Adaptation and Exploratory Factor Analysis of the Parent Problem Checklist: Indonesian Version for New Parents

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Abstrack

The transition to parenthood increases vulnerability to interparental conflict, especially in cultural contexts where parenting roles are strongly emphasized. However, valid tools to assess such conflict in Indonesia remain scarce. This study aimed to adapt the Parent Problem Checklist (PPC) into Indonesian and examine its psychometric properties. A total of 711 new parents participated. The adaptation process followed Beaton's guidelines, including translation, expert review, and readability testing. Factor validity was assessed using Exploratory and Confirmatory Factor Analyses (EFA and CFA), and convergent validity was tested using the Couple Satisfaction Index (CSI). EFA revealed a three-factor structure: discipline, childcare, and family processes, with strong internal consistency (α = 0.850–0.908). The CFA showed a good model fit, and PPC scores were negatively correlated with CSI. These findings indicate that the Indonesian PPC is a valid and reliable tool for assessing interparental conflict among new parents. It offers practical applications in research, counseling, and early intervention.
Keywords: new parents, interparental conflict, parent problem checklist

Abstrak

Masa transisi menjadi masa yang rentan terjadi konflik antarorang tua, terutama dalam budaya di mana peran pengasuhan sangat ditekankan. Namun, alat yang valid untuk mengukur konflik ini di Indonesia masih terbatas. Penelitian ini bertujuan mengadaptasi Parent Problem Checklist (PPC) ke dalam Bahasa Indonesia. Sebanyak 711 orang tua baru berpartisipasi. Proses adaptasi mengikuti pedoman Beaton, meliputi translasi, tinjauan ahli, serta uji keterbacaan. Validitas konstruk diuji melalui Exploratory dan Confirmatory Factor Analysis (EFA & CFA), serta validitas konvergen diuji terhadap Couple Satisfaction Index (CSI). EFA mengungkap struktur tiga faktor: disiplin, pengasuhan anak, dan proses keluarga, dengan konsistensi internal yang baik (α = .850–.908). CFA menunjukkan fit model yang baik (CFI = .927; RMSEA = .085). Temuan ini menunjukkan bahwa PPC versi Indonesia adalah alat yang valid dan reliabel untuk mengukur konflik antarorang tua baru. Alat ini dapat berguna untuk penelitian, konseling, dan intervensi dini.
***Keywords**: konflik pengasuhan, orang tua baru, parent problem checklist*

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INTRODUCTION

New parents are defined as individuals experiencing parenthood for the first time, undertaking caregiving responsibilities for a child aged 0 to 24 months, a period commonly known as the transition to parenthood (Bornstein, 2002). The transition to parenthood brings significant changes to the family, which can lead to increased pressure, stress, and family dysfunction (de Goede & Greeff, 2016). New parents face various psychological, physical, and financial challenges. They often experience emotions such as frustration and anger, even up to six months after becoming parents (Lazarus et al., 2022). Physically, they may feel insecure due to changes in body shape following childbirth. New parents also struggle with managing daily life—for example, feeling time-constrained, dealing with household chaos from unmet demands, facing increasingly complex responsibilities, and involving more parties in family life. During this period, couples often downplay each other's needs to prioritize their parental roles (Lévesque et al., 2020), which can lead to a sense of losing oneself.

These stressors may manifest as heightened interparental conflict, particularly in early parenting discussions, such as the division of household labor, differing parenting styles, or unbalanced caregiving burdens (Huss & Pollmann-Schult, 2020; Seyed Karimi et al., 2021). Interparental conflict encompasses arguments, negative emotional expression, and behavioral disagreements between parents (Buehler et al., 1994; Chaudhry & Shabbir, 2018; Cummings & Davies, 2002). These conflicts can result in either more intense or more infrequent parental interactions (Barthassat, 2014). Emery (1982) conceptualized interparental conflict as comprising three core dimensions: process (e.g., arguing, avoidance), content (e.g., money, parenting), and duration.

Research on interparental conflict has predominantly focused on its impact on children. For example, Noble et al. (2023) found that interparental conflict is associated with lower adjustment abilities in early childhood. Another study indicated that it increases social anxiety in elementary school-aged children (Xu et al., 2023). When parents argue in front of their children, the children may feel threatened and sometimes believe they are the cause of the conflict. This is supported by Mills et al. (2021), who found that destructive interparental conflict disrupts parent-child communication, thereby reducing children's adjustment abilities and increasing emotional insecurity during adolescence.

