

## Adaptation and Psychometric Investigation of the Family Role Performance Scale

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### Abstract

Family role performance refers to fulfilling responsibilities and expectations associated with various family roles. In urban Indonesia, changing gender roles and family dynamics have highlighted the importance of role division between spouses, but no studies have adapted a measurement tool into Indonesian. This study aims to adapt and test the psychometric validity of the Family Role Performance Scale by Chen et al. (2014) for Indonesian families, hypothesizing it will be a reliable tool. The research design is cross-sectional, involving cultural adaptation and factor structure testing via Confirmatory Factor Analysis (CFA). Construct validity, convergent validity, and discriminant validity were also assessed. The sample consisted of 250 married couples, determined using a G-power of 0.8. Analysis results indicated that factor loading values above 0.5 demonstrate good validity and reliability, making the scale suitable for measuring role division in Indonesian families. These findings provide a reliable tool for assessing family role performance and supporting policies aimed at balancing family roles in a changing society.

Keywords: Psychometric adaptation, family role performance scale, Indonesian families

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### Introduction

The division of roles within the family is an essential component in maintaining balance and harmony in household life. In Indonesia, role distribution patterns within families have evolved alongside social, economic, and cultural changes. Traditionally, Indonesian families follow a patriarchal system, where fathers assume the role of breadwinner, while mothers handle household management and childcare (Titisari et al., 2019; Sakina & Zuhri, 2017). However, over time, increased female participation in the workforce has led to shifts and adaptations in gender

roles within families (Coltrane, [2000](#)). Coltrane's research emphasizes that women's participation in both domestic and public work is not solely influenced by economic factors but also by changing social perspectives on gender roles. In Indonesia, these perspectives differ significantly between urban and rural communities. Urban families tend to be more adaptive to equitable role distribution, particularly due to economic needs that often require both partners to work. In contrast, rural communities are more inclined to maintain traditional role divisions, influenced strongly by deeply rooted cultural values (ILO, [2020](#); Pangariwobo, [2021](#)).

Glazer-Malbin's ([1976](#)) study on household role division shows that a fair division of household chores between husband and wife can reduce power imbalances within the household and foster a more harmonious atmosphere. Multiple studies indicate that a fair and balanced task division between partners can enhance relationship quality and reduce conflicts. Families that implement equitable role sharing tend to experience higher marital satisfaction and more harmonious relationships. When partners can share responsibilities and support each other, communication becomes more open and constructive, which positively impacts overall family happiness (Javadijala, [2021](#); Dermott & FlowerL, [2020](#); Lee, [2022](#); Mills & Cortez, [2020](#)).

In urban areas, shifts in social values and increased female workforce participation have led to changes in role division patterns. Many couples have begun adopting a more equitable distribution of both economic responsibilities and household tasks to meet rising economic and social demands. Research indicates that couples who can share roles more fairly tend to experience higher marital satisfaction and harmony, as balanced role division helps reduce tension and conflict within the family (Forste & Fox, [2012](#); Martin et al., [2023](#)).

Women's involvement in the workforce also significantly influences overall family dynamics. This shift not only relates to economic factors but also to adjustments in gender roles within the family. When women work outside the home, many couples divide household duties, particularly

among younger urban families who are more adaptive to changing gender roles. Studies have found that women's participation in the labor force positively impacts household responsibility sharing, ultimately contributing to the overall well-being of the family (Widyasari & Suyanto, [2023](#)).

Additionally, these role dynamics influence the development of children within the family. Involving children in household responsibilities, for example, fosters a sense of responsibility and independence (Lewandowska-Walter et al., [2016](#); Ciabattari, [2001](#); and Coltrane, [2020](#)). This research emphasizes the importance of interaction among family members in building character and self-confidence in children through shared role experiences. Thus, the adaptation of role division within Indonesian families today not only relates to parental roles but also involves contributions from all family members to family dynamics.

