

Scale Description

This scale assesses people's motivation for engaging in their 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.

References

Pelletier, L.G., Vallerand, R.J., Brière, N.M., & Blais, . Construction et validation de l'Échelle de motivation vis-à-vis les Loisirs (EML). Communication présentée au congrès annuel de la SQRP, Ottawa, ON, 28 octobre 1989. Résumé des communications, p.146.

LEISURE MOTIVATION SCALE (LMS-28)

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ATTITUDE IN LEISURE

Indicate the leisure activities that you do most often, and to which you will refer throughout the questionnaire (e.g., reading, going out): _____

Using the scale below, indicate to what extent each of the following items presently corresponds to one of the reasons for which you practice this leisure.

Does not correspond at all	Corresponds a little		Corresponds moderately		Corresponds a lot		Corresponds exactly	
1	2	3	4	5	6	7	7	7

WHY DO YOU GENERALLY DO YOUR LEISURE ACTIVITIES ?

1. To avoid doing other tasks.	1	2	3	4	5	6	7
2. Because I experience a lot of pleasure and satisfaction in learning new things.	1	2	3	4	5	6	7
3. Because in my opinion, it is a good way to develop social, physical or intellectual abilities that will be useful to me later.	1	2	3	4	5	6	7
4. For the pleasure I feel in living exciting experiences.	1	2	3	4	5	6	7
5. I can't come to see why I do leisure activities, and frankly I don't really care.	1	2	3	4	5	6	7
6. For the satisfaction I feel when I try to overcome interesting challenges.	1	2	3	4	5	6	7
7. Because it is very important for me to fill my free time.	1	2	3	4	5	6	7
8. Because I don't like to appear as someone who does nothing.	1	2	3	4	5	6	7
9. For the pleasure of knowing more about subjects that appeal me.	1	2	3	4	5	6	7
10. Because it's one of the ways that I have chosen to make improvements on a personal level.	1	2	3	4	5	6	7
11. For the sense of freedom that I experience while doing the activity.	1	2	3	4	5	6	7
12. I don't really know; I don't think that leisure activities suit me.	1	2	3	4	5	6	7
13. For the pleasure I feel when I outdo myself in interesting activities.	1	2	3	4	5	6	7
14. Because in life you absolutely need leisure activities to be happy.	1	2	3	4	5	6	7
15. Because sometimes it allows me to be appreciated by others.	1	2	3	4	5	6	7

16. Because it allows me to deepen my understanding of subjects that interest me.	1	2	3	4	5	6	7
17. Because it's the way I've chosen to acquire abilities in other areas that are important to me.	1	2	3	4	5	6	7
18. Because my leisure activities give me a real "high".	1	2	3	4	5	6	7
19. I don't really know; I have the impression that there isn't any activity that I could do very well.	1	2	3	4	5	6	7
20. For the pleasure of surpassing myself while doing activities that are challenging for me.	1	2	3	4	5	6	7
21. Because I absolutely must feel busy.	1	2	3	4	5	6	7
22. To show others that I am a dynamic person.	1	2	3	4	5	6	7
23. Because it allows me to explore many interesting domains.	1	2	3	4	5	6	7
24. Because doing leisure activities is one of the ways that allows me to develop other aspects of myself.	1	2	3	4	5	6	7
25. For the simple pleasure of feeling deeply relaxed.	1	2	3	4	5	6	7
26. Honestly, I don't know; I have the impression that I'm wasting my time when I do leisure activities.	1	2	3	4	5	6	7
27. For the satisfaction I get while trying to master complex activities.	1	2	3	4	5	6	7
28. Because I absolutely must have my leisure time to be in a good mood.	1	2	3	4	5	6	7

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KEY FOR LMS-28

- # 2, 9, 16, 23 **Intrinsic motivation - to know**
 - # 6, 13, 20, 27 **Intrinsic motivation - to accomplish**
 - # 4, 11, 18, 25 **Intrinsic motivation - to experience stimulation**
 - # 3, 10, 17, 24 **Extrinsic motivation - identified**
 - # 7, 14, 21, 28 **Extrinsic motivation - introjected**
 - # 1, 8, 15, 22, **Extrinsic motivation - external regulation**
 - # 5, 12, 19, 26 **Amotivation**
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