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Strength-Based Parenting Scale Adaptation and Validation for Adolescents in Eastern Culture

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ABSTRACT

Parenting has long been identified as a potential factor that affects children's and adolescents' ability to cope with stress. Strength-based parenting is a parenting approach that strives to develop and nurture children's positive states, processes, and qualities. This paper presents the adaptation and validation of the Strength-Based Parenting scale for Adolescents in eastern culture. For this paper, two studies were undertaken. The translation process and pilot research made up the initial study. The translation procedure included a back-translation stage and met WHO scale adaption requirements. It was then piloted to 150 adolescents. The second study involved 582 adolescents in calculating the reliability and validity of the adapted scale. Cronbach's alpha is used to confirm scale reliability, and Confirmatory Factor Analysis is conducted to confirm the validity of the adapted scale. Findings of the first study found that in the pilot stage, the adapted scale had a Cronbach alpha $\alpha = 0.94$, 95% [CI = 0.922, 0.951]. Meanwhile, in the second study, with a more significant number of participants, the Cronbach value was $\alpha = 0.94$, 95% [CI = 0.935, 0.948]. The EFA test found two factors, the same as the original SBP scale. Statistical analysis of the Strength-Based Parenting scale that has been adapted and validated shows a good fit. It is appropriate for measuring adolescents in eastern cultures, including Indonesian and Malaysian.

Keywords: *Strength-Based Parenting, Adaptation, Validation, Adolescent*

INTRODUCTION

This study aims to adapt and validate the Strength-Based Parenting (SBP) scale for adolescents in eastern cultures, such as Malaysia and Indonesia. Our study adapted the scale following a procedure considering cultural differences (Borsa et al., 2012). In addition, the instrument adaptation process protocol followed WHO guidelines (2022).

The SBP scale, translated into Indonesian, is expected to benefit Indonesian and Malaysian adolescents. It is because of the closeness of culture between Malaysia and Indonesia, originating from one cultural family. Many similarities are found in the culture of Malaysia and Indonesia, for example, the type of food, traditional clothing, and others.

Malaysian language is spoken mainly through Malays in Peninsular Malaysia, Brunei, Singapore, and other areas of Southeast Asia, while Indonesian is the official language in Indonesia. Although there are differences, the two languages are largely mutually intelligible from a grammatical point of view (Aljuneid, Lee & Li, 2009; Sukesti, 2015; Ramza & Abdullah, 2013).

One finding from the study by Damanhuri & Janon (2022) revealed a link between poor parenting and behavioural issues in children. The research team chose the SBP scale to be adapted to Indonesian because the SBP scale has different characteristics from other parenting style scales. Since it was first introduced by Waters (2015), the type of parenting has become known in various countries other than Australia, for example, in African America (Sheely-Moore & Bratton, 2010), China (Ho & Chen, 2022), Turkey (Arslan et al., 2022), Sağkal & zdemir, 2019), Canada (O'Byrne, 2020), Peru (Zavala et al., 2022). Research on SBP has also been carried out in Indonesia, but only a tiny number, Strength-Based Parenting, and Well-Being in Adolescence (Sumargi & Giovanni, 2021); Descriptive Study of Strength-Based Parenting in Students (Sulastra & Handayani, 2021); Strength-based parenting and self-compassion in college students (Ratna, Sumargi, Angry, & Jonathan, 2021).

There are two reasons the SBP scale deserves to be adapted to Indonesian. First, SBP has advantages over other parenting styles. SBP allows children to face existing difficulties using their abilities (Waters, 2015). Parents who use SBP can increase their child's resources or abilities so that they can be used to deal with stress. Parents who apply SBP will motivate and encourage their children, through their children's strengths, to explore new situations, including stressful situations. It means providing children with a "positive filter" on how children respond to stressful situations, and in the end, the child will develop good skills and adaptability. It makes the SBP scale appropriate to be adapted into Indonesian.

The second reason is that the SBP has never been adapted to Indonesian by following the procedures indicated by WHO or an adaptation process that considers cultural differences (Borsa et al., 2012). Research in Indonesia regarding SBP that has been carried out in Indonesia (Sumargi & Giovanni, 2021) has just carried out the process of translating the original SBP scale language into Indonesian. The stages carried out in the translation process have yet to consider the cultural sensitivity and meaning of the language. The scale SBP, which has been translated into Indonesian, is not carried out by following the scale adaptation protocol, only through the translation stage by psychologists fluent in Indonesian and English. In the translation process of previous research, the stages of participant readability tests, cultural sensitivity checks, back translation, and pilot studies were not carried out. The research fills the research gap regarding the SBP scale in Indonesia.

