A valid and reliable self-peace scale with indicators of love, care and fearlessness for adolescent drug users
Una escala de autopaz válida y confiable con indicadores de amor, cuidado y valentía para adolescentes consumidores de drogas

*Agus Supriyanto, *Mungin Eddy Wibowo, *Mulawarman Mulawarman, **Muhammad Japar
*Semarang State University (Indonesia), **Muhammadiyah Surakarta University (Indonesia)

Abstract. Self-peace is a crucial component for individuals/teenagers/students to live happily and recover from drug use. However, self-peace isn't wholly owned by individuals affected by drug use or recovering from drugs. Peace counsellors measure self-peace as a form of the addiction counsellor's role in the growth of self-peace due to drug use. This research aims to develop a valid and reliable self-peace scale. The research method uses a sequential exploratory mixed method from the qualitative data analysis process supported by quantitative data. The research targets were three expert validators and N=151 subjects among students/individuals/adolescents. Qualitative descriptive analysis compiles grids and statement items and provides expert input in developing the self-peace scale. Quantitative data analysis from the expert assessment with Aikan-V and instrument testing with confirmatory factor analysis will be used to determine the validity and reliability of the self-peace scale. The results of the data analysis compiled a blueprint of the peace scale (sub-aspects of caring, courage and love) and 12 statement items that were included in the very feasible category (Aikan-V ≥0.888). Validity of statement items with 12 valid statement items with factor loading ≥0.5, KMO=0.793 ≥0.50, reliability score 0.842 (high criteria). School counsellors can use student problem assessments to analyze student problems and needs. Counsellors, psychologists and researchers can use the self-peace scale to determine the development of an individual's self-peace to recover from drug use with four answer choices. The analysis results can be applied to further intervention in peace counselling.
Keywords: self-peace, scale, validity, reliability

Resumen. La paz personal es un componente crucial para que las personas/adolescentes/estudiantes vivan felices y se recuperen del consumo de drogas. Sin embargo, la paz personal no pertenece exclusivamente a las personas afectadas por el consumo de drogas o que se recuperan de ellas. Los consejeros de paz miden la paz personal como una forma del papel del consejero de adicciones en el crecimiento de la paz personal debido al uso de drogas. Esta investigación tiene como objetivo desarrollar una escala de autopaz válida y confiable. El método de investigación utiliza un método mixto exploratorio secuencial a partir del proceso de análisis de datos cualitativos apoyados en datos cuantitativos. Los objetivos de la investigación fueron tres validadores expertos y N=151 sujetos entre estudiantes/individuos/adolescentes. El análisis descriptivo cualitativo compila cuadrículas y elementos de declaración y proporciona aportaciones de expertos para desarrollar la escala de paz personal. Se utilizarán análisis de datos cuantitativos de la evaluación de expertos con Aikan-V y pruebas de instrumentos con análisis factorial confirmatorio para determinar la validez y confiabilidad de la escala de paz personal. Los resultados del análisis de datos compilaron un modelo de la escala de paz (subaspectos de cariño, coraje y amor) y 12 ítems de declaración que se incluyeron en la categoría muy factible (Aikan-V ≥0.888). Validez de los ítems de declaración con 12 ítems de declaración válidos con carga factorial ≥0.5, KMO=0.793 ≥0.50, puntuación de confiabilidad 0.842 (criterios altos). Los consejeros escolares pueden utilizar evaluaciones de problemas de los estudiantes para analizar los problemas y necesidades de los estudiantes. Los consejeros, psicólogos e investigadores pueden utilizar la escala de paz personal para determinar el desarrollo de la paz personal de un individuo para recuperarse del consumo de drogas con cuatro opciones de respuesta. Los resultados del análisis se pueden aplicar a una mayor intervención en el asesoramiento para la paz.
Palabras clave: paz personal, escala, validez, confiabilidad

