The RIGHT Model: A Novel Personal Development Tool for Adolescents

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Deficit in learning and social skills during the COVID-19 pandemic causes a decrease in personal development (PD) among adolescents. Thus, we developed The RIGHT Model based on Cognitive Behavioral Theory and PD theories, as a PD tool to improve adolescents' self efficacy(SEF), self esteem(SES) and regulatory focus(RF). A quasi experiment design was used to study the effectiveness of The RIGHT Model towards SEF, SES and RF. A sample of 124 adolescent participants was divided into control and experiment groups. Adolescents' SEF, SES and RF levels in both groups were evaluated by self report using the General Self-Efficacy Scale, Rosenberg Self-Esteem Scale and Regulatory Focus Questionnaire 3 times: pretest, posttest and 2 months follow-up. A repeated measures ANOVA analysis showed that experimental group's mean differed significantly between time points. SEF [$F(1.362,70.838)=19.903$, $p<.001$], SES [$F(1.567, 81.500)=21.618$, $p<.001$], promotion focus (PMF) [$F(1.484,77.169)=4.01$, $p=.033$] and prevention focus (PVF) [$F(1.924, 100.062)=62.634$,$p=<0.001$]. Post hoc tests using the Bonferroni correction revealed that SEF mean increased by .194 between pretest and posttest ($p<.001$) and then increased .25 between posttest and follow up ($p=.017$). A significant difference in the SES mean between pretest and posttest (.316), $p<.001$, but no significant difference between the posttest and follow up ($p=.688$). Post hoc tests also indicated a significant difference in the PMF mean (.211) between pretest and posttest ($p=.014$) then increased .094 between posttest and follow-up ($p=1.00$) while PVF was tested significantly different .509 between pretest and posttest ($p<.001$) and decreased .490 between posttest and follow-up ($p<.001$). In conclusion, The RIGHT Model significantly improved the adolescents' SEF, SES and RF. Therefore, it is viable to utilize The RIGHT Model as an effective PD tool on improving adolescents' psychological well-being.

Awards Won:
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