There are two main contributions of this research to science. First, this research can complement research on instruments in psychology. Second, this research shows that the Python Semopy programme, usually used in data analysis in the technical or scientific field, can also be used for research in psychology.

METHOD

Ethical Consideration

The entire research process, from scale adaptation to scale testing, has been approved by the Ethics Commission of the Faculty of Psychology, Gadjah Mada University. Therefore, the permit from the ethics commission is issued under the number: 2676/ UN1/ FPSi.1.3/ SD/ PT.01.04/ 2022.

Study 1

The purpose of study 1 is to carry out the process of adapting the SBP scale from a

foreign language (English) to the SBP scale in Indonesian. The next objective is to test the reliability and validity of the Indonesian version of the SBP scale. The scale adaptation process needs to be done correctly and carefully. This is due to differences in language (linguistics), as well as sensitivity to differences in the eastern culture of the Indonesian nation (cultural sensitivity) with western culture from the native scale (Australia), who speaks English.

SBP Scale Description

There are two aspects of parenting style SBP, recognising the strengths of Strength-Knowledge (SK) and Strength-Use (SU). Strength-Knowledge is parental awareness and knowledge of the strengths possessed by children, including talents, skills, abilities, and positive characters. Strength-Use is characterised by parenting encouraging children to use their strengths in various situations (Waters, 2015). To measure SBP, Lea Waters developed the SBP Scale, which consists of 14 items. SK and SU each consist of 7 items, so there are 14 items on the SBP scale. SK aspects are measured by questions, for example: "My parents see the strengths (personality, abilities, talents, and skills) that I have" or "My parents are aware of my strengths." SU aspects, for example, are measured by questions: "My parents give me opportunities to regularly do what I do best," or "My parents encourage me to do what I am good at."

The rating scale using the Likert scale answer choices ranges from "Strongly Disagree," getting a score of 1, and "Strongly Agree," scoring 7. The final score is the result of the sum of the scores for each item. Strength-based parenting style is described by the higher the final score obtained. For example, item 2 ("My parents do not know my strengths") is unfavourable.

Procedure

The stages of the adaptation process that have been carried out:

1. Do the translation (forward translation)

In the first stage, two experts translated the original SBP scale into a new language (Indonesian). The process is carried out separately, and the translators are well-versed in English and Indonesian.

2. Stage of synthesis of translation results

The research team carried out the stage to examine semantics, idiomatic, conceptual, and linguistic, and if there were contextual differences. This stage aims to synthesise and make one version.

3. The synthesis stage

The synthesised version is re-evaluated by three experts in the field of psychology who are fluent in English and Indonesian (PP, AM, LN). At this stage, it is rechecked regarding the instrument instructions, grammar, scope, and conformity of meaning between the original English version and the Indonesian version. Also studied the expressions contained in items.

4. Readability test on target participants

This stage aims to check whether the instructions are clear. It is also checked whether the terms and language expressions used are appropriate and easily understood by high school adolescents. At this stage, seven people carried it out (Nb, Aby, Zk, Aq, Zt, If, Ns).

5. Back-translation stage

The back translation stage is carried out by experts (expert panel back translation) by at least two translators (Beaton et al., 2000). In this study, the back translation process was carried out by three people with the first stage translator (In, Vn, Im).

6. The pilot stage

A pilot study was conducted on adolescents of high school age to test the adapted scale.

Participants Study 1

There were 150 participants in this stage, 22 men and 29 women. The participants were 15-17 years ($M=16$, $Sd=0.77$, % male, 56.9, and 43.14% female). Before the pilot study was conducted, the researchers had obtained permission from the school, parents, and senior high school students in Banten, Indonesia.

Study 2

The purpose of study 2 is to test the Indonesian SBP scale (SBP-I) on Indonesian adolescents with a more significant number of participants. In this study, the reliability and validity of the SBP-I scale will be tested again.

Participants Study 2

This study involved 582 teenagers from 4 high schools in Banten, Indonesia. 45.8% of men and 54.1% of women aged 14-17 ($M=16.1$, $Sd=0.89$). Researchers have obtained approval from the school to involve students as research participants. Parents also filled out an informed consent form, and adolescent participants filled out an ascent form. The process of filling out the Indonesian version of the SBP questionnaire is done online using a Google form.

