Psychometric Evaluation of the Polish Version of the Satisfaction with Family Life Scale

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KEYWORDS

satisfaction

family life

psychometric properties

factorial structure

ABSTRACT

The Satisfaction With Family Life scale (SWFL) was developed by Zabriskie and McCormick to assess individuals' satisfaction with family relationships and family life. The aim of our study was twofold: (a) to verify the psychometric properties of the Polish version of the SWFL scale, and (b) to confirm if it maintains the single-factor structure of the original SWFL. A total of 474 subjects from the general population were involved in the study, of whom 205 were women and 269 men. Confirmatory factor analysis (CFA) showed a very good fit of the single-factor structure of the tool. The Polish version of the SWFL scale demonstrated good psychometric properties with excellent test-retest reliability. The obtained results support the utility of the Polish version of the SWFL scale as a valuable measure of global satisfaction with own family.

INTRODUCTION

Although analyses of family life satisfaction (quality) can be often found in the psychological literature, researchers' interest in defining these concepts and measuring them has a relatively short history (Barraca et al., 2000; Zabriskie & Ward, 2013). Family satisfaction, on the one hand, is the result of an individual's subjective perception of family life and, on the other hand, is related to many objective outcomes of family functioning (e.g., the division of household labor, family budget, income level, dual-earner arrangements, fertility, investments in children, and domestic violence, see Kornrich & Eger, 2014). The concepts of quality of or satisfaction with family life are not easy to define both because of the subjective valuation of the complexity of family relationships and the diversity of different criteria that an individual may have considered in their assessment. Sharaievska and Stodolska (2017) emphasize that family life satisfaction is a subjective concept fluctuating according to changes in social norms, the life stage of the family, and the development of its members. The experiences of family life can vary widely across the life course of an individual. Thus, family members may perceive family functioning on a continuum as positive or negative. Satisfaction with family life may mean something different to a single person and to a married person living with a partner and children (Ji et

al., 2002). The criteria an individual uses to evaluate family life may be quite diverse. Many authors have attempted to define these constructs.

Bowen's approach to defining and conceptualizing family life satisfaction focuses on "the ability of family members to jointly realize family-related values in behavior" (Bowen, 1988, p. 459). This satisfaction can be assessed on a continuum from low to high. The inability to realize which values are important for optimal family functioning or to agree on these values among family members can lead to dissatisfaction (Bowen, 1988). From the broad point of view of Caprara et al. (2005), family satisfaction is understood as a global variable that describes family functioning. Specifically, the global variable reflects how satisfied family members are with the level of support they receive, with the ways family problems are solved, the quality of time spent together, and the degree of independence within the family. According to Olson and Wilson (1982, see also Barraca et al., 2000), the level of family satisfaction is determined by the individuals' comparison of their current (real) perception of their families

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with an ideal family system (what they would like to have). Satisfaction assessment includes three dimensions: cohesion (i.e., emotional bonds among family members), flexibility or adaptability (i.e., the flexibility of rules, roles, and structure, negotiation style), and communication (i.e., listening skills, empathy; Olson et al., 2019).

Barraca et al. (2000) have a different conception of family satisfaction. In their view, family satisfaction should not be conceptualized as a global judgment expressed by an individual after comparing the family reality with a kind of family ideal. An individual's experience of satisfaction with family life results from evaluating their own interactions (verbal and/or nonverbal) with family members and it includes both cognitive and affective aspects. If interactions are positive and reinforcing for the subject, they will be inclined to experience satisfaction. Conversely, if the interactions are punishing, then they will be dissatisfied. Finally, a global and relatively stable evaluation of these interactions is formed. Barraca et al. (2000) emphasize mainly examining feelings that indicate being satisfied or dissatisfied, rather than evaluating personal summary judgments made by the individual.

Based on a review of the literature, Krys et al. (2021) stated that the meaning of family wellbeing could be conceptualized narrowly as relating to specific areas of family functioning (e.g., family resiliency, family self-sufficiency) or globally as generalized family well-being (a global and holistic approach to family assessment). Zabriskie and Ward (2013) have proposed an interesting conceptualization of family satisfaction precisely as generalized family wellbeing considered from the perspective of the individual family member. According to them, satisfaction with family life can be defined as "a conscious cognitive judgment of one's family life in which the criteria for the judgment are up to the individual" (p. 449). This definition had been inspired by the well-known conceptualization of subjective wellbeing (SWB) developed by Diener et al. (1999; Pavot, 2013) and their widely used measurement scale, the Satisfaction with Life Scale (SWLS; Diener et al., 1985; Diener et al., 2013; Pavot & Diener, 1993, 2008). The researchers suggested that family relationships are among the most important sources of life satisfaction (Schimmack et al., 2002). The concept of satisfaction with family life and the Satisfaction With Family Life as a measurement tool developed by Zabriskie and McCormick (2003) as inspired by Diener's theoretical approach was the subject of our research.

