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Adaptation and validation of the Indonesian family assessment device

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Abstract: *This research aims to develop a valid and reliable Indonesian version of the Family Assessment Device (FAD). Utilizing a non-experimental quantitative method, the study followed ITC guidelines for adapting the measurement instrument. The adaptation process included forward-backward translation, expert review, and cognitive interviews, before administering the instrument to 226 respondents selected through convenience sampling. The analysis demonstrated good reliability (Cronbach's alpha = 0.845). Validity was confirmed through expert judgment and a Confirmatory Factor Analysis (CFA) (RMSEA = 0.076; NFI = 0.91; GFI = 0.93; CFI = 0.94). Results showed that of the 53 items, 19 were found to be both valid and reliable.*

Keywords: *confirmatory factor analysis; family assessment device, reliability; validity.*

Abstrak: Penelitian ini bertujuan untuk memperoleh alat ukur *Family Assessment Device* (FAD) versi Bahasa Indonesia yang valid dan reliabel. Penelitian ini menggunakan metode kuantitatif non-eksperimental melalui adaptasi alat ukur, mengikuti pedoman yang ditetapkan oleh ITC. Proses adaptasi melibatkan penerjemahan *forward-backward*, tinjauan dari para ahli, dan wawancara kognitif sebelum diadministrasikan kepada 226 responden yang dipilih dengan teknik convenience sampling. Hasil analisis menunjukkan nilai reliabilitas yang baik (0.845). Validitas didapatkan melalui *expert judgement* dan uji CFA (RMSEA=0.076; NFI=0.91; GFI=0.93; CFI=0.94). Hasil penelitian menunjukkan bahwa dari 53 *item*, 19 *item* dinyatakan valid dan reliabel.

Kata Kunci: analisis faktor konfirmatori; perangkat penilaian keluarga; reliabilitas; validitas.

INTRODUCTION

Family is a complex structure characterized by interdependence, emotional attachment, and shared purposes (Dou, Wang, Su, Fang, & Memili, 2020). Good family is expected to function effectively to ensure the well-being of all its members (Siregar et al., 2021). Globalization, modernization, and industrialization have transformed various aspects of life in society, including moral values, ethics, religious norms, home education for children, socialization, and marriage. This trend is attributed to a growing number of Indonesians adopting individualistic, materialistic, and secular lifestyles (Daniswara & Faristiana, 2023) Consequently, Indonesian families are undergoing a transformation. Many individuals migrate to urban areas in pursuit of improved economic prospects, resulting in smaller family units; urban dwellers tend to favor smaller family sizes (Tjiptoherijanto, 1999). The shifting nature of families presents challenges in distinguishing between a normal or dysfunctional family, leading to the increasing significance of valid and reliable research and measurement instruments (Lubis, Hinduan, Jatnika, Baydhowi, & Agustiani, 2024).

Various conflicts, such as financial difficulties and a lack of affection, can contribute to a dysfunctional family and often lead to divorce (Anindita, 2019). According to BPS (Statistics Indonesia), there were 463,654 cases of divorce in 2023. Divorce affect family functions. A family function is defined as the interactions between family members in performing their roles and tasks, as well as the protection of the social, physical, and psychological well-being and development of its members (Epstein, Baldwin, & Bishop, 1983). In 1983, Epstein, Baldwin, and Bishop introduced the concept of family function through the publication of "The McMaster Model of Family Functioning". They argued that family function is related to systems and transactions, rather than individual characteristics. The concept of family function can be defined as the roles carried out by the family members and the ways in which they behave and develop when interacting with each other (Asay, DeFrain, Metzger, & Moyer, 2013).

A number of measurement instruments have been developed to assess family functioning. One such instrument is the Family Assessment Measure (FAM), which assesses the family's solidarity, adaptability, as well as strengths and weaknesses (Skinner, Steinhauer, & Santa-Barbara, 2009). In contrast, the Family Adaptability and Cohesion Adaptation Scale (FACES) focuses on the dynamics and interactions within the family (Place, Hulsmeier, Brownrigg, & Soulsby, 2005). The General Functioning Scale, on the other hand, assesses how the collective judgment of family members can create family reality (Pires, Assis, Avanci, & Pesce, 2016).

The Family Assessment Device (FAD) is a measurement instrument designed to assess family functioning as a whole. The FAD encompasses seven aspects: problem solving, communication, roles of the family members, affective responsiveness, affective involvement, behavioral control, and general function. This instrument consists of 53 items that provide a comprehensive description of family function. As a self-report instrument, the FAD is relatively easy to use (Ryan, Epstein, Keitner, Miller, & Bishop, 2012).

