

Research Article

The Psychological Well-being Index for Use with School Children and Adults in Indonesia

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Abstract.

Psychological Well-being Index-School Children (PWI-SC) and Psychological Well-being Index-Adult (PWI-A) have been validated and used in many countries. However, no validated PWI-SC and PWI-A in Indonesian contexts were found. The aims of this study are twofold. First, to translate the PWI-SC and PWI-A and adapt them for use in Indonesian contexts. Second, to test the validity and reliability of these PWI-SC and PWI-A. The study participants were middle school students (N = 968; 56.8% girls; 43.2% boys; M age = 13.76) and adults (N = 534; 42.1% males; 57.9% females; M age = 43.63), children and parents in this case.. They were randomly chosen from 16 middle schools in Bandung and their parents. Product moments have been used to validate PWI-SC and PWI-A. Results showed that the Indonesian version of PWI-SC and PWI-A have been translated and adapted excellently. The reliability of PWI-SC was 0.864, and the reliability of PWI-A was 0.916. PWI-SC can be used for school-aged children and adolescents, and PWI-A can be used for adults. PWI-SC and PWI-A can be used for research and practice in Indonesia.

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1. INTRODUCTION

Psychological Well-being Index-School Children (PWI-SC) and Psychological Well-being Index-Adult (PWI-A) have been validated and used in many countries [1]–[4] However, no validated PWI-SC and PWI-A in Indonesian contexts were found. Therefore, it is essential to validate PWI-SC and PWI-A.

The PWI is a domain-based subjective well-being (SWB) measure that generates a composite variable calculated by averaging life satisfaction scores on seven domains [4]. These domains represent the first-level deconstruction of general life satisfaction measured through a single question of satisfaction with life as a whole, an adaptation from Andrews and Withey's original measure [4].

The PWI-A was developed by Cummins and Lau [5]. It contains seven items of satisfaction that correspond to quality of life. The PWI-SC is designed as a cross-cultural instrument to measure SWB among school-aged children [6]. It was developed as a

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parallel scale to the adult version for use with school children [4]. PWI-SC was a child-friendly self-completed assessment providing researchers insight into children's SWB [1]. Some items have been reworded from the adult version to increase the understanding and relevance for school-aged children while still retaining the essence of the original adult scale.

The aims of this study are twofold. First, to translate the PWI-SC and PWI-A and adapt them for use in Indonesian contexts. Second, to test the validity and reliability of these PWI-SC and PWI-A. This is important since this is the first study in Indonesia.

2. METHODS

2.1. Samples

The study participants were middle school students (N = 968; 56.8% girls; 43.2% boys; M age = 13.76) and adults (N = 534; 42.1% males; 57.9% females; M age = 43.63). Samples were children and their parents. Samples were randomly chosen from 16 middle schools in Bandung, West Java Province, and their parents. Children became participants of PWI-SC and their parents became participants of PWI-A.

Parents of chosen students were sent an electronic letter and informed consent via WhatsApp. The research team also informed children that they were free to join or not join the study, and their data would be treated confidentially. Children filled in the questionnaire (PWI-SC) at school using paper and pencil tests. At the end of the session, we gave each child a letter and a questionnaire (PWI-A) for their parents in a sealed envelope to be delivered by hand. They were also asked to return it to the teacher within approximately one week in a sealed envelope. The questionnaire could be answered by either the parents or by both together.

2.2. Ethical Approval

The ethical approval was gained from the ethical committee of Nusantara Scientific Psychology Consortium (Konsorsium Psikologi Ilmiah Nusantara; K-PIN), number 083/2023 Etik/KPIN.

2.3. The instruments

PWI-A

The core set of items comprises seven satisfaction questions with specific life domains: standard of living, personal health, achievement in life, personal relationships, personal safety, feeling part of community, and future security [5]. The items are: (1) “How satisfied are you with your standard of living?”, (2) “How satisfied are you with your health?”. (3) “How satisfied are you with what you are achieving in life?”, (4) “How satisfied are you with your personal relationships?”, (5) “How satisfied are you with how safe you feel?”, (6) “How satisfied are you with feeling part of your community?”, and (7) “How satisfied are you with your future security?” [5]. There are 11-point scales from 0 = No satisfaction at all to 10 = Completely satisfied [5]. A summary scale could range from 0 – 70, with higher scores representing completely satisfied.

