



Adapting the Guilt About Parenting Scale (GAPS) to Turkish culture: Validity and reliability study

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Abstract

The aim of this study is to adapt the Guilt About Parenting Scale (GAPS), developed by Haslam et al. (*Journal of Child and Family Studies*, 29(3), 880–894, 2020), to Turkish by validity and reliability analysis. The scale was applied to 430 parents, and its corrected item-total test correlations ranged from .55 to .71 ($p < .01$). As a result of Confirmatory Factor analysis, the values for the goodness-of-fit indices were found to have acceptable values ($\chi^2 = 70.65$, $SD = 27$, $RMSEA = .06$, $CFI = .97$, and $SRMR = .02$). The GAP's Cronbach alpha of internal consistency was seen to be $\alpha = .893$. Within the scope of the criterion-related validity study, a positive relationship at the .60 level was detected between the Maternal Employment Guilt Scale (MEGS) (Yüce-Selvi & Kantaş İş, *Güç: Endüstri İlişkileri ve İnsan Kaynakları Dergisi*, 21(1), 28–52, 2019) and the total score from the GAPS. The results of the research show the Turkish form of the GAPS to be a valid and reliable measuring tool.

Keywords Guilt about parenting · Guilt · Parenting guilt · Confirmatory factor analysis · Validity · Reliability · Scale

Introduction

The sense of guilt is defined as an emerging feeling as a result of not living in accordance with one's own or the societal values and norms, and making negative judgments and evaluations related to violating these values and standards (Harrow & Amdur, 1971). Many ideas have been constructed regarding the sense of guilt by different approaches. Looking through the lens of psychoanalytic theory, Freud (1961) argued guilt to be the result of the id and ego coming into conflict with the moral standards of the superego. On the other hand, the cognitive perspective purported that one needs to have developed their self-consciousness and feel responsible about the situation they experience in order for a sense of guilt to be able to emerge (Lewis, 2008). The feeling of guilt is stated to be felt after making a negative behavioral evaluation upon comparing the personal and social standards

and rules one knows with one's own behaviors (Lewis, 2008). In this respect, guilt could have a moral perspective (doing the right thing) and responsibility perspective (taking responsibility for the actions). These two factors are important in the analysis of the social factors that shape the feeling of guilt towards a phenomenon and the outcomes that have emerged from this feeling.

Parenting brings many new social and cultural responsibilities that people have not experienced before becoming parents. With the start of the parenting role, the family balance gets disrupted for a while. Parents have to establish a balance between the time they need to devote to their children and the time spent on other social relationships and tasks (Gladding, 2015). The mother's and father's perception of parenting is also affected by the process of forming this balance. Mothers and fathers may feel a sense of guilt if they have negative judgments or assessments related to not being able to fulfill their parental role adequately (Seagram & Daniluk, 2002; Simon, 1995). With respect to the traditional role of being a mother, mothers take on a heavy responsibility related to child care (Taylor, 2011; Yurtsever & Kılıçkaya, 2016) which are explained and defined in detail by society and culture. Mothers feel a greater sense of guilt related to parenting when what they have taken upon themselves goes beyond these definitions or when parenting

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roles conflict with other roles. Meanwhile, the responsibilities related to the role of fatherhood are less clear and more vaguely defined. Fathers have been shown to adapt better to other roles and experience less of a sense of guilt because the concept of fatherhood is less clearly defined (Martinez et al., 2011). Despite the presence of a more modern way of thinking about women's role as mothers, they still experience the sense of guilt more intensely (Aycan & Eskin, 2005; Korabik, 2015). Research that has been conducted on this issue confirms the finding that mothers experience more guilt than fathers (Borelli et al., 2017; McElwain, 2008). There are also thoughts that women may have an innate feeling or a belief that they should spend more time at home as part of their traditional roles (McElwain, 2008).

Although the Turkish family system is now evolving from a patriarchal structure to an egalitarian one (Aluş, 2015; Zafer, 2013), the belief that the family is responsible for the care of the child in society, and that this responsibility is on the mother, in particular, still continues to be influential. In the cultural context, with patriarchal structure still dominating the scene, there is a role distribution in such a way that the father “puts the bread on the table” and the mother feeds this bread to the child (Ozensel, 2004). Among the most important examples that illustrate this distribution of roles within the family in the cultural context are some Turkish proverbs. These claim that mainly women are responsible for the care of the house and children. In some Turkish proverbs, we encounter statements that come to the same effect as the mother will be the best caregiver for the child (“A mother would be the best nanny, and dough would be the best yeast”), the mother will take care of the child better than anyone else (“A mother feeds the child with dates, but a stranger feeds the child with millet”), the order of the family will only be provided by the mother (“The female bird makes the nest”), etc. (Aksoy, 1963). Such cultural discourses impose great responsibilities regarding childcare on parents, especially mothers. Even if individuals do not have this sense of responsibility at the conscious level, they hold it in their collective subconscious.