However, interparental conflict also significantly affects the dynamics of the couple's relationship. Parental conflict in the context of child-rearing can hinder communication and reduce marital satisfaction (Bogdan et al., 2022). Another consequence is that when parents experience destructive conflict within the household, they are more likely to engage in unsupportive emotional socialization—such as ignoring the child or punishing them for expressing fear, anger, or sadness (Lee & Brophy-Herb, 2018).

Early interparental conflict can have long-term effects on family dynamics. Due to the substantial impact of such conflict, several assessment tools have been developed to measure the level of conflict between parents. The Conflicts and Problem-Solving Scales (CPS; Kerig, 1996) measure multiple dimensions, including conflict intensity, styles, and resolution strategies. Meanwhile, the Children's Perception of Interparental Conflict Scale (CPIC; Grych et al., 1992) captures children's perceptions of interparental conflict across nine dimensions. However, these instruments are lengthy and either target older populations or focus on child perceptions rather than parents' experiences.

The Parent Problem Checklist (PPC) developed by Dadds and Powell (1991) is a more efficient alternative. Comprising 16 items, it was designed to assess how interparental conflict influences parents' ability to function as a cohesive parenting team. The PPC originally used dichotomous responses, but was later expanded by Stallman et al. (2009) into a 7-point Likert scale version, enabling factor analysis and a deeper understanding of conflict dynamics. The PPC is theoretically grounded in Emery's (1982) work and includes three domains: discipline (disagreements over rules), child care (conflicts on daily parenting tasks), and family processes (undermining each other's parental roles).

Compared to other instruments, the PPC offers unique advantages: (1) It is brief and practical for data collection among new parents, (2) it directly measures interparental conflict from the parents' perspective, and (3) it aligns closely with both theoretical models and observed parenting challenges during early childrearing. Despite its relevance, no validated version of the PPC currently exists in Bahasa Indonesia, limiting its applicability in research and intervention.

In Indonesia, research on interparental conflict has primarily explored its long-term effects on adult children (Defanti et al., 2025; Fadilla et al., 2023). However, a gap remains in understanding conflict from the perspective of parents currently undergoing the transition to parenthood. A culturally adapted, psychometrically sound tool is needed to examine this phenomenon in the Indonesian context.

Therefore, the present study aims to adapt the Parent Problem Checklist (PPC) into Bahasa Indonesia and evaluate its psychometric properties through a cross-cultural adaptation process and simultaneous Exploratory and Confirmatory Factor Analyses (EFA and CFA). This dual approach provides both data-driven exploration and theory-driven validation of the instrument, enabling a stronger foundation for its future application in research, clinical, and policy settings in Indonesia.

METHOD

This study employed convenience sampling. The participant criteria included Indonesian citizens aged 21 years or older, married, first-time parents with their first child aged 0–2 years. Data collection was conducted online in February 2025.

The Parent Problem Checklist (PPC) was developed by Dadds and Powell (1991). PPC is a unidimensional scale that assesses parental conflict through three factors: discipline, which relates to disagreements between parents in disciplining their child; child care, which pertains to conflicts about child-rearing; and family processes, which involve whether parents undermine each other's relationships with their child. The instrument consists of 16 items with dichotomous response options (Yes/No).

In 2009, Stallman et al. developed an extended version of the PPC, introducing a 7-point Likert scale (1 = "Not at all" – 7 = "Very much"). This modification was made to facilitate the identification of underlying factors in the PPC, as the dichotomous response format (Yes/No) had previously limited such analyses. The reliability analysis of the original PPC yielded a Cronbach's alpha of $\alpha = 0.89$, indicating excellent internal consistency.

The adaptation process of the instrument followed the guidelines outlined by Beaton et al. (2000), which included forward translation, back translation, and expert judgment. Two psychology graduates proficient in English were involved in the forward translation process, two professional translators in the back translation process, and two faculty members specializing in family research provided expert judgment. The

adaptation results were subjected to readability testing involving six married couples (12 participants). Based on their feedback, several adjustments were made to the wording of items and the response format. The 7-point scale used in Stallman et al. (2009) was replaced with a 5-point Likert scale (1 = Not at all – 5 = Very much) to improve clarity and reduce cognitive burden. This adjustment is supported by research indicating that a 5-point scale strikes a balance between measurement sensitivity and respondent comprehension (Dawes, 2008; Revilla et al., 2014). This study is part of a larger research project approved by the Ethics Committee of the Faculty of Psychology, Universitas Indonesia (Ethical Clearance No. 201/Fpsi.Komite Etik/PDP.04.00/2024).