Introduction

Every human being is born with peaceful thoughts about life following the peace vision and goal of the United Nations and human character (Hirschmann, 2020; Pérez et al., 2023; Teixeira et al., 2023). People with peaceful ideas impact social and mental construction and positive emotions (Y. Xi et al., 2021). Individual peace is also social because individuals are social creatures who live side by side peacefully and impact a peaceful environment and culture (Boyer, 2018; Isanbor, 2020; Krampe et al., 2021). Individuals with self-peace and tranquillity are also mentally and spiritually healthy, with spiritual well-being and peace (Park & Lee, 2020; Sikka et al., 2018; Sleight et al., 2021). Researchers' initial studies show that self-peace is a barrier against the emergence of negative behaviour, such as hurting other people on social media or in person (Saputra et

al., 2020). The results of a systematic literature review revealed that every human being as an individual creature has self-peace and a life purpose that is increasingly focused on conditions of mental health and spiritual calm (AbdAleati et al., 2016). Self-peace arises from human thoughts in conscience/spirit to live peacefully in harmony, tolerance and coexistence (Eliasa et al., 2019; Kuswaya & Ali, 2021; Rassool, 2015).

The fact is that many human beings as individuals or groups don't have peace of mind, which is a gap in self-peace. Individuals who don't have peace of mind because of the emergence of conflict with themselves and the environment (Ide et al., 2023; Reimer et al., 2015). Friendship and social and environmental conditions damage self-peace, impact evil thoughts and create an unstable life for the human soul (Cooley, 2017; Narziev, 2020; Seneca, 2016). The re-

search results state that the best medicine for individuals/teenagers/students who fall into drug use is peaceful thinking, which has an impact on the construction of peace in the world (Regilme Jr, 2021; Siegel, 2016; Van Dexter & Visseren-Hamakers, 2020). This condition is supported by another alarming fact that individual users isolate themselves (Tam et al., 2018). Under certain conditions, individuals/adolescents/students who have cases of using illegal drugs and alcohol will be in a position to enter a peaceful and peaceful state of mind (Pekala, 2017) with the role of the counsellor as a peace educator. Self-peace allows the individual to recover and prevent relapse in him.

Still, the fact is that the drug abuse crisis has also hit, resulting in disturbances to personal and environmental peace (Santoso, 2016). Cases of crime and violence from drug use also arise, which gives rise to conflict in a country (Cairo et al., 2024; García-Ponce et al., 2023). So school counsellors and addiction counsellors in rehabilitation as peace educators/counsellors play an essential role as figures who have peaceful personality competence. Peace educators create components of peaceful states, peaceful attitudes, and peaceful behaviour (Eliasa et al., 2019).

Teenagers must create to be at peace with the role of the environment. One is the school environment, which school counsellors create as peace educators. As peace educators, counsellors are competent in understanding, training, maintaining, promoting and providing peace to alleviate conflict and violence (McKeown et al., 2016; Supriyanto & Saputra, 2022). One of the counsellor's competencies as a professional is being able to identify and evaluate the causal factors and health conditions of individuals/students/adolescents who have a history of drug abuse using instruments or scales (Nelson, 2021; Sun et al., 2018). And Indonesia is a country that implements peace education (Zainal et al., 2021).

Two components can be measured in an individual's peaceful and harmonious life (Chakraborty & Biswas, 2021; Kumar, 2018; Mostowlansky, 2020; Tahir & Zubairi, 2017). The role of peace counsellors in this condition is to create a counselling service curriculum that values harmony and peace with local Indonesian wisdom (Jani, 2018; Shaleh et al., 2022; Supriyanto et al., 2019). Counsellors view the counselling process through harmony and peace through therapeutic dialogue (Al-Masud & Elius, 2016; Bowers, 2020). Another concept of individual peace can be measured in the form of caring, fearlessness and love (Supriyanto & Wahyudi, 2017). One of the research results is that indifference gives rise to a lack of peace in a person (Paffenholz, 2018). In this condition, school counsellors or addiction counsellors as professionals can determine the condition of individual/student/adolescent peace through measuring instruments after the implementation of counselling services, one of which is using a scale.

Personal peace measuring instruments reveal post-conflict peace conditions from conflict situations within individuals or groups so that further research will emerge

(Böhm et al., 2020; Salehi & Williams, 2016). Instruments or scale self-peace suitable for use should have their validity and reliability tested as a form of quantitative research (Sürücü & Maslakci, 2020; Taherdoost, 2016). The self-comfort scale for drug users must also be tested for validity and reliability through an instrument expert validation process and testing of respondents so that it is suitable for use by school counsellors for individuals/students/adolescents who experience drug abuse problems to measure self-peace. The validity and reliability of the peace scale as an instrument can control random errors if tested through validity and reliability (Mohajan, 2017). The suitability and reliability of the peace scale in the trial process must be tested randomly with equal subjects so that the actual conditions can be measured later (Hopkins, 2017). Preparing a self-peace scale is very important for school counsellors and individuals/adolescents in identifying and evaluating conditions and conducting further research. This research aims to analyze the validity and reliability of the self-peace scale for drug users in adolescents/individuals/students.