The pressure of society on women to continue the responsibility of taking care of children and the housework still imposes a feeling of guilt, that is, the feeling that they cannot spare enough time for their children if they want to stay in business life (Goldin, 1991). In the early days of the Republic of Turkey, women gained many rights that have led them to take part in professional life (Zafer, 2013). These sociological changes have resulted in the emergence of the conflict between the traditional role of a mother and a modern woman in work life, and this has caused pressure and guilt on parents, especially women.

The feeling of parental guilt is a universal and inescapable feeling that mothers, in particular, feel regardless of their or their children's age (Eyer, 1996; Rich, 1986). A qualitative

study (Seagram & Daniluk, 2002) performed with mothers found many factors underlying mothers' feelings of parental guilt. Some of these factors are cultural norms, expectations of the maternal role, unrealistically high standards of motherhood, excessive responsibilities imposed on the mother by her surroundings, and feeling excessive love and intense devotion for the child. The impact can be seen in various forms based on the intensity of the sense of guilt that is felt. While normal levels of a sense of guilt can have an activating impact toward making up for a mistake that the mother may have made or it can have a preventative effect so the same mistake does not occur again, extreme levels of this feeling can cause some emotional and behavioral problems (Cirhinlioğlu & Güvenç, 2011; Lewis, 2008). Seagram and Daniluk (2002) observed in their study performed with mothers that the sense of guilt mothers feel motivates them from time to time to scrutinize their own actions and change their behavior in a way that is more conducive to meeting their children's needs. On the other hand, the same study revealed that the mothers are affected by some motherhood myths and motherhood standards and responsibilities imposed on them that they find impossible to meet, and that they feel guilty and perceive themselves as inadequate, and they feel pressurized by these feelings. Seagram and Daniluk (2002) stated that mothers' trying to be “the best mother” in their social circle by remaining under the influence of myths is the greatest factor fueling their sense of parental guilt and inadequacy.

Studies on the sense of guilt felt toward parenting have generally focused on the sense of guilt parents feel under special circumstances. For example, McDonald et al. (2007) examined the sense of guilt felt by parents whose adolescent children were engaged in self-injurious behaviors, and Pescud and Pettigrew (2014), and Hagerman et al. (2020) examined the sense of guilt felt by parents for their current unhealthy child-feeding habits. Some other researchers have studied the sense of guilt felt by parents whose children have a health problem or disability (Meirsschaut et al., 2010; Riedesser & Wolff, 1985), and many others have studied parental guilt resulting from conflicts between work and family (Aycan & Eskin, 2005; Borelli et al., 2017; Korabik, 2015; Simon, 1995; Yüce-Selvi & Kantaş, 2019).

The main emphasis in the studies done on guilt about parenting seems to be on maintaining the balance between work life and home. Working mothers, in particular, report feeling much more guilt in relation to the guilt fathers feel about parenting. Parents can feel themselves to be inadequate in regard to child care because they think they need to do a lot more than they are already doing for their children (Korabik, 2015). Parents who perceive themselves to be unsuccessful feel anxiety and guilt about raising children based on their parenting roles that seem to be influenced by gender roles. When parents are unable to meet the high

standards they have set for parenting, this leads them to feel guilty (Korabik, 2015). Because establishing a balance between work and family is quite difficult for working parents, they may need to choose one over the other. The sense of guilt that emerges when the balance between work and home does not meet one's standards brings about negative results, such as chronic rigidity, anger, burnout, depression, and decreased life satisfaction (Aycan & Eskin, 2005; Seagram & Daniluk, 2002).

The fact that social judgments place greater responsibility on women as parents (Taylor, 2011; Yurtsever & Kılıçkaya, 2016) causes women to experience more conflict among the responsibilities they have as employees and as parents and to more intense feelings of guilt (Borelli et al., 2017). Mothers are said to feel more anxiety and guilt than fathers due to their concern that their work life may have negative effects on their children. Mothers with much younger children experience much more guilt compared to others due to young children needing more care (Borelli et al., 2017). Especially mothers having children between the ages of 2 and 12 have stronger feelings of guilt. These developmental periods are more likely to have an impact on maternal guilt since mothers are willing to make sure that they meet their kids' physical, social, psychological needs (Seagram & Daniluk, 2002). Elvin-Nowak's (1999) study conducted with mothers reached the finding that women who perceive themselves as unsuccessful with respect to taking care of others suffer from feelings of guilt. These feelings, though mostly directed at the children, can also develop toward spouses, one's own parents, friends, and coworkers. A sense of guilt forms because they have failed to fulfill their responsibility of caring for their children and because others are doing what they themselves are supposed to do. Simon (1995) conducted research on the sense of guilt with mothers and fathers whose children are under 18. Among the parents who work full-time, a large portion of the women reported experiencing a sense of guilt because they spent time away from home and felt they were neglecting their children. Mothers with younger children were seen to experience more guilt compared to other mothers because the children need more care in this study as well (Borelli et al., 2017). The fathers who participated in the research, on the other hand, conveyed that they had experienced guilt due to not being able to bring enough money home.

Most of the studies performed on the sense of guilt parents feel are limited in terms of content because they are focused on only the sense of guilt mothers feel, as previously mentioned. When examining the national and international literature, no other tool has been found that measures the general sense of guilt both mothers and fathers feel regarding their parenting roles. In Turkish culture, even though there is a positive shift about fathers' involvement in child care (Kagitcibasi & Ataca, 2005), child

rearing is still perceived as mainly mothers' responsibility in traditional families by the majority (Çelik, 2013).

Parental guilt is a phenomenon that affects not only parents but also children raised by those parents who feel this guilt. For this reason, it is thought that examining the short-term and long-term effects of this concept will provide access to data that will have effects on many disciplines, such as psychology, sociology and anthropology. It is very important to study the concept of parental guilt in this culture by being aware of the influence of the family in shaping society. This scale is not just focusing on maternal guilt but also providing information about both mothers and fathers, which is missing and neglected due to the patriarchal family system that dominates society. Therefore, this study is considered to be important in that it fills this gap in the field. This study aims to adapt the Guilt About Parenting Scale (GAPS), developed by Haslam et al. (2020), to Turkish culture by performing the validity and reliability study. The Guilt About Parenting Scale is foreseen to be able to contribute to family researchers and individuals employed in the psychological service professions who work with parents in terms of revealing the sense of guilt mothers and fathers feel related to their parenting roles.

Method

Study Group

The study group of the research consists of parents whose children were 2–12 years old because the sample of the original scale consisted of parents with children between the ages of 2–12 years. Thus, parents who had children younger than two and older than 12 were excluded from the study (Haslam et al., 2020). The linguistic equivalence study was performed with 30 parents who knew English. Data for the structural validity and reliability studies were gathered in the first stage of the study from 467 participants using Google Forms. As a result of the extreme value analysis (EVA), data belonging to 37 participants were excluded from the study. The study group for the validity and reliability of the Guilt About Parenting Scale consists of 430 parents; of the participants, 376 (87.4%) were mothers and 54 (12.6%) were fathers. The parents' ages ranged between 22 and 54 years. The participants' average age was 36.02 (\pm 5.51). In the second stage, 43 actively employed mothers whose children were aged 2–12 years were reached for the criterion-related validity study. The mothers' ages ranged from 23 to 46 years with an average age of 33.14 years (\pm 5.78). Ethical approval of this study was received from the Ethical Committee of Marmara University Educational Sciences Institute.

Data Collection Tools

The research has utilized the GAPS and the MEGS as data collection tools.

Guilt about Parenting Scale Developed by Haslam et al. (2020), this tool measures the cognitive and emotional characteristics of the guilt felt about parenting. It consists of 10 items and has a single-factor structure. It is scored according to a 7-point Likert-type scale. The parents with children aged 2–12 rated the items with a score from 1 to 7 (1 = I definitely do not agree; 7 = I definitely agree). Scores from the scale can range from a minimum of 10 to a maximum of 70. Higher scores indicate a greater sense of guilt related to parenting. According to the confirmatory factor analysis, the single-factor scale's goodness-of-fit indices are seen to be at acceptable levels ($\chi^2_{(35)} = 65.69$, $CFI = 0.96$, $SRMR = 0.041$, $RMSEA = 0.056$). Factor loadings for the scale's items range from .60 to .71. The Guilt About Parenting Scale shows a significant relationship through PANAS-X's (Watson & Clark, 1994) sub-dimension of general guilt ($r = 0.64$, $p < 0.001$). The Cronbach alpha of internal consistency for the scale has been found as .89 (Haslam et al., 2020).