According to the previous explanation, a balanced division of family roles is essential for maintaining harmony and well-being within the family. Family roles are reflected in how each member fulfills their responsibilities, which is also referred to as family role performance (Titisari et al., [2019](#)). Family role performance encompasses meeting the duties and expectations associated with roles in the family context (Chen et al., [2014](#)). It comprises two main aspects: task performance, which involves the duties within the family, and relationship performance, which pertains to the quality of relationships among family members. These aspects provide a standard for evaluating how family members fulfill their tasks and roles outlined in the family role performance scale.

In the context of Indonesian families, aspects of family role performance are shaped by cultural influences, such as patriarchy and gender role. Several studies have shown that patriarchal culture and gender roles significantly affect role division dynamics within families, as well as marital satisfaction, particularly concerning women's roles in domestic tasks and the balance of husband-

wife roles in both urban and rural families (Forste & Fox, [2012](#); Sakina & Zuhri, [2017](#); Widyasari & Suyanto, [2023](#); Prasetyo & Safitri, [2020](#); Martin et al., 2023). However, both aspects of family role performance are adaptable to different cultural contexts (Chen et al., [2014](#)). Thus, this study hypothesizes that the family role performance scale is valid and reliable for assessing family dynamics within Indonesian families.

In addition, in Indonesia, studies or publications specifically examining role division as a variable in understanding family balance and harmony are still scarce. Various research findings indicate that role division in the family is an important variable that can impact relationship quality, harmony, and family well-being (Prasetyo & Safitri, [2020](#)). Therefore, research focused on adapting the family role division variable in Indonesia is essential to provide a valid and reliable measure to understand the increasingly complex and diverse dynamics of Indonesian families.

By providing an accurate measure of role division among spouses, this tool supports further research on family dynamics in Indonesia, where balancing family responsibilities is increasingly relevant. The findings not only enhance our understanding of family role structures but also offer a foundation for future studies on family well-being and relationship satisfaction. This tool could also guide policymakers in developing family policies that promote equitable role distribution, ultimately aiming to improve family satisfaction and harmony in response to societal shifts.

#### *Family Performance Scale and Development*

The development of the Family Role Performance Scale was conducted by Chen et al. ([2014](#)). Chen's research produced scale items based on interviews with individuals representing various family structures and occupations in the United States and Israel to illustrate the criteria of family role performance. The aim of this study was to unify different measurement approaches and

develop a family role performance measure grounded in strong theoretical and psychometric foundations.

Chen et al. ([2014](#)) defined family role performance as the fulfillment of duties and expectations arising from roles associated with participation in the family domain. This definition is based on role identity theory, which posits that an individual's self-view is shaped by a set of social expectations (Thoits & Virshup, [1997](#)), including task performance and relationship performance. The definition of family role performance in this study is also consistent with the employee performance definition, emphasizing the fulfillment of work-related tasks rather than outcomes such as promotions or salary increases (Roth et al., [2012](#)).

Chen et al. ([2014](#)) study conducted in-depth interviews with respondents from Israel (n = 15) and the United States (n = 11), who represented various family structures (e.g., married/in committed relationships/single, with/without children, traditional/dual-income) to develop scale items and aspects. Item trials were carried out with 367 participants (211 from the U.S. and 165 from Israel). Structural validity testing was performed through exploratory factor analysis (EFA), which identified two factors: task performance and relationship performance. Reliability testing using Cronbach's alpha yielded 0.70 for task performance and 0.91 for relationship performance, indicating good internal reliability. A second trial was conducted with 158 European business school alumni, resulting in Cronbach's alpha scores of 0.91 for relationship performance and 0.94 for task performance.

The first category in this scale, family role performance, refers to expected "work" or task performance aspects (as a parent, partner, child), resembling role performance in organizations. The second category includes items reflecting social support behaviors, such as providing emotional, evaluative, informational, and instrumental support, as well as quality interactions and communication. This second category, termed family role relationship performance (e.g.,

respecting family members' time, spending quality time together), conceptually aligns with extra-role or contextual work performance.