During the 30-day data collection period, 815 participants were recruited. After screening for eligibility criteria and passing attention checks, 711 participants were included in the data analysis. The participants consisted of 480 women (67.5%) and 231 men (32.5%), with ages ranging from 21 to 49 years (M = 28.61, SD = 3.797). The mean duration of participants' marriages was 41.16 months (SD = 29.4), and the average age of their children was 14 months (SD = 7.3). Participants were drawn from 22 provinces across Indonesia, with the majority residing in West Java (33.9%) and Central Java (12.9%).

Data analysis was conducted using SPSS. Two reliability tests were performed to assess the scale's internal consistency. First, Cronbach's alpha was used, with the threshold for acceptable reliability set at $\alpha = 0.70$, as suggested by Kaplan and Sacuzzo (2018). Second, the corrected item-total correlation was examined, with items considered discriminative or reflective of the measured attribute if the correlation coefficient was $r \geq 0.30$, based on the criteria of Nunnally and Bernstein (1994).

Exploratory Factor Analysis (EFA) was performed using Principal Axis Factoring with Varimax rotation, following the procedure used by Stallman et al. (2009). Factors were extracted based on eigenvalues ≥ 1.0 and supported by a visual inspection of the scree plot. Items with factor loadings ≥ 0.40 were retained (Pituch & Stevens, 2016), and those with problematic cross-loadings were further examined.

Confirmatory Factor Analysis (CFA) was then conducted to test model validity. Following the criteria of Hooper et al. (2008), a model was considered a good fit if it met the following indices: Root Mean Square Error of Approximation (RMSEA) < .08, (Standardized) Root Mean Square Residual (SRMR) < .08, Comparative Fit Index (CFI) ≥ .90, and Tucker-Lewis Index (TLI) ≥ .95. Additionally, item validity was assessed based on factor loadings, with a high factor loading defined as ≥ .4, according to Stevens (2002). The analyses were performed using IBM SPSS Statistics version 26 and RStudio.

RESULT AND DISCUSSION

The analysis results showed a score range of 16 to 82, with a mean of 30.23 (SD = 14.901). The adaptation and analysis process of the Indonesian version of the PPC aimed to assess whether the instrument is comprehensible and applicable for measuring parenting conflict by determining its reliability and validity. Reliability testing using Cronbach's alpha indicated that the Indonesian version of the PPC had an overall reliability coefficient of $\alpha = 0.941$, signifying an excellent level of reliability.

The PPC is a unidimensional scale, and therefore, the corrected item-total correlation (CRITC) was calculated for the entire scale. The CRITC analysis results ranged from 0.576 to 0.778. This indicates that all items had values of 0.30 or greater, suggesting that the items possess good discriminatory power.

Subsequently, validity testing was conducted through Confirmatory Factor Analysis

(CFA) for the overall model. The CFA results showed RMSEA = 0.110, SRMR = 0.050, CFI = 0.875, and TLI = 0.855. These results suggest that the unidimensional model does not adequately represent the instrument's validity. Therefore, an alternative model needs to be developed to better represent the instrument.

Dadds and Powell (1991) stated that the instrument is divided into three factors: six items for the discipline factor, six items for the child-care factor, and four items for the family processes factor. However, no further explanation was provided regarding the allocation of items within these factors. As a result, Stallman et al. (2009) expanded upon this instrument by conducting an exploratory factor analysis (EFA), and the results are presented in the table below.

