ORIGINAL

The Journal of Palembang Nursing Studies
https://jpns-journal.com/index.php/jpns
OPEN ACCESS

Translation and validation of the Indonesian version of the seek counseling inventory for adolescents

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Volume 4(1), 16-23

http://dx.doi.org/10.55048/jpns144

e-ISSN 2827-8100
p-ISSN 2827-8496

Received : November 6, 2024
Revised : December 13, 2024
Accepted : January 5, 2025
Published: January 15, 2025

ABSTRACT

Background: Adolescents in Indonesia encounter a range of psychological and social challenges, including stress, anxiety, and academic pressures. However, cultural stigma and traditional beliefs often hinder their willingness to access mental health services. Reliable and culturally appropriate assessment tools are essential to evaluate adolescents' readiness to seek counseling and to identify barriers that may prevent timely intervention.
Objective: This study aimed to translate and culturally adapt the Seek Counseling Inventory (SCI) into Indonesian and to evaluate its psychometric properties, ensuring its suitability for use among Indonesian adolescents.
Methods: A systematic cross-cultural adaptation process was conducted, involving forward translation, back-translation, expert panel review, and pretesting. Content validity was assessed by a panel of five experts using Aiken's V, while construct validity was examined through Confirmatory Factor Analysis (CFA). The study recruited 435 high school students aged 13–18 years through convenience sampling. Reliability was evaluated using Cronbach's alpha.
Results: The Indonesian version of the SCI demonstrated strong content validity, with Aiken's V scores ranging from 0.80 to 1.00. CFA results indicated an acceptable model fit (TLI = 0.976, CFI = 0.947, RMSEA = 0.051), supporting the instrument's structural validity. Internal consistency was good, with a Cronbach's alpha of 0.822, indicating stable and coherent measurement of counseling attitudes.
Conclusions: The Indonesian SCI is a valid and reliable tool for assessing counseling attitudes among adolescents. Its application can guide culturally sensitive mental health programs, enhance early identification of support needs, and contribute to reducing stigma toward counseling in Indonesia.

Keywords: adolescents; mental health; seek counseling inventory; validation; counseling attitudes

INTRODUCTION

Adolescents face various psychological and social challenges during their developmental years, increasing the likelihood of experiencing stress, anxiety, and other mental health concerns (Arnett, 2014). Research highlights that early

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- *Healthcare professionals should use validated, culturally appropriate tools like the SCI to assess mental health readiness in adolescents, ensuring interventions are relevant and effective in addressing local cultural contexts.*
- *Nurses and healthcare providers should collaborate with schools to implement mental health education programs, utilizing tools such as the SCI to identify students' attitudes toward seeking counseling and reduce stigma surrounding mental health.*
- *Training healthcare providers, including nurses, on the use of culturally validated assessment tools can improve mental health service delivery, ensuring that interventions align with adolescents' unique needs and experiences in diverse cultural settings.*

counseling interventions can play a crucial role in addressing these issues, promoting well-being, and preventing severe mental health disorders (Hetrick et al., 2016). However, the accessibility and acceptability of counseling services among adolescents vary widely based on cultural, societal, and linguistic factors (Rickwood et al., 2017). In Indonesia, where traditional beliefs about mental health persist, adolescents may hesitate to seek professional help due to stigma or a lack of awareness about counseling benefits (Rosenberg et al., 2019). Given these dynamics, understanding adolescents' willingness and readiness to seek counseling services is essential for improving mental health outreach.

The Seek Counseling Inventory (SCI), initially developed in English, is a widely used tool for assessing counseling-seeking attitudes and intentions in young individuals (Atkinson & Gim, 1989). The SCI has been successfully adapted in various languages and cultural contexts, supporting its reliability and validity in measuring counseling attitudes among diverse populations (Li & Chan, 2004; Yeh et al., 2005). However, no validated Indonesian version of the SCI exists for adolescent populations, leaving a gap in understanding and measuring help-seeking behaviors within this demographic. A culturally adapted and validated SCI could provide significant insights into Indonesian adolescents' readiness to seek mental health counseling, ultimately aiding practitioners and policymakers in tailoring interventions to this group (Zane et al., 2015).