In Indonesia, the strong influence of patriarchal culture continues to shape family role dynamics, where role expectations are deeply intertwined with traditional gender norms. This cultural backdrop necessitates an instrument that not only measures family role performance but also reflects the unique aspects of Indonesian familial relationships. While there has been extensive research on family role performance in Western contexts, limited studies have addressed the cultural adaptation of family role performance measurement tools in Indonesia. This gap emphasizes the need for culturally relevant instruments that can capture the unique family dynamics present in Indonesian society.

Validating the family role performance scale within the Indonesian context is essential to ensure that the instrument accurately reflects the country's diverse cultural practices and social structures. This validation will contribute significantly to understanding family dynamics in Indonesia and provide a foundation for future research and policy-making aimed at family well-being. The hypothesis proposed in this study is that the Indonesian version of the Family Role Performance Scale is valid for measuring family role performance in Indonesia.

## **Method**

### *Procedure*

This research is a quantitative study with a cross-sectional design. This research utilized two studies. The first study aimed to adapt the family role performance scale and assess its suitability for measuring family role division among Indonesian family respondents. The second study, as a continuation of the first, focused on evaluating construct validity, discriminant validity, and convergent validity. This research received ethical approval from the Ethics Committee, as evidenced by the ethical clearance certificate number 2259-KEPK.

### *Participants*

The sampling plan was based on model complexity (Kline, [2011](#)). The methodological perspective emphasized sample representation, while the statistical perspective focused on statistical power and stability in estimating parameter values. From the methodological perspective, a larger sample size is preferred for representativeness, strengthened by a statistical perspective that indicates representativeness with a G-power (statistical power) value. Using statistical calculations through Monte Carlo simulations, the data yielded a G-power of 0.8, with a minimum representative sample size of 250 participants.

The selection and determination of the sample were guided by the vast geographical scope of the research population, helping to ensure an adequate sample size to enhance the internal validity of the study. The research sample consisted of dual-career couples, making it difficult to determine the exact population size. Thus, G\*Power was chosen to estimate the required sample size.

### *Measurement*

Data collection for the scale trial employed a webpage-based self-completion questionnaire, a data collection method conducted online. The sample consisted of complete families (husband and wife), totaling 250 participants, with 151 wives and 99 husbands from various regions in Indonesia.

**Table 1**

*Blueprint of the Family Role Performance Scale*

Dimension	Items
<i>Task Performance</i>	<ul style="list-style-type: none"> <li>Performing routine household chores</li> <li>Taking care of household items</li> <li>Fulfilling household responsibilities</li> <li>Completing additional tasks at home</li> </ul>
<i>Relationship Performance</i>	<ul style="list-style-type: none"> <li>Providing emotional support to family members</li> <li>Providing general support to family members</li> <li>Giving advice to family members</li> <li>Keeping family members connected to one another</li> </ul>

*Procedure for Adapting the Family Role Performance Scale*

The researchers conducted a scale adaptation process, as each item in the Family Role Performance Scale (Chen et al., [2014](#)) needed to be translated into Indonesian to align with the cultural understanding of Indonesian families. In this adaptation, the definition of "family" was limited to spouses, specifically husband and wife. The translation of the scale followed the *International Test Commission (ITC) Guidelines for Test Adaptation (2016)*, ensuring that the instrument was culturally relevant and linguistically accurate for the target population.