MEASUREMENT OF FAMILY SATISFACTION

Several scales have been designed to assess the satisfaction with family life. The most commonly used questionnaires include: The Kansas Family Life Satisfaction Scale (Schumm et al., 1986; McCollum et al., 1988), The Family Satisfaction Scale (Olson & Wilson, 1982; Olson et al., 2019), The Family Satisfaction Scale (Carver & Jones, 1992) and The Family Satisfaction by Adjectives Scale (Barraca et al., 2000). The Kansas Family Life Satisfaction Scale is a well-known brief questionnaire to measure satisfaction with four aspects of family life: the marital relationship, the relationship between parents and children, siblings' relationships with each other, and global family relationships (Schumm et al., 1986; McCollum et al., 1988). The respondents are asked the fol-

lowing questions: *How satisfied are you with ….?* (e.g., your marriage, your husband/wife as a spouse).

The Family Satisfaction Scale (FSS) developed by Olson and Wilson (1982) allows to assess how family members feel satisfied or dissatisfied with different aspects of family functioning. Although the FSS is not directly included in Olson's model of marital and family systems, it is based on the fundamental hypotheses that family members in balanced families have higher levels of family satisfaction in comparison to unbalanced family systems (Olson, 2000; see also Costa-Ball & Cracco, 2021). Initially, it was a 14-item questionnaire, which has been shortened to the 10 item instrument that assesses satisfaction with regard to family cohesion, flexibility, and communication (Olson, 2011; Olson et al., 2019).

A new instrument called the Family Satisfaction by Adjectives Scale (F.S.A.S.), for measuring family satisfaction was presented by Barraca et al. (2000). Consistent with their own theoretical assumptions, the authors decided that their tool should focus on assessing emotions in a family context. It was also assumed that they would avoid asking respondents directly about their satisfaction (e.g., *Are you satisfied with...?*) and prevent redundancy by repeating similar items in the questionnaire. The F.S.A.S. is designed to measure the affective component of family satisfaction. All family events and interactions can be satisfying or unsatisfying. Interactions between the subject and other family members (verbal and nonverbal) elicit certain feelings in the subject, and these should be evaluated. The F.S.A.S. scale consists of 27 bipolar adjectives describing affective connotations associated with experiences of family relationships (*When I am at home, with my family, I mostly feel...* happy–unhappy or calm–nervous etc., Barraca et al., 2000).

Among the more recognized measurement tools, we can mention the Family Satisfaction Scale developed by Carver and Jones (1992), designed to assess overall satisfaction with the family of origin. This scale is a brief self-report instrument. It contains a total of 20 items describing the respondent's relationship with his/ her family of origin (e.g., *I always felt that my parents supported me; I was deeply committed to my family*; Carver & Jones, 1992). This is a valid measurement tool designed mainly for adolescents or young adults assessing their experiences related to their family of origin. Several other tools have also been developed to evaluate the family's quality of life. One of the best known is the Beach Center Family Quality of Life Scale, explicitly designed for families raising children with disabilities (Hoffman et al., 2006).

ORIGINAL VERSION OF THE SATISFACTION WITH FAMILY LIFE SCALE

The selected tools for measuring family life satisfaction described above differ from one another, indicating that the concept of family life satisfaction is difficult to define unambiguously as various criteria can be chosen for the assessment. In this paper, we will focus on presenting an interesting measurement tool, namely the Satisfaction with Family Life Scale (SWFL), which was developed by Zabriskie and McCormick (2003). The SWFL scale is a modified version of the Satisfaction With Life Scale (SWLS, Diener et al., 1985) "in which the words *family life* replaced the word *life* in each of the original items" (Zabriskie & Ward,

2013, p. 449). The conceptual framework of satisfaction with family life stems from Diener's theoretical basis for measuring subjective well-being (Diener et al., 1985; Pavot & Diener, 1993, 2008). In Diener's view, life satisfaction involves a cognitive evaluation of how people evaluate their life as a whole by relating it to some ideal of their own (Diener et al., 1985). Zabriskie's approach to defining family life satisfaction is similar. The SWFL measures the overall satisfaction with one's family.

In Zabriskie and Ward's (2013) view, this global assessment of family life satisfaction is advantageous because individuals use their unique criteria to evaluate their family life. Moreover, individuals may consider many different combinations of components derived from assessing their relationships with other family members or the interrelationships of family members with each other. Global assessment, although sometimes criticized, appears to be a valid approach to measuring satisfaction in the family living environment. Such a measurement avoids identifying a list of potentially essential domains of family life or specifying detailed assessment criteria (Zabriskie & Ward, 2013).