The FAD is a favorable instrument for evaluating various dimensions of family function, including communication, roles, affective involvement, affective responsiveness, involvement in activities, and behavioral control. This instrument is a proper instrument for understanding the internal dynamics of complex and multicultural Indonesian families. The FAD helps professionals identify the specific areas that become the source of problems, such as communication or imbalanced roles, enabling the implementation of accurate and effective interventions. For instance, the results of assessments conducted using The FAD can be utilized to devise a family therapy or a communication enhancement program. The use of the FAD can provide insight into the impact of cultural and socioeconomic factors on family functioning in Indonesia, resulting in the development of an approach that aligns with the local values and norms.

Numerous studies have been conducted to discuss parents' social support, family background, family values, and communication patterns. However, due to the lack of valid and reliable measurement instruments in Indonesian, few studies have examined the dynamics of family functioning, which encompasses problem solving, communication, roles, affective involvement, affective responsiveness, and behavioral control (Apriliawati et al., 2022). The researchers deemed it essential to have a measurement instrument that could assess the

dynamics of family functioning in its entirety, rather than merely a single aspect. Consequently, this paper was conducted to investigate the validity and reliability of the Indonesian version of the FAD.

METHOD

Research Variables

1. Description of the Measurement Instrument

The FAD was developed to assess family function through 53 items encompassing seven dimensions:

- Problem solving: 1, 8, 15, 22, 29
- Communication: 2, 9, 16, 23, 30, 36
- Roles: 3, 10, 17, 24, 31, 37, 42, 46
- Affective responsiveness: 4, 11, 18, 25, 32, 38
- Affective involvement: 5, 12, 19, 26, 33, 39, 43
- Behavioral control: 6, 13, 20, 27, 34, 40, 44, 47, 49
- General function: 7, 14, 21, 28, 35, 41, 45, 48, 50, 51, 52, 53

The FAD uses the 1–4-point Likert scale. The responses of the respondents are scored according to the type of item on a certain scale, using favorable and unfavorable categories (Cohen, Swerdlik, & Phillips, 1996).

2. Conceptual Definition
   Family functioning is defined as the extent to which family interactions influence the physical and emotional well-being of the family members (Epstein et al., 1983).
3. Operational Definition
   Family function refers to the fulfillment of physical, psychological, and emotional needs of the family members, as measured through the dimensions of family function, namely problem solving, communication, roles, affective responsiveness, affective involvement, behavioral control, and general function.

Research Design

The research design involved the adaptation of a measuring instrument. The adaptation process in this research followed the ITC's Test Translation and Adaptation Guideline.

Research Participants

The population consisted of tenth-grade high school students. The sample was selected using a convenience sampling technique based on the availability and ease of obtaining participants (Andrade, 2021).

This study focused on senior high school students, as they are particularly vulnerable to psychosocial problems, such as stress, anxiety, and depression. Understanding family function from the perspective of the adolescents can help design effective interventions to address this issue. A total of 226 students filled in the FAD questionnaires.

The composition of the participants was 160 female students (71%) and 66 male students (29%). The majority of the participants were 16 years old, comprising 97 individuals (43%). This was followed by 65 participants aged 17 years (28%), 30 participants aged 15 years (13%), 31 participants aged 18 years (14%), and 3 participants aged 19 years (1%). The participants came from various regions across Indonesia, representing diverse cultural backgrounds.

Adaptation Procedure

The FAD adaptation followed the ITC guidelines for test translation and adaptation (Hernández, Hidalgo, Hambleton, & Gómez Benito, 2020). The guidelines ensure that the measurement instrument is adapted with consideration for local culture, thereby enhancing the accuracy and validity of the results. Adhering to these guidelines ensures that the adaptation process meet the globally accepted scientific standards.

