



Leisure Motivation Survey

This scale assesses your motivation for engaging in leisure activities. It assesses 7 types of motivation: intrinsic motivation toward knowledge, accomplishment and stimulation, as well as external, introjected and identified regulations and amotivation. It contains 28 items (4 items for each of the 7 sub-scales) assessed on a 7-point scale. Using the scale below, indicate to what extent each of the following items presently corresponds to one of the reasons for which you participate leisure activities. Remember, leisure activities aren't always physical, it can be anything you do like collecting, games or even puzzles.

WHY DO YOU GENERALLY PARTICIPATE IN YOUR LEISURE ACTIVITIES?

Strongly Disagree Disagree Disagree a little Neutral Agree a little Agree Strongly Agree

1. To avoid doing other tasks
2. Because I experience a lot of pleasure and satisfaction
3. Because in my opinion, it is a good way to develop social, physical or intellectual abilities that will be useful to me later.
4. For the pleasure I feel in living exciting experiences
5. I can't come to see why I do leisure activities and I don't really care.
6. For the satisfaction I feel when I try to overcome interesting challenges.
7. Because it is very important for me to fill my free time

8. Because I don't like to appear as someone who does nothing

9. For the pleasure of knowing more about subjects that appeal me

10. Because it's one of the ways that I have chosen to make improvements on a personal level.

11. For the sense of freedom that I experience while doing the activity

12. I don't really know; I don't think that leisure activities suit me

13. For the pleasure I feel when I outdo myself in interesting activities

15. Because sometimes it allows me to be appreciated by others.

16. Because it allows me to deepen my understanding of subjects that interest me.

17. It's the way I've chosen to acquire abilities in other areas that are important to me.

18. Because my leisure activities give me a real "high".

19. I don't really know; I have the impression that there isn't an activity that I could do very well.

20. For the pleasure of surpassing myself while doing activities that are challenging for me.

21. Because I absolutely must feel busy.

22. To show others that I am a dynamic person

23. Because it allows me to explore many interesting domains

24. Because doing leisure activities is one of the ways that allows me to develop other aspects of myself

25. For the simple of pleasure of feeling deeply relaxed.

26. Honestly. I don't know; I have the impression that I'm wasting my time when I do leisure activities.

27. For the satisfaction I get while trying to master complex activities

28. Because I absolutely have my leisure time to be in a good mood

Questions 2, 9, 16, 23 Indicate your 'intrinsic motivation'- the desire for knowledge

Questions 6, 13, 20, 27 Indicate your 'intrinsic motivation' - to accomplish

Questions 4, 11, 18, 25 Indicate your 'intrinsic motivation'- to experience stimulation

Questions 3, 10, 17, 24 Indicate your 'extrinsic motivation'- the external

Questions 7, 14, 21, 28 Indicate your 'extrinsic motivation'- the sometimes negative needs

Questions 1, 8, 15, 22 Indicate your 'extrinsic motivation'- leisure influencing self perception

Questions 5, 12, 19, 26 Amotivation-general negativity and self doubt