The Satisfaction With Family Life Scale contains five items. An example statement in the SWFL scale is as follows: In most ways my family life is close to my ideal. Each item is rated on a 7-point scale ranging from 1 (*strongly disagree*) to 7 (*strongly agree*). Higher scores indicate greater satisfaction with family life. The factor analyses of the SWFL scale revealed a single-factor solution (Zabriskie & Ward, 2013). The original one-factor structure of the SWFL scale was also confirmed by Pinto da Costa and Neto (2019) in Portuguese adolescents samples. The English version of the SWFL scale developed by Zabriskie and McCormick (2003) is a valid and reliable measure of family life satisfaction. Using this scale, Zabriskie and Ward (2013) conducted research in various samples of families in the United States and other English-speaking countries (i.a., Canada, Australia, United Kingdom, New Zealand). The internal consistency was strong and ranging from Cronbach's α = .88 to α = .94 (Zabriskie & Ward, 2013). More specifically, the reliability results were the following: for parents in a US national family sample: α =. 93 (Agate et al., 2009), for parents from an Australian family sample: α =. 93 (Poff et al., 2010b), for parents in US families: α =. 93, for adolescents in US families: α =. 94 (Poff et al., 2010a), a the sample of Portuguese adolescents: α =. 92 (Pinto da Costa & Neto, 2019), for a university student sample in Chile: α = 0.93 (Schnettler et al., 2017), and for dual-earner couples from Chile: α = 0.89 for women and α = 0.92 for men (Schnettler et al., 2019). Thus, it can be concluded that the SWFL scale shows good internal reliability.

Studies on satisfaction with family life using the SWFL scale as a measure have shown positive relationships between family leisure involvement and satisfaction with family life. It turned out that leisure involvement is a significant predictor of such satisfaction from the parents' perspective but not from the child's perspective (Zabriskie & McCormick, 2003). Furthermore, the balance of family leisure satisfaction was a significant predictor of satisfaction with family life (Agate et al., 2009). Summarizing a review of research, Townsend and Zabriskie (2010) emphasized that family involvement in leisure time increased family communication, marital relationship satisfaction, family life satisfaction, and overall family functioning.

Empirical research on the relationship between family life satisfaction and various areas of family functioning needs further exploration, especially since this instrument has been used mainly among samples of families in the US and other English-speaking countries (Zabriskie & Ward, 2013). Thus, we decided to make an effort to adapt this scale to Polish and evaluate its psychometric characteristics. To our knowledge, until now, a study confirming the unifactorial structure of the SWFL scale in a non-English-speaking population was conducted by Portuguese researchers (Pinto da Costa & Neto, 2019). However, only adolescents participated in their study.

The aim of our study was twofold: (a) to verify the psychometric properties of the Polish version of the SWFL scale among adults who were spouses and parents in their current families, and (b) to confirm if it maintains the single-factor structure of the original SWFL.

METHOD

Procedure and Participants

The study was conducted from November 2019 to September 2021. The participants were recruited through a variety of methods to collect data. A cross-sectional study was carried out among adult women and men recruited by the authors through advertisements distributed in schools, kindergartens, among individuals recruited in the past, and on online platforms, especially Facebook and Instagram. Data was collected using the traditional paper-and-pencil method or an online procedure. All respondents were informed that their participation would be voluntary and anonymous and that they could withdraw from the study at any time. Respondents completing the traditional paper-and-pencil set of questionnaires first gave written consent to participate in the study and then returned the completed set in a sealed envelope. Participants completing the online version of questionnaires were also provided with information about the purpose of the study together with a link to the online survey, and gave informed consent by pressing a "start the survey" button. Ten participants (8.13%) from the paper-and-pencil group were excluded for excessive (over 50%) missing data. The analyzed data from the online group did not contain any missing values. Participants did not receive any compensation for their participation in the study. This study was carried out following the recommendations of the Ethics Committee of the University of Silesia in Katowice, Poland.