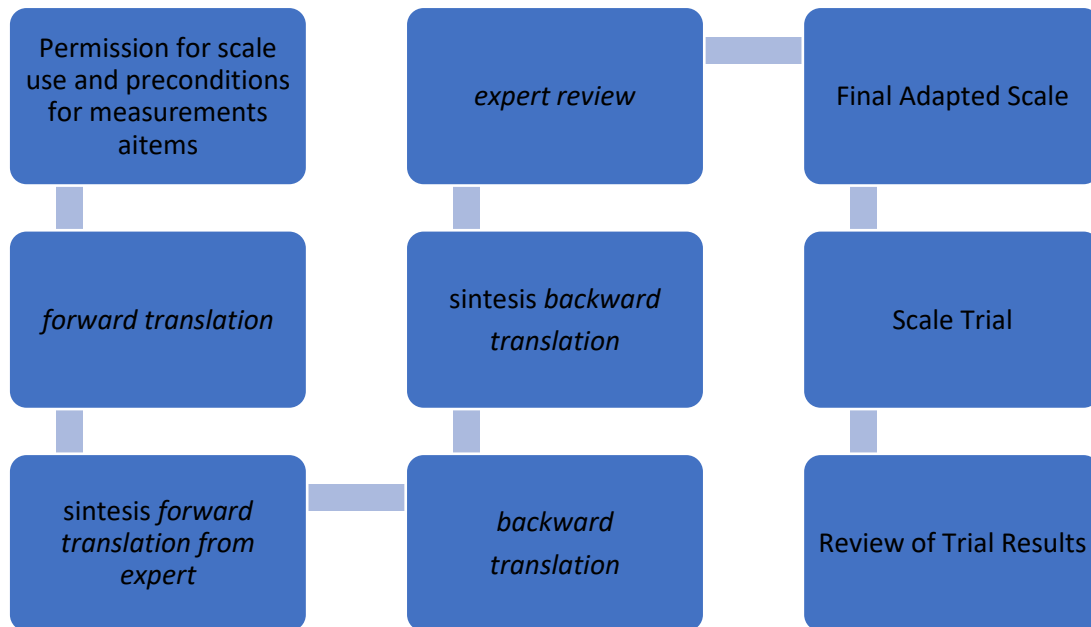


Figure 1. Process of Adapting the Family Role Performance Scale

**First**, the researchers requested permission from Chen et al., (2014) to use the scale, followed by the next step:

#### *Forward Translation*

This step aimed to translate the measurement tool from English into Indonesian. Two translators were involved, each translating 10 items of the family role performance scale independently. The instruction to the translators was, “Translate these statements into Indonesian.” This process resulted in two versions, T1 and T2.

#### *Synthesis Translation (T0)*

The results from T1 and T2 were synthesized. The selection criteria for the final translation were based on alignment with the theoretical concept of family role performance and adherence to

Indonesian language rules. To meet these criteria, T1 and T2 were compared for differences and similarities, followed by grammatical evaluation. The final synthesized translation, T12, was the version closest to the original context in terms of self-control theory and accurate Indonesian grammar. Table 2 provides an example of the synthesis translation process for item 1.

**Table 2**

*Example of Synthesis of T1 and T2 (T12) on Item 1 of the Family Role Performance Scale*

No	Original	T1	T2	T12
1	Do household chores	"Doing household chores."	"Doing household chores."	"Doing routine household chores."

T1 = Translator 1, T2 Translator 2, T12 = The synthesis results T1 dan T2

*Back Translation (BT)*

After synthesizing the translation, the final T12 version was given to a back translator to be translated back into English, allowing us to assess its alignment with the original items. Each translator was instructed to translate the scale back into English as closely as possible, avoiding free interpretation or condensation of complex items. As in the forward translation process, translators were instructed to work independently.

*Expert Judgement*

Following the back translation steps (BT1 and BT2) and finalizing the items, we provided T1, T2, T12, BT1, and BT2 to experts for evaluation. Two experts were involved in this stage: one to assess the conceptual alignment between the translated results and the original scale, and two linguistic experts to evaluate the translations' adherence to proper Indonesian language rules. The three experts evaluated whether there were any differences in meaning or substance across translations.

### *Readability Test*

This test was conducted to assess the ease with which subjects could understand the items. All subjects reported that the items were easily comprehensible.

### *Data Analysis*

SPSS (Version 26) and AMOS were used for all analyses. To address the first objective, item-level analysis was conducted to estimate mean, standard deviation, normal distribution (skewness and kurtosis), item validity, and reliability estimation (Cronbach's alpha). To assess model fit, Confirmatory Factor Analysis (CFA) was performed using AMOS (Version 26). This analytical approach was used to examine the structure of the hypothesized three-factor model. Error terms within each of the three factors were allowed to correlate within the same factor (Byrne, [2010](#)), and four fit indices were examined to evaluate model fit from CFA. These indices included the Comparative Fit Index (CFI), Tucker-Lewis Index (TLI), Root Mean Square Error of Approximation (RMSEA), and the p-value of Close Fit (PCLOSE). CFI and TLI values between .90 and .94 indicate adequate fit, while values above .95 indicate good fit (Hu & Bentler, [1999](#)). RMSEA values between .06 and .08 indicate adequate fit, with values below .06 indicating good fit (Hu & Bentler, [1999](#)). A PCLOSE value above 0.05 indicates good fit, and a nonsignificant PCLOSE value strengthens the implication that RMSEA has minimal specification error (Kenny et al., [2015](#)).