The ITC guidelines outline the procedure for translation and adaptation as follows:

1. Request for permission: Sent to the owner of the measurement instrument via email.
2. Forward and backward translations: Conducted by individuals with bachelor's degrees in English literature and psychology, residing in English-speaking countries.
3. Peer review and expert judgment: Evaluation performed by the reviewers by utilizing the content validity index method and following the guidelines from (Polit & Beck, 2006). A score of 1 or 2 from the reviewers is weighted as 0.00, while a score of 3 or 4 is weighted as 1.00. An item is considered "accurate" if its validity index (I-CVI) is 1.00, indicating that all the reviewers score it 3 or 4 (Yusoff, 2019). Scale content validity index (S-CVI) analysis is performed by calculating the mean I-CVI score, also known as S-CVI/Ave. The scale is accepted if its S-CVI/Ave is scored 1.00 by three expert reviewers (Polit & Beck, 2006) .
4. Cognitive interview: A technique to assess the items of a questionnaire or survey (Poirier & Hall, 2021). Its aim is to understand how

respondents interpret the items, recall relevant information, make decisions, and respond to the items (Poirier & Hall, 2021). The respondents receive detailed explanation and specific questions. Cognitive interviews were conducted with three senior high school students. The participants were informed about the purpose and procedure of the research and asked for their willingness to participate. Then, the participants were asked to complete the FAD questionnaires and interviewed about each item in the measurement instrument. While answering questions, the participants thought aloud, assessed the appropriateness of their responses, and considered the real-life context. Suggestions were gathered for each item and for the instrument as a whole.

5. Testing the pre-final version: Based on the suggestions from the experts, the Indonesian FAD was adjusted. The participants were chosen using a convenience sampling technique (Cozby, Bates, Krageloh, Lacherez, & Van Rooy, 1977); (Gravetter & Forzano, 2006). Data were collected both offline and online. The questionnaire provided details about the purpose of data collection, participant criteria, data collection procedures, and research ethics. Google Forms was utilized for online data collection and distributed through various social media platforms. Additionally, the questionnaire also included an informed consent section, where the participants could agree to participate.
6. Data analysis: conducting Confirmatory Factor Analysis (CFA) for validity testing and data analysis. The Lisrel application was used to analyze CFA. The FAD is considered valid if it meets the following criteria: CFI > .95, RMSEA < .08 (Faris F, 2023). The Chi-index Square (C2) is not reported due to its sensitivity to the sample size (Lacobucci, 2010).

Reliability testing is conducted by comparing the Cronbach alpha coefficient (Cohen et al., 1996). An alpha coefficient ranging from 0.70 to 0.90 means a high level of reliability.

RESULTS AND DISCUSSION

Cultural contexts strongly influence family behaviors and values, resulting in the non-existence of general rules that apply to all cultures (Toriqularif, 2017). Family function patterns vary between cultures, necessitating a multidimensional approach to analyze the dynamics of families from different cultural backgrounds (Hogue et al., 2019). Therefore, the adaptation process began with translating the measurement instrument into Indonesian to align with to the Indonesian cultural context.

Translation of the instrument into Indonesian

Forward translation was performed by translating the original version from English to Indonesian. The following are the examples of the forward translation:

Table 1. Examples of forward translated items

Original Items	Forward Translation
We usually act on our decisions regarding problems	*Kami bertindak sesuai keputusan bersama dalam menyelesaikan suatu permasalahan*
We confide in each other	*Kami saling percaya*

Source: Personal data

Peer Review of the Forward Translation Results

Peer review was conducted by three individuals with a bachelor's degree in psychology to discuss which items accurately reflected construct being measured. The results were followed up with expert review, involving an educational psychologist with 10 years of experience. The reviewers were given the informed consent forms to participate and an explanation of the definitions of the operational variables. The key consideration included the relevance of the indicators to the construct and the clarity of the items to avoid confusion among the respondents.

Translation of the Review Results to English

Backward translation was performed after the peer review and expert review were analyzed to ensure the accuracy of the translated items. The following are the examples of the backward translation results.

Table 2. Examples of the backward translated items

Reviewed Items	Backward Translation
Kami bertindak sesuai keputusan bersama dalam menyelesaikan suatu permasalahan	We act in accordance with the agreed decision in resolving a problem
Kami saling percaya	We trust each other

Source: Personal data

Testing the Pre-Final Indonesian Version

The test instrument was tested on five participants to ensure that the questions could be understood and answered according to the instructions. They stated that they could understand and answer the entire test instrument. These results suggest that all the questions were ready to be used for data collection to obtain the validity and reliability of the test instrument.