Table 1.
Blueprint of the Parent Problem Checklist Extended Version by Stallman et al. (2009)

Factor	Item	Example (Indonesian)	Example (English)
Discipline	2, 5, 10, 14, 15, 16	*Beda pendapat mengenai cara mendisiplinkan anak (misalnya, dengan cara memukul anak)*	Disagreement over type of discipline (e.g.smacking children)
Childcare	7, 8, 9, 12	*Perbedaan pendapat mengenai pembagian beban kerja dalam mengasuh anak*	Disagreement about sharing childcare workloads
Family Processes	1, 6	*Anak menghambat orang tua untuk memiliki waktu sendiri*	Children preventing parents from being alone

In the exploratory factor analysis (EFA) conducted by Stallman et al. (2009), it was found that items 3, 4, 11, and 13 did not meet the required factor loadings. Therefore, it is recommended that future studies revise these three items. Based on the research conducted by the current authors, no revisions have been made to these items to date, and studies using the PPC have continued to employ the 16-item version of the instrument (Piotrowska et al., 2020; Pham et al., 2024; Ruane et al., 2019). As a result, the adaptation of the PPC in Bahasa Indonesia in this study also utilized the 16-item version

Meanwhile, validity testing using the model proposed by Stallman et al. (2009) revealed RMSEA = 0.110, SRMR = 0.046, CFI = 0.912, and TLI = 0.886. These results indicate that the model is not yet a good fit. This model inadequacy may reflect structural misalignment between the original factor blueprint by Stallman et al. (2009) and the actual data patterns observed in the Indonesian sample. Therefore, an additional exploratory factor analysis (EFA) was conducted to identify the most suitable factors to represent the PPC instrument. The analysis, using SPSS with Principal Axis Factoring extraction mode and Varimax rotation method, resulted in the following factors:

Table 2.
EFA Result PPC Indonesian Version

Item	F1	F2	F3
PC12		0.695	0.417
PC8		0.658	
PC13		0.646	
PC10		0.641	0.478
PC7		0.625	
PC9		0.614	0.414
PC6		0.523	
PC4		0.489	
PC2	0.729		
PC1	0.682		
PC3	0.654		
PC5	0.522	0.476	
PC16			0.698
PC15			0.617
PC11			0.470
PC14	0.414		0.465

Based on the table above, it can be observed that each item exhibits good factor loadings, all of which are greater than 0.40. However, cross-loadings are still present in several items. Therefore, it is necessary to further verify whether the model adequately fits the instrument and each of its factors. A Confirmatory Factor Analysis (CFA) was conducted to assess the model's adequacy, yielding the following results: RMSEA = 0.085, SRMR = 0.041, CFI = 0.927, and TLI = 0.913. This suggests that the PPC instrument now has a valid and well-fitting model. A visual representation of the CFA model is provided below:

