

## The Flow Inventory for Student: Validation of The LIS

Listyo Yuwanto  
Faculty of Psychology  
Universitas Surabaya

Limitations of the academic flow instrument developed so far became the basis of this research. The validated academic flow instrument is the the FLOW Inventory for Student (LIS), consisting 12 items representing absorption, enjoyment, and intrinsic motivation aspects. The LIS aspects were based on the aspects of Work-reLated Flow Inventory (WOLF), developed by Bakker (2008). The validation was based on content evidence and internal structural analysis, while the reliability refers to alpha Cronbach internal consistency. Undergraduate students ( $N=306$ ) were participating through incidental sampling. Exploratory factor analysis results reveal that LIS consist of 10 items containing four items of absorption, three items of enjoyment, and three items of intrinsic motivation. These items have factor loading  $> .4$  with no cross loading indication. The reliability score using alpha Cronbach internal consistency is  $> .6$ . The results are discussed further.

*Keywords:* flow, the FLOW Inventory for Student (LIS)

Keterbatasan alat ukur flow akademik yang dikembangkan selama ini mendasari penelitian validasi alat ukur flow akademik. Alat ukur flow akademik yang diuji validasi dinamakan The FLOW Inventory for Student (LIS), yang terdiri atas 12 butir mewakili aspek absorption, enjoyment, dan intrinsic motivation. Aspek-aspek LIS didasarkan pada aspek alat ukur Work-reLated Flow Inventory (WOLF) yang dikembangkan Bakker (2008). Validasi meliputi pengujian validitas berdasarkan bukti content dan internal structural analysis serta reliabilitas mengacu pada internal consistency alpha cronbach. Subjek penelitian berjumlah 306 mahasiswa yang diperoleh melalui incidental sampling. Hasil uji analisis faktor exploratory menunjukkan LIS terdiri atas 10 butir dengan komposisi empat butir absorption, tiga butir enjoyment, dan tiga butir intrinsic motivation. Butir-butir tersebut memiliki factor loading  $> 0,4$  dan tidak ada indikasi *cross loading*. Reliabilitas internal consistency alpha cronbach LIS  $> .6$ . Hasil penelitian didiskusikan lebih lanjut.

*Kata kunci:* flow, the FLOW Inventory for Student (LIS)

Csikszentmihalyi (1990) developed the flow concept which means an individual's total involvement in his/her activities, full of contentment, which do not require external reward due to his/her internal motivation. In general the flow definition consisting three components, namely absorption, enjoyment, and intrinsic motivation (Bakker, 2008). According to Bakker, some researchers, who's flow definition contain absorption, enjoyment, and intrinsic motivation are Csikszentmihalyi, Tathunde and Whalen, and Larson and Richards. The author defines flow as a condition experienced by individuals, consisting absorption, enjoyment, and intrinsic motivation.

Csikszentmihalyi (1990) mentions that flow is characterized by the challenge-skill balance, merging of action and awareness, clear goals, unambiguous feedback, concentration on the task at hand, sense of control, loss of self-consciousness, and transformation of time. Csikszentmihalyi noted several characterized overlapping among aspects and factors supporting occurrence of flow. For example, merging of action and awareness, concentration on the task at hand, loss of self-consciousness is the characteristic of flow that can be combined into absorption. Whereas challenge-skill balance, clear goals, unambiguous feedback, sense of control is the occurrence factor of flow based on a review from Job Demands-Resources Model (JD-R Model) theory (Bakker & Demerouti,

Correspondence concerning this article should be addressed Listyo Yuwanto, Faculty of Psychology Universitas Surabaya, Jalan Raya Kalirungkut Surabaya 60293. E-mail: miauw\_99@yahoo.co.id