



## Recreational Activity Motivation Scale Development Study

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### ARTICLE INFO

### ABSTRACT

The aim of this study is to develop a measurement tool for determining motivation for recreational activities. In this context, a question pool for recreational activity motivation was created by reviewing the literature within the scope of self-determination theory. The question pool was reduced to 47 items by taking the opinion of 5 academicians who are experts in the field, and pilot application was made with the form obtained. The first test was carried out on 481 recreational activity participants with the form which was expressed to have integrity of meaning. After the exploratory factor analysis, the structure was determined and 401 participants were tested again. The final form consists of 39 questions and 4 sub-dimensions. The sub-dimensions in the scale are named as intrinsic motivation, benefit, amotivation and extrinsic motivation. The analyses of the measurement tool confirmed the 4-dimensional 39-item structure ( $\chi^2/df=2.96$ ; NFI=0.97; NNFI=0.98; RMSEA=0.06, SRMR=0.04; CFI=0.98). The findings obtained prove that the recreational activity motivation scale is valid and reliable.

**Keywords:** recreation, activity, scale, development

### INTRODUCTION

Recreational activities are important tools that support the physical and mental health of individuals as well as strengthening social bonds. While these activities allow people to utilise their leisure time effectively, they can provide a range of benefits such as reducing stress, improving mood and enhancing quality of life. More than just being a means of recreation, they have the potential to improve quality of life by increasing personal well-being (Iso-Ahola & Park, 1996; Ragheb & Beard, 1982). For example, while regular exercise supports physical health, taking nature walks or participating in artistic activities can have positive effects on individuals' mental and emotional well-being. However, individuals' level of participation in recreational activities generally varies depending on their subjective motivation status. Intrinsic motivation, which is a basic component of motivation, refers to individuals' intrinsic desire to participate in an activity (Deci & Ryan, 1985). This intrinsic desire may stem from the pleasure, interest or personal values that the person associates with the activity itself. Individuals may participate in nature walks not only for physical health but also to satisfy their passion for exploring nature. However, extrinsic motivation can also influence participation in recreational activities. Extrinsic motivation is a factor that enables individuals to participate in an activity to obtain or avoid extrinsic rewards or punishments (Vallerand, 2007). A person may participate in a fitness programme, lose weight, achieve the muscle mass they claim because their friends encourage them to do so or because there is a promise of gaining a reward as a result.

Many instruments have been developed over the years to measure motivation towards recreational exercise. Among the existing instruments, the Recreational Exercise Motivation Scale (REMM) developed by Rogers and Morris (2003) stands out. This scale allows for a detailed analysis of participants' motivational tendencies towards exercise by assessing motivation on eight different dimensions. However, the length of this scale causes some difficulties in its application. Self-Determination Theory (SDT), which is the subject of our study, is a theory of motivation and personality that focuses on the internal processes underlying personality development and the organisation of behaviour. This theory emphasises that individuals have internal growth tendencies and psychological needs (autonomy, competence, relatedness). When these needs are met, individuals achieve self-motivation, well-being and personal growth. Self-Determination Theory (SDT), developed by psychologists Richard Ryan and Edward Deci (2000), provides us with an important framework for understanding individuals' motivation to participate in physical activity. Self-determination theory (SDT) draws attention among theories of human motivation to examine the different influences of qualitatively different types of motivation underlying individuals' behaviour. Emerging from a humanistic perspective and thus focusing

primarily on the satisfaction of needs, self-actualisation and the realisation of human potential, SDT provides a comprehensive and evolving macro theory of human personality and motivated behaviour (Deci & Ryan, 2000).