Data analysis

The data obtained in the study were analysed using Python Semopy programming language with Semopy, Factor Analyser, and Pingouin module (Igolkina & Meshcheryakov, 2020). This programme is written and executed on Google Colab. The reasons for using Python are that it is open source, the Python package is complete and valid for data science, and it uses a script code shorter than other programming languages. Another reason is because of easier reproducibility in collaborative studies.

The analysis tests the reliability and validity of the SBP scale, which has been adapted in Indonesian (SBP-I). The reliability test is used to determine the consistency of the measuring instrument and whether the scale used is reliable and remains consistent if the measurement is repeated (Mahajan, 2017). The consistency of high scores from one measurement to the next is the essential characteristic of a quality instrument. The Indonesian version of the SBP scale will be tested for reliability and validity using correlation analysis, confirmatory factor analysis, and calculation of reliability coefficients.

FINDINGS

Findings Study 1

Reliability and validity are the two most essential and fundamental features in evaluating any measuring instrument or tool for good research (Mahajan, 2017). The two main factor analysis techniques are Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) (Yong & Pearce, 2013). The purpose of this study is to discuss the reliability and validity of the Indonesian version of the SBP instrument

Reliability Test

The reliability test is calculated to obtain Cronbach's alpha coefficients (α). Then, Pearson's Correlation Coefficient calculates the correlation. In addition, a test was also carried out using Exploratory Factor Analysis (EFA). EFA research means that researchers do not have assumptions (theories) about the many factors and how the variables are grouped into these factors (Kline, 2015).

The reliability test results obtained a Cronbach Alpha value of 0.94. The number of test items, item relatedness, and aspects affects Cronbach's alpha value. Acceptable alpha values range from 0.70 to 0.95. It indicates that if Cronbach's Alpha value is > 0.70 , the questionnaire is declared reliable or consistent (Bland & Altman, 1997). Meanwhile, if the value of Cronbach's Alpha < 0.70 , then the questionnaire is declared unreliable or inconsistent. (Bland, & Altman, 1997).

The 95% confidence interval (CI) value obtained is also good at 0.922 - 0.951. Researchers also conducted Exploratory Factor Analysis (EFA). EFA aims to examine the uniqueness of the factors that form (factor structure) in Indonesian adolescent participants. Research on Exploratory Factor Analysis (EFA) obtained the results of the existence of two-factor structures. This result is the same as the result of the study, which found that on the original SBP scale, there were 2-factor structures.

Validity test

Validity is the accuracy or accuracy of an instrument in measurement. Valid means that the instrument can measure what should be measured. The construct validity test will use Confirmatory Factor Analysis (CFA). CFA is used to test whether the scale indicators that have been grouped according to a particular construct have consistent values in the construct or not (Marsh et al., 2014).

The construct validity test was carried out using Confirmatory Factor Analysis (CFA) (Kline, 2015). CFA analysis will produce a loading factor value. The loading Factor is the correlation magnitude between the indicator and its latent construct. Indicators with a high loading factor significantly contribute to explaining the latent construct. On the other hand, indicators with low loading factors are weak in explaining the latent construct (Kline, 2015). In most references, a factor weight of 0.50 or more is considered to have strong enough validation to explain the latent construct. In study 1, the CFA value obtained for the Strength Knowledge aspect is 0.52-0.87. The CFA value for the Strength Use aspect is 0.70-0.86.

Findings Study 2

Reliability Test

The SBP-I scale reliability test results obtained a Cronbach Alpha value of 0.94. This value indicates that the Indonesian version of the SBP scale is reliable or consistent because it is above 0.7.

The 95% confidence interval (CI) value obtained is also good at 0.935 - 0.948. The Exploratory Factor Analysis (EFA) study found two-factor structures, the same as the original SBP scale. These two factors/aspects were tested by correlation test. A scree plot image shows the test using Eigen Value to determine the number of factors (Figure 1). The figure below shows that there are two values above 1. It confirms again that the Indonesian version of the SBP scale has two factors, equal to the number of factors or aspects on the original scale developed by Waters (2015).

