

Cross-Cultural Adaptation and Psychometric Validation of the Indonesian Version of the PSICA

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Importance of This Study

- Student-athletes face dual demands: academic achievement and sport performance
- Psychological skills are essential for performance, resilience, well-being, and burnout prevention
- Psychological assessment is critical for evidence-based athlete development
- PSICA is a comprehensive tool, but no validated Indonesian version exists

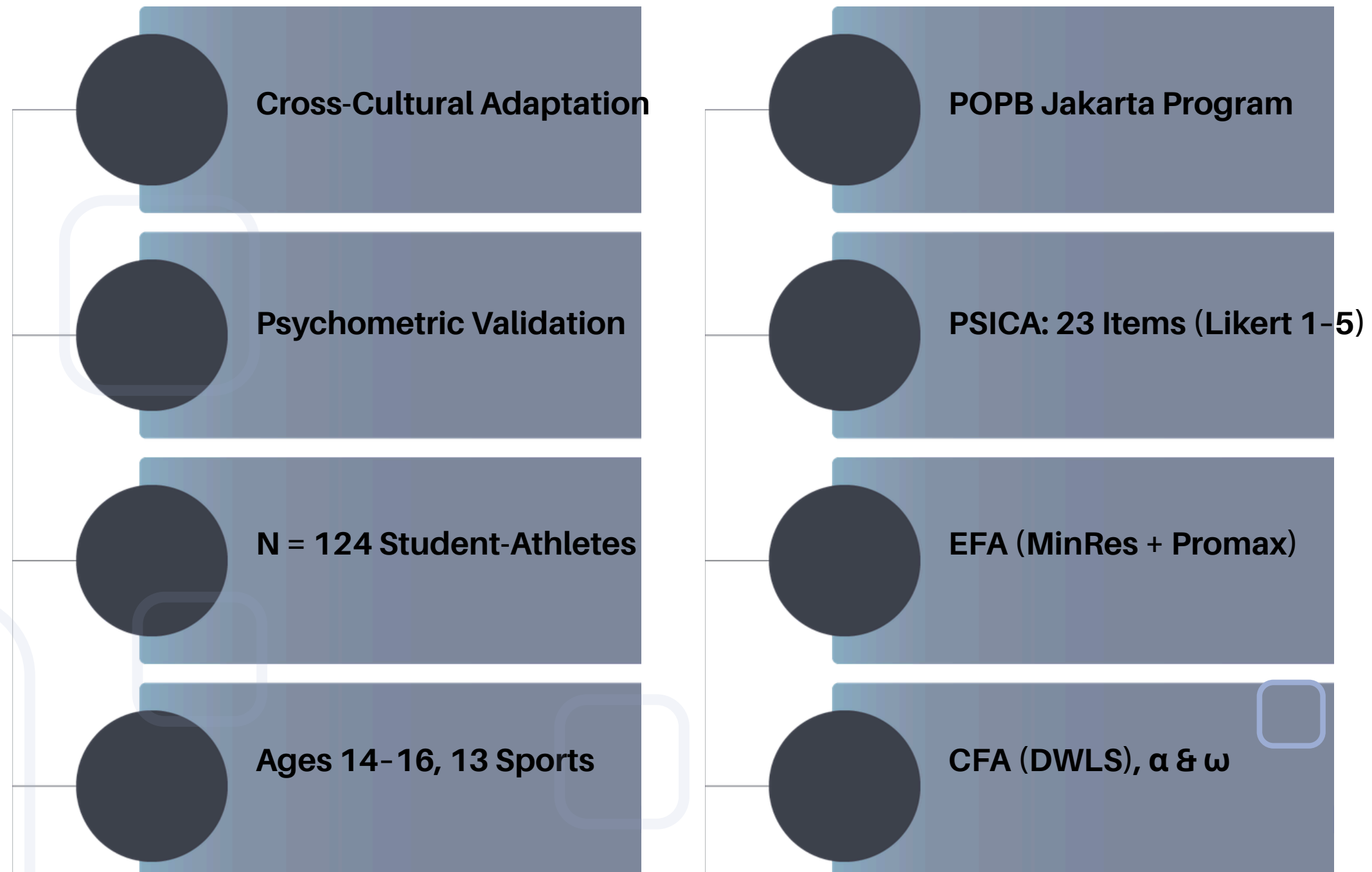
Key References: Gustafsson et al. (2017); Milavić et al. (2019); ITC (2017)

Research Gap & Objective

Research Gap: No validated Indonesian version of PSICA exists. Limited psychometric tools available for Indonesian adolescent athletes.

Objective: Adapt PSICA into Indonesian and evaluate its psychometric properties (validity & reliability) in Indonesian student-athletes.

Research Design and Participants



Validity & Factor Analysis Results

Content Validity

- Aiken's V = 0.902 (excellent content validity)

Exploratory Factor Analysis (EFA)

- KMO = 0.722 (adequate sampling)
- Bartlett's Test: $p < .001$ (significant)

Confirmatory Factor Analysis (CFA) — Final Model (19 items)

- RMSEA = .056 • CFI = .959
- TLI = .954 • IFI = .960 • GFI = .972

→ All indices indicate good model fit

Reliability & Discussion

Reliability

- Cronbach's $\alpha = 0.870 \rightarrow$ Good internal consistency
- McDonald's $\omega = 0.910 \rightarrow$ Excellent composite reliability

Discussion

- Translation process maintained conceptual equivalence across languages
- Four items removed following psychometric evaluation (EFA/CFA)
- Indonesian PSICA demonstrates satisfactory validity and reliability
- Instrument is suitable for assessing psychological skills in Indonesian student-athletes

Conclusions & Practical Implications



Conclusions:

- Indonesian PSICA successfully adapted
- Excellent content validity (Aiken's $V = 0.902$)
- Good construct validity (CFI = .959, RMSEA = .056)
- Good internal consistency ($\alpha = 0.870$, $\omega = 0.910$)
- Final instrument: 19 items



Practical Implications:

- Athlete psychological assessment in Indonesian context
- Talent identification & development programs
- Mental skills monitoring for student-athletes
- Evidence-based sport psychology practice

References

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Thank You

Questions &
Discussion
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