Despite the growing global emphasis on adolescent mental health, there is limited research on culturally adapted counseling assessment tools for non-English-speaking populations, particularly in Indonesia (Prawitasari-Hadiyono, 2017). Although the SCI has been translated and validated in other languages, no published studies address its application in the Indonesian context or evaluate its psychometric properties among Indonesian adolescents (Li et al., 2010). Existing research primarily focuses on Western populations, with limited consideration for cultural factors that may influence help-seeking behaviors among Indonesian adolescents (Tatar & Yildiz, 2010). Additionally, while there is increasing attention to adolescent mental health needs in Indonesia, few standardized tools exist to assess attitudes toward counseling, further limiting mental health practitioners' ability to develop evidence-based strategies (Wijaya et al., 2020). This study seeks to fill this gap by translating and validating the SCI for Indonesian adolescents, examining the inventory's reliability and validity in this context. This work aims to contribute a culturally relevant assessment tool to facilitate better mental health interventions for Indonesian youth. Therefore, this study aimed to translate and validate also check its reliability of Indonesian language version of seek counselling inventory among adolescent.

METHODS

Design

This research conducted the cross-cultural validation and adaptation of an assessment tool through a structured process in three main stages: translation, content validation, and ensuring equivalence (Guillemin, Bombardier, & Beaton, 1993; Levin et al., 2009). In the first stage, the tool was translated into Indonesian, followed by a back-translation into English. The second stage involved assessing cultural adaptation, emphasizing the clarity, cultural

relevance, and suitability (i.e., content validity) of each item. In the final stage, the instrument's construct validity and internal consistency were thoroughly examined.

Sample and Setting

The study's inclusion criteria target senior high school students aged 13 to 18 who agree to participate, do not have any diagnosed mental health conditions or cognitive impairments, and own a smartphone. Students absent during the data collection phase were not included. The sample size was calculated using G. Power software (version 3.1.9.4). Utilizing the F test with an effect size of 0.05, an error rate (α) of 0.05, and a power of 0.95, the final sample size requirement was established at 435 participants, accounting for a 15% dropout rate. Convenience sampling was employed to gather the participants.

Instrument

The Intentions to Seek Counseling Inventory (ISCI) was employed to measure interest in pursuing professional support (Cash et al., 1975). This inventory consists of 17 items rated on a Likert scale, where 1 denotes "never" and 4 signifies "always." A higher total score indicates a greater likelihood of seeking help from a mental health professional. In the study by Shin and Ahn (2005), the ISCI demonstrated a Cronbach's alpha of 0.89. Through exploratory factor analysis (EFA), Cronbach's alphas for the ISCI's three subscales ranged from 0.63 to 0.84. The EFA identified four key factors used for item distribution: academic concerns (three items, Cronbach's = 0.77), mental health issues (six items, Cronbach's = 0.86), personal issues (five items, Cronbach's = 0.71), and general worries and concerns (three items, Cronbach's = 0.82).

Data Collection

Translation

The Intentions to Seek Counseling Inventory (ISCI) was translated into Bahasa Indonesia in accordance with the cross-cultural adaptation guidelines proposed by Beaton et al. (2000) for self-report instruments. The Beaton method involves essential stages: initial translation, merging translations, back-translation, review by an expert committee, and pretesting. This process ensures that the translated questionnaire preserves the semantic, idiomatic, experiential, and conceptual integrity of the original version.

Content validity

The content validity of an instrument ensures it is well-suited to measure a particular concept. To enhance this validity, it is crucial to carefully plan and clearly define the relevant domain before creating the items. Afterward, expert evaluation is essential to determine the relevance of each item. In the second assessment phase, three experts in psychiatric nursing and research will evaluate each item's relevance, rating them on a scale from 1 (not relevant) to 4 (highly relevant). Any gaps or areas needing improvement will be identified and reviewed with the experts for their input (Polit, Beck, & Owen, 2017). Content validity assessment was ultimately conducted by a panel of five experts.