This theory distinguishes between intrinsic and extrinsic factors that regulate a person's behaviour. Intrinsic motivation can be defined as doing an activity because of intrinsic satisfaction. The intrinsically motivated person feels a sense of enjoyment, utilisation of skills, personal achievement and excitement in the activity (Deci, 1975). Slightly differently, extrinsic motivation involves doing an activity for instrumental reasons or to achieve an outcome separate from the activity. For example, if a person engages in an activity to gain a tangible or social reward or to avoid displeasure, he or she is extrinsically motivated. However, SDT conceptualises qualitatively different types of extrinsic motivations, which differ in terms of their level of autonomy. Some extrinsic motives are relatively heteronomous and are described in SDT as controlled forms of motivation. For example, extrinsically regulated behaviours are performed to comply with externally administered conditions of reward and punishment. Also, extrinsic motivations on the basis of internalised regulation are situations that are driven as a result of self-affirmation of the behaviour. SDT identifies basic psychological needs that are central to understanding the satisfactions and support needed to achieve high quality and autonomous forms of human motivation. These basic needs, such as autonomy, competence and relational connections, are inherent in human nature and are considered fundamental and universally recognised nutrients for the development of psychological health and intrinsic motivation. Autonomy refers to the ability to freely make one's own decisions and direct one's own actions, while competence involves feeling capable when interacting with one's environment or performing a specific task. Relational connections refer to one's ability to connect with others, develop empathy and take part in social relationships. The fulfilment of these basic needs increases the vitality and peace of mind in an individual's life. For example, when a person feels capable at work or in their hobbies, or when they develop healthy bonds in their relationships, they often feel more motivated, happy and fulfilled. Therefore, satisfying these basic needs increases overall psychological well-being and helps people live healthier and happier lives (Deci & Ryan, 2002).

As with all activities, engaging in sport and exercise can contribute to the fulfilment of psychological needs. Sport and exercise experiences can vary depending on factors such as the individual discovering their abilities, achieving success or experiencing failure in challenging physical tasks. Furthermore, the perception of personal connections, i.e. relationships with others, also plays an important role during sport and exercise. For example, relationships with other members in a fitness class or connections with a weight loss programme can greatly influence the experience of sport and exercise. Likewise, the autonomy felt during sport and exercise, i.e. the sense of control, can vary depending on communication styles and the characteristics of the exercise environment (Deci & Ryan, 2002).

According to SDT, the fulfilment of needs in any context is closely related to the characteristics of the social environment in which the individual is located. Therefore, the extent to which an individual's autonomy, competence and relational needs are fulfilled in activities such as sport and exercise significantly affects the level of satisfaction with the activity. In this context, it is of great importance that sport and exercise environments are appropriately organised to meet the needs of individuals and thus increase their psychological well-being (Wilson et al., 2006). Individuals' motivation to participate in recreational activities is related to many parameters. The effect of SDT on participation in physical activities, which has recently become the subject of research, has also been the subject of this study, and in this context, it was aimed to develop a measurement tool to measure the motivation to participate in recreational activities from the perspective of SDT. The results obtained with the data obtained are given in detail.

## METHOD

### Working Group

Following the creation of an item pool within the scope of the research, the first form obtained within the framework of expert opinions was tested on 50 participants participating in recreational activities to test the comprehensibility of the form. After the clarification of the scale questions, the first application was started. The sample group was reached by using purposive sampling method in terms of participation in recreational activities. In this direction, 481 participants were included in the research in the first application. The structure was determined after the exploratory factor analysis. A retest was applied to 401 participants in the sample group with the final form obtained. The final form was tested with confirmatory factor analysis.

### Data Collection Tool

The item pool created on the basis of Self Determination Theory was reduced to 47 items within the framework of expert opinions. According to the analyses, the 39-item structure was confirmed. The measurement tool, which was determined to consist of intrinsic motivation, benefit, amotivation and extrinsic motivation sub-dimensions, has a 5-point Likert structure. Likert type ranges from 1 (Strongly disagree) to 5 (Strongly agree). Internal consistency coefficients of the measurement tool ranged from .70 to .95. Details about the development of the scale are presented in the following sections. In addition, the developed measurement tool is given at the end of the study as Appendix 1.

