**Tugas: Membuat Aitem untuk Skala Psikologi**

**Instruksi**

1. Bacalah baik-baik definisi konstruk beserta dimensinya.
2. Bersama dengan kelompok, buatlah 4 aitem yang mencerminkan masing-masing dimensi.
3. Aitem boleh semuanya *favourable* terhadap konstruk, atau boleh juga dikombinasikan dengan aitem yang *unfavourable*
4. Waktu untuk membuat aitem adalah 40 menit

**Definisi Konstruk (Depresi):**

Depression is a state of low mood and aversion to activity. It can affect a person's thoughts, behavior, motivation, feelings, and sense of well-being. It may feature sadness, difficulty in thinking and concentration and a significant increase/decrease in appetite and time spent sleeping, and people experiencing depression may have feelings of dejection, hopelessness and, sometimes, suicidal thoughts. It can either be short term or long term. Depressed mood is a symptom of some mood disorders such as major depressive disorder or dysthymia; it is a normal temporary reaction to life events, such as the loss of a loved one; and it is also a symptom of some physical diseases and a side effect of some drugs and medical treatments.

**Dimensi Konstruk**

…However, **physical complaints** such as ‘‘have chest pain’’ (merasa sesak di dada), ‘‘feel rapid heartbeat’’ (merasa jantung berdebar keras) and ‘‘have gastritis’’ (memiliki masalah lambung) were unique items used by Indonesians to express their depression…

...Other items included as **Affect factors** in the IDC were unique, including ‘‘feel ashamed or embarrassed’’ (merasa malu), ‘‘feel afraid’’ (merasa takut) and ‘‘feel sorry’’ (merasa menyesal)…

… In the **Cognition factors**, ‘‘have difficulty in concentrating’’ (sulit konsentrasi) was consistent with depression symptoms in the DSM-5. Another item ‘‘think about your problem over and over again’’ (memikirkan masalah yang dihadapi secara terus menerus) is a classic symptom of depression related to rumination…

… Social **Engagement factors**, ‘‘lack motivation to do various activities’’ (malas melakukan aktivitas) was consistent with depression symptoms in the DSM-5. ‘‘Only stay in your room’’ (hanya di dalam kamar) and ‘‘want to be alone’’ (menyendiri) were unique items representing self-isolation, identified in the current research….

| **Dimensi** | **No** | **Aitem** | **Un/Fav** |
| --- | --- | --- | --- |
| **Physical problems** | 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
|  |  |  |
| **Affect Problems** | 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
|  |  |  |
| **Cognition Problems** | 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
|  |  |  |
| **Social Engagement Factors** | 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |