

PERSONAL GROWTH INITIATIVE SCALE (PGIS)

Reference:

Robitschek, C. (1998). Personal growth initiative: The construct and its measure. *Measurement and Evaluation in Counseling and Development, 30*, 183-198.

Description of Measure:

A 9-item measure of a respondent's personal growth initiative – desire to be involved in changing and developing oneself as a human being. Respondents answer each item using a 6-point Likert-type scale ranging from 1 (Strongly Disagree) to 6 (Strongly Agree).

Abstracts of Selected Related Articles:

Robitschek, C. (1999). Further validation of the Personal Growth Initiative Scale. *Measurement and Evaluation in Counseling and Development, 31*, 197-210.

Validity of the Personal Growth Initiative Scale (PGIS) is tested by considering relations among the PGIS, ways of growing, gender-role orientation, and psychological well-being. Individuals' (N=169) ability to distinguish ways of growing in their lives that are in awareness, intentional, or both is related to gender-role orientation.

Robitschek, C., & Cook, S. W. (1999). The influence of personal growth initiative and coping styles on career exploration and vocational identity. *Journal of Vocational Behavior, 54*, 127-141.

Participants were college students, 107 women and 98 men. Path analysis provided moderate support for Harren's model of personal characteristics leading to vocational exploration, which in turn leads to vocational identity. Specifically, personal growth initiative predicted environmental exploration and vocational identity. Coping style predicted self-exploration. Support was found for the prediction of vocational identity by environmental exploration. The presence of both direct and indirect paths between personal characteristics and vocational identity highlights the importance of considering both career exploration processes and outcomes. Implications for practitioners are presented.

Whittaker, A. E., & Robitschek, C. (2001). Multidimensional family functioning as predictors of personal growth initiative. *Journal of Counseling Psychology, 48*, 420-427.

This study examined the relationship between multidimensional family functioning and personal growth initiative (PGI). Three higher order family-functioning clusters (i.e., Family Processes, Family Organization, and Personal Growth) were assessed as predictors of PGI. Participants were college students: 165 men and 171 women. In hierarchical regression for men, Family Processes and Family Organization accounted for significant unique portions of the variance in PGI. For women, Family Processes and Personal Growth accounted for significant unique portions of the variance in PGI. The family-functioning clusters accounted for 26% and 21% of the variance in PGI for men and women, respectively. Implications for research and practice are discussed.

Scale (taken directly from <http://www.ppc.sas.upenn.edu/personalgrowthscale.pdf>):

Using the scale below, circle the number which best describes the extent to which you agree or disagree with each statement.

1	2	3	4	5	6
Definitely disagree	Mostly disagree	Somewhat disagree	Somewhat agree	Mostly agree	Definitely agree

- _____ 1. I know how to change specific things that I want to change in my life.
- _____ 2. I have a good sense of where I am headed in my life.
- _____ 3. If I want to change something in my life, I initiate the transition process.
- _____ 4. I can choose the role that I want to have in a group.
- _____ 5. I know what I need to do to get started toward reaching my goals.
- _____ 6. I have a specific action plan to help me reach my goals.
- _____ 7. I take charge of my life.
- _____ 8. I know what my unique contribution to the world might be.
- _____ 9. I have a plan for making my life more balanced.

Scoring:

Scoring is kept continuous.