## **Results**

### *Respondent Demographic Data*

The researchers conducted data analysis using SPSS to examine the demographic data of the study respondents. The demographic results are presented in Table 3.

### *Family Characteristics*

#### *Age*

The majority of respondents were over 40 years old, totaling 218 individuals (87.5%), while only 32 respondents (12.8%) were 40 years old or younger. This indicates that the sample predominantly consists of mature adults.

#### *Number of Children*

Most respondents had 1 to 2 children, totaling 136 individuals (54.4%). Meanwhile, 112 respondents (44.8%) had 3 to 5 children, and only 2 respondents (0.8%) had more than 5 children. No respondents were childless. This reflects a varied number of children per family, with the majority having 1 to 2 children.

#### *Occupation*

A total of 90 respondents (36%) were employed as Civil Servants, members of the military/police, or employees in state-owned enterprises (SOEs). This was followed by 82 individuals (32.8%) working in the private sector, 52 individuals (20.8%) in other professions, 17 individuals (6.8%) who were self-employed, and only 9 individuals (3.6%) who identified as homemakers. This shows a range of occupations among respondents, with a majority working in public and private sectors.

**Table 3**

*Demographic Data of Research Subjects*

<b>Aspect</b>	<b>Characteristic</b>	<b>Frequency</b>	<b>Percent</b>
Age	<= 40 years	32	12.8%
	> 40 years	218	87.5%
Number of Children	0	-	-
	1-2	136	54.4%
	3-5	112	44.8%
	> 5	2	0.8%
Occupation	Housewife	9	3.6%
	Others	52	20.8%
	Civil      Servant/Military/Police/State-	90	36%
	Owned Enterprises		
	Private Sector Employee	82	32.8%
	Entrepreneur	17	6.8%
Last Education	Elementary School or equivalent	3	1.2%
	Junior High School or equivalent	8	3.2%
	Senior High School or equivalent	56	22.4%
	Associate's Degree or equivalent	-	-
	Bachelor's Degree or equivalent	69	27.6%
	Master's Degree or Specialist	57	22.8%
Marriage Age (years)	0-10	22	8.8%
	11-20	43	17.2%
	21-30	166	66.4%
	31-40	19	7.6%
Monthly Income	< Rp5,000,000	74	29.6%
	Rp5,000,000 - Rp10,000,000	96	38.4%
	> Rp10,000,000	80	32%

### *Educational Background*

A total of 69 respondents (27.6%) had completed an undergraduate degree (S-I) or equivalent, followed by 57 respondents (22.8%) with postgraduate or specialist education. Respondents who graduated from high school (SMA) or equivalent numbered 56 (22.4%), while 8 respondents

(3.2%) completed junior high school (SMP) or equivalent, and 3 respondents (1.2%) completed elementary school (SD) or equivalent. None of the respondents had a diploma degree (D-3) or equivalent. This indicates that the majority of respondents had higher education.

### *Marriage Duration*

Most respondents had been married for 21 to 30 years, totaling 166 individuals (66.4%). This was followed by 43 respondents (17.2%) who had been married for 11 to 20 years, 22 respondents (8.8%) married for less than 10 years, and 19 respondents (7.6%) married for over 30 years. This indicates that most respondents were in long-term marriages. The data collection represents a diverse range of marriage durations, including respondents in early/adaptive marriage stages (1-10 years) as well as those in more stable, long-term marriages (over 10 years).

