APPENDICES

I  Children’s Attitude Towards Physical Activity Inventory

II  Sports Achievement Motivation Test

III  Rosenberg Self-Esteem Scale

IV  General Self-Efficacy Scale
APPENDIX –I

Format for the Children’s Attitude Toward Physical Activity Inventory*

How do you feel about the idea in the box?

<table>
<thead>
<tr>
<th>Physical Activity for Health And Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking part in physical Activities to make your Health</td>
</tr>
<tr>
<td>Better and to get your body in better condition</td>
</tr>
</tbody>
</table>

Always think about the idea in the box.

1. Good
   -: -: -: -: -: -: -: Bad
   1 2 3 4 5 6 7

2. Of no use
   -: -: -: -: -: -: -: Useful
   1 2 3 4 5 6 7

3. Not pleasant
   -: -: -: -: -: -: -: Pleasant
   1 2 3 4 5 6 7

4. Bitter
   -: -: -: -: -: -: -: Sweet
   1 2 3 4 5 6 7

5. Nice
   -: -: -: -: -: -: -: Awful
   1 2 3 4 5 6 7

6. Happy
   -: -: -: -: -: -: -: Sad
   1 2 3 4 5 6 7

7. Dirty
   -: -: -: -: -: -: -: Clean
   1 2 3 4 5 6 7

8. Steady
   -: -: -: -: -: -: -: Nervous
   1 2 3 4 5 6 7

1. Physical activity as a social experience: Physical activities that give you a chance to meet new people and be with your friends.

2. Physical activity for health and fitness: Taking part in physical activities to make your health better and to get your body in better condition.

3. Physical activities as a thrill but involving some risk: Physical activities are dangerous. They also can be exciting because you move very fast and must change directions quickly.

4. Physical activity as the beauty in human movement: Physical activities that have beautiful movements. Examples are ballet dancing, gymnastics-tumbling, and figure skating on ice.

5. Physical activity for the release of tension: Taking part in physical activities to get away from problems you might have. You can also get away from problems by watching other people in physical activities.

6. Physical activity as long as long and hard training: Physical activity that have long and hard practices.

To spend time in practice you need to give up other things you like to do.

Each dimension is rated on the basis of eight pairs of bipolar adjectives, which are separated by a 7 point continuum.

Scoring. Each of the six scales is scored separately. The maximum score for each dimension is 56.
APPENDIX - II

SPORTS ACHIEVEMENT MOTIVATION TEST

DIRECTIONS:

- “WHAT YOU WISH TO BE IN YOUR SPORTS CAREER” is an important proposition for you as a student as well as a player of some game/sport.

- This test is meant to make you understand this proposition as well as to help you more in this direction.

- Below are given some incomplete statements to which can be completed by choosing either of the two proposed parts against each statement. Please TICK the statement which you think corresponds best to your thinking.

- This has nothing to do with your examination.

- Your response will be kept secret.

- Answer all the questions without hesitation.