To be eligible for participation, respondents had to be at least 18 years old and be residents of Poland. The study included individuals who were in heterosexual married or cohabiting relationships. Another criterion for inclusion in the study was being a parent of at least one child. A total of 474 subjects from the general population were involved in the study, including 205 women (M = 29.20; SD = 3.90) and 269 men (M = 32.93; SD = 4.79). Most of the respondents were married (91.1%), the rest were in informal relationships (8.9%). The duration of the relationship was varied, with an average of 6 years (M = 6.02, SD = 4.04). All respondents had children, with the majority having one (53.2%) or two children (37.1%). Most participants lived in medium or large cities (55.1%). Subjects with university-level education

constituted over sixty percent of the sample (62.7%). In the opinion of 366 (77.2%) participants, their financial situation was very good or good, and only 3 (0.6%) respondents described their financial situation as bad. The employment structure in the sample differed depending on gender. Most men (95.5%) were employed full-time (part-time workers and unemployed constituted only 4.5%, i.e. 1.5%, and 3.0%, respectively). In the women's group only 37.6% were employed full-time, and the vast majority declared temporary unemployment (57.6). The rest (4.9%) were half-time employees. Other sociodemographic characteristics of the sample are presented in Table 1.

Measures

THE SATISFACTION WITH FAMILY LIFE SCALE

The Satisfaction with Family Life Scale (SWFL scale) is a brief 5-item self-reported instrument developed by Zabriskie and McCormick (2003). The full version of the scale can be found in the article by Zabriskie and Ward (2013, p. 450). The original English version of the SWFL scale showed high reliability (α values ranged from .88 to .94) and good validity (Zabriskie & Ward, 2013). We assumed that a Polish version of the scale would have the same unifactorial structure as the original SWFL scale. The instruction and items of the SWLS scale were translated from the original English version into Polish by five bilingual psychologists with experience in the field of family psychology. Then, an expert panel (two English-speaking researchers with experience in family psychology) developed a Polish version of the questionnaire. In the next step, a professional translator made a back-translation. In the last step, inconsistencies between the original and back-translated versions of the scale were compared, discussed, and resolved by seeking semantic equivalence. Finally, the team of researchers concluded that there were no substantial differences between the original and back-translated versions. The Polish version is included in the appendix (see Appendix).

THE SUPPORT IN INTIMATE RELATIONSHIPS RATING SCALE-REVISED

The Support in Intimate Relationships Rating Scale-Revised (SIRRS-R; Barry et al., 2009; Polish version by Ilska & Przybyła-Basista, 2020) is a 25-item self-report inventory to assess social support received from a partner in an intimate relationship. The multidimensional support model allows for evaluating four types of support: emotional and esteem support, informational support, instrumental or tangible support, and physical support. Respondents evaluated each item on a 5-point Likert scale ranging from 0 (*never*) to 4 (*almost always*). Examples of items are as follows: *Helped me think about a situation in a new way; Expressed confidence in my ability to handle a situation; Shared a personal experience that was similar to my situation.* Higher scores indicated higher received partner support. In the present study, the SIRRS-R demonstrated very good internal consistency (Cronbach's α for the whole scale = .97; for subscales: SIRRS - Informational support = .94; SIRRS - Physical comfort = .94; SIRRS - Emotional and esteem support = .93; SIRRS - Instrumental or tangible support = .90).

THE MULTIDIMENSIONAL SCALE OF PERCEIVED SOCIAL SUPPORT

The Multidimensional Scale of Perceived Social Support (MSPSS, Zimet, et al., 1988; Polish adaptation by Buszman & Przybyła-Basista, 2017) consists of 12 items to assess perceived social support. The MSPSS consists of three 4-item self-report subscales designed to assess support from family (e.g., *My family really tries to help me*), the significant other (e.g., T*here is a special person who is around when I am in need*), and friends (e.g., *I can talk about my problems with my friends*). Responses are given on a 7-point scale from 1 (*very strongly disagree*) to 7 (*very strongly agree*). In the present study, the MSPSS achieved very good internal consistency (Cronbach's α for the total score = .92.; for the subscales: family - α = .90; significant other α = .94; friends α = .93).

THE DYADIC ADJUSTMENT SCALE

The Dyadic Adjustment Scale (DAS) developed by Spanier (1976; Polish version by Cieślak, 1989) is a frequently used measurement tool to assess couples relationship quality. We used the dyadic satisfaction (DAS–DS) subscale which is one of four instrument subscales. The DAS–DS consists of 10 items to evaluate partner's commitment and satisfaction with the current state of the relationship (e.g., *In general, how often do you think that things between you and your partner are going well?*). Respondents evaluated each item on a 6-point Likert scale ranging from 0 (*all the time*) to 5 (*never*). In the present study, the Dyadic Satisfaction subscale of the DAS demonstrated good internal consistency (Cronbach's α = .87).