Maternal Employment Guilt Scale (MEGS) Developed by Yüce-Selvi and Kantaş (2019) in Turkish, the MEGS evaluates the guilt working mothers feel about parenting and is scored using a 6-point Likert-type scale (1 = Definitely doesn't reflect me; 6 = Definitely reflects me). The scale has 15 items and a single-factor structure. Higher scores indicate higher maternal employment guilt. According to the results from the confirmatory factor analysis, the goodness-of-fit indices of the single-factor scale are seen to be at good levels ($\chi^2_{(89)} = 251.5172$, $p = .00$, $CFI = .909$, $RMSEA = .098$, $90\% CI [0.084, 0.112]$, $\rho = .935$).

Process

In the process of adapting the Guilt About Parenting Scale, the linguistic equivalence steps were applied, and the Turkish version of the form was created. The scale's original version was translated into Turkish by five different English-speaking experts for the linguistic equivalence study. The translation was evaluated by holding a panel with a 4-person team, and the Turkish version of the form was created. Afterward, the Turkish form was translated back into English by an independent English-speaking expert whose native language is Turkish. After the reverse translation, the English and Turkish forms were delivered to the experts who had developed the scale. The final form was created by having a Turkish-speaking expert whose native language was English make corrections on the Turkish form. The original English form and the finalized Turkish form were applied to

30 parents who spoke Turkish and English at an interval of approximately two weeks, and the relationship between the scores obtained from the two forms was examined.

The corrected item-total test examined the correlations for the item analysis of the Guilt About Parenting Scale. Confirmatory factor analysis was performed to test the scale's structural validity. The scale's relationship to the MEGS was examined for the purpose of testing the criterion-related validity of the scale. Criterion validity is used to evaluate relationships between two scales which measure similar variables (Creswell, 2005). The MEGS is a related measure with the GAPS since it tests the feeling of guilt of working mothers who try to achieve a balance between home and work. Although the MEGS is a scale focusing on only mothers, its items are relatively parallel with the GAPS, and thus the MEGS was used for criterion validity for adaptation study. The Cronbach alpha of internal consistency was calculated within the scope of the reliability analyses for obtaining information about the internal consistency of the items. Data sets with 3 or more missing items per scale were excluded from the analysis. For the missing data with less than 3 items, a value set was made with the mean substitution method. The programs LISREL and SPSS 22.0 were used for the data analyses.

Findings

Linguistic Equivalence

The original and Turkish forms of the scale were applied two weeks apart to 30 parents with a good command of English and Turkish. No extreme values were present, and the data were seen to meet the normality assumption. The relationship between the two forms is given in Table 1.

As seen in Table 1, the correlation between the total scores from the original and Turkish forms is .936 ($p < .01$). Having a positive and high correlation coefficient shows the consistency between the applications to be high and therefore lingual equivalence has been achieved. Additionally, the correlations between the items from the scale's original and translated form range between .56 and .82 ($p < .01$).

Item Analysis

In order to determine the predictive power of the total score for each item on the Guilt About Parenting Scale and their distinctiveness, the corrected item-total correlations was calculated by analyzing the items. The findings obtained as a result of the performed analysis are presented in Table 2.

As seen in Table 2, the test for the scale's item-total correlations have been detected to vary between .55 and .71 ($p < .01$). Because item-total correlations above .30 are

Table 1 Findings for the linguistic equivalence of the guilt about parenting scale

