

Validity and reliability the Meaning in Life Questionnaire (MLQ); Men who have sex with men at West Sumatera Indonesia

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Abstract

Background: The meaning of life is the meaning of every event that occurs both pleasant and painful. Meaning of life of each individual is very unique and different from each other. The meaning of life questionnaire (MLQ) is a questionnaire measuring the meaning of life developed by Steger by dividing into two sub items present and search each consisting of five questions. The purpose of this article is to perform the validity and reliability of MLQ Indonesian version.

Method: The respondents of this study are 50 persons men who have sex with men seropositive HIV in NGOs Saiyo Sakato Bukit Tinggi and NGOs Teratak Jiwa Hati West Sumatera. Validity and reliability testing is done by reliability scale analysis technique. The question item validity is seen from the magnitude of *r*-table value with *r*-count and reliability seen through Cronbach's alpha coefficient.

Result: The results of this study show the meaning in life questionnaire (MLQ) in the context of Indonesian all items of valid and reliable.

Conclusion: Validity and reliability the meaning in life questionnaire (MLQ) in the context of Indonesian is valid and reliable, it's can use in Indonesian.

Keywords: meaning in life, validity, reliability, MSM, HIV/AIDS

Abstrak

Latar belakang: Makna hidup merupakan arti dari setiap peristiwa yang terjadi baik yang menyenangkan maupun yang menyakitkan. Pemaknaan hidup setiap individu sangatlah unik dan berbeda satu dengan lainnya. *The meaning in life questionnaire* (MLQ) merupakan kuesioner pengukuran makna hidup yang dikembangkan oleh Steger dengan membagi menjadi dua sub item yaitu *present* dan *search* yang masing-masing terdiri dari lima pertanyaan. Tujuan dari penelitian ini adalah untuk melakukan validitas dan reabilitas *The meaning in life questionnaire* (MLQ) versi bahasa Indonesia.

Metode: Responden penelitian ini adalah lelaki seks lelaki seropositif HIV di KDS Saiyo Sakato Bukit Tinggi dan Yayasan Teratak Jiwa Hati Sumatera Barat berjumlah 50 orang. Pengujian validitas dan reliabilitas dilakukan dengan teknik *Reliability scale analysis*. Validitas item pertanyaan dilihat dari besarnya nilai *r*-tabel dengan *r*-hitung dan reabilitas dilihat melalui koefisiensi *Cronbach's alpha*.

Hasil: Hasil penelitian ini menunjukkan *The meaning in life questionnaire* (MLQ) dalam konteks bahasa Indonesia semua item pertanyaan valid dan reliabel.

Kesimpulan: Validitas dan reliabilitas kuesioner makna hidup dalam versi bahasa Indonesia adalah valid dan reliabel, dan dapat digunakan di Indonesia.

Kata kunci : makna hidup, validitas, reliabilitas, lelaki seks lelaki, HIV/AIDS.

INTRODUCTION

The meaning in life is an experience in real life that is different between people with each other, if found successfully will make a person's life meaningful that elicits

a feeling of happiness¹⁻³. Meaning in life has a different function to each individual, but according to ⁽⁴⁾, the function of the meaning in life is divided into three. The first function is to help someone

recognizing and discussing signs and patterns in the environment. The second function is for communication because person actively uses the meaning to share information and coordinate their actions. The third function is to control oneself in the person's behavior and influence to consider the possibilities that refer to culture, and long-term thinking in purpose of helping to guide their actions, make decisions, and manage their emotions. Another important aspect of the nature of meaning is to have many levels⁴.

The meaning in life according to Resnick is said to be the stage in which a person reaches his life purpose⁵. According to that theory, a person must be able to answer who they are and where they are now. In essence, this purpose of life will put someone on a place in his life. Where with the purpose of life can give a contribution and their existence somewhere better (meaningful life). In achieving the purpose in life which is the first concept of the meaning theory, person must have three main paths: to have sensitive feelings, to experience how to love life, and finally to choose a life choice. Freedom of choice is the second concept of meaning theory that the selection process of the choice to be chosen will be a control in life. An important point in this freedom of choice is the belief to regulate one's behavior in life. Human suffering is the third concept of the meaning theory that a person's subjective experience is very unique and diverse from simple to complex. People living HIV/AIDS has difference meaning of live before and after seropositive. Meaning in life is one of factors to relationship the adherence of antiretroviral therapy.