Statistical Analyses

The structural validity analysis was conducted using confirmatory factor analysis (CFA) to confirm a single dimension of the Polish version of the SWFL scale. The IBM SPSS AMOS 26.0.0 statistical software was used for the analyses. All calculations within the CFA were made based on the asymptotic distribution free (ADF) estimation (cf. Byrne, 2013). To determine goodness of fit, the following statistics, indices, and thresholds were used: chi-square (χ^2), χ^2/df, root mean square error of approximation (RMSEA), standardized root mean squared residual (SRMR), comparative fit index (CFI). Typically, it is assumed that the appropriate model fit is obtained when (the acceptable values are given in parentheses): test χ^2: $p > .05$ ($p > .001$); χ^2/df: 1-2 (2-5); SRMR < .05 (< .08); CFI > .95 (> .90); RMSEA < .05 (< .08) - see Brown (2015), Hu and Bentler (1999).

Convergent validity was determined by calculating the Spearman correlation coefficients of the SWFL scale scores with the following questionnaires (and their subscales): the SIRRS-R, the DAS, and the MSPSS. Correlations below .2, .2 to .4, .4 to .7, .7 to .9 and above .9 were considered as negligible, low, moderate, high, very high, respectively (Guildford, 1973).

To assess scale reliability, internal consistency was assessed using McDonald's ω, which does not require the assumption of τ-equivalence (cf. McDonald, 1999) and also Cronbach's α (Cronbach, 1951). However, it has to be emphasized that Cronbach's α was taken into consideration only to enable a comparison of the research findings with the previous publications concerning similar questionnaires.

TABLE 1.
Sociodemographic Characteristics of the Participants

| | Total sample | | Women | | Men | |
| | n = 474 | | n = 205 | | n = 269 | |
	M	SD	M	SD	M	SD
Age	31.32	(4.79)	29.20	(3.90)	32.93	(4.79)
Relationship length	6.02	(4.04)	6.27	(4.00)	5.83	(4.08)
	n	%	n	%	n	%
Marital status						
Married	432	(91.1)	164	(80.0)	268	(99.6)
Cohabiting	42	(8.9)	41	(20.0)	1	(0.4)
Number of children						
One	252	(53.2)	124	(60.5)	128	(47.6)
Two	176	(37.1)	66	(32.2)	110	(40.9)
Three	37	(7.8)	12	(5.9)	25	(9.3)
Four and more	9	(1.9)	3	(1.5)	6	(2.2)
Place of residence						
Village	117	(24.7)	60	(29.3)	57	(21.2)
Small city	96	(20.3)	47	(22.9)	49	(18.2)
Medium city	83	(17.5)	32	(15.6)	51	(19.0)
Large city	178	(37.6)	66	(32.2)	112	(41.6)
Education						
Primary school	4	(0.8)	2	(1.0)	2	(0.7)
Vocational	28	(5.9)	11	(5.4)	17	(6.3)
High school	145	(30.6)	60	(29.3)	85	(31.6)
University degree	297	(62.7)	132	(64.4)	165	(61.3)
Financial situation						
Bad	3	(0.6)	0	(0.0)	3	(1.1)
Average	105	(22.2)	59	(28.8)	46	(17.1)
Good	268	(56.5)	112	(54.6)	156	(58.0)
Very good	98	(20.7)	34	(16.6)	64	(23.8)
Housing arrangements						
Living on their own	347	(73.2)	138	(67.3)	209	(77.7)
Living with own parents	69	(14.6)	34	(16.6)	35	(13.0)
Living with partner's parents	52	(11.0)	30	(14.6)	22	(8.2)
Others	6	(1.3)	3	(1.5)	3	(1.1)

In addition, test-retest reliability was assessed by calculating the Pearson correlation coefficients (which gives the same result as the intraclass correlation coefficient - ICC(2,2) [two-way random-effects model]). Interpretation of test-retest reliability was based on the study by Cicchetti (1994): < .40 - poor, .40 - .59 - fair, .60 - .74 - good, .75 - 1.00 - excellent.
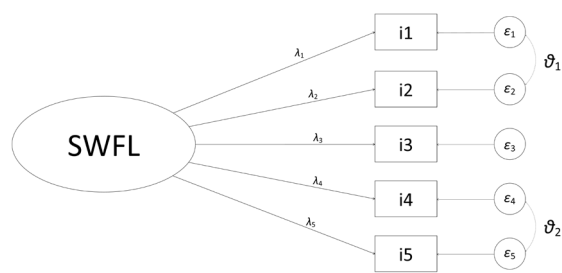
RESULTS

Confirmatory Factor Analysis

VERIFICATION OF THE CFA ASSUMPTIONS – A MULTIDIMENSIONAL NORMAL DISTRIBUTION

The distribution of all items showed a negative skewness and, thus, it was not possible to confirm the assumption of a multidimensional normal distribution (the criterial value calculated for Mardia's test definitely exceeded 1.96). The problem with the normal distribution, however, was not due to the presence of influential cases. The analysis,

based on Mahalanobis distance as well as box plots, did not indicate any observations which should be eliminated. Finally, we decided to apply the ADF estimation method which does not require the assumption of a multidimensional normal distribution (the sample size was considered sufficient for such an estimation, cf. Raykov & Marcoulides, 2000).

