

ABSTRAK

Perkembangan teknologi dan tuntutan akademik mendorong mahasiswa menjalani *sedentary lifestyle*, yaitu perilaku saat terjaga yang didominasi posisi duduk, bersandar, atau berbaring dengan pengeluaran energi yang rendah. Penelitian sebelumnya umumnya menilai *sedentary lifestyle* hanya berdasarkan aktivitas fisik menggunakan instrumen seperti *Global Physical Activity Questionnaire* (GPAQ) atau *International Physical Activity Questionnaire-Short Form* (IPAQ-SF), sehingga belum sepenuhnya menggambarkan peran faktor psikososial seperti pengetahuan, kewaspadaan terhadap *sedentary lifestyle*, dan pola hidup. Penelitian ini bertujuan untuk mengembangkan dan menguji validitas serta reliabilitas instrumen pengukuran *sedentary lifestyle* berbasis GPAQ yang tidak hanya mengukur aktivitas fisik, tetapi juga mencakup aspek pola hidup, pengetahuan dan kewaspadaan mahasiswa terhadap *sedentary lifestyle*. Subjek penelitian terdiri atas 3 orang *expert judgement*, 3 orang responden uji pemahaman bahasa, dan 32 orang mahasiswa aktif Program Studi Farmasi pada Program Sarjana, Fakultas Farmasi, Universitas Sanata Dharma. Validitas isi diuji menggunakan *Content Validity Index* (CVI) melalui penilaian *expert judgement*, sedangkan reliabilitas diuji menggunakan *Cronbach's Alpha*. Hasil uji validitas isi menunjukkan nilai CVI sebesar 1,00, yang menunjukkan bahwa seluruh butir pernyataan memenuhi kriteria validitas isi dan dinilai relevan serta jelas oleh ketiga *expert*. Hasil uji pemahaman bahasa menunjukkan bahwa seluruh pernyataan mudah dipahami sehingga tidak diperlukan revisi. Hasil uji reliabilitas menunjukkan nilai *Cronbach's Alpha* sebesar 0,765 pada domain pengetahuan tentang *sedentary lifestyle* sebesar 0,765, kewaspadaan terhadap risiko sebesar 0,793, dan pola hidup sebesar 0,616. Secara keseluruhan, instrumen telah memenuhi kriteria validitas dan reliabilitas.

Kata kunci: *sedentary lifestyle*, *Global Physical Activity Questionnaire*, pengembangan instrumen, validitas isi, reliabilitas

ABSTRACT

The development of technology and increasing academic demands encourage university students to engage in a sedentary lifestyle, defined as awake behavior predominantly involving sitting, reclining, or lying with low energy expenditure. Previous studies have generally assessed sedentary lifestyle based solely on physical activity using instruments such as the Global Physical Activity Questionnaire (GPAQ) or the International Physical Activity Questionnaire-Short Form (IPAQ-SF), and therefore may not fully capture psychosocial factors such as knowledge, awareness of sedentary lifestyle, and lifestyle patterns. This study aimed to develop and evaluate the validity and reliability of a GPAQ-based instrument for measuring sedentary lifestyle that not only measures physical activity but also incorporates aspects of lifestyle patterns, knowledge, and awareness of sedentary lifestyle among university students. The study participants consisted of three expert judges, three respondents for the language comprehension assessment, and 32 active undergraduate Pharmacy students from the Faculty of Pharmacy, Universitas Sanata Dharma. Content validity was assessed using the Content Validity Index (CVI) through expert judgement, while reliability was assessed using Cronbach's Alpha. The content validity test resulted in a CVI of 1.00, indicating that all items met the content validity criteria and were considered relevant and clear by all three experts. The language comprehension assessment showed that all statements were easy to understand and required no revision. The reliability test resulted in Cronbach's Alpha coefficients of 0.765 for the knowledge of sedentary lifestyle domain, 0.793 for the awareness of sedentary lifestyle risks domain, and 0.616 for the lifestyle patterns domain. Overall, the instrument has met the criteria for validity and reliability.

Keywords: *sedentary lifestyle, Global Physical Activity Questionnaire, instrument development, content validity, reliability*