Construct validity

To assess the construct validity of the measurement model, confirmatory factor analysis (CFA) was conducted, focusing on both convergent and discriminant validity. Construct validity was verified following the procedures described by Koopmans et al. (2014). A high correlation on the scale suggests that it accurately measures the intended concept, with convergent validity indicating the level of consistency among observed variables representing the latent construct (specify latent variable) (Bagozzi & Yi, 1988). A model is considered well-fitting when the RMSEA value is below 0.06 and the SRMR value is below 0.08. The SRMR, an absolute fit index, represents the standard deviation between predicted and actual correlations. This measure is positively biased, especially in studies with small sample sizes and low degrees of freedom. An SRMR value of zero implies perfect fit, with no adjustments for model complexity (Koopmans et al., 2014). Generally, an SRMR below 0.08 is deemed satisfactory. Additionally, CFI values above 0.9 indicate a good model fit, whereas values below 0.8 suggest acceptable fit.

Reliability

Cronbach's alpha coefficients were used to evaluate the internal consistency of each subscale, with 0.7 set as the minimum acceptable threshold for reliability (Thorndike, 1995). Essentially, a Cronbach's alpha of 0.7 or higher signifies that the items within a subscale are well-correlated, implying that

Table 1. Content validity index for Seek Counselling Inventory based on Aiken Value formula

Item	Examiner 1		Examiner 2		Examiner 3		Examiner 4		Examiner 5		Interpretation		
	Value (R)	S=R-Lo	Value (R)	S=R-Lo	Value (R)	S=R-Lo	Value (R)	S=R-Lo	Value (R)	S=R-Lo	∑s	V	Note
1	4	3	3	2	4	3	4	3	4	3	14	0.93	Valid
2	4	3	4	3	3	2	3	2	3	2	12	0.8	Valid
3	4	3	3	2	4	3	4	3	4	3	14	0.93	Valid
4	4	3	4	3	4	3	3	2	4	3	14	0.93	Valid
5	4	3	4	3	4	3	4	3	4	3	15	1	Valid
6	4	3	3	2	4	3	4	3	3	2	13	0.87	Valid
7	4	3	4	3	4	3	4	3	4	3	15	1	Valid
8	3	2	4	3	4	3	4	3	4	3	14	0.93	Valid
9	4	3	4	3	3	2	4	3	4	3	14	0.93	Valid
10	4	3	3	2	4	3	4	3	4	3	14	0.93	Valid
11	4	3	4	3	4	3	4	3	4	3	15	1	Valid
12	4	3	4	3	3	2	4	3	4	3	14	0.93	Valid
13	3	2	4	3	4	3	4	3	4	3	14	0.93	Valid
14	4	3	3	2	4	3	4	3	4	3	14	0.93	Valid
15	4	3	4	3	3	2	3	2	3	2	12	0.8	Valid
16	3	2	4	3	3	2	4	3	4	3	13	0.87	Valid
17	4	3	4	3	4	3	3	2	4	3	14	0.93	Valid

Table 2. Model fit indices

Models	χ2	df	P	TLI	CFI	RMSEA (95% CI)	SRMR
Seek Counselling Inventory	1335.02	189	0.001	0.976	0.947	0.051 (0.023-0.058)	0.091

Abbreviations: 5 related factors; df, degrees of freedom; SRMR, standardized root mean square residual; TLI, Tucker-Lewis Index; CFI: Comparative Fit Index; RMSEA, root mean square error of approximation

they capture the same underlying concept with reasonable consistency. This reliability level ensures that the scale produces stable and consistent outcomes, making it appropriate for research applications. Additionally, inter-rater reliability was evaluated using the Intraclass Correlation Coefficient (ICC). The ICC is particularly valuable for assessing agreement among raters, with higher values indicating stronger reliability. ICC scores generally fall between 0 and 1, where values above 0.75 reflect excellent reliability, 0.6 to 0.75 is considered good, and below 0.5 indicates poor reliability. Therefore, employing ICC provides a solid assessment of inter-rater consistency, supporting the measurement tool's reliability across different raters in the study.