CFA RESULTS

According to the aims of the study, the unidimensional model of the SWFL scale was tested using CFA. Despite high factor loadings (> .80), the fit indices of the initial model did not meet even the acceptable criteria: CFI = .88, RMSEA = .10, and SRMR = .06. Therefore, the initial model was modified based on modification indices (MI > 4). The final one-factor model additionally included the correlation of the residuals of Items 1 and 2, as well as 4, and 5 (see Figure 1). After making the changes, there were no further MI > 4. The fit indices were very good – all indicators fulfilled the most strict criteria (see Table 2). The values of the factor loadings were high and within the range <.75; .92>.

FIGURE 1.

The CFA results for the one-factor model following the modifications.

TABLE 2.

Goodness of Fit of the SWFL One-Factor Model: Fit Indices and Factor Loadings

χ^2	df	p	χ^2/df	RMSEA	[90% CI]	SRMR	CFI
2.942	3	.401	0.981	< .001	[< .001; .077]	.010	.999
$\lambda 1$		$\lambda 2$		$\lambda 3$		$\lambda 4$	$\lambda 5$
.81		.75		.93		.81	.81
$\vartheta_1 = .40; \vartheta_2 = .21$							

Note. RMSEA = robust root mean square error of approximation; 90% CI = 90% confidence interval for RMSEA; SRMR = standardized root mean square residual; CFI = robust comparative fit index. All factor loadings and correlations are significant at $p < .01$.

Convergent Validity

To assess the convergent validity, the SWLF scale scores were correlated with the following variables (measurement tool and subscales in parentheses): social support (SIRRS-R: total score, informational support, physical comfort, emotional and esteem support, instrumental or tangible support), dyadic satisfaction (DAS: dyadic satisfaction) and perceived social support (MSPSS: total score, significant other, family, friends). Selection of the appropriate correlation coefficient depended on the verification of the assumptions.

The linearity assumption was checked using scatter plots: no plot suggested nonlinear covariance. The normal distribution of all measures was not confirmed by the Shapiro-Wilk test (the distribution of almost all variables showed a negative skewness as well as extreme observations and high kurtosis in some cases). Therefore, instead of the Pearson's coefficient, Spearman's ρ was calculated, which does not require the assumption of normality and which is insensitive to extreme observations (see Table 3).

The magnitude of the correlations between the scores on the SWFL scale and other scales was, in most cases, moderate (.43 to .63; $p < .001$). As expected, the highest significant positive correlations were found between the SWFL scale and dyadic satisfaction (.63). The exceptions included the correlations of the SWFL scale and one of the MSPSS scales, that, social support from friends (absolute value of the correlation below .40).

Reliability

Table 4 presents the reliability analysis results (the coefficients of internal consistency). The reliability of the SWFL scale−irrespective of the type of the applied coefficient (both McDonald's ω and Cronbach's α)−was high and ranged from .89 to .93 in the total sample and in the subsamples of women and men.

The last step in this study was to establish the reliability of the SWFL scale using the test-retest method (absolute stability). This value was estimated using the results of a separate sample ($n = 39$) which completed the SWFL scale twice within a one-month interval. The normal distribution of the SWFL scale measurements and the linearity of the relationship were confirmed by the Shapiro-Wilk test and scatter plots, respectively. Therefore, the Pearson correlation coefficient was used to calculate the reliability, which with very similar mean results of both measurements (paired-samples Student's t test: $M_1 = 27.12$, $M_2 = 26.69$, $p = .34$) was very close to the ICC(2,2). The results indicated excellent test-retest reliability: $r = .84$ ($p < .001$).

DISCUSSION

The purpose of our study was to confirm the psychometric properties of the Polish version of the SWFL scale. We expected the Polish version of the SWFL scale to (a) maintain the unifactorial structure of the original English version of the SWFL scale developed by Zabriskie and McCormick (2003), and (b) demonstrate satisfactory reliability and validity.

Consistent with our first hypothesis, the single-factor structure of the SWFL scale reported in Zabriskie and Ward (2013) was confirmed in the Polish sample consisting of adult women and men. All the SWFL items significantly loaded on that factor. The CFA showed a very good fit of the one-factor structure of the tool. A similar structure was reported in the study conducted by Pinto da Costa and Neto (2019) among Portuguese adolescents.