Researchers adopt the MLQ scale from Strager et al to become the scale of life meaning⁶. Measure of life meaning using meaning in life questionnaire^{6,7}. Before use this questionnaire, researchers make the validity and reliability test of the respondents in this study were men who have sex with men seropositive HIV in KDS Saiyo Sakato Bukit Tinggi and Yayasan Teratak Jiwa Hati Foundation. This place use in validity and reliability because only

two NGOs in west Sumatera work in HIV and AIDS. The meaning in life questionnaire (MLQ)⁶ assesses two dimensions of meaning in life namely The Presence of Meaning and The Search for Meaning using 10 rated items. MLQ measurements using Likert scale with range 1-7 "absolutely true" to "absolutely untrue" with total score of each item 35⁽⁷⁾. Some studies that support the validity and reliability of MLQ^{8,9,10,11,12,13,14}. The advantages of this MLQ is that with ten items of question already can measure the meaning in life of person seen from the items of The Presence of Meaning and The Search for Meaning, this questionnaire has been widely tested in various languages and used in various countries.

The purpose of this study was to perform the validity and reliability in Indonesian version of MLQ of male sex male seropositive population by comparing the r-tab values with r-count and looking at the cronbach's alpha value.

METHODS

Conducted research to examine the meaning in life using the English version of MLQ. Researcher translate it into bahasa Indonesia. After a process of evaluation of the results of the translation, the researcher tested the validity and reliability of bahasa Indonesia MLQ version. (attachment 1). The validity and reliability test of the respondents in this study were men who have sex with men seropositive HIV in KDS Saiyo Sakato Bukit Tinggi and Yayasan Teratak Jiwa Hati Foundation with a total of 50 people. Sampling using simple random sampling and taking respondents using Microsoft Office Excel program. Age range of respondents 22-45 years old and have been on ART for more than six months.

Researchers adopt the MLQ scale from⁶ to become the scale of life meaning. Measure of life meaning using meaning in life questionnaire^{6,7}. There are two sub items in Meaning in life questionnaire: item of The Presence of Meaning^{1,4,5,6,9} and item of The Search for Meaning^{2,3,7,8,10} with number of question per-item as many as five questions. MLQ measurements using

Likert scales with range of 1-7 "Absolutely True" to "Absolutely Untrue" with a total score of each item is 35. Someone said meaningful if the score of The Presence of Meaning item and the score of The Search of Meaning item are greater or equal to 24, meaningful but less self-explored if the total score of The Presence of Meaning item is greater or equal to 24 and score of The Search for Meaning item less than 24, not meaningful but looking for purpose in life if the score of The Presence of Meaning item less than 24 and score of The Search for Meaning item greater than 24, and said not meaningful if the score of The Presence of Meaning item and the score of The Search for Meaning item less than 24⁷.

In order to get a good test tool, it's necessary to test the validity and reliability. Test validity is the extent to which a test accurately measures what it is supposed to measure. Reliability is the degree to which an assessment tool produces stable and

consistent result in this case is a questionnaire can be used more than once, at least by the same respondent who will produce consistent data¹⁵⁻¹⁷. The Indonesian version of the MLQ trial test was conducted at KDS Saiyo Sakato Bukit Tinggi and Yayasan Teratak Jiwa Hati Foundation, which is a peer support group in people with HIV / AIDS.

RESULTS

Validity test was done by doing the correlation between scores of each variable with total score. Correlation technique used Pearson Product Moment correlation. Test reliability was done by comparing Alpha Cronbach's (0.6) with r table. The results of the tested the validity and reliability of bahasa Indonesia MLQ version (Table 1).

Table 1. Validity and reliabilty MLQ Indonesian Versi

Question Items	M	SD	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
1. I a good sense my life's meaning	52.60	48.45	.465	.856
2. I am looking for something that makes my life feel meaningful	52.20	49.93	.523	.854
3. I am always looking to find my life's purpose	52.54	40.46	.808	.825
4. My life has a clear sense of purpose	52.70	49.85	.446	.858
5. I have a good sense of what makes my life meaningful	52.58	50.29	.328	.866
6. I have discovered a satisfying life purpose	52.58	40.49	.787	.827
7. I am always searching for something that makes my life feel significant	52.48	48.66	.582	.850
8. I am seeking a purpose or mission for my life	52.62	46.28	.538	.851
9. My life has no clear purpose	52.54	39.64	.841	.821
10. I am searching for meaning in life	52.76	45.21	.449	.863

The first question item has r-count 0.465 which means greater than 0.285. The second question item has a value of r-count 0.523 which means greater than 0.285. The third question item has a value of r-count 0.808 which means greater than 0.285. The fourth question item has a value of r-count 0.446 which means greater than 0.285. The fifth question item has a value of r-count 0.328 which means greater than 0.285. The sixth question item has a value of r-count 0.787 which means greater than 0.285. The seventh question item has a value of r-count 0.582 which means greater

than 0.285. Item eighth question has a value of r-count 0.38 which means greater than 0.285. The ninth question item has a value of r-count 0.841 which means greater than 0.285. And Item tenth question has a value of r-count 0.449 which means greater than 0.285. From the MLQ get value of cronbach alpha 0,861.

