Factor Analysis.