

# Psychological Motivators that Enhance Confidence and Participation in Sports Among Students with Poor Physical Fitness: A Cross-Sectional Study

The primary goal of this research is to explore the motivation for people who need sports intervention as a way to improve their physical/mental issues to be willing to try sports or to have such hobby, so that they can improve their physical/psychological health. All the questions are designed for research purposes only, all your personal information will be kept strictly private. For questions you find sensitive, you can choose "I prefer not to say". Otherwise, please try to be 100% honest with your answer, the accurate information you provide will significantly help everyone who needs your help.

## Before You Begin:

By completing and submitting this questionnaire, you confirm that you have read and agreed terms outlined in the consent document. This research is IRB approved so your rights will be protected by both research team and IRB office as we noted in the consent

The full consent document can be found at: [Consent Form](#)

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1. First name \*

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2. Last name \*

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3. What is your gender \*

- ☐ Male
- ☐ Female
- ☐ Other
- ☐ I prefer not to say

4. What is your ethnicity \*

- ☐ Asian
- ☐ White
- ☐ Black or African American
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ American Indian or Alaska Native
- ☐ Others
- ☐ I prefer not to say

5. What is your age group \*

- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-64
- ☐ 65 and over
- ☐ I prefer not to say

6. Which one below is the most precise description for your physical activity involvement (Physical activity refers to any activity that works your muscles and requires more energy than resting including competitive sports, all kinds of dancing, jogging, and so on)

- ☐ I never or only participate when I have to
- ☐ I play sports sometimes (1-2 times per week) but it's not really a hobby
- ☐ I am training/exercising regularly but not trying to be professional
- ☐ I am training to become a competitive athlete
- ☐ I am already somewhat of an accomplished athlete

7. If you chose option 1 or 2 for question 4: on a scale of 0-5, how would you evaluate the significance of the following concerns regarding sports participation

	0 - Strongly Disagree	1	2	3	4 - Strongly Agree
<b>I don't think sports is necessary and it wont change my life</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I am too busy to have such a hobby</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I don't think I am good at it</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Playing sports is too tired</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Lacking the motivation for long term consistency</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My friend will laugh at me</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Except for the reasons listed above, are there any other concerns that stop you from participating in sports (If not please put N/A)

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9. Do you have any clinically diagnosed physical or psychological illnesses \*

- ☐ Yes for physical
- ☐ Yes for psychological
- ☐ Yes for Both
- ☐ I think I have physical one, but not diagnosed
- ☐ I think I have psychological one, but not diagnosed
- ☐ I think I have both, but not diagnosed
- ☐ No
- ☐ I prefer not to say

10. If you chose options 1,2 or 3 for the above question, what is the name of the illness? if you chose others, please put N/A to this question

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11. If you chose options 3-5 for question 4, what motivates you to participate in sports? \*

	0 - Strongly Disagree	1	2	3	4 - Strongl Agree
<b>Improve physical appearance</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Improve physical health</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Improve mental health(EX: pressure,anxiety,disorder)</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Improve physical fitness(Sports performance)</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Passion for the sport</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>To be a professional athelete</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Except for what is listed above, is there anything else that motivates you to participate in sports? (If no please put N/A)

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13. If you chose options 3-5 for question 4, what kind of sport do you play? (Choose 2 at most)

- ☐ Competitive Individual sports(EX:powerlifting, weightlifting, boxing)
- ☐ Competitive Team sports(EX: football, basketball)
- ☐ Non-competitive sports (EX: dancing, walking, general lifting)

14. How accurate are the following descriptions to your personal experience? \*

	1 - Strongly Disagree	2	3	4	5 - Strongly Agree
You used to be less confident in doing sports, and failed many times when you played certain sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You used to have a bad fitness level/physique and feel bad about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
But as you start dedicating yourself to a certain sport consistently, your mindset has changed: now you are stronger both physically and mentally, and you have more self-love	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. If your response was 4 or 5 for the above question, what made you get into your current sport and what is your motivation to start consistently working on the sport? if you choose other options please put N/A (Short response question)

16. Do you agree that for athletes (or sports teams) who have similar skill levels, their mental states (EX: Confidence, calmness, etc.) is the key factor that determines who (or which team) can win

1 2 3 4 5

Strongly disagree ☐ ☐ ☐ ☐ ☐ Strongly agree

17. Do you agree that sometimes, for TWO COMPETING athletes(or sports teams) who have a noticeable difference in skill level? (or past performance), positive psychological status allows the weaker" ATHLETE (or TEAM) to beat the stronger ONE?

1   2   3   4   5

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Strongly disagree   ☐   ☐   ☐   ☐   ☐   Strongly agree

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18. On a scale of 1- 5, how would you evaluate your physical fitness(if you feel uncomfortable answering you may skip)

1   2   3   4   5

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Poor   ☐   ☐   ☐   ☐   ☐   Perfect

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19. On a scale of 1- 5, how would you evaluate your mental health overall (if you feel uncomfortable answering you may skip)

1   2   3   4   5

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Poor   ☐   ☐   ☐   ☐   ☐   Perfect

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## Self-compassion Scale(SCS)

This scale is developed by Dr.Kristin Neff to test your general self-compassion level. (It may not be used to detect psychological diseases). This questionnaire has permission to use this scale.

On a scale of one to five, you may select the level of number that is most consistent with your situation. You are expected to be completely honest with your answer due to your first impression when you see the question to guarantee the accuracy of the answers. After you finish the scale, you may check your self-compassion level based on the following algorithm:

Self-Kindness Items: 2, 6

Self-Judgment Items (Reverse Scored): 11, 12

Common Humanity Items: 5, 10

Isolation Items (Reverse Scored): 4, 8

Mindfulness Items: 3, 7

Over-identification Items (Reverse Scored): 1, 9

To reverse score items (1=5, 2=4, 3=3, 4=2, 5=1).

To compute a total self-compassion score, first reverse score the negative subscale items: self-judgment, isolation, and over-identification. Then take the mean of each subscale, and compute a total mean (the average of the six subscale means).

Reference:

Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*. 18, 250-255.

### 20. Self-compassion scale(SCS)

	1 - Almost Never	2	3	4	5 - Almost Always
<b>1.When I fail at something important to me I become consumed by feelings of inadequacy</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>2.I try to be understanding and patient towards those aspects of my personality I don't like</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>3.When something painful happens I try to take a balanced view of the situation</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



4. When I'm feeling down, I tend to feel like most other people are probably happier than I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I try to see my failings as part of the human condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When I'm going through a very hard time, I give myself the caring and tenderness I need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. When something upsets me I try to keep my emotions in balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. When I fail at something that's important to me, I tend to feel alone in my failure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. When I'm feeling down I tend to obsess and fixate on everything that's wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I'm disapproving and judgmental about my own flaws and inadequacies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I'm intolerant and impatient towards those aspects of my personality I don't like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Unidentifiable information retaining permission

We may conduct other research projects related with this topic in the future, so that the information we collected from you will be very valuable for future studies as well. However, in order to protect your right of privacy, as we mentioned in the consent. **All the unidentifiable information we collected from this research projects will be retained for unspecified future research projects ONLY if you give us the permission.** (unidentifiable information refers to the information that will not directly identify you, which not include your contact information that you may provide below. If you provide the contact information below, we will ask you for another permission to retain that information in the interview. If we decided not conduct an interview, the contact information you provided will NOT be retained after this research project)

21. Do you give us permission to retain your information from this survey for research purposes? (all information is de-identified)

☐ Yes

☐ No