Items	R
1. Olmam gerektiği kadar iyi bir ebeveyn olmadığım için çoğu zaman endişelenirim. (I often worry I am not as good a parent as I should be.)	.559*
2. Kendi ihtiyaçlarımı çocuğumun ihtiyaçlarının önüne koyduğumda kötü hissederim. (I feel bad if I put my own needs ahead of my child)	.820*
3. Çocuğumla daha fazla vakit geçirmeliyim. (I should spend more time with my child)	.809*
4. Yanından ayrıldığımda çocuğum üzülürse kendimi suçlu hissederim. (I feel guilty if my child gets upset when I leave them)	.774*
5. Çocuğum üzülürse çoğu zaman bu benim hatamı gibisi hissederim. (I often feel it is my fault if my child gets upset)	.665*
6. Ebeveynlikte veya çocuğumun disiplinini sağlamada tutarsız olursam kötü hissederim. (I feel bad if I am inconsistent in parenting or disciplining my child)	.680*
7. Çoğu zaman çocuğuma yeterince sevgi ve ilgi göstermediğimden endişelenirim. (I often worry I do not give my child enough love and attention)	.770*
8. Çocuğumla tam anlamıyla ilgilenemeyecek enerjim olmadığında kendimi suçlu hissederim. (I feel guilty when I do not have the energy to fully engage with my child)	.766*
9. Evde ya da ailemle birlikte olmadığımda kendimi kötü hissederim. (I feel bad if I am not at home or with my family)	.811*
10. İş ve aile hayatını daha iyi yönetebilmeliyim. (I should be able to manage work and family better)	.772*
Total	.936*

* $p < 0.01$ **Table 2** Corrected item-total correlation analyses

Items	Corrected item-total correlation analysis
Item 1	.55*
Item 2	.58*
Item 3	.66*
Item 4	.64*
Item 5	.66*
Item 6	.59*
Item 7	.62*
Item 8	.71*
Item 9	.66*
Item 10	.66*

* $p < 0.01$

considered to possess good discrimination in the literature (Büyüköztürk, 2011), the items belonging to the scale are seen to have good discrimination.

Structural Validity

Confirmatory factory analysis was conducted to test the factor structure of the scale. The appropriateness of the structural equation model was evaluated using the χ^2 goodness-of-the fit test, χ^2 / df ratio, root mean square error of approximation (RMSEA), comparative fit index (CFI), and standardized root mean square residuals

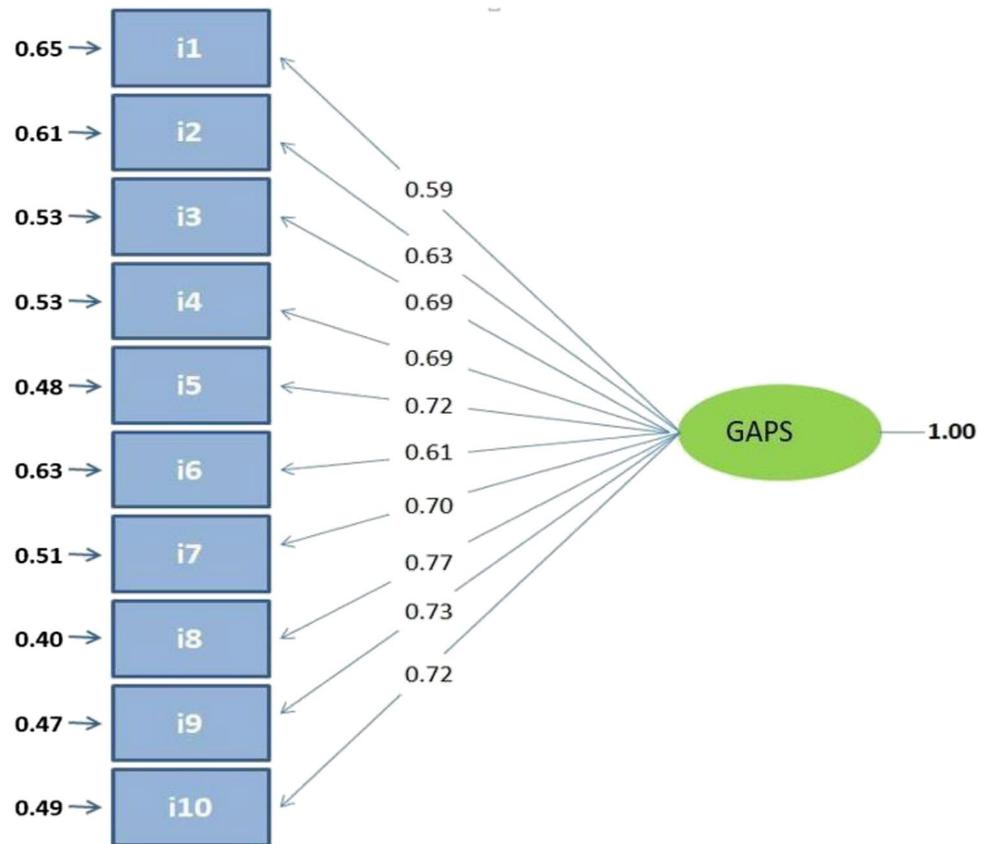
Table 3 Indices for the single-factor guilt about parenting scale