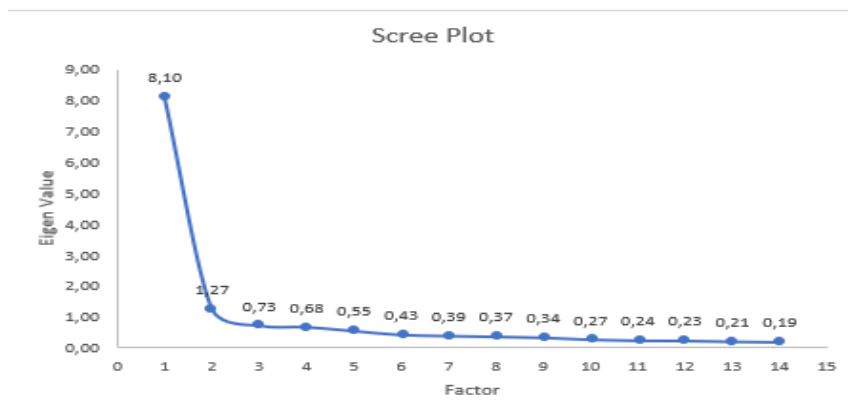


Figure 1. The Scree Plot of SBP Indonesian Version Scale

Validity test

After estimating the model with CFA, a factor loading test is carried out to explain whether there are indicators that do not load as expected. In the 2 SBP-I Scale study, the CFA value obtained for the Strength Knowledge aspect is 0.53-0.89. The CFA value for the Strength Use aspect is 0.71 – 0.83.

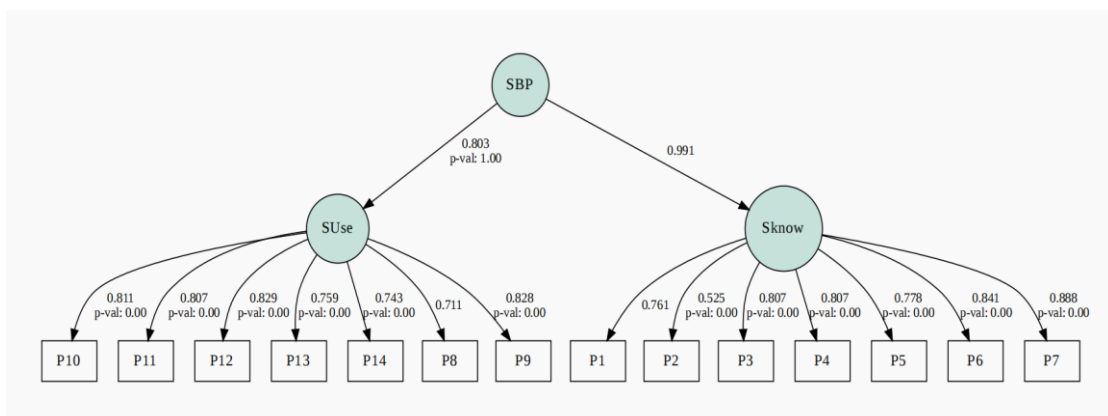


Figure 2. The Indonesia Version of The SBP Two Correlated Factors

The loading factor of a scale is obtained from modelling with confirmatory factor analysis (CFA) or full model with structural equation modelling (SEM). Kline (2015) states that the loading factor is the magnitude of the correlation between the indicator and its latent construct.

The comparative fit index (CFI) and root mean square error of approximation (RMSEA) tests were run to evaluate the goodness of fit and analyse the appropriateness index. CFI (Comparative Fit Index) is the comparison value of the model compiled with the ideal model ranging between 0 and 1, with a higher value indicating a better fit (West et al., 2012). The CFI value in this study is 0.93, which is suitable suitability.

Strength Knowledge	
1.Orangtua saya memahami kelebihan-kelebihan saya (kepribadian, kemampuan, bakat dan keterampilan).	0,76
2.Orangtua saya tidak mengetahui kelebihan-kelebihan saya	0,53
3.Orangtua saya mengetahui kemampuan terbaik saya.	0.81
4.Orangtua saya menyadari kelebihan-kelebihan saya	0.81
5.Orang tua saya mengetahui hal-hal yang bisa saya lakukan dengan baik	0.78
6.Orangtua saya mengetahui dengan baik kelebihan-kelebihan saya	0.84
7.Orangtua saya memahami kemampuan terbaik saya.	0.89
Strength Use	
8.Orangtua saya memberi kesempatan untuk secara rutin melakukan hal terbaik yang bisa saya lakukan.	0,71
9.Orangtua mendorong saya untuk selalu menggunakan kelebihan-kelebihan saya.	0.83
10.Orangtua saya mendorong untuk melakukan hal yang saya kuasai dengan baik	0.81
11.Orangtua saya menyarankan agar saya memanfaatkan kelebihan-kelebihan saya	0.81
12.Orangtua saya memberi banyak kesempatan untuk menggunakan kelebihan-kelebihan saya.	0.83
13.Orangtua saya membantu saya memikirkan cara menggunakan kelebihan-kelebihan saya	0.76
14.Orangtua saya menunjukkan bagaimana menggunakan kelebihan saya pada berbagai situasi yang berbeda	0.74

