

LIESURE MOTIVATION SCALE

Instructions

Leisure activities are described as non-work activities in which the individual has a free choice with no obligation to participate. These activities can be active or inactive and may include such things as sports, outdoor activities, social activities, watching television or reading.

Think of your favourite leisure activities and make a short mental note of them before responding to the items.

Response scale:

- 1 = never true
- 2 = seldom true
- 3 = somewhat true
- 4 = often true
- 5 = always true

ONE OF MY REASONS FOR ENGAGING IN LEISURE ACTIVITIES IS?

Please Circle Answer

1	To expand my interests	1	2	3	4	5
2	To seek stimulation	1	2	3	4	5
3	To make things more meaningful for me	1	2	3	4	5
4	To learn about things around me	1	2	3	4	5
5	To satisfy my curiosity	1	2	3	4	5
6	To explore new ideas	1	2	3	4	5
7	To learn about myself	1	2	3	4	5
8	To expand my knowledge	1	2	3	4	5
9	To discover new things	1	2	3	4	5
10	To be creative	1	2	3	4	5
11	To be original	1	2	3	4	5
12	To use my imagination	1	2	3	4	5
13	To be with others	1	2	3	4	5
14	To build friendships with others	1	2	3	4	5
15	To interact with others	1	2	3	4	5
16	To develop close friendships	1	2	3	4	5
17	To meet new and different people	1	2	3	4	5
18	To help others	1	2	3	4	5
19	So others would think well of me doing it	1	2	3	4	5
20	To reveal my thoughts, feelings, or physical skills to others	1	2	3	4	5
21	To influence others	1	2	3	4	5

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