Method

This mixed-method exploratory sequential design research integrates qualitative and quantitative research (Baig et al., 2020) to develop a self-comfort scale. This research began by analyzing three sub-aspects of self-peace (love, caring, and courage) from previous research (Supriyanto and Wahyudi, 2017). A mixed methods exploratory sequential design consists of three stages. The first stage is the qualitative phase in constructing the self-peace scale. The second stage of developing the self-peace scale consisted of creating and revising items. The third/final stage is a confirmatory quantitative phase to find the validity and reliability of the self-peace scale.

Data Collection Tools and Data Collection Process
First stage
We will develop a blueprint for the self-peace scale based on journals or books about the self-peace of relevance. The research statement items or 12 statement items were prepared that focused on the target users of the self-peace scale. To determine the accuracy of the self-peace scale with 12 statement items, the research team carried out construct validation with three instrument experts.

The three instrument experts looked at the blueprint and 12 statement items to provide input. This process is a form of content validity (logical and face validity).

Second stage
At this stage, input from the three experts is reviewed and evaluated. Self-peace scale needs expert suggestions and criticism to improve the blueprint or 12 statement items self-peace scale as qualitative data. In addition to

suggestions and input, researchers measured the degree of agreement of the three experts to express the level of content validity through Aiken-V as quantitative data with four choices Likert scale 4-point Likert scale (Irrelevant = 1, Needing major revision = 2, Relevant yet needing revision = 3, and relevant = 4). The minimum acceptable value for Aikan-V, according to the views of 3 experts, is 0.62 (Ayre & Scally, 2014).

Third stage

The third stage was to establish the construct validity and reliability of the self-peace scale through confirmatory factor analysis (CFA; N = 151). N=151 were given 12 statement items from the draft self-peace scale with four answer choices from the Linkert scale (4-very suitable, 3-suitable, 2-not suitable, and 1-very not appropriate). The goal was to find valid statement items and a reliable self-peace scale.

Participant

Instrument expert validator

The three expert validators are academics who are accustomed to researching psychology, counselling, and addiction. The expert validator in psychology is a professor at Malang State University. Meanwhile, expert validators in counselling are professors at Semarang State University. Then the expert validator in addiction is a professor at the Universiti Sains Islam Malaysia. They looked at the blueprint of the self-peace scale and statement items, providing input and suggestions as qualitative data and then giving a value (1 to 4) as quantitative data.

Scale trial subjects

Next, the researchers conducted trials on N=151 teenagers/individuals/students who used drugs in the Special Yogyakarta Region, Indonesia and analyzed them using the CFA statistical test. Random sampling of instrument trials. The sample consisted of 12 women and 139 men. The age of the research sample was 17-59 years with 13 teenagers, 135 adults and 3 elderly people. The details of the sample are 17 people who are university students, 22 people are unemployed, and the remaining 112 work in a variety of ways, from lawyers, state civil servants, airport officials, entertainment, bigo live hosts, influencers, housewives, informatics experts, private employees, contractors, fishermen, farmers, traders, entrepreneurs, racers, breeders, artists, police and drivers. Locations for subject data collection are in rehabilitation centres assisted by the National Narcotics Agency, Yogyakarta Special Region Province, Indonesia, starting from Sleman Regency, Bantul Regency, Kulonprogo Regency, Gunungkidul Regency, and Yogyakarta City.

Data Analyis

Qualitative data analysis

The analysis used in this research is qualitative descriptive analysis from Miles & Huberman (1994) from the data reduction process, data presentation, and conclusions to see the basic concept of self-peace to the stage of concluding the correct grid. It also analysed the readability test of three validators experts to find data qualitative analysis.

Quantitative data analysis

The content validity of the three experts was analyzed using Aikan-V analysis. Then, the statement items' validity and the self-peace scale's reliability were analyzed via CFA (Schreiber et al., 2006) (N=151) with software Smart PLS, SPSS, and Excel software were used for other calculations.