PWI-SC

There are seven domains to measure PWI-SC: standard of living, personal health, achievement in life, personal relationships, personal safety, feeling part of the community, and future security [6]. The items are quite similar to PWI-A, only rewording: (1) “How happy are you about the things you have? Like the money you have and the things you own?”, (2) “How happy are you with your health?”. (3) “How happy are you with the things you want to be good at?”, (4) “How happy are you about getting on with people you know?”, (5) “How happy are you about how safe you feel?”, (6) “How happy are you about doing things away from your home?”, and (7) “How happy are you about what may happen to you later on in your life?” [6]. There is an 11-point scale from 0 = very sad, 5 = not happy or sad, to 10 = very happy [6]. A summary scale could range from 0 – 70, with higher scores representing very happy.

2.4. Procedure of Translating and Adapting the Scales

Translating and adapting the PWI-A and PWI-SC included several steps following guidance from Van de Vijver and Hambleton [7]. These steps included a conceptual translation process, testing the legibility of the translated scales, conducting focus group discussions regarding participants’ understanding, and a back-translation. This guidance has been used in the process of translating, adapting, and validating scales cross-culturally in Indonesian contexts, for example, the Children’s Worlds Subjective Well-being Scale; CW-SWBS [8], the Children’s Worlds Psychological Well-being Scale; CW-PSWBS [9], and the Child and Youth Resilience Measure-Revised Plus Spirituality and Religiosity [10], [11].

To avoid poor item translation and inadequate conceptual formulation, the research team learned about the blueprint of the scales, carefully reading and discussing the

meaning of each item in English to understand what the original authors [5], [6] intended. After fully understanding the importance of each item, the research team translated the items into the national Indonesian language. The translation process considers the Indonesian contexts and characteristics of Indonesian school-aged children and adults, including their level of understanding. It avoids translating the items only literally—the wording of the items using active voice. Sentences are short and simple and can be easily understood by Indonesian school-aged children and adults. The instructions and response options for the scales were also carefully translated to keep the same meaning.

The research team piloted this Indonesian version of the scales to randomly chosen samples of middle school students in Bandung City (N = 968; 56.8% girls; 43.2% boys; M age = 13.76) and their parents (N = 534; 42.1% males; 57.9% females; M age = 43.63).

The validity test uses Pearson's product-moment, and the reliability test uses Cronbach's alpha. Results are presented in the next section.

The scales were then back-translated from Indonesian to English. The professional English editors who were unfamiliar with the scales back-translated the piloted Indonesian version. This back-translating is a technique where professional English editors who were unfamiliar with the scales translate the scales back into the original language [8]–[11]. Van de Vijver and Hambleton suggested this back-translated technique and is a standard method for adapting instruments in the cross-cultural psychology approach [7].

After receiving the back-translated version, the research team reviewed this version to check similarities and differences with the original English ones and to check for any conceptual differences.

3. RESULTS

The response options were for PWI-A translated as follow: 0 = Tidak puas sama sekali dan 10 = Sangat puas sekali. The response options were for PWI-SC translated as follow: 0 = Tidak bahagia sama sekali and 10 = Benar-benar bahagia.

The results of the validity test using Pearson's product-moment indicated that all items of the PWI-A and PWI-SC shared a significant and robust positive correlation ($p < .001$) with the overall score (Table 1)

The Cronbach's alpha for PWI-A was .916, and for PWI-SC was .864.

TABLE 1: Validity Score of Items of the PWI-A.

No		The PWI-A	The PWI-SC
1	Pearson Correlation	.819**	.741**
	Sig. (2-tailed)	.000	.000
2	Pearson Correlation	.734**	.696**
	Sig. (2-tailed)	.000	.000
3	Pearson Correlation	.835**	.764**
	Sig. (2-tailed)	.000	.000
4	Pearson Correlation	.805**	.763**
	Sig. (2-tailed)	.000	.000
5	Pearson Correlation	.786**	.790**
	Sig. (2-tailed)	.000	.000
6	Pearson Correlation	.775**	.719**
	Sig. (2-tailed)	.000	.000
7	Pearson Correlation	.860**	.737**
	Sig. (2-tailed)	.000	.000

**p < .001

The comparison between the original English version of the scale, the Indonesian version, and the English back-translation is presented in Table 2 and Table 3.

4. DISCUSSION

The PWI-A and PWI-SC have been translated in many countries [12], [13]. These studies in India [12] and Australia and Portugese [13] showed fit and reliable. Limited study conducting in Indonesia for PWI-A and PWI-SC. Therefore, this current study aims to translate the scales.