Table 1. Loading Factor for SBP Indonesia Version

RMSEA (Root Mean Square Error Of Approximation) is an index that can be used to compensate for chi-square statistics in large samples (Steiger, 1990). RMSEA <0.10 for acceptable conformity and <0.06 for good conformity (Kline, 2015). The RMSEA value in this study was 0.09. It shows that the Indonesian version of the SBP scale has an acceptable conformity value.

DISCUSSION

The measurement of Strength-Based Parenting, which was first developed by Waters (2015), has also been used in other countries, including Indonesia. However, the process of adapting and validating the SBP Scale in Indonesian until this research was carried out still needed to be clarified, and the protocol needed to be detailed. Therefore, this study aims to carry out the adaptation process in Indonesian, followed by testing the reliability and validity of the Indonesian version of the SBP measuring instrument.

To answer the research objectives, the research team used two stages. Phase one is the initial stage of the translation and adaptation process of the original SBP scale into the Indonesian version of the SBP scale. Procedure for scale adaptation using the guidelines from WHO and Borsa et al; (2012). The researchers also conducted a pilot study with 150 participants

at this stage. As a result, the reliability test results get a high value, the same as the initial scale reliability value developed by Waters (2016).

At the time of the readability test, some adolescents stated that it was easy to understand the items asked. These participants did not find things that confused them about the meaning of the items in the questionnaire. This possibility makes the reliability value of the Indonesian version of the SBP scale as good as the initial version of the SBP scale. The process of adapting instruments from a foreign language into the mother tongue of a country is fundamental. It has also been proven in research by Kudus et al. (2020), which adapted the instrument from English to Malaysian.

The results of this study one show that the SBP-I scale has good reliability. Likewise, the results of the construct validity test showed promising results. When compared, the Cronbach Alpha SBP-I value is the same as the Cronbach Alpha value on the original SBP scale, which is 0.94 (Waters, 2015). Therefore, the Indonesian version of the SBP scale pilot study (SBP-I) results are good and can be tested on a larger sample.

After that, it was continued by conducting a scale trial on adolescent participants with a more significant number ($n = 582$), which also obtained a high-reliability value ($\alpha = 0.94$). The similarity of the results between the original measuring instrument and the Indonesian version of the SBP measuring instrument is possible because the question items on the SBP-I scale are not complicated and only need to be answered according to their actual conditions. The content of the measuring tool is close to their daily life.

Several previous studies using the SBP scale also showed high-reliability values, such as the research conducted by Arslan et al. (2017), which obtained a value of $\alpha = 0.85$; Allen et al. (2022) obtained a value of $\alpha = 0.89$; Zavala & Waters (2021) obtained a value of $\alpha = 0.94$.

The research was continued by testing the validity using several methods CFA, CFI, and RMSEA. The results of the Indonesian version of the SBP scale validity test using the three methods showed that the fit model was acceptable at 95% CI [0.94, 0.95]. This value is similar to the original SBP scale validity test obtaining a 95% CI [0.94, 0.96]. However, when compared with the results of other studies, it can be seen that the values obtained are relatively high, including 95% CI [0.89, 0.90] (Loton & Waters (2017)); 95% CI [0.90, 0.93] (Jach et al., 2018).

CONCLUSION

After carrying out various adaptation and testing processes, it can be concluded that the Indonesian version of the SBP scale (SBP-I) obtained statistically robust results. Therefore, research on SBP in Indonesia can use for adolescent participants in Indonesia.

The Indonesian version of the SBP scale can increase the number of studies on SBP that can provide more information about the care conditions for parents and children in Indonesia. The limitation of this Indonesian version of the measurement tool is the narrow criteria for participants only from the adolescent age group. Future research may involve participants from different age groups, such as kindergarten, elementary, or junior high school. Another limitation is the number of participants that need to be increased and involve other regions in Indonesia.

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