Validity Testing Using the Confirmatory Factor Analysis (CFA)

Validity indicates the accuracy of a measurement instrument in assessing psychological attributes (Anufia & Alhamid, 2019). Content validity is a test to examine whether the items in the measurement instrument are relevant and representative of the variables being measured (Almanasreh, Moles, & Chen, 2019). Expert judgment is typically performed to determine if the items in the measurement instrument can accurately measure the intended indicators (Azwar, 2014). In this study, three lecturers, who were also psychologists, were involved in expert judgment. The results of CVI analysis showed that the content validity of the FAD was scored 1.00, indicating that the measurement instrument is feasible to be used in assessing the family function construct (Adillah, Ridwan, & Rahayu, 2022) The technique employed to analyze the data was the Class Test Theory (CTT). The fit indexes used were the Root Mean Square Error of Approximation (RMSEA) of 0.076, the Comparative Fit Index (CFI) of 0.94, and the Normed Fit Index (NFI) of 0.91. The absolute and incremental fit indexes indicate the extent to which the theory fits with the data. The results of the CFA analysis typically produce a research model that represents or operates a theory and demonstrate how the indicators being observed represent a particular construct (Narimawati & Sarwono, 2022).

Table 3 shows that the measurement model was not yet fit. The fit parameter values, including p-value, GFI, RMSEA, NFI, and CFI, failed to meet the predefined criteria (Faris F, 2023). The following are the results of the CFA analysis:

Table 3. Results of the CFA analysis before the modification index

Index	Criteria	Results	Conclusions
Chi-square	> .05	0.00	*Not fit*
Root Mean Square Error of Approximation	0.05 ≤ RMSEA < 0.08	0.098	*Not fit*
Normed Fit Index	≥0.90	0.73	*Not fit*
The goodness of Fit Index	≥0.90	0.59	*Not fit*
Comparative Fit Index	≥0.90	0.83	*Not Fit*

Source: Personal data

Model accuracy in CFA is a crucial aspect in validating the construction structure of the measurement instrument (Bader & Moshagen, 2022). The general fit indexes in CFA distinguish between a correctly defined model and an incorrectly defined model with different optimal thresholds depending on the estimation models (Padgett & Morgan, 2021). In this study, as the models were not fit, the accuracy model was modified and improved. In CFA, an item with a loading factor that is lower than 0.5 will commonly be removed because it indicates that the item does not sufficiently measure the intended construct. Thus, in this study, the items with a loading factor below 0.5 were removed. Based on the preliminary analysis, there were a number of items with a loading factor lower than 0.5.

Table 4. Items with a loading factor <0.05

Dimension	Item Number
Problem Solving	22
Communication	2, 9, 30, 36
Roles	3, 10, 24, 31, 42, 46
Affective Responsiveness	4, 11, 38
Affective Involvement	5, 26, 33, 39, 43
Behavioral Control	27, 34, 40, 44, 22, 49
General Function	7, 14, 21, 35, 41, 50, 51, 52

Source: Personal data

Based on the table above, the final model would not include those 34 items. The accuracy parameter of the model before and after modification is as follows:

Table 5. Results after the index was modified

Index	Criteria	Results	Conclusion
Chi-square	> .05	0.00	*Not fit*
Root Mean Square Error of Approximation	0.05 ≤ RMSEA < 0.08	0.076	*Fit*
Normed Fit Index	≥0.90	0.91	*Fit*
The goodness of Fit Index	≥0.90	0.93	*Fit*
Comparative Fit Index	≥0.90	0.94	*Fit*

Source: Personal data

Figure 1. Confirmatory Factor Analysis Model

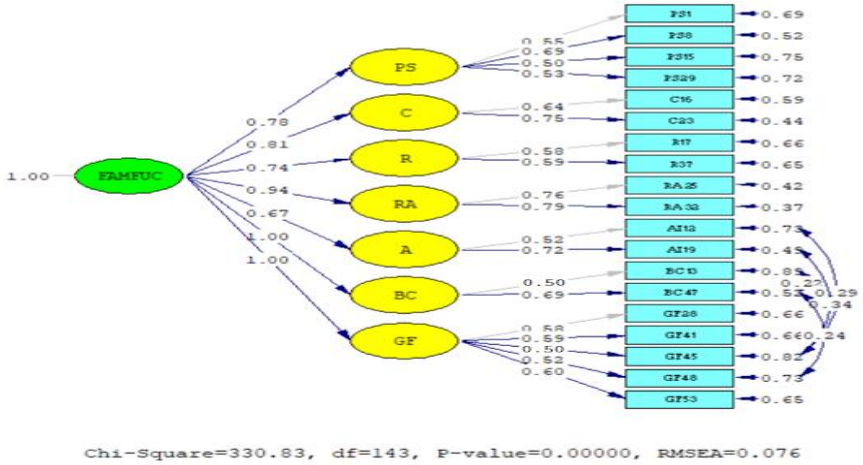

Figure 1 shows the correlation coefficient of family function with the following dimensions:

- Problem solving: 0.70
- Communication: 0.81
- Roles: 0.74
- Affective responsiveness: 0.94
- Affective involvement: 0.67
- Behavioral control: 1.00
- General function: 1.00

Family function can be measured through these seven dimensions: problem solving (4), communication (2), roles (2), affective responsiveness (2), affective involvement (2), behavior (2), and general function (5). These results confirm the initial model hypothesized by (Epstein et al., 1983).