The PWI-A and PWI-SC have been translated into Indonesian. The research team reviewed the validity by comparing similarities between the original and back-translated versions. Results showed that the items in the back-translated version of the two scales of cyberbullying were similar to the original version and did not have essential differences compared to the original version. The review of the back-translated scales showed that the two scales had been translated excellently. The scores of product-moment also showed validity tests were higher scores and significant. Thus, the Cronbach’s alpha for PWI-A was .916, and for PWI-SC was .864. The PWI-A and PWI-SC are translated into Indonesian excellently and can be used for adults and school-aged children in Indonesia.

TABLE 2: English Version and Indonesian Version of the PWI-A.

English original version	Indonesian translation	English back translation
Just think of the question you have been asked in a way it makes sense to you. There is no right or wrong answer.	Seberapa puas yang anda rasakan dengan hal-hal yang disebutkan di bawah ini? Pilihlah salah satu angka yang menjelaskan perasaan puas yang dirasakan. Tidak ada jawaban yang benar ataupun salah.	How satisfied do you feel with the things mentioned below? Choose the number that describes your feeling of satisfaction. There are no right or wrong answers.
How satisfied are you with your standard of living?	Seberapa puas dengan standar kehidupan?	How satisfied are you with your standard of living?
How satisfied are you with your health?	Seberapa puas dengan kondisi kesehatan anda?	How satisfied are you with your health?
How satisfied are you with what you are achieving in life?	Seberapa puas dengan apa yang telah anda capai?	How satisfied are you with what you have achieved?
How satisfied are you with your personal relationships?	Seberapa puas dengan hubungan personal anda dengan orang lain?	How satisfied are you with your personal relationships with others?
How satisfied are you with how safe you feel?	Seberapa puas dengan rasa aman yang anda rasakan?	How satisfied are you with how safe you feel?
How satisfied are you with feeling part of your community?	Seberapa puas dengan perasaan menjadi bagian dari komunitas?	How satisfied are you with your sense of belonging to a community?
How satisfied are you with your future security?	Seberapa puas dengan perasaan aman terkait masa depanmu?	How satisfied are you with feeling secure about your future?

There are two strengths of this study. First, this study used several steps in translating and adapting the scales cross-culturally, as suggested by van de Vijver and Hambleton [7]. Second, the research team piloted the scales using big samples of adults and school-aged children in Kota Bandung and randomly chosen.

Despite its strength, this study has a limitation. The scales were only piloted in middle school children and their parents. Therefore, it needs further studies to test the scales in elementary school children and their parents.

5. CONCLUSION

The PWI-A and PWI-SC have been successfully translated into Indonesian language. The results are excellent and can be used by adults and school-aged children in Indonesia.

TABLE 3: English Version and Indonesian Version of PWI-SC.

English original version	Indonesian translation	English back translation
You will be asked a few questions about how happy you feel using a scale from zero to ten. On this scale, zero means you feel very sad. Ten means you feel very happy. And middle of the scale is five, which means you feel not happy or sad.	Kamu akan ditanya sejumlah pertanyaan mengenai seberapa bahagia yang kamu rasakan menggunakan angka dari nol sampai sepuluh. Nol berarti kamu merasa sangat sedih. Sepuluh berarti kamu merasa sangat bahagia. Dan di tengah-tengah ada angka lima yang berarti kamu tidak merasakan bahagia atau sedih.	You will be asked a number of questions about how happy you feel using numbers from zero to ten. Zero means you feel very sad. Ten means you feel very happy. And in the middle is five which means you don't feel happy or sad
How happy are you about the things you have? Like the money you have and the things you own?	Seberapa bahagia dengan barang-barang yang kamu miliki? Misalnya dengan uang yang kamu miliki dan benda-benda yang kamu miliki?	How happy are you with the things you have? For example, with the money you have and the things you own?
How happy are you with your health?	Seberapa bahagia dengan kondisi kesehatanmu?	How happy are you with your health?
How happy are you with the things you want to be good at?	Seberapa bahagia kamu dengan hal-hal yang ingin kamu kuasai atau mampu lakukan?	How happy are you with the things you want to be good at or able to do?
How happy are you about getting on with the people you know?	Seberapa bahagia dengan hubungan kamu dengan orang-orang yang kamu kenal?	How happy are you with your relationships with people you know?
How happy are you about how safe you feel?	Seberapa bahagia dengan rasa aman yang kamu rasakan?	How happy are you with the security you feel?
How happy are you about doing things away from your home?	Seberapa bahagia dengan melakukan hal-hal atau aktivitas di lingkungan luar rumah?	How happy are you with doing things or activities in an outdoor environment?
How happy are you about what may happen to you later on in your life?	Seberapa bahagia dengan yang mungkin akan terjadi pada hidupmu di masa depan?	How happy are you with what might happen in your life in the future?

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