

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

Continued Overleaf

Response scale:

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 4 = often true
 5 = always true

ONE OF MY REASONS FOR ENGAGING IN LEISURE ACTIVITIES IS?

Please Circle Answer

22	To be socially competent and skillful	1	2	3	4	5
23	To gain a feeling of belonging	1	2	3	4	5
24	To gain other's respect	1	2	3	4	5
25	To get a feeling of achievement	1	2	3	4	5
26	To see what my abilities are	1	2	3	4	5
27	To challenge my abilities	1	2	3	4	5
28	Because I enjoy mastering things	1	2	3	4	5
29	To be good in doing them	1	2	3	4	5
30	To improve my skill and ability in doing them	1	2	3	4	5
31	To compete against others	1	2	3	4	5
32	To be active	1	2	3	4	5
33	To develop physical skills and abilities	1	2	3	4	5
34	To keep me in shape physically	1	2	3	4	5
35	To use my physical abilities	1	2	3	4	5
36	To develop physical fitness	1	2	3	4	5
37	To be in a calm atmosphere	1	2	3	4	5
38	To avoid crowded areas	1	2	3	4	5
39	To slow down	1	2	3	4	5
40	Because I like to be alone	1	2	3	4	5
41	To relax physically	1	2	3	4	5
42	To relax mentally	1	2	3	4	5
43	To avoid the hustle and bustle of daily activities	1	2	3	4	5
44	To rest	1	2	3	4	5
45	To relieve stress and tension	1	2	3	4	5
46	To do something simple and easy	1	2	3	4	5
47	To unstructure my time	1	2	3	4	5
48	To get away from the responsibilities of everyday life	1	2	3	4	5

Thank you for completing this survey.

Beard & Ragheb (1983)

Leisure Motivation

Scoring Instructions

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Subscales

Intellectual – items 1-12

Social – items 13-24

Competency/Mastery – items 25-36

Stimulus Avoidance – items 37-48

Subscale Totals

Intellectual

Social

Competency/Mastery

Stimulus avoidance