### Data Collection

The study, which was conducted in accordance with the Principles of the Declaration of Helsinki, was based on the condition of voluntariness. The research was continued with 481 participants who were determined to participate in the activities from the sample group in which it was determined whether they participated in recreational activities or not. With the test-retest method, a second test was applied to the same group at 4-week intervals, and secondary data were obtained from 401 participants within the scope of the second test. The data were obtained through Google forms and face-to-face questionnaire method.

### Analysing the Data

In the analysis of the data, the scale development steps were followed and the data were evaluated with SPSS 25 package programme and Lisrel 8.80 programme. After the creation of the item pool for the measurement tool and the structuring of the pilot study, the data obtained were tested by exploratory factor analysis and confirmatory factor analysis.

- ✓ Creating the item pool
- ✓ Obtaining expert opinions
- ✓ Pilot implementation
- ✓ Analyses of the pilot application of the scale
- ✓ Finalising the scale and applying it to a large sample
- ✓ Confirmation of construct validity by exploratory factor analysis
- ✓ Retest application
- ✓ Verification of the final version of the scale by confirmatory factor analysis
- ✓ Reporting of the development process

### FINDINGS

Table 1. Results of sample group adequacy analysis of Recreational Activity Motivation Scale

KMO ve Bartlett's Test		
		0,963
Kaiser- Meyer- Olkin Sample Fit Measure Bartlett Sphericity Test	X <sup>2</sup>	12442,506
	sd	741
	p	0,000

p<0.01

It was determined that the sample group formed by the participants for the development of the recreational activity motivation scale was sufficient. Accordingly, it can be said that the finding of .96, which is accepted as close to 1, is an acceptable number of participants for the development phase of the measurement tool.

Table 2. Exploratory factor analysis results of Recreational Activity Motivation Scale

Item no	Intrinsic Motivation	Benefit	Amotivation	Amotivation	Explained variance	$\alpha$
r2	.770				22.11	.95
r19	.730					
r18	.706					
r12	.704					
r13	.698					
r15	.690					
r21	.662					
r11	.657					
r23	.640					
r22	.601					
r1	.601					
r26	.587					
r25	.557					
r24	.545					
r5	.407					
r43		.733			20.89	.93
r38		.722				
r46		.659				
r40		.657				
r39		.656				
r45		.652				
r44		.638				
r33		.627				
r35		.624				
r36		.598				
r34		.597				

r37	.574		
r31	.567		
r29	.553		
r30	.497		
r41	.479		
r28	.786	9.10	.84
r10	.784		
r17	.781		
r16	.778		
r9	.706		
r27	.720	6.34	.70
r8	.689		
r4	.612		
		58.44	.94