Goodness of Fit	Model	Perfect Goodness of Fit	Acceptable Goodness of Fit
χ^2	70.65		
df	27		
χ^2 / df	2.61	≤ 3	$3 < \chi^2 / df \leq 5$
RMSEA	.06	$\leq .05$	$.05 < RMSEA \leq .08$
CFI	.97	$\geq .95$	$.90 \leq CFI < .95$
SRMR	.02	$\leq .05$	$.05 < SRMR \leq .08$

(SRMS). The indices suggested to be acceptable and perfect from the structural equation model are presented in Table 3. According to suggestions from the modification indices in the first model, it was decided to correlate the error terms for nine pairs. Table 3 shows the goodness-of-fit indices for the final model. The results from the factor analysis reveal the model to demonstrate perfect and acceptable goodness-of-fit values. The values for χ^2 / df , CFI, and SRMR show perfect goodness of fit while the RMSEA value indicates the model to have an acceptable fit. An examination of the results supports the single-factor measurement model for the Guilt About Parenting Scale.

When examining Fig. 1, the relationships among the latent and observed variables are seen to vary between .59 and .77 in one factor.

Fig. 1 Path diagram factor loadings for the single-factor structure of the Guilt About Parenting Scale as a result of the modifications



Criterion-Related Validity

The relationship between the MEGS and the GAPS were examined for the criterion-related validity of the Guilt About Parenting Scale. These two scales were applied to 43 actively employed mothers who had children between the ages of 2 and 12. Findings of the correlation coefficient between the scales validated a positive relationship at the level of .60 ($p < .01$) between the total scores from the GAPS and the MEGS. These are similar two scales measuring the guilt of parents. However, the MEGS is only a measure for working mothers' guilt related to the conflict between work and family life while the GAPS is used to test both mothers and fathers. Therefore, the correlation between these scales is not strong enough.

Reliability

The Cronbach alpha of internal consistency was calculated for the purpose of testing the reliability of the experimental Turkish version of the scale. The Cronbach alpha of internal consistency for the GAPS was found as .893.

Gender Differences

Since the GAPS can be applied to both parents (mothers and fathers), the difference in the levels of parental guilt between female and male participants was analyzed, and no significant difference was found between these two groups.

Discussion

The aim of this study was to adapt the GAPS, developed by Haslam et al. (2020) for measuring the sense of guilt parents feel regarding their parental roles, to Turkish and examine its psychometric properties. The necessary permissions were obtained for this purpose, and then the translation process began. Lingual equivalence steps were applied, and the Turkish version of the scale was formed. The correlation between the total scores from the original and the Turkish forms being positive and high shows the consistency between the application to have been high, and thus language equivalence has been achieved. The item correlations between the original scale and the Turkish version is high, except item number 1 with moderate correlation, .559. That

item is a general evaluation of the parent, asking if they consider themselves as good a parent as they should be or not. In Turkish culture, parenting is a very important role in forming a family and hence forming society. Thus, we believe it could be hard for people to accept the fact that they may not be good parents and fail the role that society expects from them. Therefore, the meaning of this item could be different for participants because of the cultural stress that society poses on parents. The corrected item-total correlation values were calculated by performing an item analysis to determine the predictive strength and distinctiveness of each item from the scale. Because item-total correlation coefficients greater than .30 are considered to possess good discrimination in the literature (Büyüköztürk, 2011), the items from the scale are seen to have good discrimination.

Confirmatory factor analysis was performed to test the validity of the single-factor structure of the GAPS. The fit index values used for assessing the goodness of fit of the single-factor model examined in the confirmatory factor analysis were compared with the criteria of the fit-index values. The scale's fit-index values were found to have acceptable values, and the single-factor structure of the scale was also found to be valid in this study group. The relationship the GAPS has with the MEGS was examined for the criterion-related validity of the GAPS. A moderately significant positive relationship was found between the total scores obtained from the GAPS with those obtained from the MEGS. There is a gap in assessment tools that evaluate not only mothers' but also fathers' work-home conflict and feelings of guilt in the field. The MEGS only focuses on working mothers' guilt; therefore, the relationship between these measurements is not strongly correlated with the GAPS. Hence, it can be said that criterion validity can be strong enough since only one group is included in the former one.

