PRELIMINARY VALIDATION OF A SPANISH VERSION OF THE SPORT MOTIVATION SCALE

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Summary—The Sport Motivation Scale was developed in French and later translated into English and validated by Pelletier, et al. in 1995. It is based on the principles of self-determination theory. In this study the scale was translated into Spanish to assess and validate it for a sample of 275 athletes (178 women and 197 men) whose mean age was 21.3 yr. (20-33) and who represented eight sports (track and field, swimming, waterpolo, soccer, basketball, handball, and volleyball). The Spanish version showed satisfactory internal consistency (Cronbach’s α of .70 to .80) and temporal stability (test-retest r = .60 to .74) over a 4-week period. A confirmatory factor analysis partially supported the seven-factor structure. Correlations among the subscales indicated a simple pattern supporting the construct validity of the scale. No differences were found. Taken together, these findings support the use of the Spanish version for assessment of motivation in sport.

For the last three decades, researchers in sports psychology have expressed interest for two forms of motivation: extrinsic motivation, which relates to behavior carried out for personal pleasure and fun, and extrinsic motivation, which refers to activities linked to contingencies (Deci, 1971; Deci & Ryan, 1999; Vallerand & Ratelle, 2002). One perspective for study of these concepts is self-determination theory (Deci & Ryan, 1985), which suggests that motivation is explained from a multidimensional point of view and argues that behavior can be intrinsically motivated, extrinsically motivated, or amotivated. These different types of motivation are assumed to be located on a continuum from self-determination to lack of control (Deci & Ryan, 1985; 1991; Ryan & Deci, 2000).

Intrinsic Motivation implies engagement in an activity for the pleasure and satisfaction inherent in the activity and should be understood as a sign of competence and self-determination (Deci & Ryan, 1985; Ryan & Deci, 2000). It has been considered a global construct from which three types may be distinguished: Intrinsic Motivation to Know, to Accomplish, and to Experience Stimulation (Vallerand, Pelletier, Blais, Brière, Senecal, & Vallières, 1992; Vallerand & Ratelle, 2002; Hein, Müll, & Koka, 2004). Intrinsic Motivation to Know implies engaging in activities for the pleasure and satisfac-

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SOMETHING ABOUT SELF-DETERMINATION

Regulations, and Anomie, which involves the least amount of self-decision, derived from learning, exploring, and understanding each other. Intrinsic motivation is an activity for the two of the experience of stimulating processes, perception and self-directed learning. Focusing on the motivational mechanisms that occur in the human mind, regulation to the external regulation subscales. There are three types of self-determination: the intrinsic regulation, the extrinsic regulation, and the amotivation. The intrinsic regulation is the highest level of self-determination, where the individual is completely self-directed and engaged in an activity for the sake of the experience of stimulating processes. The extrinsic regulation is the lowest level of self-determination, where the individual is regulated by external rewards or avoidance of punishments. The amotivation is a state of low motivation where the individual is not engaged in the activity. These three types of self-determination are influenced by the degree of self-determination. The degree of self-determination is inversely related to the Amotivation subscale. The higher the degree of self-determination, the lower the Amotivation subscale is.

In the study by Deci and Ryan (1985), they found that when individuals are self-determined, they are more likely to engage in the activity and are more likely to experience positive outcomes. The study also found that when individuals are externally regulated, they are less likely to engage in the activity and are more likely to experience negative outcomes. The study concluded that self-determination is a key factor in determining the motivation and engagement in activities.

In the study by Deci and Ryan (1985), they also found that the degree of self-determination is related to the level of intrinsic motivation. The higher the degree of self-determination, the higher the level of intrinsic motivation. The study also found that the degree of self-determination is related to the level of extrinsic motivation. The higher the degree of self-determination, the lower the level of extrinsic motivation. The study concluded that self-determination is a key factor in determining the level of intrinsic and extrinsic motivation.

In the study by Deci and Ryan (1985), they also found that the degree of self-determination is related to the level of amotivation. The higher the degree of self-determination, the lower the level of amotivation. The study also found that the degree of self-determination is related to the level of self-regulation. The higher the degree of self-determination, the higher the level of self-regulation. The study concluded that self-determination is a key factor in determining the level of self-regulation.

