

Psychometric Properties of the Sport Motivation Scale: An Evaluation With College Varsity Athletes From the U.S.

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Motivation, particularly different types of motivation (i.e., intrinsic, extrinsic, and amotivation), is a topic that has been of interest to both psychologists and sport psychologists. One area of interest in sport psychology is the assessment of different types of motivation. The Sport Motivation Scale (SMS) (Pelletier et al., 1995) was created to assess an athlete's intrinsic motivation, extrinsic motivation, and amotivation toward sport participation. The psychometric properties of the SMS, however, have not been tested on a sample of college athletes in the U.S., which is an important component if researchers and applied sport psychologists are to use the SMS with this population. A total of 270 U.S. college athletes participated in this study. Results provided some evidence for the reliability and validity of the SMS for this population, although a confirmatory factor analysis yielded relatively poor fit indices, indicating problems with model specification. A "piecewise" model testing approach, in which different components of the model were tested separately, indicated that the biggest problems with model specification may involve the extrinsic and amotivation components of the measure.

Key Words: intrinsic, measurement, assessment

Two aspects of motivation that have received attention from sport and exercise psychologists over the years are the constructs of intrinsic and extrinsic motivation. The idea of intrinsic motivation has its roots in the work of White (1959), who described a concept called effectance motivation. Briefly, White argued that traditional motivation theories such as Hull's drive theory and Freud's psychoanalytic theory did not fully explain an individual's motivation. According to White, individuals are inherently motivated to achieve competence over their environment, resulting in feelings of self-efficacy. Hence he termed this phenomenon effectance motivation. Effectance motivation is similar to what is now described as intrinsic motivation, or engaging in an activity purely for the pleasure and satisfaction derived from that activity (Deci & Ryan, 1985). White believed that organisms have an intrinsic need to gain competence over their environments.

A second important step in the development of theory related to intrinsic and extrinsic motivation is the work of Harter (1978). While supporting White's main

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