

CALIFORNIA STATE UNIVERSITY, SACRAMENTO
 School of Health and Human Services
Department of Recreation and Leisure Studies

RLS 122 -- Perspectives on Leisure

LEISURE MOTIVATIONS ASSESSMENT

Instructions: Decide how important and/or meaningful each leisure experience motivation is to you by marking the appropriate Likert Scale number to the right of each selection using the criteria below.

(1) Not important (2) Seldom important (3) Somewhat important (4) Often important (5) Always important

From my own experience with the leisure process, I enjoy being able to:

How important are each of the leisure experience motivations to your leisure satisfaction?

1	learn about things around me.	1	2	3	4	5
2	unstructure my time.	1	2	3	4	5
3	satisfy my curiosity.	1	2	3	4	5
4	escape the boredom of daily routines.	1	2	3	4	5
5	gain a feeling of belonging.	1	2	3	4	5
6	discover new things.	1	2	3	4	5
7	relax physically.	1	2	3	4	5
8	use my physical abilities.	1	2	3	4	5
9	use my imagination.	1	2	3	4	5
10	build friendships with others.	1	2	3	4	5
11	help or assist others.	1	2	3	4	5
12	explore new ideas.	1	2	3	4	5
13	develop close relationships.	1	2	3	4	5
14	reveal my thoughts, feelings to others.	1	2	3	4	5
15	rest.	1	2	3	4	5
16	gain other's respect.	1	2	3	4	5

	(1) Not important	(2) Seldom important	(3) Somewhat important	(4) Often important	(5) Always important			
17				1	2	3	4	5
18				1	2	3	4	5
19				1	2	3	4	5
20				1	2	3	4	5
21				1	2	3	4	5
22				1	2	3	4	5
23				1	2	3	4	5
24				1	2	3	4	5
25				1	2	3	4	5
26				1	2	3	4	5
27				1	2	3	4	5
28				1	2	3	4	5
29				1	2	3	4	5
30				1	2	3	4	5
31				1	2	3	4	5
32				1	2	3	4	5
33				1	2	3	4	5
34				1	2	3	4	5
35				1	2	3	4	5
36				1	2	3	4	5
37				1	2	3	4	5
38				1	2	3	4	5

	(1) Not important	(2) Seldom important	(3) Somewhat important	(4) Often important	(5) Always important			
39				1	2	3	4	5
40				1	2	3	4	5
41				1	2	3	4	5
42				1	2	3	4	5
43				1	2	3	4	5
44				1	2	3	4	5
45				1	2	3	4	5
46				1	2	3	4	5
47				1	2	3	4	5
48				1	2	3	4	5
49				1	2	3	4	5
50				1	2	3	4	5
51				1	2	3	4	5
52				1	2	3	4	5
53				1	2	3	4	5
54				1	2	3	4	5
55				1	2	3	4	5
56				1	2	3	4	5
57				1	2	3	4	5
58				1	2	3	4	5
59				1	2	3	4	5
60				1	2	3	4	5

	(1) Not important	(2) Seldom important	(3) Somewhat important	(4) Often important	(5) Always important			
61				1	2	3	4	5
62				1	2	3	4	5
63				1	2	3	4	5
64				1	2	3	4	5
65				1	2	3	4	5
66				1	2	3	4	5
67				1	2	3	4	5
68				1	2	3	4	5
69				1	2	3	4	5
70				1	2	3	4	5
71				1	2	3	4	5
72				1	2	3	4	5
73				1	2	3	4	5
74				1	2	3	4	5
75				1	2	3	4	5
76				1	2	3	4	5
77				1	2	3	4	5
78				1	2	3	4	5
79				1	2	3	4	5
80				1	2	3	4	5
81				1	2	3	4	5

Each of the motivations that received a "4" or a "5" should be categorized by using the list of Persistent Meanings for Leisure Engagement.