DISCUSSION

Correlation technique used Pearson Product Moment correlation. The test decision compared the r value of each item statement with r table. The r value of the

result was seen in the Corrected Item-Total Correlation column and the r table value was seen at the 5% significance level. If r results $\geq r$ table then the question item is valid and otherwise if r result $< r$ table then the question is invalid. Invalid question items were omitted. Test reliability was done by comparing Alpha Cronbach's (0.6) with r table. If Alpha Cronbach's $\geq r$ table then the instrument is reliable, and otherwise if Alpha Cronbach's $< r$ table then the instrument is not reliable¹⁵⁻¹⁷. MLQ version in Bahasa Indonesia which amounted to 10 items questions obtained r -count value ranged from 0.32-0.841. With the number of respondents 50 then got the value of r -table 0.285, due to the value of r -table seen from the number of respondents minus 2 means the value of r -table used is at number 48.

The first question item has r -count 0.465 which means greater than 0.285 it can be concluded that question number 1 is valid. The second question item has a value of r -count 0.523 which means greater than 0.285 it can be concluded that question number 2 is valid. The third question item has a value of r -count 0.808 which means greater than 0.285 it can be concluded that question number 3 is valid. The fourth question item has a value of r -count 0.446 which means greater than 0.285 it can be concluded that question number 4 valid. The fifth question item has a value of r -count 0.328 which means greater than 0.285 it can be concluded that question number 5 is valid. The sixth question item has a value of r -count 0.787 which means greater than 0.285 it can be concluded that question number 6 is valid. The seventh question item has a value of r -count 0.582 which means greater than 0.285 it can be concluded that question number 7 is valid. Item eighth question has a value of r -count 0.38 which means greater than 0.285 it can be concluded that question number 8 is valid. The ninth question item has a value of r -count 0.841 which means greater than 0.285 it can be concluded that question number 9 is valid. And Item tenth question has a value of r -count 0.449 which means greater than 0.285 it can be concluded that question

number 10 valid (table 1). Thus, it can be concluded that the MLQ version in Bahasa Indonesia of all items of question is valid and can be used.

From the MLQ get value of cronbach alpha 0,861 > standard cronbach alpha 0,6 which the questionnaire is reliable. This validity and reliability test were supported by several general researches that perform validity and reliability⁶, which is the creator of the questionnaire, Greece¹⁰, Brazil¹³, Australia¹¹, China^{8,9,18}, in individuals with mental disorders¹², Japan and America¹⁹.

At the first test it was found that the seventh question there was a mistake in writing so that the researchers revised again and redistributed. From the results of the validity and reliability test it can be concluded that all items are valid questions and the MLQ version in Bahasa Indonesia was reliable or feasible to be used in seropositive men who have love sex with men population.

CONCLUSION

The original MLQ has been adapted into meaning in life questionnaire in the Indonesian context. The results of this questionnaire have the same structure as the original MLQ version. In this study, researchers tested the validity and reliability of the questionnaire meaning in life. The result of the test validity indicates that all items of question is valid and test reliability results show that the MLQ version in Bahasa Indonesia has high reliability. By then, this MLQ version in Bahasa Indonesia can be used in research in the field of social science, especially social psychology and mental nursing.

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Attachment 1**KUESIONER MAKNA HIDUP**

Mohon luangkan waktu sejenak untuk memikirkan apa yang membuat hidup dan eksistensi Anda terasa penting dan penting bagi Anda. Mohon menanggapi pernyataan berikut ini **sejujurnya** dan **seakurat mungkin**, dan harap diingat bahwa ini adalah pertanyaan yang sangat subjektif dan tidak ada jawaban benar atau salah. Tolong jawab sesuai dengan skala di bawah ini:

Sama sekali tidak benar	Kebanyakan tidak benar	Agak tidak benar	Ragu-ragu	Agak benar	benar	Benar sekali
1	2	3	4	5	6	7

No	Pertanyaan	Skor Pilihan
1	Saya faham makna hidup saya	
2	Saya sedang mencari sesuatu yang dapat membuat hidup saya bermakna	
3	Saya selalu mencari tujuan hidup saya	
4	Saya mempunyai tujuan kehidupan yang jelas	
5	Saya mempunyai pemikiran yang membuat hidup saya bermakna	
6	Saya telah menemukan tujuan hidup saya	
7	Saya selalu mencari sesuatu yang membuat hidup saya merasa penting	
8	Saya sedang mencari tujuan atau misi kehidupan saya	
9	Saya tidak mempunyai tujuan hidup yang jelas	
10	Saya sedang mencari makna hidup saya	