The reliability of the scale was analyzed by calculating the Cronbach alpha of internal consistency coefficient. According to Nunnally and Bernstein (1994), the Cronbach alpha of internal consistency must not drop below .70. According to the internal consistency results, the reliability of the overall score from the scale can be said to be sufficient.

The GAPS measures the cognitive and emotional characteristics related to guilt felt about parenting. It consists of 10 items and possesses a single-factor structure. Many of the studies performed in relation to the sense of guilt parents feel are limited in terms of content due to focusing on specific situations which only included the work-life balance of mothers. When examining the national and international literature, no tool is found to measure the general sense of guilt that both mothers and fathers feel regarding their parental roles. In the context of parental guilt, only one measurement tool is found that evaluates the guilt level of working mothers in Turkish culture (Yüce-Selvi & Kantaş,

2019). Therefore, the current research study is important in terms of not only assessing the feelings of guilt about the balance between work and home but also including both genders about parental guilt. As a collectivist culture, parents in Turkey are highly affected by social norms and the criticism of others, and this leads to a sense of guilt about child rearing (Tezel-Sahin & Cevher, 2007). The current research study provides a significant tool for measuring this effect without gender specific roles. Although there are some studies conducted on parenting in Turkish culture (Çalışır et al., 2009; Ünal & Kök, 2015), a self-evaluation tool focusing on parental guilt is not present in the literature. Parental guilt is mostly studied in families with children with disabilities (Bek et al., 2012; Karaçengel, 2007); thus, a scale that focuses on parental guilt in general will contribute to the literature. The scale is predicted to be able to contribute to family researchers and individuals employed in the psychological services professions who work with parents in terms of revealing the sense of guilt felt by parents who have children between the ages of 2 and 12 in terms of their parental roles. The findings obtained in the research, which was conducted with the purpose of examining the scale's psychometric qualities, has adapted the GAPS to Turkish and shows it to be a valid and reliable measurement tool.

In their study, Haslam and his colleagues mentioned a limitation on analyzing the effect of gender-based differences on parental guilt (Haslam et al., 2020). In this study, we analyzed the differences between female and male participants, but the analysis showed that there was not a significant difference between these two groups in this study group.

Since the concepts of family, parenting, and motherhood have an important place in Turkish culture, the changes that have occurred in these concepts over time have a great importance in cultural studies. Parental guilt is a concept that is felt by society and the value judgments of individuals in their collective subconscious, especially when women enter business life and have difficulties in coping with the burden it brings. The study of this concept in Turkish culture, which is a culture shaped within the framework of variables such as family, motherhood role, and parental role, will contribute greatly to mental health, sociological studies, cultural studies, and anthropological studies. For this reason, the fact that this scale has been brought to Turkish culture will provide a source for studies to be developed within the framework of this subject.

Limitations and Suggestions for Further Research

The GAPS is a tool that measures the level of guilt that both mothers and fathers feel about their parenthood. Although the scale appeals to both genders, very few male participants

(12.6%) were found in the validity and reliability study of the scale. Although an analysis on measurement invariance would have empowered the study, the number of participants in the groups of men and women was not equal. Since the number of the male participants was far less than that of female ones (376 females, 54 males), performing CFA with these numbers may not have given accurate results. Hence, we believe future studies to be conducted on measurement invariance could contribute a lot to the literature. The scale can be applied to parents regardless of whether they are working or not. However, in the criterion-related validity study, data were collected only from “working mothers” in order to look at its relationship with the “MEGS”. Since the scale was developed for only parents with children between the ages of 2–12, it was hard to reach the study group; thus, test-retest reliability study of the scale was not conducted. In the future studies, a multi-group CFA could be conducted to examine the measurement invariance. Also, this study was conducted in a sample group for which micro-cultural background was not considered; hence, we believe further studies conducted with samples from different micro-cultures would be beneficial.

Data Availability The datasets generated and/or analyzed during the current study are available from the corresponding author on request.

Declarations

Ethical Considerations This study has been confirmed as ethically appropriate by the Marmara University Educational Sciences Institute Ethics Committee.

Conflict of Interest On behalf of all authors, the corresponding author states that there is no conflict of interest.

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