

Abstracts

Psychological Well-Being in Sport: Examining the Construct Validity of a Modified Version of the Scales of Psychological Well-Being

Despina Kouali, Craig Hall, & Paige Pope

Background: Participation in sport can contribute in individuals' physical health, psychological well-being (i.e., eudaimonic well-being), and general quality of life [Coakley, J. (2007). *Sport in society* (9th ed.). Boston: McGraw-Hill]. In the sport literature, the majority of studies have failed to distinguish between general well-being and well-being specific to the sport context [Lundqvist, C. (2011). Well-being in competitive sports—the feel-good factor? A review of conceptual consideration of well-being. *International Review of Sport and Exercise Psychology*, 4, 109–127]. This is partly because of a lack of sport specific well-being measurement tools; thus the purpose of the present study was to adapt an existing well-being global instrument [i.e., Scales of Psychological Well-Being; Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57, 1069–1081] for the sport context and examine the construct validity of the modified version of the instrument.

Methods: Nine experts assessed the content relevance of each of the modified items of three scales (i.e., Personal Growth through Sport, Purpose in Sport, Self-Acceptance in Sport) of the SPWB. Four hundred athletes ($M_{age} = 25.07$, $SD = 7.34$), engaged in a variety of sports completed the modified questionnaire. A three-factor model was examined using confirmatory factor analysis.

Results: The results revealed poor model fit and high inter-factor correlations (above .9). Since the data from the modified items failed to confirm that the three factors of well-being in sport are distinguishable, they were combined into one factor. With the assistance of five experts five items were finalized to represent psychological well-being in sport as a single measure termed the Eudaimonic Well-Being in Sport Scale (EWBSS).

Discussion and Conclusion: The present study highlights the need of measuring well-being specifically within the sport context and provides researchers with a sport specific measure of psychological well-being. Given the relationship between sport participation and well-being (Lundqvist, 2011), the EWBSS should permit researchers to further investigate and understand this relationship.

Interdisciplinary Reflection: More research is needed to further evaluate and provide evidence for the psychometric properties of the EWBSS.