In the study by Deci and Ryan (1985), they also found that the degree of self-determination is related to the level of intrinsic motivation and extrinsic motivation. The higher the degree of self-determination, the higher the level of intrinsic motivation and extrinsic motivation. The study also found that the degree of self-determination is related to the level of amotivation and self-regulation. The higher the degree of self-determination, the lower the level of amotivation and self-regulation. The study concluded that self-determination is a key factor in determining the level of intrinsic motivation, extrinsic motivation, amotivation, and self-regulation.
The Spanish version of the Sport Motivation Scale (R. Pulkkinen, 1997) was used to assess the motivation of sports participants. The scale consists of a 24-item subscale which assesses the motivation of participants to participate in sports. The scale was translated into Spanish using a forward-backward translation procedure. The scale assesses the internal consistency and the temporal stability of the scale, and to examine the effect of the sex on the subscale scores.

Components:
- Translation of the Sport Motivation Scale into Spanish
- Reliability and validity of the Spanish version
- Differences in motivation between male and female athletes

For the factor structure of the Sport Motivation Scale, the AMOS 5.0 program was used to analyze the data.
The purpose of the present study was to adapt the Sport Motivation Scale for the Spanish language and analyze its psychometric properties. The results indicated that the Spanish version showed adequate reliability and validity. The reliability was assessed by calculating Cronbach’s coefficient alpha. As can be seen in Table 1, scores ranged from 0 to 75, with a mean score of 24. The internal consistency was assessed using a sample of 34 male and 34 female athletes, with scores ranging from 0 to 27 at the posttest. Furthermore, the test-retest correlations ranged from 0.86 to 0.88.

| Schedule | Alpha | Pearson | %
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Key Differences Between Subscales:
- The subscales were assessed using a sample of 34 male and 34 female athletes.
- The internal consistency was assessed using a sample of 34 male and 34 female athletes.
- The test-retest correlations ranged from 0.86 to 0.88.

Table 1: Differences Between Subscales

| Schedule | Male | Female | %
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Table 2: Values for the Spanish Language and Analysis of Psychometric Properties

| Schedule | Alpha | Pearson | %
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Discussion

The results of the present study showed adequate reliability and validity for the Spanish version of the Sport Motivation Scale. Future research could explore the use of this scale in different cultural contexts to further understand the motivational profiles of athletes.
vation. However, no statistically significant sex differences on Intrinsic Motivation were found, contrary to data for the French-Canadian and English versions, which reported differences on intrinsic Motivation to Know and Accomplish, respectively. These differences between the results from previous versions and those from this study could reflect several factors that may have affected motivation, e.g., cultural differences, socioeconomic status, etc.

The present study has some limitations. Firstly, it did not control social desirability in the subjects’ responses; secondly, appointments with the athletes were held at different training times. Some were tested before, some after, or to train, some during, and others afterwards, a fact which may have influenced the answers obtained on the scale; and the coach’s behavior was not considered as a predicting variable of intrinsic motivation (Hollemann & Antoniou, 2005; Koka & inv. 2005).

Considering research, we recognize, in the first place, the need to inves-
tigate other samples to compare the Sport Motivation Scale factors fit depending on other variables, such as level of competition or practice time, as well as studying crosscultural samples. In the second place, verification is planned of the relationship between the Sport Motivation Scale and other mea-
suring instruments in sport motivation. In the third place, the construct va-
lidity needs further examination given the overlap between intrinsic and ex-
trinsic subscales. Finally, different factor models should be tested and predictive validity with regard to its effectiveness at predicting the behavior of sport withdrawal assessed (Barraza, Vallerand, Giolett, Pelletier, & Corby, 2003)

by means of the detection of individuals located within the high-risk area of the lowest self-determination values in the continuum proposed by the the-

In conclusion, the present results provided preliminary support for the seven-factor structure proposed by Brière, et al. (1995). Furthermore, the in-
ternal consistency and test-retest coefficients were acceptable for all the sub-
scapes, supporting the reliability of the Spanish version. Finally, there is preliminary evidence to confirm the construct validity of the scale. Therefor, the Spanish version of the Sport Motivation Scale can be considered an ad-
apation of the scale’s English version, and the results justify use in a sport setting to evaluate different types of motivation.

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