

Sport Motivation Scale- II

Why do you play your sport?

Circle the most accurate answer on the 7 point scale for each statement.

1) Because people around me reward me when I do.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

2) Because it gives me pleasure to learn more about my sport.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

3) Because I would feel bad about myself if I did not take the time to do it.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

4) Because practicing sports reflects the essence of whom I am.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

5) Because through sport, I am living in line with my deepest principles.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

6) Because I think others would disapprove of me if I did not.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

7) Because it is very interesting to learn how I can improve.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

8) So that others will praise me for what I do.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

9) Because I have chosen this sport as a way to develop myself.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

10) It is not clear to me anymore; I don't really think my place is in sport.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

11) Because it is one of the best ways I have chosen to develop other aspects of myself.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

12) Because I feel better about myself when I do.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

13) Because I find it enjoyable to discover new performance strategies.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

14) Because I would not feel worthwhile if I did not.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

15) Because participating in sport is an integral part of my life.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

16) Because people I care about would be upset with me if I didn't.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

17) Because I found it is a good way to develop aspects of myself that I value.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

18) I used to have good reasons for doing sports, but now I am asking myself if I should continue.

1 2 3 4 5 6 7
(Not at all true) (somewhat true) (Very true).

Scoring Key

(scorers see Scoring Key for how to Score the SMS II)

SCORING KEY for SMS II and the RAI

Scoring of SMS II: (Add (sum) category scores below to get the RAI)

Intrinsic [(Total score of 3 items) * (3)]= Intrinsic Score= _____

#2. Because it gives me pleasure to learn more about my sport.

#13. Because I find it enjoyable to discover new performance strategies.

#7. Because it is very interesting to learn how I can improve.

Integrated [(Total score of 3 items) * (2)]= Integrated Score= _____

#4. Because practicing sports reflects the essence of whom I am.

#15. Because participating in sport is an integral part of my life.

#5. Because through sport, I am living in line with my deepest principles.

Identified [(Total score of 3 items) * (1)]= Identified Score= _____

#9. Because I have chosen this sport as a way to develop myself.

#17. Because I found it is a good way to develop aspects of myself that I value.

#11. Because it is one of the best ways I have chosen to develop other aspects of myself.

Introjected (Reverse Score) [(Total score of 3 items) * (-1)]= Introjected Score= _____

#3. Because I would feel bad about myself if I did not take the time to do it. #12.

Because I feel better about myself when I do.

#14. Because I would not feel worthwhile if I did not.

External (Reverse Score) [(Total score of 3 items) * (-2)]= External Score= _____

#16. Because people I care about would be upset with me if I didn't. #6. Because I think others would disapprove of me if I did not.

#1. Because people around me reward me when I do.

Amotivated (Reverse Score) [(Total score of 3 items) * (-3)]= Amotivated Score= _____

#18. I used to have good reasons for doing sports, but now I am asking myself if I should continue.

#8. So that others will praise me for what I do.

#10. It is not clear to me anymore; I don't really think my place is in sport.

The Relative Autonomy Index (RAI)- The relative autonomy index (RAI) is a single score derived from the subscales that gives an index of the degree to which respondents feel self-determined. The index is obtained by applying a weighting to each subscale and then summing these weighted scores. In other words, each subscale score is multiplied by its weighting and then these weighted scores are summed.

RAI=

Intrinsic _____ + Integrated _____ + Identified _____ + Introjected _____ + External _____ + Amotivated _____

Example:

= Intrinsic (15*3)+ Integrated (18*2)+ Ident (16*1)+ Introjected (12*-1)+ Ext(12*-2)+ Amotive(6*-3)

= Intrinsic (45) + Integrated (36)+ Ident (16)+ Introjected (-12)+ External(-24)+Amotive(-18)

= 45 + 36 + 16 + (-12) + (-24) + (-18).

= 97 + (-54)

= 43

RAI = 43. Relative Autonomy Index Score is 43.