

The development of the Sport Commitment Questionnaire-2 (English version)



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ABSTRACT

Objectives: The purpose of this research was to develop the Sport Commitment Questionnaire-2 (SCQ-2) and establish its psychometric properties. The SCQ-2 measures the updated Sport Commitment Model (SCM: Scanlan, Russell, Scanlan, Klunchoo, & Chow, 2013) and replaces the outdated Sport Commitment Questionnaire (SCQ) that assessed the original SCM (Scanlan, Simons, Carpenter, Schmidt, & Keeler, 1993).

Design: Based on prior commitment research, items were generated to refine and expand the original SCQ subscales and to measure new candidate constructs to the SCM. A multiphase study was then conducted.

Methods: Phase 1 participants were 753 male/female adolescent athletes (ages 13–19 years) from six sports representing varying levels of task interdependence. Using similar methodology as Phase 1, Phase 2 assessed 982 male/female adolescent athletes.

Results: Exploratory factor analysis of Phase 1 data revealed 13 factors: two types of commitment (Enthusiastic and Constrained) and 11 sources. Confirmatory factor analysis of Phase 2 data supported a 58-item, 12-factor structure. In addition, all subscales were internally consistent. Structural equation modeling revealed that the sources explained 81.8% of the variance in Enthusiastic Commitment and 63.9% in Constrained Commitment.

Conclusions: The SCQ-2 assesses the sources and types of commitment in the updated SCM. Based on several indices of fit and the composite reliabilities, psychometric support for the SCQ-2 was established.

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One significant way to move the science and practice forward in any field is to develop effective measurement tools. The primary objective of this project was to produce a sound, up to date, ecologically valid assessment instrument to advance research in sport commitment and for use as an intervention aid by applied sport psychologists. To this end, we have added to the existing knowledge base in two ways. First, we have updated and refined our previous quantitative instrument to assess the new Sport Commitment Model (SCM) with its significant additions and refinements to the original theoretical model of sport commitment.

Second, through the process of quantifying the model constructs using what we have learned in our qualitative interview research, we have sharpened the assessment and deepened the understanding of commitment.

The specific purpose of this research was to develop the Sport Commitment Questionnaire-2 (SCQ-2) and establish its psychometric properties. The SCQ-2 measures the updated SCM and replaces the first Sport Commitment Questionnaire (SCQ) developed almost 25 years ago. The project used a multiphase design and studied two separate, and large heterogeneous samples of adolescent athletes.

The SCQ-2 includes 13 subscales, consisting of two types of psychological commitment and 11 sources. Benefitting from the quantitative studies of many scientists and our mixed-methods research, the SCQ-2 captures the commitment process in a more

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comprehensive and nuanced manner than ever before. The commitment sources account for more than 81% and 63% of the respective variances for Enthusiastic Commitment (Wanting to persist in an endeavor) and Constrained Commitment (Having to persist in an endeavor).

Sharing what we have learned using a mixed-methods approach to our research provides a second, more process-oriented objective of this manuscript. Mixed-methods research for us involved combining quantitative and qualitative methods over a series of studies. We began our work with quantitative methods when we first conceptualized the SCM, developed the original SCQ, and then tested the model in our survey studies. As cited throughout this manuscript, other scientists joined this effort and employed various quantitative approaches to study commitment.

As an increasing number of complex questions emerged from the amassed quantitative results, we incorporated qualitative interview methods into our research to reap the information rich and ecologically valid data that they can yield. This step was key to better understanding the workings of each specific model component, as well as to determining if new constructs needed to be added to the SCM. To achieve these two outcomes, we developed the Collaborative Interview Method and conducted the Project on Elite Athlete Commitment (PEAK). We drew heavily on the PEAK interview results as well as prior quantitative data to develop the updated SCM and SCQ-2. As previously mentioned, it is at this stage of the research process that we quantified the rich information gained from the qualitative research. And thus, we have gone full circle by using quantitative and then qualitative methods, and in this study, we returned to a quantitative approach. As will be seen in this manuscript, the interplay of these methods occurs at the SCM construct level and continues all the way through the item development process for the SCQ-2.

The Sport Commitment Model

The SCM represents a theoretical framework to examine commitment and explains why athletes continue involvement in their sport. We define Sport Commitment as the psychological state to persist in a sport over time. The model contains sources of commitment that predict two types of commitment. Fig. 1 illustrates the theoretical model used for the development of the SCQ-2. Solid boxes represent previously established components assessed in the original SCQ (Scanlan, Simons, Carpenter, Schmidt, & Keeler, 1993), and dashed boxes reflect new candidate constructs identified for model expansion (Scanlan, Russell, Magyar, & Scanlan, 2009; Scanlan, Russell, Scanlan, Klunchoo, & Chow, 2013). Table 1 presents the definitions for each model construct, including subcategories.