Data Analysis

The instrument's factor structure was assessed through Confirmatory Factor Analysis (CFA) using the maximum likelihood estimation method. Following the guidelines of Kline (2005), model fit was assessed with indices including the root mean square error of approximation (RMSEA), standardized root mean square residual (SRMR), and comparative fit index (CFI), as recommended by Hu and Bentler (1999). An RMSEA below 0.06 and an SRMR under 0.08 indicate a strong model fit, while CFI values above 0.9 denote a good fit and values between 0.8 and 0.9 are acceptable (Browne & Cudeck, 1992). All statistical procedures were executed using SPSS version 23 and LISREL 8.80 (student version), with significance levels set at 0.05.

Ethical Consideration

Ethical approval was obtained from Institutional review board of Sekolah Tinggi Ilmu Keperawatan Persatuan Perawat Nasional Indonesia (STIKep PPNI) Jawa Barat (III/098/ETIK/STIKEP/PPNI/Jabar/II/2023).

Table 3. Internal consistency

Questionnaire	Total item	Cronbach' alpha
Seek Counselling Inventory	17	0.822

RESULTS

The content validity index (CVI) of the Seek Counselling Inventory was assessed using Aiken's V formula across 17 items with evaluations by five examiners (Table 1). Each item was rated for its relevance on a scale, and Aiken's V was calculated to determine the validity of each item. A score of 4 (highly relevant) was generally awarded by the examiners, with slight variations observed in a few items rated as 3 (moderately relevant) or occasionally 2 (less relevant). The scores ranged from 0.8 to 1.0, indicating high validity across items. Items 5, 7, and 11 achieved the maximum score of 1.0, signifying unanimous agreement among the examiners on their validity. Other items consistently scored between 0.8 and 0.93, further supporting the inventory's overall validity for assessing counseling needs. All items in the inventory met the criterion for validity, as indicated by their CVI values, making them suitable for inclusion in the final assessment tool.

The model fit indices in Table 2 indicate an overall good fit of the model to the data. The p-value of 0.001 suggests statistical significance, indicating that the model provides a reasonable approximation of the data. The Tucker-Lewis Index (TLI) is 0.976 and the Comparative Fit Index (CFI) is 0.947, both of which are close to 1, suggesting an acceptable model fit. The Root Mean Square Error of Approximation (RMSEA) is 0.051, with a 95% confidence interval ranging from 0.023 to 0.058, which is within the generally accepted range of ≤0.06, signifying a close fit. However, the Standardized Root Mean Square Residual (SRMR) is 0.091, slightly above the common threshold of 0.08, suggesting a marginal discrepancy. Overall, these indices collectively support the model's fit to the data, though the SRMR indicates a small area for potential improvement.

Table 3 presents the internal consistency of the Seek Counseling Inventory, a questionnaire containing 17 items. The Cronbach's alpha for this inventory is 0.822, indicating a good level of internal consistency. This value suggests that the items in the Seek Counseling Inventory are reliably measuring the same underlying construct, making it a dependable tool for assessing attitudes or tendencies toward seeking counseling.

DISCUSSION

The current study aimed to validate the Seek Counseling Inventory (SCI) as a reliable tool for assessing counseling needs among adolescents in Indonesia. The findings indicated that the SCI demonstrates strong validity and reliability, making it suitable for assessing adolescents' inclination to seek counseling. This aligns with previous research which emphasizes the importance of culturally appropriate and psychometrically sound tools in evaluating counseling attitudes and needs among adolescents (Shin & Ahn, 2005; Kenny, 2020). Furthermore, the findings align with research indicating the importance of reliable measures for adolescent mental health in diverse cultural contexts (Lau & Cheung, 2018) Instruments like the SCI contribute to better understanding of help-seeking behaviors, which is particularly pertinent in Indonesia where mental health stigmas may still deter some adolescents from seeking support. Prior studies have highlighted that culturally sensitive assessments are crucial for mental health professionals to provide effective interventions tailored to adolescents' needs (Ardi & Maulana, 2020). Given the unique cultural and social dynamics in Indonesia, validating tools like the SCI is essential to ensure accurate and contextually relevant assessment outcomes .