### *Study 1: Results of Confirmatory Factor Analysis (CFA) of the Family Role Performance Scale*

CFA was conducted using AMOS 26, with the results presented in this section. CFA was utilized to confirm that the indicators could adequately represent the factors. The evaluation criteria used in this CFA analysis included model convergence and acceptable range of parameter estimates. This criterion was assessed using Maximum Likelihood Estimation (MLE), an iterative process in which the observed covariance matrix is compared with the theoretical matrix to minimize residuals. This step was performed to determine the convergence of the CFA model. Fit indices were used to evaluate the goodness of fit of the CFA data. These included absolute, incremental, and parsimony fit indices (Hooper et al., [2008](#)).

**Table 4**

*Absolute Fit Indices of the Family Role Performance Scale*

Absolut Fit Indices	Model Fit Benchmark Score	Output	Model Data Fit
Chi Square ( $X^2$ ) atau CMIN	$X^2$ count < $X^2$ table (14,067 dg DF = 7)	10,088	Good fit
P	$\geq 0.05$ as the good fit limit	0,184	Good fit
Root mean square error if approximation (RMSEA)	0.08-0.10 <i>mediocre fit</i> , $\leq 0.08$ <i>good fit</i>	0,042	Good fit
Goodness of fit statistic (GFI)	$\geq 0.90$ indicates the model is suitable for the data (good fit). For $0.8 \leq GFI \leq 0.90$ including marginal fit	0,990	Good fit
Adjusted goodness of fit statistic (AGFI),	The <i>AGFI</i> value ranges between 0 and 1. An <i>AGFI</i> value $\geq 0.90$ indicates the model's ability to fit the data (good fit). The range $0,8 \leq AGFI \leq 0,9$ includes <i>marginal fit</i> .	0,947	Good fit
Root mean square residual (RMR)	$RMR \leq 0,05$ <i>good fit</i>	0,000	Good fit

A Chi-Square value lower than the table value indicates that the difference between the observed covariance matrix and the theoretical model is minimal, suggesting that the model is a **good fit** for the data. This implies that the model aligns well with the data used. A P-value > 0.05 indicates that there is no significant difference between the model and the data, suggesting a **good fit**. This means the model is suitable for the data, and no further modifications are needed. An RMSEA value < 0.08 indicates a **good fit**. RMSEA measures the model's approximation error, and this value suggests that the error in the model's fit to the data is very low, indicating a well-fitting model.  $GFI \geq 0.90$  indicates a **good fit**. The GFI measures how well the model explains the variance-covariance data, and this value shows that the model is an overall good fit for the data. An  $RMR \leq 0.05$  indicates a **good fit**. RMR measures the average difference between the elements of the observed and predicted covariance matrices, and a value close to 0 suggests an excellent model fit. These values assess how well the model fits beyond the basic level.

**Table 5**

*Incremental Fit Indices of the Family Role Performance Scale*

Incremental Fit Indices	Model Fit Benchmark Score	Out-put	Model Data Fit
Normed-fit index (NFI)	≥ 0.95 <i>Good fit</i>	0,988	Good fit
Tucker-Lewis Index (TLI) atau Nonnormed fit index (NNFI)	≥ 0.90 <i>Good fit</i>	0,985	Good fit
Comparative fit index (CFI)	≥ 0.95 <i>good fit</i> ; ≥ 0.90 <i>advanced fit</i>	0,996	Good fit
Relative fit index (RFI)	≥ 0.90 <i>good fit</i>	0,951	Good fit
Incremental fit index (IFI)	≥ 0.90 <i>good fit</i>	0,996	Good fit

**Table 6**

*Parsimony Fit Indices of the Family Role Performance Scale*

Incremental Fit Indices	Model Fit Benchmark Score	Output	Model Data Fit
Normed-fit index (NFI)	≥ 0.95 <i>Good fit</i>	0,988	Good fit
Tucker-Lewis Index (TLI) atau Nonnormed fit index (NNFI)	≥ 0.90 <i>Good fit</i>	0,985	Good fit
Comparative fit index (CFI)	≥ 0.95 <i>good fit</i> ; ≥ 0.90 <i>advanced fit</i>	0,996	Good fit
Relative fit index (RFI)	≥ 0.90 <i>good fit</i>	0,951	Good fit
Incremental fit index (IFI)	≥ 0.90 <i>good fit</i>	0,996	Good fit