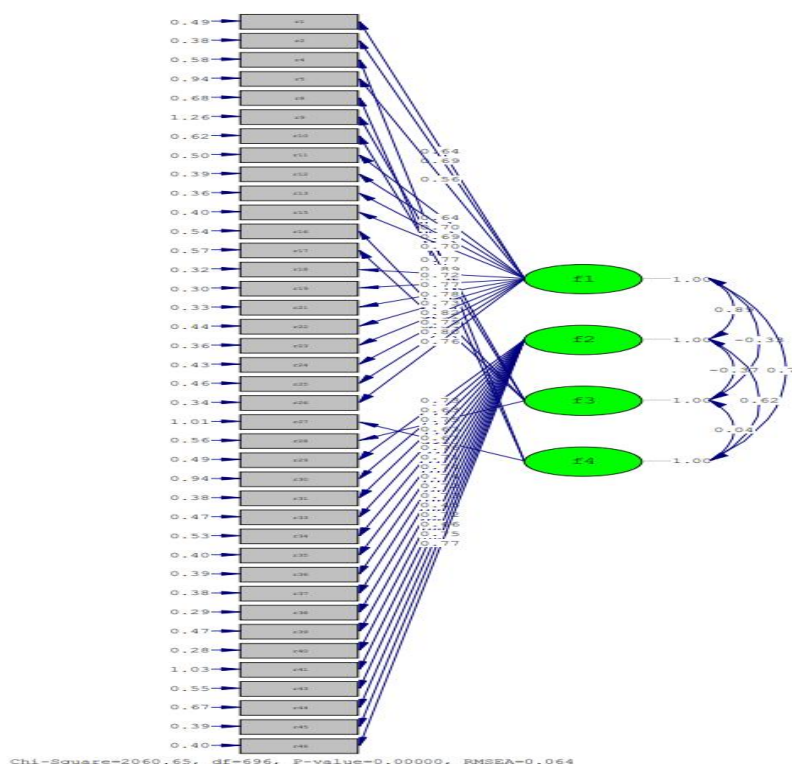
After the exploratory factor analysis, it was determined that the measurement tool was distributed in a 4-factor structure and the factor loadings ranged between .407 and .786. Rotated component analysis was used in the current factor analysis in which the cut-off value was taken as .40. Table 2 shows the exploratory factor analysis findings, variance explained by the scale and internal consistency coefficients. Accordingly, 8 items that loaded on other sub-dimensions were removed from the scale and a valid and reliable structure was obtained in line with the analyses.

While the total variance explained was 58.44%, the internal consistency coefficients were acceptable. Accordingly, the internal consistency coefficients were .95 for intrinsic motivation sub-dimension, .93 for benefit sub-dimension, .84 for amotivation sub-dimension and .70 for extrinsic motivation sub-dimension. The obtained 4-dimensional structure was tested by confirmatory factor analysis.

The measurement tool, which was determined to consist of intrinsic motivation, benefit, amotivation and extrinsic motivation sub-dimensions, has a 5-point Likert structure. Likert type ranges from 1 (Strongly disagree) to 5 (Strongly agree). The highest score that can be obtained from the scale is 195 and the lowest score is 39.

Accordingly, an increase in the scores obtained from the measurement tool indicates that the motivation of the participants towards recreational activities is high. The measurement tool can be tested on individuals who participate or intend to participate in many different recreational activities. The findings obtained show that the measurement tool can be used as a valid and reliable measurement tool in determining motivation towards recreational activities. The measurement tool can be used on different sample groups to test their motivation towards recreational activities.

Figure 1. Confirmatory factor analysis diagram

**Table 3. Fit values and standard fit criteria of the proposed model**

Fit Indexes	Acceptable Value	Obtained Value
$\chi^2/df$	$\leq 5.00$	2,96
NFI	$\geq 0.90$	0,97
NNFI	$\geq 0.90$	0,98
CFI	$\geq 0.90$	0,98
SRMR	$\leq 0.10$	0,04
RMSEA	$\leq 0.08$	0,06

Kaynak: Schumacker ve Lomax, 2004.

Table 3 shows the values calculated for the fit indices of the model and the data. According to  $\chi^2/df$ , the acceptable value should be less than 5. The obtained value of 2.96 indicates an acceptable fit. Normed and non-normed fit indices should be 0.90 and higher. Based on the result that the obtained normed and non-normed fit indices are 0.90, it can be said that it shows an acceptable fit.

The comparative fit index should be greater than 0.90, and the obtained value of 0.98 can be said to show an acceptable fit. The root of the mean of standardised error squares should be 0.10 and smaller. According to the results obtained, it shows an acceptable fit with 0.04. The square root of the squared mean of the squared error of approximation should be 0.08 and smaller, the value obtained as a result of the analysis is 0.06, which indicates that the value is acceptable.