Result

This research found three sub-aspects of peace from the concept of self-peace from Supriyanto & Wahyudi (2017), with three sub-aspects of self-peace from fearlessness, love and caring. All sub-aspects of self-peace are internalised in the personal area in the form of a blueprint self-peace scale, as shown in Table 1. The research results have compiled 12 statements comprising six favourable (positive/ f) and six unfavourable statements (negative/un-f). The explanation of each sub-aspect explains that the sub-aspect of concern consists of two f statements and two un-f statements. Furthermore, the not-fear sub-aspect consists of one f statement and three un-f statements. The last sub-aspect of love consists of three f statements and one un-f statement.

Table 1.
Blueprint Self-Peace Scale

Aspect	Sub Aspect	Favourable (f)	Unfavorable (un-f)	N
	Caring	2	2	4
Self-Peace	Fearlessness	1	3	4
	Love	3	1	4
Total		6	6	12

After preparing the statement items, three experts will validate the self-peace scale. The three expert validators in this research were psychologists, counsellors, and addiction experts. The notes of the three expert validators were analyzed qualitatively, resulting in the results that the question items focused on constructing operational sentences/statements, the language needed to be paraphrased so that it wasn't ambiguous, the sentences were shortened, and the item statements were checked (readability test with respondents). Detailed qualitative test results from the three expert validators for content validity can be found in Table 2.

Table 2.
Readability Test Results on Three Expert Validators

Experts		Notes
Experts 1	1.	Some of the statement items on the self-peace scale may be considered difficult for respondents to understand, so it would be best to test the respondents' readability (check several statement items).
	2.	The translated language can be paraphrased with sentences that are easy to understand so that respondents are transparent in giving answers.
Experts 2		Arrange more operational sentences.
Experts 3		Avoid sentences that are too long because the subject is a particular population.

After the qualitative process, the researcher analysed the assessments from the three validators so that the statement items truly suited the respondents' needs. The researcher also tested quantitatively with the Aikan-V model. The analysis results revealed five components of the self-peace scale, and the first component regarding the statement items was very appropriate because it matched the content of the self-peace scale with the measurement objective (CVI=1.00). Second, the self-peace scale is very suitable for the suitability of the items with aspects of drug users undergoing rehabilitation programs (CVI=1.00). The three scales of self-peace are ideal for the completeness of the contents of the self-peace scale (CVI=1.00). The four scales of self-peace are very reasonable because the rules of good and correct language are appropriate (CVI=0.917). Lastly or fifth, the self-peace scale is handy because the language used is clear (CVI=0.888). The minimum acceptable value for Aikan-V, according to the views of 3 experts, is ≥ 0.62 (Ayre & Scally, 2014) and this self-peace scale has exceeded the minimum value of Aikan-V, so the self-peace scale is suitable for use or entering the next stage through the instrument testing process (construct validity and reliability).

After quantitative analysis with Aikan-V, researchers conducted trials on N=151 respondents on individual/student/adolescent subjects in rehabilitation centres assisted by the National Narcotics Agency, Yogyakarta Special Region Province, Indonesia from Sleman Regency, Bantul Regency, Kulonprogo Regency, Gunungkidul Regency, and Yogyakarta City. The results of the analysis of 12 statements found the Kaiser Maiyer Oikin Measure of Sampling Adequacy (KMO MSA) to be 0.793 ≥ 0.50, so the factor analysis was continued by looking at the anti-image correlation score. This analysis proves that KMO MSA, with a value of 0.793 and a significance of 0.000 ≤0.05, is said to be quite capable (value range between 0.7–0.79) of measuring personal peace and can be continued with the next stage of analysis (Shrestha, 2021).

Table 3.
KMO and Bartlett's Test of the Self-Peace Scale

Kaiser-Meyer-Olkin Measure of Sampling Adequacy		0.793
Bartlett's Test of Sphericity	Approx. Chi-Square	609.213
	df	66
	Sig.	0.000

In addition, the anti-image correlation score in Table 4 is also ≥ 0.05. The anti-image correlation score on the 12 statement items is between 0.730-0.854 so the Measure of Sampling Adequacy meets the requirements (Shrestha, 2021). Moreover, the loading factor from trials on N=151 with a value ≥ 0.5 means the item is declared valid. The Loading Factor score for the twelve items is stated with a score range between 0.548-0.770. Based on these data, or the 12 statement items from the self-peace scale are valid and can be used to measure an individual's self-peace condition.