All incremental fit indices show values above their respective thresholds, indicating that the model has a **good fit**. This suggests that the Family Role Performance Scale model provides a well-suited representation of the data, balancing both model fit and complexity effectively. Parsimony fit indices generally assess whether a model with fewer or simpler parameters still achieves a good



fit, balancing model fit with efficiency. [Table 6](#) assesses model fit while accounting for simplicity, ensuring the model is not overly complex yet remains well-suited to the data.

**Table 7**

*Overall Model Testing Results*

Overall Model Fit Measures	Values for Model Fit	Model Fit to the Data
P- Value = 0,184	$\geq 0,05$	Good Fit
RMSEA = 0,042	$\leq 0,08$	Good Fit
NFI = 0,988	$\geq 0,95$	Good Fit
NNFI / TLI = 0,985	$\geq 0,95$	Good Fit
CFI = 0,996	$\geq 0,90$	Good Fit

*Study 2 Results of Discriminant Validity, Convergent Validity, and Construct Validity*

Validity testing is conducted to assess whether the indicator variables significantly reflect the latent or construct variables. Discriminant validity, convergent validity, and construct validity are used to examine how each indicator correlates with its latent variable.

Measurement validity consists of convergent validity and discriminant validity. Convergent validity is determined using the loading factor parameter. A measurement is considered to have convergent validity if the loading factor value is greater than 0.5 (Ghozali, [2009](#)). Several Validity Test Measures Presented in the Lambda X (Loading Factor) Section in AMOS Format

**Table 8**

*Loading Factor*

			Loading Factor
lg10_1 (P1)	<---	Role	0,579
lg10_2 (P2)	<---	Role	0,682
lg10_3 (P3)	<---	Role	0,807
lg10_4 (P4)	<---	Role	0,671
lg10_5 (P5)	<---	Role	0,501
lg10_6 (P6)	<---	Role	0,578
lg10_7 (P7)	<---	Role	0,748
lg10_8 (P8)	<---	Role	0,650

The table above shows that the loading factors between the variable and question indicators vary, with all loading factor values above 0.6, indicating a strong relationship between the latent variable and its indicators. Based on the results of convergent and discriminant validity testing, it can be concluded that the indicators in this study are valid.

Discriminant and convergent validity aim to assess the appropriateness of each indicator with its latent variable, while construct validity evaluates the composite reliability (CR) for each variable (Ghozali, 2014). According to Hair (as cited in Ghozali, 2018), a CR value of 0.7 or higher indicates good reliability, while values between 0.6 and 0.7 are considered acceptable, provided that the indicator variables demonstrate strong validity.

## Discussion

This study developed a measurement tool for the role division variable, based on the Family Role Performance Scale, which consists of two main components: *task performance*, assessing how family members complete household tasks, and *relationship performance*, measuring how family

members support and care for each other emotionally. This scale addresses gaps in previous research, which had yet to extensively explore how individuals fulfill their roles at home in a measurable way.

The Family Role Performance Scale, originally developed by Chen et al., (2014), was found to be applicable in various countries, such as the United States and Israel, which have different cultural backgrounds. Following the adaptation, this scale has been found suitable for use within Indonesian culture as well. This finding indicates that the scale can be used across diverse countries and cultures to understand how individuals manage their family roles, demonstrating that this scale has global applicability.

The test results indicate that convergent validity was achieved, as most loading factors exceeded 0.5. According to Hare et al. (2014), convergent validity occurs when loading factors are high, showing that the items are sufficiently representative of the construct being measured. This finding is supported by Lewandowska-Walter et al. (2016), who found that a balanced role distribution within families can significantly impact family satisfaction and harmony, underscoring the importance of construct validity for this instrument.