The unidimensionality of the SWFL scale was expected both because of the reports from other studies (Zabriskie & Ward, 2013) and the theoretical conceptualization of the scale used by Zabriskie and McCormick (2003). The authors of the original version of the SWFL scale have modified Diener's well-known conceptualization of subjective wellbeing (Diener et al., 1985; Pavot & Diener, 1993, 2008) and slightly changed the measurement tool developed by Diener (replacing the words "life satisfaction" with "satisfaction with family life"). Therefore, the questionnaire items are consistent and clearly define the construct of satisfaction with family life.

The second objective of our study was to examine the psychometric properties of the SWLF scale. The convergent validity of the SWFL was confirmed via significant expected correlations with measurements of marital satisfaction, and perceived and received social support from family members. The highest significant positive correlations were found between the SWFL scale and dyadic satisfaction (.63; $p < .001$). Other correlations between the SWFL and the scales of perceived support from family members and a significant other and support received from a partner were moderate. This is consistent with Pinto da Costa

TABLE 3.

Correlations of the Satisfaction With Family Life scale With Other Measures - Spearman's ρ Coefficients

			1	2	3	4	5	6	7	8	9	10	11
1	SWFL	26.18	6.40	—										
	SIRRS-R													
2	Total score	65.33	23.86	.55***	—									
3	Informational support	20.23	8.19	.50***	.90***	—								
4	Physical comfort	10.53	5.00	.49***	.84***	.65***	—							
5	Emotional and esteem support	21.70	8.00	.56***	.93***	.75***	.76***	—						
6	Instrumental or tangible support	12.88	5.15	.44***	.86***	.72***	.67***	.78***	—					
7	DAS - Dyadic Satisfaction	37.73	7.64	.63***	.59***	.52***	.57***	.60***	.45***	—				
	MSPSS													
8	Total score	65.72	12.72	.55***	.58***	.57***	.47***	.52***	.45***	.53***	—			
9	Significant Other	23.49	5.16	.52***	.60***	.58***	.48***	.52***	.50***	.49***	.76***	—		
10	Family	22.23	5.02	.52***	.57***	.56***	.43***	.52***	.44***	.48***	.85***	.71***	—	
11	Friends	20.00	5.68	.36***	.30***	.25**	.28***	.29**	.20*	.34***	.75***	.30***	.43***	—

$*p < .05; **p < .01; ***p < .001$

$n = 474$ with the exception of the correlations with MSPSS scale ($n = 234$).

TABLE 4.

Scale and Item Statistics: Reliability Coefficients, Item-Total Correlation, Means and Standard Deviations

Range of data	Scale statistics				Item statistics														
					1			2			3			4			5		
	M	SD	ω	α	M	SD	ITC	M	SD	ITC	M	SD	ITC	M	SD	ITC	M	SD	ITC
Total sample	26.18	6.40	.92 (.91; .93)	.92 (.90; .93)	4.88	1.48	.80	4.92	1.40	.75	5.50	1.43	0.84	5.60	1.33	.77	5.29	1.75	.78
Women	24.76	7.00	.93 (.92; .95)	.93 (.91; .94)	4.58	1.55	.84	4.66	1.49	.75	5.19	1.59	0.87	5.33	1.43	.80	5.01	1.86	.81
Men	27.26	5.68	.90 (.88; .92)	.89 (.87; .91)	5.11	1.38	.74	5.12	1.30	.73	5.74	1.25	0.81	5.80	1.20	.72	5.49	1.62	.74

Note. ITC = item-total correlation (Item-rest correlation); 95% confidence interval is shown in brackets.

and Neto's (2019) results, who found that the SWFL scores were significantly associated with family support (*r* = .65, *p* < .001). The test-retest reliability coefficient demonstrated the excellent temporal stability of the SWFL scale scores. Concerning reliability, it was shown that internal consistency was high in the total sample (α = .92; ω = .92) as well as in the women subsample (α = .93; ω = .93), and the men subsample (α = .89; ω = .90). These results are consistent with data reported in other studies (e.g., α = .93, Agate et al., 2009; α = .88 - .93, Zabriskie & Ward, 2013; α = .93, Poff et al., 2010b; α = .92, Pinto da Costa & Neto, 2019; α = .93, Schnettler et al., 2019). Consequently, the SWFL scale has good psychometric properties.

This study has several limitations. One of them is the nonprobabilistic nature of the sample, hence, the results should be generalized with some caution. Another constraint related to the sample were some characteristics concerning the educational level, financial situation, and age. The respondents were mostly well educated (62.7% - university degree; 30.6% - high school) and had a good or very good financial situation (56.5% - good; 20.7% - very good). The average age was slightly above thirty years. There were too few people representing other financial situations. In future research, diversity of age, education, and financial situation in the sample should be increased. Despite these limitations, our results clearly support the use of the SWFL scale in adults.