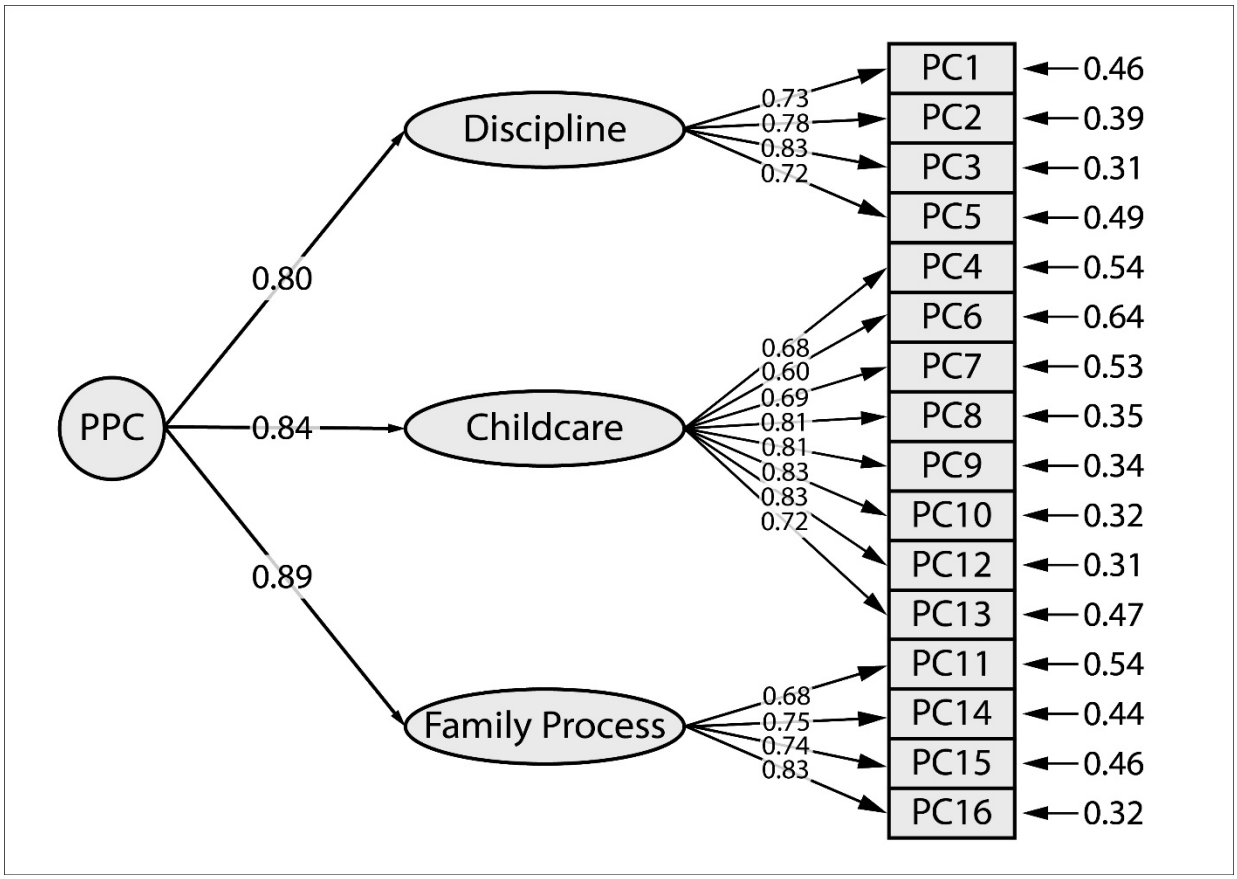

Figure 1. Model Plot PPC Indonesia

Compared to previous studies conducted in Australia (Stallman et al., 2009) and Iran (Mousavi et al., 2025), this study replicated the overall three-factor structure of the PPC. However, cultural nuances may influence the strength of item loadings and the interpretation of conflict dimensions. In the Indonesian context, for instance, family harmony is often prioritized over direct confrontation, which may affect responses to items related to discipline and emotional undermining. Several discrepancies also emerged in how specific items loaded onto factors. For instance, items such as PC14 and PC16, originally classified under the Discipline category, showed stronger loadings on the Family Process factor in the Indonesian sample. This may indicate that disagreements around discipline are not merely seen as parenting issues, but as reflections of emotional support or relational strain between partners. Kim et al. (2017) stated that in Asian contexts, parents' control is often perceived as overly restrictive, which differs from Western contexts, where children may react with resistance to protect their autonomy and freedom. This suggests a possible cultural shift in how Indonesian parents interpret these items: disagreements about discipline may be perceived less as isolated behavioral issues and more as broader relational or emotional challenges.

In the Indonesian cultural context, where harmony and indirect conflict expression, emotion regulation and low anger are highly valued, as people prefer non-confrontational communication to maintain group cohesion (Eisenberg et al., 2004; Mailin et al., 2023), parents may perceive criticism or disagreement as a broader threat to relational unity rather than as functional disagreement. This could lead to different interpretations of the same item across cultures, and consequently, different loading

structures. Moreover, collectivist norms may discourage open confrontation, causing emotional tension to manifest in less overt behaviors, which blurs the conceptual lines between constructs such as Discipline and Family Process.

Moreover, the fact that Family Processes were originally defined by only two items (PC1 and PC6) in the Stallman model also limits model stability in cross-cultural CFA testing. In our CFA, this factor was expanded to include four items, reflecting a more nuanced understanding of family dynamics and emotional undermining that may be more relevant in the Indonesian sociocultural context.

These structural inconsistencies may also reflect item-level ambiguities resulting from translation nuances or differences in parenting scripts between Western and Southeast Asian cultures. For example, collectivist values emphasizing family harmony and indirect communication could cause respondents to interpret "disagreement" items more as passive emotional distancing than explicit arguments, leading to cross-loading

The next validity test was conducted using a comparative instrument, the Couple Satisfaction Index (CSI), which measures marital satisfaction. The results showed that the CSI had a significant negative correlation with the PPC overall ($p < 0.001$, $r = -0.238$). Therefore, it can be concluded that the PPC is a valid measure for assessing interparental conflict, as it correlates with marital satisfaction, which is theoretically related to the construct of interparental conflict. This finding is consistent with a study by Dong et al. (2022), which found that interparental conflict was significantly negatively associated with marital satisfaction. Wagner et al. (2019) also revealed that fathers' perceived conflict affects both their own and the mothers' marital satisfaction. This conflict arises during discussions about household issues such as finances and the division of domestic responsibilities, which can lead parents to feel threatened, stressed, and frustrated, ultimately lowering the quality of their marriage.

