



QUESTIONNAIRE GENERAL

This survey is about satisfaction of children and young people involved in sports, as well as examining the reasons why children and young people drop out from sports. By answering these questions, you will be making an important contribution to the success of this survey.

This is a questionnaire about some general information about you. For questions where answers are offered, circle only one that best describes you, and where a line is drawn, write down your answer. Make sure you answer as honestly as possible. The questionnaire is anonymous, you do not need to enter your name. **NOBODY** but the researcher will have access to this information and it will be treated in the greatest confidence.

At the end of completing this and other questionnaires, check that you have answered each question.

1. Gender: a) Male b) Female

2. I am _____ years and _____ months old.

3. I live in _____ (enter the name of the city / town).

4. What kind of sport do you play? (round the letter in front of the answer and enter in the background how long you have been practicing the sport)

a) football (year _____, months _____)

b) basketball (year _____, months _____)

v) swimming (year _____, months _____)

4b) On what position do you play (for those who practice basketball and football) or what discipline do you swim in (for those who practice swimming)? _____

5. What other sports are you involved in?

a) _____ (year _____, months _____)

b) _____ (year _____, months _____)

v) _____ (year _____, months _____)

6. In the club where I complete this questionnaire I have been training _____ years and _____ months.

7. I train _____ days a week, that is, I have a total of _____ training times per week.

8. Have you ever participated in a competition? a) yes b) no

8a) If you answered "yes" to which one: _____

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9) What is the highest school your parents (guardian) completed?

Father (or other person _____):

Mother (or other person _____): :

a) elementary school

a) elementary school

b) high school

b) high school

c) high school

c) high school

d) college

d) college

e) master, master's, doctorate

e) master, master's, doctorate

SRS – scale

This questionnaire is about how you evaluate how others behave towards you in different circumstances, and how you feel in some situations. In doing so, you should circle one number on a scale from 1 to 5, where 1 means that it never applies to you, that is, it does not describe you at all, and 5 always refers to you. If the question hardly ever applies to you, you will circle number 2, and if it sometimes concerns you, number 3 if it quite often applies to you, you will choose number 4.

| | 1 NEVER | 2 HARDLY EVER | 3 SOMETIMES | 4 QUITE OFTEN | 5 ALWAYS |
|----|--|------------------|----------------|------------------|-------------|
| 1 | At home there is an adult who is interested in my school work. | | | | 1 2 3 4 5 |
| 2 | At home there is an adult who believes that I will be a success. | | | | 1 2 3 4 5 |
| 3 | At home there is an adult who wants me to do my best. | | | | 1 2 3 4 5 |
| 4 | At home there is an adult who listens to me when I have something to say. | | | | 1 2 3 4 5 |
| 5 | At school, there is an adult who really cares about me. | | | | 1 2 3 4 5 |
| 6 | At school, there is an adult who tells me when I do a good job. | | | | 1 2 3 4 5 |
| 7 | At school, there is an adult who listens to me when I have something to say. | | | | 1 2 3 4 5 |
| 8 | At school, there is an adult who believes that I will be a success. | | | | 1 2 3 4 5 |
| 9 | Away from school, there is an adult who really cares about me | | | | 1 2 3 4 5 |
| 10 | Away from school, there is an adult who tells me when I do a good job. | | | | 1 2 3 4 5 |
| 11 | Away from school, there is an adult who believes that I will be a success. | | | | 1 2 3 4 5 |
| 12 | Away from school, there is an adult who I trust. | | | | 1 2 3 4 5 |
| 13 | I do things at home that make a difference (i.e. make things better). | | | | 1 2 3 4 5 |
| 14 | I help my family make decisions. | | | | 1 2 3 4 5 |
| 15 | At school, I decide things like class activities or rules. | | | | 1 2 3 4 5 |
| 16 | I do things at my school that make a difference (i.e. make things better). | | | | 1 2 3 4 5 |
| 17 | Away from school I am a member of a club, sports team, church group, or other group. | | | | 1 2 3 4 5 |
| 18 | Away from school I take lessons in music, art, sports, or have a hobby. | | | | 1 2 3 4 5 |
| 19 | I can work out my problems. | | | | 1 2 3 4 5 |
| 20 | I can do most things if I try. | | | | 1 2 3 4 5 |
| 21 | There are many things that I do well. | | | | 1 2 3 4 5 |
| 22 | I feel bad when someone gets their feelings hurt. | | | | 1 2 3 4 5 |
| 23 | I try to understand what other people feel. | | | | 1 2 3 4 5 |