A total of 34 items are excluded due to their loading factors being below 0.5. Consequently, 19 items can be used to measure family functioning in the Indonesian cultural context. These results likely reflect changes that have occurred over time, as the measurement instrument was developed a long time ago and has experienced shifts.

The FAD is a measurement instrument used to evaluate family function and dynamics. This instrument has been adapted to ensure its

validity and reliability, considering the changes in family structure and social dynamics. Research on the FAD adaptation includes updating the scale, repeating tests to fit with new populations, or developing new versions that meet contemporary needs (Shaari & Rajaratnam, 2023). This issue reflects the theoretical model related to the psychosocial aspects, such as family function, which may be accurate in some places, but inaccurate in others due to diverse cultural settings (Hsieh et al., 2023). For instance, in particular cultures, all family members are expected to contribute equally to completing household chores. In Indonesia, however, many families adhere to a patriarchal system where wives or mothers are responsible for most household chores. Additionally, limited time spent together due to individual activities such as school and work can also influence family dynamics (Brumley, Maguire, & Montazer, 2021). This study found that many items needed to be eliminated due to their loading factors being below 0.5. This finding suggests that many FAD items, which are mostly based on Western norms and values, do not fit within the Indonesian cultural context. For example, concepts such as individual autonomy and direct communication are not accurate within the Indonesian cultural context, which emphasizes collectivity, social harmony, and family hierarchy (Harahap, 2013). Several FAD items are also not relevant to the Indonesian socioeconomic context. For example, items that are related to the resource or household management that are generally applicable in the FAD's original country do not reflect the real conditions of Indonesian society (Tjiptoherijanto, 1999)

Reliability

Reliability is the extent to which a measurement instrument consistently produces the same results when repeated under the same conditions (Oosterwijk, van der Ark, & Sijtsma, 2019). The results of the reliability test can be seen from Table 6.

Table 6. Results of Reliability Test

Dimension	**CR**
Family Function	0.845
Problem solving	0.654
Communication	0.641
Roles	0.512
Affective Responsiveness	0.607
Affective Involvement	0.537
Behavioral Control	0.290
General Function	0.672

Source: Personal data

This study found that the Indonesian version of the FAD effectively measures family functioning across various dimensions, such as communication and roles. Practitioners can utilize this measurement instrument to assess family dynamics and overall family health. The FAD allows for specific identifications, enabling intervention programs to accurately address issues.

This study has only collected evidence on the reliability, validity, content, and construct scale. It is recommended that further research be undertaken to enhance the scale's validity by conducting additional validity analyses, such as convergent and divergent validity.

CONCLUSION AND SUGGESTIONS

This study set out to adapt the FAD measurement instrument into its Indonesian version to establish a standard that accurately aligns with the Indonesian cultural context. The instrument consists of seven dimensions with 53 items. After the CFA was analyzed, 19 items were found to be valid: problem solving (4), communication (2), roles (2), affective responsiveness (2), affective involvement (2), behavior (2), and general function (5). The instrument still demonstrates a good level of validity and reliability despite the need to remove many items that were not feasible and failed to measure a construct. This study aimed to develop a standard FAD and offer psychometric information as an assessment instrument for Indonesian families, thereby contributing to the scientific analysis of psychology in psychometry.

This measurement instrument effectively measures family functioning within

the Indonesian cultural setting, assesses family dynamics, and provides a foundation for family interventions.

This study offers some suggestions as follows:

- This study was limited by the uneven distribution of respondents. Future research could benefit from collecting data from a larger and more representative sample of respondents across Indonesia.
- This study has not conducted convergent and discriminant validity tests to examine the correlation between measurement instruments that assess the same or different constructs. Thus, future research could also conduct these validity tests.
- Future research could also collect longitudinal data to observe the dynamics and changes in family function.
- Future research could modify the items and scale to be relevant to specific populations, such as families raising children with special needs or families from migrant backgrounds.

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