However, the relatively modest correlation value ($r = -0.238$) warrants deeper interpretation. One potential explanation lies in the distribution of participant scores: most parents in this study reported low levels of interparental conflict (PPC), while their CSI scores tended to be high. This restricted range may have attenuated the strength of the correlation.

Moreover, social desirability bias might play a role, especially in collectivist societies like Indonesia, where emotional restraint are emphasized. Parents may underreport conflict, particularly around child-rearing, due to cultural norms that discourage expressing dissatisfaction or to maintain the image of a stable family. Furthermore, in collectivist cultures such as Indonesia, the pressure to maintain harmony and social appearance may reduce the perceived severity of conflict or lead to underreporting. It is also possible that gender roles and societal expectations around parenting contribute to how conflict is experienced and reported, wherein mothers may internalize frustration without expressing dissatisfaction in the marital domain. Many Indonesian parents, especially mothers, may view parenting conflict as part of their expected responsibilities. Given that caregiving roles are often heavily gendered, mothers may experience conflict in silence without labeling it as marital dissatisfaction. As a result, the PPC scores may not fully capture the emotional or relational cost of parenting tension, further weakening its association with CSI scores. However, other studies have shown that when mothers experience stress in parenting, it can lead to increased parenting conflict in interactions between fathers and mothers, which in turn may decrease marital satisfaction for both partners (Meyer & Sledge, 2022). To support transparency, screen plots and factor loading tables are included in Appendices A and B.

CONCLUSION

This study aimed to adapt the Parent Problem Checklist (PPC) into the Indonesian language. The process also sought to test the reliability and validity of the instrument. The adaptation followed standard procedures as outlined by Beaton et al. (2000), including forward translation, back translation, expert judgment, and readability testing to ensure conceptual and linguistic equivalence. The results of the exploratory factor analysis and confirmatory factor analysis indicated that the structure of the Indonesian version of the PPC aligns with the theoretical model, with factor loadings ranging from 0.597 to 0.826 (>0.40), supported by goodness-of-fit indices that met the criteria (CFI, TLI > 0.90; RMSEA, SRMR < 0.08). Convergent validity testing, using the Couple Satisfaction Index (CSI) as a comparative instrument, also showed a significant negative correlation. This demonstrates that the Indonesian version of the PPC validly captures the construct it measures. Additionally, the reliability coefficients, both overall and per factor, ranged from 0.811 to 0.941 ($\alpha > 0.70$), indicating excellent internal consistency.

Beyond its psychometric robustness, this study makes a theoretical contribution by reinforcing the understanding that parenting conflict is not merely a behavioral disagreement, but also reflects deeper emotional and relational dynamics between partners. The emergence of three distinct factors (Discipline, Childcare, and Family Process) confirms the multi-dimensional nature of interparental conflict, aligning with systemic family theory that views parental functioning as embedded in broader marital and family interactions. Practically, the PPC adaptation enables Indonesian family counselors and psychologists to access a culturally valid screening tool for identifying areas of tension in parenting collaboration. This is especially crucial during the transition to parenthood, a period marked by role adjustment, emotional stress, and shifting expectations. However, this study has several limitations. The participant sample was not balanced, with a predominance of female participants (67.5%). This gender imbalance may have shaped the factor structure, as women may perceive and report parenting conflict differently than men, particularly in a cultural context where mothers predominantly shoulder caregiving responsibilities. Additionally, the sampling method employed convenience sampling and was geographically limited, which may have reduced the generalizability of the findings to the broader Indonesian parent population.

