Psychometric Properties of a German-Language Scale to Assess Sport Satisfaction (SSS)

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Measuring Sport Satisfaction: A Missing Piece

- Satisfaction: a key predictor of motivation and well-being in sport
- Absence of validated tools for capturing the cognitive evaluation of sport and exercise experiences
- Existing life-satisfaction adaptations: unclear or confounding satisfaction with affect (e.g., enjoyment)
- Development and validation of a brief German Sport Satisfaction Scale
- Adaptation from the domain-specific self-satisfaction scale (BSZ; Hormuth & Lalli, 1988, 1997)

Methods and Results

- 285 young adults (M = 23.1 years, SD = 3.5; 43.9% female, 55.8% male, 0.4% other)
- Support for a one-factor structure
- High internal consistency (ω = .80)
- Measurement invariance across gender, organized sport participation, and competitive sport involvement
- Positive associations with passion, physical self-concept, and athletic identity

Figure 1
Single-Factor Model of the Sport Satisfaction Scale
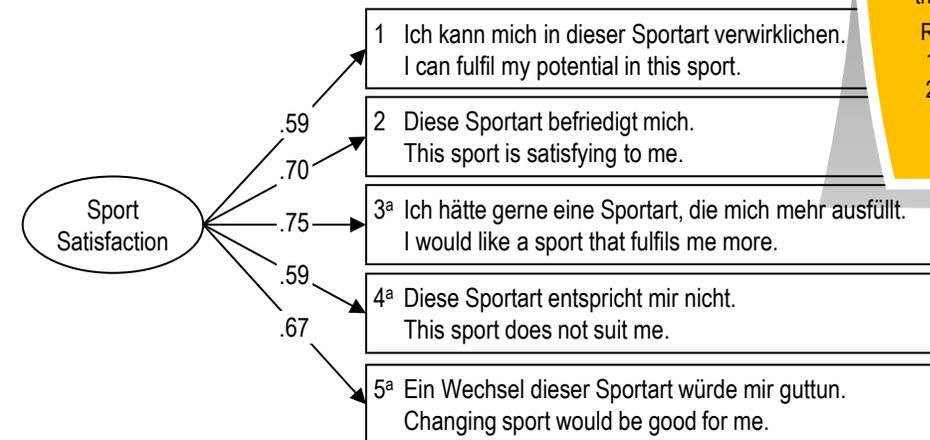
Note. N = 285. Standardized factor loadings. MLR-χ^2 = 2.275, df = 4, p = .685; CFI = 1.000, RMSEA = .000, 95% CI [.000, .069], SRMR = .014. [a] Reverse-coded item.

Conclusion

- A brief, valid, and versatile measure of sport satisfaction
- Facilitation of research on psychological functioning and well-being in sport
- Useful as a secondary outcome variable across sport and exercise contexts
- Future directions: further validation and translations into other languages

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