Items 3 and 7 demonstrated the highest loading factors, at 0.807 and 0.748, indicating a strong relationship between these indicators and the family role variable being measured. The high loading factors for these two items suggest that they play a crucial role in representing the construct of family roles in the context of role distribution. Item 3 reflects the responsibility dimension in performing household tasks, while item 7 reflects emotional support among family members. According to relevant research by Chen et al. (2014), the Family Role Performance Scale was developed to illustrate how individuals fulfill roles within the family, encompassing both task-related aspects (household chores) and relational aspects (emotional support). Other studies, such as those by Dermott and Fowler (2020) and Widyasari & Suyanto (2023), have

shown that a balanced role distribution, particularly concerning emotional support and domestic tasks, can reduce conflict and enhance family harmony.

Research by Hare et al. ([2017](#)) in the *Journal of Marriage and Family Therapy* found that active listening, a focus of item 3, not only strengthens emotional bonds but also enhances communication openness between partners, particularly in conflict situations. Active listening facilitates stress reduction through non-verbal support and acknowledgment of partners' feelings, which is foundational for marital resilience.

Additionally, research by Repetti and Wang ([2019](#)) in *Family Process* revealed that maintaining quality time together (as reflected in item 7) plays an essential role in strengthening emotional connections among family members. Their study demonstrated that quality time not only enhances closeness but also reduces the likelihood of long-term conflicts. Repetti and Wang found that family members who consistently spend quality time together experience increased trust and satisfaction in their relationships. This research indicates that the more involved individuals are in household tasks and family relationships, the better they perform in these roles. Attention to both household responsibilities and emotional relationships within the family is crucial for successful family role fulfillment.

## Conclusion

The main objective of this discussion is to clarify that the *Family Role Performance Scale* can be applied across various countries to measure how individuals fulfill family roles. These findings can aid in developing policies that promote work-life balance. This study aimed to adapt the family role performance scale, investigate its constructs, and test the validity of the family role measurement tool. The first stage involved cross-cultural adaptation and factor structure testing. The result of stage I was a culturally adapted scale with a representative item sample, identifying the most appropriate measurement model for family role performance within Indonesian family

contexts. The conceptualization of the 8-item family role division scale demonstrated a stable measurement model. Stage 1 provided a general overview of the internal consistency of the instrument but limited insights into its validity. Stage 2 built on this by conducting validity testing, showing that the 8-item Indonesian version of the family performance scale exhibited robust internal consistency and validity across samples with loading factor value above 0.5. Overall, it can be concluded that the *Family Role Performance Scale* is a valid and reliable tool for measuring family role division in Indonesia.

### **Limitations**

This study has limitations, including a small number of respondents and the lack of consideration for ethnic or cultural differences among respondents, which could provide explanations regarding cultural bias and offer more detailed insights into the differences in family role division. Future research could further develop the *Family Role Performance Scale* with a larger sample size to better assess the scale's reliability and validity. Developing additional items would also be beneficial, as only one published instrument currently measures family role division. Continued research in family role division measurement would benefit from replication with culturally diverse subjects or by distinguishing between husbands, wives, and children for more comprehensive results.

### **Implications**

The findings of this study are theoretically beneficial for expanding knowledge related to family role performance and its measurement. Additionally, it is also theoretically useful for organizations and companies in understanding the importance of family roles, which can help them support their employees in balancing work and family responsibilities. Practically, the findings can be used to design policies that support an effective work-family balance, such as flexible working hours, enabling employees to more effectively fulfill household responsibilities.

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### Author Contribution Statement

The author was responsible for proposing the research idea and design, designing the study, creating the module, writing the initial draft of the publication manuscript, coordinating the research implementation, and revising the publication manuscript. The academic advisor assisted in developing the research idea, guided the module creation, guided the drafting of the publication manuscript, and coordinated the research implementation.

### Author Contribution

All authors have contributed equally to the study's conceptualization, interpreting data, reviewing, and editing the manuscript.

### Data Availability

Data can be provided upon request to the author.

### Declarations Ethical Statement

The study followed the guidelines of the Declaration of Helsinki.

### Informed Consent Statement

Informed consent was obtained from all persons involved in the study.

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