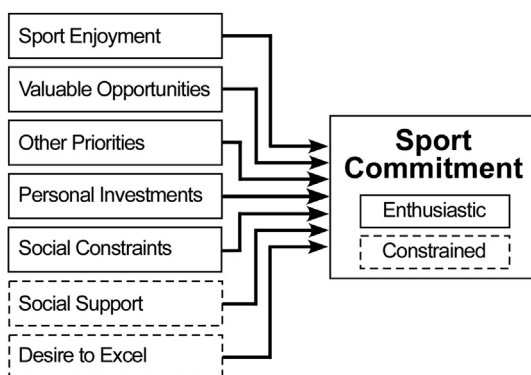


Fig. 1. Model used for the development of the SCQ-2.

The original SCM, represented by solid boxes in Fig. 1, contained five sources of Enthusiastic Commitment (formerly, Sport Commitment): Sport Enjoyment, Valuable Opportunities (formerly, Involvement Opportunities), Other Priorities (formerly, Involvement Alternatives), Personal Investments, and Social Constraints (Scanlan, Carpenter, Schmidt, Simons, & Keeler, 1993). Sport Commitment has been replaced with Enthusiastic Commitment in the current study to denote the positive or “want to” side of commitment.

Several modifications and expansions have been made to the original SCM that were adopted for the present study. Specifically included were two new candidate sources (Social Support and Desire to Excel) and a new candidate type of commitment (Constrained). Social Support has been added to the model as a predictor of commitment (Scanlan et al., 2009) based on prior quantitative (e.g., Carpenter, 1992; Carpenter & Coleman, 1998; Weiss & Weiss, 2007) and qualitative (Scanlan, Russell, Beals, & Scanlan, 2003; Scanlan et al., 2009) findings.

The Desire to Excel construct was derived as a source of Enthusiastic Commitment from in-depth interviews with elite athletes using inductive content analysis (Scanlan et al., 2013). This desire likely applies to other athlete groups and has been included in the present study to test its generalizability to adolescents.

Constrained Commitment has been added to the SCM as a second type of commitment to provide a more complete picture of the commitment process and to further explain why athletes persist in sport. Brickman (1987) suggested that the nature of commitment includes a functional component as well as an obligatory component. In other words, individuals can persist in an endeavor because they “want to” and because they “have to.” Importantly, individuals can be both functionally and obligatorily committed to an activity at any point in time, and levels can change or fluctuate over time (Brickman, 1987). Enthusiastic Commitment and Constrained Commitment represent the functional and obligatory types of commitment, respectively, in the SCM.

Indirect support for the distinction between Enthusiastic and Constrained Commitment can be seen in the respective autonomous and controlled motivations presented in Self-Determination Theory (SDT). While not focused on psychological commitment, autonomous motivation occurs when people endorse their own actions and act with full volition because they find the activity to be personally valuable. On the other hand, controlled motivation represents perceptions of being coerced or persuaded (Deci, 2014; Standage & Ryan, 2012).

Commitment research using various approaches has more directly supported an obligatory or constrained type of commitment, and has found that the construct has a small positive correlation with the enthusiastic form of commitment (e.g., Raedeke, 1997; Raedeke, Granzky, & Warren, 2000; Weiss & Weiss, 2003, 2006; Wilson et al., 2004; Young & Medic, 2011). Additionally, results indicate that the two types of commitment may have unique sources, similar sources with similar effects, and similar sources with opposite effects.

The SCM predicts that all sources strengthen Enthusiastic Commitment with the exception of Other Priorities, which lessens it. Although Social Constraints is hypothesized to be a positive predictor of Enthusiastic Commitment, there have been inconsistent findings with studies showing no effect (Scanlan, Carpenter et al., 1993; Scanlan et al., 2003; Sousa, Torregrosa, Viladrich, Villamarín, & Cruz, 2007) or a weak negative effect (Carpenter & Scanlan, 1998; Carpenter, Scanlan, Simons, & Lobel, 1993).

Although Constrained Commitment is a new addition to this version of the SCM, there is some research regarding its sources. Two studies found that Social Constraints, Other Priorities, and Personal Investments were positively associated with “have to” or

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