- Complete the test as early as possible without thinking too much over a statement.
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Option A</th>
<th>Option B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I enjoy playing ………………</td>
<td>a) Vigorous game (s)</td>
<td>b) Game (s) which requires little physical effort</td>
</tr>
<tr>
<td>2.</td>
<td>As a player I like to be called ……</td>
<td>a) A well skilled player</td>
<td>b) A top performer</td>
</tr>
<tr>
<td>3.</td>
<td>In my life I would like to …….</td>
<td>a) Use sport as a profession.</td>
<td>b) Use my sports achievements to get other benefits like employment, admission etc.</td>
</tr>
<tr>
<td>4.</td>
<td>I want to earn fame in sports …….</td>
<td>a) By my hard work.</td>
<td>b) By influencing officials/ selectors.</td>
</tr>
<tr>
<td>5.</td>
<td>During the holidays, I want …….</td>
<td>a) To watch matches</td>
<td>b) To spend time in perfecting my game</td>
</tr>
<tr>
<td>6.</td>
<td>I take pride in being called………</td>
<td>a) Sportsman of fine manner.</td>
<td>b) A sportsman of perfect techniques and skills</td>
</tr>
<tr>
<td>7.</td>
<td>It is my nature …….</td>
<td>a) To just participate in sports rather than to complete</td>
<td>b) To take sports competitions seriously</td>
</tr>
<tr>
<td>8.</td>
<td>I play the game………</td>
<td>a) To keep good health only</td>
<td>b) To just earn fame</td>
</tr>
<tr>
<td>9.</td>
<td>I feel extremely unhappy when …….</td>
<td>a) I lose a competition</td>
<td>b) I lose my sports equipment or kit.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>---</td>
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<td></td>
</tr>
</tbody>
</table>
|10. | Generally I make friends with  | a) Those who are outstanding sportsman though less influential  
b) Those who are highly influential but sportsmen of lesser ability  |
|   | …… |   |
|11. | I have a tendency to concentrate  | a) On one event only.  
b) On more than one event.  |
|   | …… |   |
|12. | I feel my success depends upon  | a) M own hard work.  
b) My friends or officials.  |
|   | …. |   |
|13. | I want to practice sports so that  | a) I may be selected to represent  
b) So that I may keep fit  |
|   | ……. |   |
|14. | I feel that winning in sports is  | a) Something to be proud of.  
b) Everything for me.  |
|   | ……. |   |
|15. | I shall feel contented if my team…….. | a) Just wins a match  
b) Crushes the opposite team  |
|   |   |   |
|16. | In near future, I shall be …… | a) A star sportsman  
b) A rich person.  |
|   |   |   |
|17. | Generally I have a feeling that  | c) I must represent my country in my sport.  |
|   | ….. |   |
|18. | Criticism on my performance  | a) Helps me to work harder.  
b) Discourages me a great deal.  |
|   | …… |   |
|19. | I would like to ……… | a) Do much better than others.  
b) To best within my power  |
|   |   |   |
|20. | Generally I have a feeling …… | a) That I would create a new record in my game/sport.  
b) That I shall retire before I reach the top in my game.  |

10. Generally I make friends with ……

11. I have a tendency to concentrate ……

12. I feel my success depends upon …. 

13. I want to practice sports so that ……

14. I feel that winning in sports is ……

15. I shall feel contented if my team ……

16. In near future, I shall be ……

17. Generally I have a feeling that ……

18. Criticism on my performance ……

19. I would like to ……

20. Generally I have a feeling ……
APPENDIX - III

Rosenberg Self-Esteem Scale (Rosenberg, 1965)

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle SA. If you agree with the statement, circle A. If you disagree, circle D. If you strongly disagree, circle SD.

1. On the whole, I am satisfied with myself.  
2. *At times, I think I am no good at all  
3. I feel that I have a number of good qualifies  
4. I am able to do things as well as most other people  
5. *I feel I do not have much to be proud of  
6. *I certainly feel useless at times  
7. I feel that I’m a person of worth, at least on an equal plane with other  
8. *I wish I could have more respect for myself  
9. *All in all, I am inclined to feel that I am a failure  
10. I take a positive attitude toward myself

Scoring: SA = 4, A=3, D=2, SD=1. Item with an asterisk are reverse scored, that is, SA =1, A=2, D=3, SD=4. Sum the scores for the 10 items. The higher the score, the higher the self esteem.
The scale may be used without explicit permission. The author’s family, however, would like to be kept informed of its use:

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References

References with further characteristics of the scale:

### APPENDIX - IV

**GENERAL SELF EFFICACY SCALE**

<table>
<thead>
<tr>
<th>Items:</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I can always manage to solve difficult problems if I try hard enough</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. If someone opposes me, I can find the means and ways to get what I want</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. It is easy for me to stick to my aims and accomplish my goals.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. I am confident that I could deal efficiently with unexpected events.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Thanks to my resourcefulness, I know how to handle unforeseen situations.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I can solve most problems if I invest the necessary effort.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I can remain calm when facing difficulties because I can rely on my coping abilities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. When I am confronted with a problem, I can usually find several solutions.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. If I am in trouble, I can usually think of a solution.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. I can usually handle whatever comes my way.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


**Rating Scale:**

A = Not at all true  B = Hardly true  C = Moderately true  D = Exactly true