

Suitability of the Sport Motivation Scale-II for Use in Jr. High Physical Education: A Confirmatory Factor Analysis

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Abstract : Background: For more than a decade, the Sport Motivation Scale (SMS) has been used to measure contextual motivation across a variety of sporting and physical education (PE) settings but not without criticism as to its tenability. Consequently, a new version of the sport motivation scale (SMS-II) was created to address certain weakness of the original SMS. Purpose: The purpose of this study is to assess the suitability of the SMS-II in the secondary PE setting. Methods: Three hundred and twenty (204 females, and 116 males; grades 7-9) completed the 18-item, six-subscale SMS-II at the end of a required PE class. Factor means, standard deviations, and correlations were calculated and further examined via confirmatory factor analysis (CFA). Model parameters were estimated maximum likelihood function. Results: Results indicate that participants held generally positive perceptions toward PE as a context (more so for males than females). Reliability analysis yielded adequate alphas ($\alpha = 0.71$ to 0.87 , $M\alpha = 0.78$) with the exception of the AM subscale ($\alpha_{AM} = .64$). Correlation analysis indicated some support for the SIMPLEX pattern, but distal ends of the motivation continuum displayed no relationship. CFA yielded robust fit indices to the proposed structure of the SMS-II for PE. A small but significant variance across genders was noted and discussed. Conclusions: In all, the SMS-II suitably accesses PE context-specific motivational indices within Jr. High PE.

Keywords : motivation, self-determination theory, physical education, confirmatory factor analysis

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