## DISCUSSION AND CONCLUSION

The findings of the study conducted to develop a scale for determining recreational activity motivation indicate that an effective tool was developed to measure recreational activity motivation. The findings show that an effective measurement tool was developed based on motivation factors consisting of 4 sub-dimensions in participation in recreational activities. The validity and reliability findings reveal that the current measurement tool can be used on different sample groups and individuals who participate by choosing different recreational activities.

When the literature is examined, similar to the current study, the Physical Activity and Leisure Time Motivation Scale stands out as a measurement tool that has been used worldwide and translated into many languages (Kueh, Kuan & Morris, 2017; Molanorouzi, Khoo & Morris, 2014; Lankveld, Linskens, & Stolwijk, 2021; Lameiras et al., 2020; Santos-Labrador et al., 2021; Zarei et al., 2016). Related measurement tool The assessment is made in line with a 5-point Likert scale consisting of a total of 40 items. Since each subtest in

PALMS has 5 items, each PALMS subtest has a value between 5 and 20. The measurement tool differs from the current study in this respect. Another frequently used measurement tool is the Leisure Time Motivation Scale developed by Beard and Ragheb (1983). The Leisure Time Motivation Scale, which is a 48-item Likert-type scale to evaluate the psychological and sociological reasons for participation in leisure time activities, consists of 4 sub-dimensions similar to the current measurement tool. The scale, which includes Intellectual, Social, Competence-Mastery and Stimulus-Avoidance subscales, was applied to 1,205 participants aged 16 and over. The internal consistency reliability of the subscales was found to be approximately .90. The measurement tool, which is frequently used in the field of leisure, is similar to the present study. However, the existing studies revolve around research in which physical activity or leisure time is evaluated as time. In this respect, the research differs by prioritising the activities participated in. What makes the current research different from other studies is the evaluation of motivations in terms of recreational activities. Apart from the motivation scales that attribute leisure time as time, the activities are evaluated in their own context. In this direction, investigating the forms of motivation developed by individuals for the activities they participate in constitutes the unique aspect of the emergence of the measurement tool. Weissinger and Bandalos developed the measurement tool measuring the intrinsic leisure time motivation feature, which is among the sub-dimensions of motivation, in 1995. Özdemir, Ayyıldız Durhan and Karaküçük introduced the measurement tool, which was prepared for the purpose of examining intrinsic motivations, which constitute one of the sub-dimensions of the current research, in the national literature by conducting a Turkish validity and reliability study in 2020. The KMO-Barlett test findings were determined as .92, similar to the current study. After the EFA, the final scale form consisting of 5 sub-dimensions and 23 items was reached. Similar to the current study, the cut-off value was taken as .40, and it was determined that the explained variance value was 57.53% in total, and it was gathered under 5 sub-dimensions in the rotated components analysis. Confirmatory factor analysis provided evidence for construct validity (RMSEA .070, NFI 0.96, CFI 0.96, NNFI 0.96,  $\chi^2/df$  2.94). The findings obtained show that a structure compatible with the recreational activity motivation scale was determined and a valid and reliable measurement tool was created in this direction. The measurement tool developed to determine the motivation levels towards fishing as a recreational activity consists of 21 items (Ardahan, 2012). When explanatory factor analysis was performed on the Recreational Fishing Motivation Scale, the items were grouped