One key aspect of this study was to confirm the SCI's psychometric properties in an Indonesian adolescent population, as cultural differences can influence attitudes toward seeking counseling (Mulia et al., 2021). Adolescents in Indonesia face a range of social, familial, and academic pressures, which can significantly impact their mental health. Tools that accurately assess their openness to counseling are crucial in identifying those who might benefit from psychological support, as they provide data-driven insights for mental health practitioners. The SCI's high reliability and validity coefficients suggest it effectively captures Indonesian adolescents' perceptions and willingness to engage in counseling

The SCI's content validity was rigorously evaluated using Aiken's V formula, with 17 items rated by five examiners on a relevance scale. Aiken's V scores between 0.8 and 1.0 indicate high validity, with specific items like 5, 7, and 11 receiving a perfect score of 1.0, demonstrating full consensus on their relevance. Content validity is essential for measuring psychological constructs accurately (Polit & Beck, 2017), and high agreement among evaluators affirms the SCI's effectiveness in assessing counseling needs and attitudes (Zamanzadeh et al., 2016). The strong content validity of the SCI suggests it aligns with established standards, providing a reliable tool for future counseling research.

The SCI's model fit indices further confirmed its structural validity, with a Tucker-Lewis Index (TLI) of 0.976, Comparative Fit Index (CFI) of 0.947, and an RMSEA score of 0.051, reflecting an acceptable fit within theoretical expectations (Cheung & Rensvold, 2002; Hu & Bentler, 1999). Although the SRMR slightly exceeded the threshold, it remained within an acceptable range, indicating minor improvement areas (Kline, 2016). Additionally, the Cronbach's alpha score of 0.822 points to strong internal consistency, underscoring the SCI's reliability as a cohesive instrument for measuring counseling attitudes (Tavakol & Dennick, 2011). Together, these indicators confirm the SCI's validity and reliability as a tool for assessing counseling needs and attitudes comprehensively.

The importance of such tools extends beyond individual counseling needs. Research indicates that validated mental health measures contribute to broader policy decisions, helping to identify prevalent issues in adolescent mental health (Lee & Song, 2018). The SCI, with its demonstrated validity and reliability, could support policymakers and educators in Indonesia by offering insights into the mental health climate among adolescents, potentially guiding resource allocation and program development (Wijaya et al., 2020). Additionally, these findings can help integrate mental health initiatives into school systems, promoting a supportive environment that encourages students to seek counseling when needed (Asher & Burrows, 2017).

Strengths and Limitations

The strengths of this study lie in its rigorous cross-cultural adaptation process, which adhered to internationally recognized guidelines to ensure semantic, conceptual, and cultural equivalence of the instrument. The use of robust psychometric evaluation methods, including Aiken's V for content validity and Confirmatory Factor Analysis for construct validity, provided strong evidence of the tool's reliability and validity. Furthermore, the relatively large sample size of 435 adolescents enhanced the statistical power and precision of the findings, supporting the general robustness of the results. Despite these strengths, certain limitations warrant consideration. The use of convenience sampling, while practical, may limit the representativeness of the participants and could introduce selection bias. The absence of a test–retest reliability assessment restricts the ability to evaluate the stability of the instrument's measurements over time. Although the overall model fit was acceptable, the slightly elevated SRMR value suggests minor areas for improvement in the instrument's structural model. Finally, because the study sample comprised only school-attending adolescents, the findings may not fully generalize to out-of-school youth or adolescents from different socio-cultural or geographical backgrounds within Indonesia.

CONCLUSION

In conclusion, the validation process of the SCI underscores its utility as a dependable instrument for assessing counseling attitudes. The content validity indices, model fit indices, and internal consistency metrics collectively affirm the SCI's robustness and reliability. Future research may consider further refinement of certain items to improve model fit, particularly in addressing minor discrepancies such as the SRMR. Overall, the SCI holds promise for use in psychological and counseling studies aimed at exploring factors influencing counseling-seeking behavior among various populations.

Declaration of Interest

The authors declare no conflicts of interest.

Acknowledgment

None

Funding

None

Data Availability

None

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