Therefore, the Indonesian version of the PPC can be considered valid and reliable for use in research contexts, particularly within the population of new parents in Indonesia. Future studies are recommended to employ more representative and stratified sampling methods across diverse regions and socio-economic groups. A multi-group CFA is recommended to test measurement invariance across gender and regions. At the same time, longitudinal studies would help assess the stability of PPC scores over time and across different stages of parenting. This adaptation of the PPC provides a reliable and valid instrument for exploring parental conflict in Indonesia. It could be utilized in diverse contexts, including clinical practice, academic research, and cross-cultural studies. Its use should not be limited to measurement purposes but expanded to practice-based applications. Practitioners can use PPC results to guide counseling sessions, design parenting workshops, or tailor conflict resolution strategies specific to co-parenting challenges. Couples therapy can also incorporate PPC to explore hidden dynamics in family decision-making. PPC could serve as a practical tool for early identification of relational risks in couples transitioning to parenthood, allowing for preventive efforts in marriage education and parenting programs. At the policy level, the availability of a

culturally adapted conflict assessment instrument may support data-driven initiatives aimed at strengthening family well-being in Indonesia.

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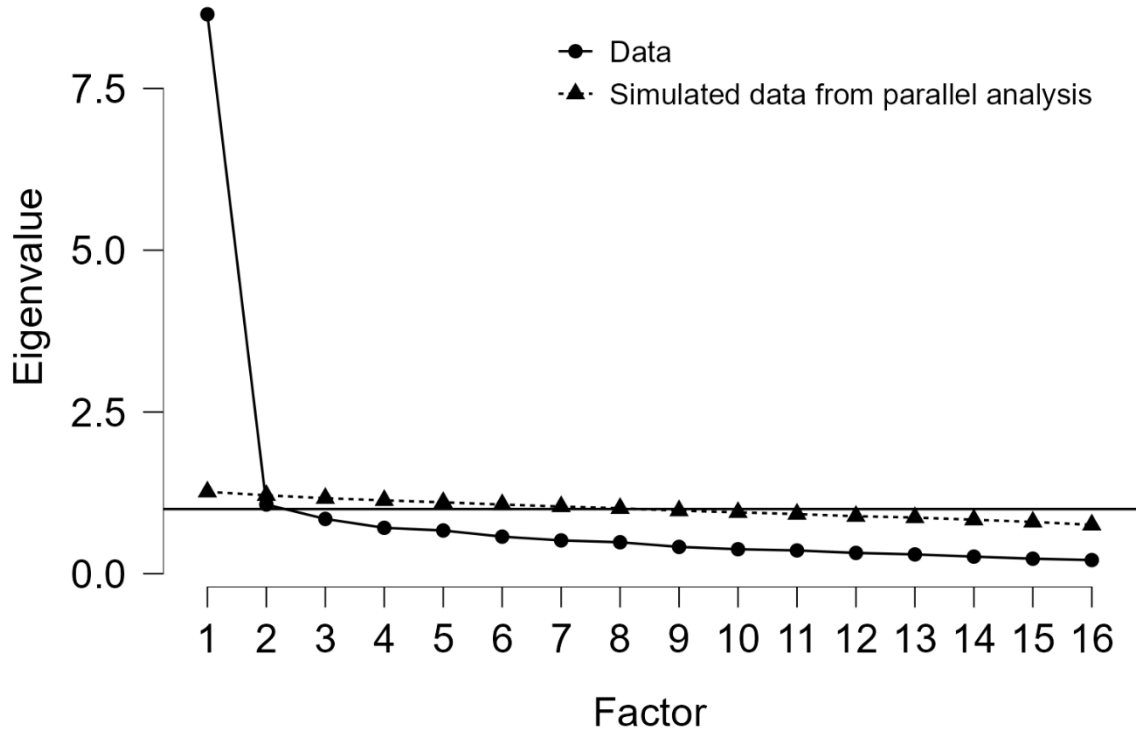
Appendix A

Scree plot



Appendix B

Factor loadings of the Indonesian Version of the PPC (n=711)

Subscale	Factor loadings	CRITC	Cronbach Alpha
Discipline			0.850
PC1	0.734	0.620	
PC2	0.782	0.665	
PC3	0.833	0.727	
PC5	0.716	0.687	
Child-care			0.908
PC4	0.675	0.657	
PC6	0.597	0.576	
PC7	0.687	0.647	
PC8	0.806	0.768	
PC9	0.814	0.756	
PC10	0.826	0.766	
PC12	0.831	0.778	
PC13	0.725	0.662	
Family-processes			0.811
PC11	0.677	0.625	
PC14	0.746	0.698	
PC15	0.736	0.662	
PC16	0.825	0.740	