into 6 factors. These factors are Socialising, Being in Nature-Resting, Health-Sports, Competition-Fame, Food-Giving and Getting Away. In this respect, the study, which reveals different sub-dimensions from the sub-dimensions of the known motivation scales, also stands out as Kaiser-Mayer-Olkin Sampling Adequacy Measure is 0.807, which is slightly below the current research. The internal consistency coefficient of the scale was 0.843 and the total variance explained was 64.590%. Reliability data show that the reliability of the scale is confirmed. Since the explained variance is above 40% in parallel with this, it shows that the findings explain the structure in the exploratory factor analysis. The short form of the scale developed to examine the validity and reliability of the Recreational Exercise Motivation Scale (REMM) for child athletes was introduced to the literature in 2019 (Dinç & Yavaş Tez, 2019). The measurement tool was prepared to determine the motivation of the 7-17 age group towards recreational exercise. The reliability level of the 10-item single-factor structure was determined as .83. The measurement tool, which is organised as exercise motivation, is more concerned with the activity dimension rather than the activity concept in the current research. In this context, the measurement tool makes a difference because it covers all active and passive activities. The Kaiser-Meyer-Olkin (KMO) value was found to be 0.975 and the sample size was found to be sufficient. It is observed that the total variance explained in the study in which a three-factor structure was determined was 78%, which is higher than the current study. The findings of the study in which the internal consistency coefficient of the 22-item form was determined as .97 provided a valid and reliable measurement tool similar to the current research. The study, which is structured specifically for e-sports, is used to determine the motivation of participants to participate in e-sports activities (Gül, Gül & Uzun, 2019). In another study, it was aimed to determine the motivations for activities based on open space activities. In this direction, while the KMO value was determined as .90, it was observed that the total variance was explained as 60%, although close to the current study. In the study in which factor loadings were similarly determined based on a cut-off value of .40, confirmatory factor analysis revealed findings indicating that the structure was confirmed (Gözen, 2012). It can be said that the current study, which deals with the motivations for outdoor activities as well as the activities involving indoor areas, has been tried to be prepared in a way to respond to the need in this direction. Another measurement tool evaluated as an adaptation study is the sport motivation scale. At the end of the CFA analyses, a 6-dimensional scale consisting of 24 items was obtained. Within the scope of confirmatory factor analysis, it was determined that the final fit indices were within the desired limits. The internal consistency coefficient of the scale calculated with Cronbach Alpha is above .70 for the sub-dimensions (Demir, 2022). Recreation covers all activities including sports in terms of incorporating many elements such as sportive, artistic and cultural activities. In this respect, studies can be carried out by obtaining data specific to sportive activities by determining motivations for recreational activities. In this context, the recreational activity motivation scale, which has a wide range of usage areas due to its multi-dimensionality, can be evaluated in many different fields of activity. The validity and reliability of the "Leisure Motivation Scale" (LMS), which is used to determine the motivational factors that are effective in individuals' participation in recreational activities, was tested for Turkish participants. The sub-dimensions of the measurement tool consisting of 28 items and 7 sub-dimensions are; knowing, achieving, experiencing arousal, identifying, internal reflection, external regulation