Table 4.
The Validity of the Self-Peace Scale

Item No	Statement	Aspect	Anti Image Correlation	Faktor Loading	Valid/ Invalid
SPC1	Help each other to be free from drugs	Care	0.745	0.741	Valid
SPC2	Mutual respect for the difficulties of friends undergoing rehabilitation programs	Care	0.760	0.741	Valid
SPC3	Friends in the rehabilitation program bothered me to recover from addiction	Care	0.854	0.548	Valid
SPC4	My family didn't care about me while I was undergoing the rehabilitation program	Care	0.832	0.719	Valid
SPF5	Difficulty undergoing a drug rehabilitation program	Fearlessness	0.833	0.748	Valid
SPF6	Ready to face the challenge of being free from drug addiction	Fearlessness	0.779	0.697	Valid
SPF7	Rehab programs make life stressful	Fearlessness	0.802	0.770	Valid
SPF8	Pressure from the National Narcotics Agency made him pessimistic about recovering	Fearlessness	0.730	0.615	Valid
SPL9	Follow the entire rehabilitation program with pleasure	Love	0.780	0.704	Valid
SPL10	I did the entire rehabilitation program reluctantly	Love	0.834	0.626	Valid
SPL11	Healing from drugs is hope for me	Love	0.735	0.670	Valid
SPL12	The National Narcotics Agency staff helped me to be able to live without drugs.	Love	0.832	0.664	Valid

After carrying out a validity test on each valid statement item, the researcher found the analysis results from the reliability test. The reliability test analysis results obtained a Cronbach's Alpha value of 0.842 ≥0.7 in the high category, according to Table 5. The reliability test results are said to be reliable or appropriate if the Cronbach's alpha value is higher than 0.70 (Shrestha, 2021).

Table 5.
The Reliability of the Self-Peace Scale

Reliability Statistics		
Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
0.842	0.853	12

CFA analysis with a detailed series to obtain a self-peace scale that can measure the self-peace of individuals, adolescents, and students who have drug use problems has been declared valid and reliable on 12 statement items with indicators of care, fearlessness, and love. Kaiser Maiyer Oikin Measure of Sampling Adequacy (KMO MSA) is 0.793 $\geq$ 0.50. The anti-image correlation score on the 12 statement items is between 0.730 - 0.854 is also $\geq$ 0.05. The last base on Loading Factor score for the twelve items is stated with a score range between 0.548-0.770 $\geq$ 0.05. The reliability test analysis results obtained a Cronbach's Alpha value of 0.842 $\geq$ 0.7 in the high category. Overall data shows that the self-peace scale with 12 statement items is declared valid and reliable to fulfil the research objective of analyzing the validity and reliability of the self-peace scale for drug users in adolescents/individuals/students.

Discussion

The self-peace scale consists of three essential aspects: care, fearlessness, and love, as shown in Figure 2 (Supriyanto & Wahyudi, 2017) as something new and never before. The primary foundation for individuals who have the character of caring for users is that individuals/students/adolescents will generate empathy, interaction, contextual knowledge, and activeness in the recovery process (Gott et al., 2019). Love of peace is also a psychosocial factor because every human needs love to grow (Dubois & Esculier, 2020). Meanwhile, freedom gives rise to peace because freedom is a feeling of the absence of fear (Oladimeji et al., 2023; Russell, 2020). These three components of self-peace appear on the scale as instruments whose readability has been tested and analyzed qualitatively and quantitatively so that their validity and reliability are known through CFA analysis (Shrestha, 2021).
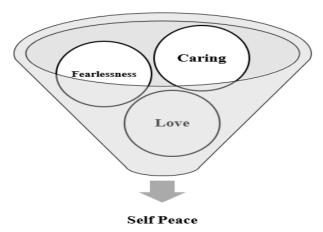

Figure 1. Sub-Aspects of Self-Peace: Care, Fearlessness, and Love

The readability test results, which were analysed qualitatively, received input for improvement. Various information from statement items is easy to interpret through a paraphrasing process and more operational sentences because the subject or user respondent is a particular population. Qualitative input increases the validity of quantitative evidence (Hollin et al., 2020) of the self-peace scale, which is composed of favourable (+) and unfavourable (-) statement items. The use of favourable (+) and unfavourable (-) statement items in the self-peace scale to obtain consistent and equally strong data (Patterson et al., 2019). Then, the support of quantitative analysis with Aikan-V from the quantitative values from the validator gives rise to more confidence that the self-peace scale is very suitable to be used and measures accurately.