The present validation of the SWFL study has important implications for research in the area of family life functioning. Satisfaction or dissatisfaction is related to the specificity of an individual's perception of relations between family members and the evaluation of subjective and objective living conditions. Over the past two decades, research has been conducted to explore the relationship between family life satisfaction and the following variables: family leisure time satisfaction (Agate et a., 2009; Hodge et al., 2017; Poff et al., 2010a, 2010b; Zabriskie & McCormick, 2003), father involvement in family leisure (Buswell et al., 2012), marital satisfaction (Sharaievska, 2012), wives' or husbands' depressive symptoms (Schnettler et al., 2019), job and work-life balance (Camron et al., 2013; Turliuc & Buliga, 2014), and psychological well-being (Mills et al., 1992). Studies on family life satisfaction judgments were carried out from various perspectives of family members, namely, parents, young adults, adolescents, wives, and husbands (cf. Poff et al., 2010b). Researchers were interested in both explaining family life satisfaction factors in families raising healthy children and those

with various types of health, developmental, or disability problems (Boehm & Carter, 2019; Hoffman et al., 2006; Vanderkerken et al., 2019; Walton, 2019).

Increasing the number of tools for measuring family life satisfaction with proven good psychometric properties makes such research possible. We are convinced that the SWFL scale is one such tool which is worth recommending to researchers. Our findings confirm this is a valid and reliable instrument for assessing satisfaction in families. This tool is a brief measure that increases the chances of being used in various types of research on family life quality. These characteristics of the SWFL scale encourage its use in future research on family life satisfaction in many different contexts of stress, such as illness or disability of a family member, especially the child; poor financial situation; job loss or, conversely, an imbalance between involvement in job and the home, or marital conflicts. The SWFL scale is also used in research devoted to factors positively affecting the quality of family life, such as spending time together and involvement of family members in family leisure (e.g., Agate et al., 2009; Buswell et al., 2012; Zabriskie & McCormick, 2003). The SWFL scale can be a valuable tool for assessment of family life quality besides the well-known questionnaires such as the Kansas Family Life Satisfaction Scale (Schumm et al., 1986; McCollum et al., 1988), the Family Satisfaction Scale (Olson & Wilson, 1982; Olson et al., 2019), or the Family Satisfaction by Adjectives Scale (Barraca et al., 2000).

CONCLUSIONS

The results indicate that the 5-item SWFL is a reliable and valid measure of family life satisfaction in the current families. One of the advantages of using the SWFL scale is the short measurement time. Brief measures are more likely to be used in research. We can also recommend the use of the SWFL scale in family counseling. This tool can help assess satisfaction with family functioning when family members present different viewpoints (e.g., in wife-husband or parent-adolescent dyads).

ACKNOWLEDGEMENTS

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APPENDIX

SWFL: ENGLISH/POLISH VERSION

Satisfaction With Family Life Scale
Skala Satysfakcji z Życia Rodzinnego

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by circling the appropriate number on the line following that item. Please be open and honest in responding.

Poniżej znajduje się pięć stwierdzeń, z którymi może się Pan/Pani zgodzić lub nie. Stosując poniższą skalę od 1 do 7 proszę wskazać, na ile zgadza się Pan/Pani z każdym stwierdzeniem, zakreślając odpowiednią liczbę. Prosimy o otwartość i szczerość podczas odpowiedzi.

1	2	3	4	5	6	7
Strongly disagree Zdecydowanie się nie zgadzam	*Disagree* Nie zgadzam się	*Slightly disagree* Trochę się nie zgadzam	*Neither agree nor disagree* Ani się zgadzam, ani nie zgadzam	*Slightly agree* Trochę się zgadzam	*Agree* Zgadzam się	*Strongly agree* Zdecydowanie się zgadzam

1.	*In most ways my family life is close to ideal.* Pod wieloma względami moje życie rodzinne jest zbliżone do idealnego	1	2	3	4	5	6	7
2.	T*he conditions of my family life are excellent.* Warunki mojego życia rodzinnego są doskonałe.	1	2	3	4	5	6	7
3.	*I am satisfied with my family life.* Jestem zadowolony/a z mojego życia rodzinnego.	1	2	3	4	5	6	7
4.	*So far I have gotten the important things I want in my family life.* Jak dotąd otrzymałem/am ważne rzeczy, których pragnę w moim życiu rodzinnym.	1	2	3	4	5	6	7
5.	*If I could live my family life over, I would change almost nothing.* Gdybym mógł/a przeżyć moje życie rodzinne jeszcze raz, nie zmienił(a)bym prawie niczego.	1	2	3	4	5	6	7