and amotivation. The measurement tool with similar sub-dimensions explains 56.98% of the total variance. The total internal consistency coefficient of the scale was calculated as 0.80. Similar to the current study, the Leisure Motivation Scale, which offers a valid and reliable measurement tool, confirms that it has a valid and reliable structure as a result of the analyses. As a result of the research, the recreational activity motivation scale proved to be a valid and reliable measurement tool with 39 items consisting of intrinsic motivation, benefit, amotivation and extrinsic motivation sub-dimensions. The recreational activity motivation scale can be used to determine the motives for participation in recreational activities in all adult groups. The measurement tool can be evaluated on the basis of all recreational activities that have been participated, provided or intended to participate. High scores from the scale indicate that individuals have high motivation for recreational activities, while low scores indicate that they show amotivation. The measurement tool can be used in different geographies, different socio-cultural structures, different age groups and different activity participation. The scale can be used without permission provided that it is cited.

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#### Appendix 1. Rekreasyonel Etkinlik Motivasyonu Ölçeği

	Kesi nitel	Katı lım	Kar ar	Katı lım	Ta ma
1. Rekreasyonel etkinliklerin yaşantımın bir parçası olduğuna inanırım.					
2. Rekreasyonel etkinliklere katılarak rahatlamış hissediyorum					
3. Rekreasyonel etkinliklere katılarak yeni sosyal ilişkiler kurmaya çalışıyorum					
4. Rekreasyonel etkinliklere katılarak rutin yaşantımın dışına çıktığımı hissediyorum					
5. Rekreasyonel etkinliklere katılarak yeteneklerimi çevremdekilere göstermekten hoşlanıyorum					
6. Rekreasyonel etkinliklerin bana faydası olduğunu düşünmüyorum					
7. Rekreasyonel etkinliklere katılmak için herhangi bir neden bulamıyorum					
8. Rekreasyonel etkinliklere katıldığımda tüm dikkatimi etkinliğe veririm					
9. Rekreasyonel etkinliklere katılarak başarılı olduğumda kendimi iyi hissedirim					
10. Rekreasyonel etkinliklere katılmak benim için önemlidir					
11. Rekreasyonel etkinliklere katılacağım gün mutlu hissederim					
12. Rekreasyonel etkinliklere katılmaya dair isteksizim					
13. Rekreasyonel etkinliklere becerilerimin çok üzerinde olduğu için katılmak istemem					
14. Rekreasyonel etkinliklere katılarak yeni şeyler öğrenmeyi severim					
15. Rekreasyonel etkinlikler hoşuma gider					
16. Rekreasyonel etkinliklerinde yeni şeyler öğrenmek bana başarılı hissettirir					
17. Katıldığım rekreasyonel etkinlikler kişisel amaçlarımla birbirini tamamlar					
18. Rekreasyonel etkinliklere katılarak hayatıma anlam kattığıma inanıyorum					
19. Rekreasyonel etkinliklere katılmak bana sorumluluk duygusu kazandırır					
20. Rekreasyonel etkinliklere katılarak yapabileceklerimin sınırlarını görmeye çalışırım					
21. Rekreasyonel etkinliklere katılarak becerilerimi geliştirmeye çalışırım					
22. Rekreasyonel etkinliklere katılarak çevrem benden beklentilerini karşılamaya çalışırım					
23. Rekreasyonel etkinliklere katılmayı sıkıcı buluyorum					
24. Rekreasyonel etkinliklere katılarak yaşamımın farklı yönlerini keşfedebiliyorum					
25. Rekreasyonel etkinliklere katılmazsam kendimi kötü hissederim					
26. Rekreasyonel etkinliklerin heyecan verici olduğunu düşünüyorum					
27. Rekreasyonel etkinliklere katıldığımda çevremden olumlu tepkiler alıyorum					
28. Rekreasyonel etkinliklere katılmak gereksiz şeyleri düşünmemi engeller					
29. Rekreasyonel etkinliklere katılmak beni daha özgür hissettirir					
30. Rekreasyonel etkinliklere katılmak formumu korumama yardımcı olur					
31. Rekreasyonel etkinliklere katılmak yeni şeyler deneyimlememi sağlar					
32. Rekreasyonel etkinlikler verimli zaman geçirmemi sağlar					
33. Rekreasyonel etkinlikleri zorluklarla baş etme becerisi kazandırır					
34. Rekreasyonel etkinlikler kişisel gelişimime katkı sağlar					
35. Rekreasyonel etkinliklere katılmak bana ilginç gelir					
36. Rekreasyonel etkinliklere katılarak günün yorgunluğundan uzaklaşıyorum					
37. Rekreasyonel etkinliklerde başarısız olsam bile katılmaktan vazgeçmem					
38. Rekreasyonel etkinliklere katıldığımda zaman hızlı geçer					
39. Rekreasyonel etkinliklere katılarak iyi bir ruh haline sahip olurum					



<i>Alt boyutlar</i>	<i>Maddeler</i>
İçsel Motivasyon	1,2,4,8,9,10,11,14,15,16,17,18,19,20,21
Fayda	24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39
Motivasyonsuzluk	6,7,11,12,13,23
Dışsal Motivasyon	3,5,22

Not: Ölçüm aracı atıf yapılmak kaydıyla izin alınmaksızın kullanılabilir.