Test readability on a personal peace scale to improve quality but also prevent the risk of unnecessary complexity, use of inappropriate words, use of words or sentences that are ambiguous, abstract, and have multiple interpretations, as well as preventing sentences that are too long (Koc & Pelin Gurgun, 2021). The self-peace scale has been on the right track in its preparation and is truly useful. The quantitative value of the readability test results from Aikan V-Validity is 0.888-1.00 or high content validity items (Nasrulloh et al., 2022; Santoyo-Sánchez et al., 2022). The process of the self-peace scale instrument has been comprehensively designed to improve the quality, fairness and accuracy of data taken from particular population respondents (Mellis & Bickel, 2020) by school counsellors, addiction counsellors, psychologists or researchers. With a comprehensive method, this condition creates a self-peace scale that truly measures self-peace in students/individuals/adolescent users.

Apart from this, the self-peace scale has been tested on 151 respondents in the Special Region of Yogyakarta, Indonesia, with 12 statement items, all of which are valid or validity with anti-image value and factor loading value $\geq$ 0.5 with a standard error of 5%, KMO of 0.793 $\geq$ 0.50 (quite capable), and reliability test analysis with Cronbach's alpha value of 0.842 $\geq$ 0.7 (high category) as a quantitative process (Shrestha, 2021; Sürücü & Maslakci, 2020). The feasibility and reliability of the personal peace scale can be applied to students/individuals/adolescents who use drugs and are limited to the process of undergoing rehabilitation. If it can be implemented and measure the user's actual state of peace, counselling intervention must be conducted by counsellors and psychologists.

Follow-up of this self-peace scale can be actualized in further research or by supporting rehabilitation services, counselling, or other interventions. Measuring peace followed by counselling interventions, rehabilitation services, or consultations can foster inner peace (J. Xi & Lee, 2021). Counselling interventions, consultations, and rehabilitation services that foster peace can use social justice, multicultural paradigms (McConnell et al., 2021), or other intervention paradigms. Peaceful individuals or

communities promote mutual tolerance and diversity as a positive approach, thereby preventing conflict (Franchuk et al., 2024; Pek et al., 2024). The maximum intervention will at least indicate peaceful feelings, thoughts and behaviour (Aguirre-Cardona et al., 2024).

Conclusions

Self-peace is a significant component for individuals/teenagers/students to live happily and recover from drug use. Measuring self-peace is a form of the role of school counsellors and addiction counsellors regarding the growth of self-peace or the development of recovery from drug use. The self-peace scale has three sub-aspects of caring, fearlessness, and love with 12 statement items. Three validators have validated the readability test results of the self-peace scale with excellent results from the five components of the suitability of the contents of the self-peace scale with the measurement objectives, suitability of items with aspects of drug users undergoing rehabilitation programs, completeness of the contents of the self-peace scale, good language rules and correct. The language used is clear (CVI=0.888-1.00). The 12 statement items are all valid from the results of trials on 151 respondents (Validity > 0.5 in anti-image and factor loading), KMO= 0.793, and reliability (0.842). This scale can be used by school counsellors, psychologists, addiction counsellors, and researchers to determine the development of individual peace of mind to recover from drug use with answers very suitable (4), right (3), not relevant (2), and not applicable (1) for further analysis. Then, it can be used for further intervention for individuals/ adolescents/ students.

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Datos de los/as autores/as:

Agus Supriyanto	agussupriyanto3@students.unnes.ac.id	Autor/a – Traductor/ a
Mungin Eddy Wibowo	mungineddy@mail.unnes.ac.id	Autor/a
Mulawarman Mulawarman	mulawarman@mail.unnes.ac.id	Autor/a
Muhammad Japar	mj873@ums.ac.id	Autor/a