We conducted two studies to develop a Japanese version of the Personal Growth Initiative Scale-II (PGIS-II; Robitschek et al., 2012), and examined its reliability and validity. PGIS-II was developed as a multidimensional measure of the multiple processes of the Personal Growth Initiative (PGI; Robitschek, 1998). The PGI describes an active, intentional engagement in the process of personal growth for self-improvement of life experiences. Study 1 (N=204) reports the confirmatory factor analysis (CFA) of the Japanese version of the PGIS-II. The CFA confirmed that 4-factor model showed acceptable fit indices, with reliability coefficients ranging from .67 to .84. Concurrent validity of the PGIS-II was indicated by the correlation with Happiness, the positive score for Automatic Thoughts. Study 2 (N=101) reports the concurrent validity of the PGIS-II using scales for locus of control, self-esteem and coping. Results suggested significant correlations between scores on the PGIS-II and locus of control, self-esteem and some coping subscales. The overall results suggest that the Japanese version of the PGIS-II has satisfactory statistical reliability and validity.

Keywords: personal growth initiative, counseling, happiness, coping, item response theory.

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