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| | | | | | | |
|----|--|---|---|---|---|---|
| 24 | When I need help, I find someone to talk to. | 1 | 2 | 3 | 4 | 5 |
| 25 | I know where to go for help when I have a problem. | 1 | 2 | 3 | 4 | 5 |
| 26 | I try to work out problems by talking about them. | 1 | 2 | 3 | 4 | 5 |
| 27 | I have goals and plans for future. | 1 | 2 | 3 | 4 | 5 |
| 28 | I think I will be successful when I grow up. | 1 | 2 | 3 | 4 | 5 |
| 29 | Are there students at your school who would choose you on their team at school? | 1 | 2 | 3 | 4 | 5 |
| 30 | Are there students at your school who would explain the rules of a game if you didn't understand them? | 1 | 2 | 3 | 4 | 5 |
| 31 | Are there students at your school who would invite you to their home? | 1 | 2 | 3 | 4 | 5 |
| 32 | Are there students at your school who would share things with you? | 1 | 2 | 3 | 4 | 5 |
| 33 | Are there students at your school who would help you if you hurt yourself? | 1 | 2 | 3 | 4 | 5 |
| 34 | Are there students at your school who would miss you if you weren't at school? | 1 | 2 | 3 | 4 | 5 |
| 35 | Are there students at your school who would make you feel better if something is bothering you? | 1 | 2 | 3 | 4 | 5 |
| 36 | Are there students at your school who would pick you for a partner? | 1 | 2 | 3 | 4 | 5 |
| 37 | Are there students at your school who would help you if other students are being mean to you? | 1 | 2 | 3 | 4 | 5 |
| 38 | Are there students at your school who would tell you you're their friend? | 1 | 2 | 3 | 4 | 5 |
| 39 | Are there students at your school who would ask you to join in when you are all alone? | 1 | 2 | 3 | 4 | 5 |
| 40 | Are there students at your school who would tell you secrets? | 1 | 2 | 3 | 4 | 5 |

PISQ

This questionnaire is related to your assessment of how involved your parents are in your sport activities, whether they give you advice, whether they come to matches, whether they support you, or whether they cooperate with coaches. As in the previous questionnaire, you answer each question by rounding up a number from 1 to 5, to indicate which response best reflects how you feel about the behavior of your parents or someone else who takes care about you (caregiver, guardian?), where 1 indicates that the item does not refer to your parents' behavior at all, and 5 to fully describe your parents.

You need to evaluate each parent, mother (on the left) and father (on the right) separately for each question. If you have only one parent, then you only do the assessment for that parent. Also, if you have a guardian or other person who cares about you, you will make an assessment for that person, by writing in relation to that person only in the first question and deleting the person who is not the subject of your assessment. In this case, please feel free to contact the person who conducts this survey to give you more detailed instructions on how to complete this questionnaire.

| 1. After a gala do you parents tell you what they think you need to work on? | | | | | | | | | |
|--|--------------------------|------------|-------------|--------|-------|--------------------------|------------|-------------|--------|
| A | MOTHER (or other person) | | | | B | FATHER (or other person) | | | |
| NEVER | HARDLY EVER | SOMETIME S | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIME S | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

| 2. Do your parents tell you how they think you can improve your technique? | |
|--|--------|
| A | B |
| MOTHER | FATHER |

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| | | | | | | | | | |
|-------|-------------|-----------|-------------|--------|-------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

3. After a poor race/match do your parents point out what they think you did badly?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

4. Before a race/match do your parents tell you what particular things you need to work on to do well?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

5. Before a gala do your parents tell you how to swim your races or play a match?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

6. Do your parents yell and cheer before a race or match?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

7. During training do your parents tell or signal what you should do?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

8. Do your parents push you to train harder?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

9. Do your parents get upset with you if they think your swimming/match play is not as well as it should be?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

10. After a race/match do your parents tell you that you didn't try hard enough?

| | | | | | | | | | |
|-------|---------------|-----------|-------------|--------|-------|---------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

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| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|---|---|---|---|

11. Even after you have swam a poor race / or had bad match play do your parents praise you for the good things you did?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

12. After a race or match do your parents praise you for trying hard?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

13. Do your parents show they understand how you are feeling about your swimming or match playing?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

14. After a race or match play do your parents praise you for where you were placed?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

15. Do your parents take an active role in running your club?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

16. Do your parents volunteer to help at galas as officials, whips etc?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

17. Do your parents discuss your progress with your coach?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

18. Do your parents encourage you to talk to them about any problems or worries you may have in your swimming or sport play?

| A MOTHER | | | | | B FATHER | | | | |
|----------|-------------|-----------|-------------|--------|----------|-------------|-----------|-------------|--------|
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

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| 19. Do your parents change mealtimes so that you can train and go to galas? | | | | | | | | | |
|---|-------------|-----------|-------------|--------|-------|-------------|-----------|-------------|--------|
| A | MOTHER | | | | B | FATHER | | | |
| NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS | NEVER | HARDLY EVER | SOMETIMES | QUITE OFTEN | ALWAYS |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

CART-Q

The fourth questionnaire (the examiner shows the CART-Q questionnaire) is about assessing your relationship with the coach, how satisfied you are and how you feel. Here you are giving grades 1 through 7, where 1 means that a particular claim does not apply to your coach at all and 7 to fully apply. Number 4 is the answer if you are undecided, or if your opinion is halfway between these two extreme views.

- 1 – I don't agree at all
- 2 – Mostly I disagree
- 3 – I partially disagree
- 4 – Half-way, I'm not sure
- 5 – I partially disagree
- 6 – Mostly I agree
- 7 – Extremely I agree

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I feel close to my coach. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I feel committed to my coach. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. I feel that my sport career is promising with my coach. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I like my coach. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I trust my coach. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I feel appreciation for the sacrifices my coach has experienced in order to improve his/her performance | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I respect my coach. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. I feel appreciation for the sacrifices my coach has experienced in order to improve his/her performance. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. When I am coached by my coach, I feel at ease. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 9. When I am coached by my coach, I feel responsive to his/her efforts. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. When I am coached by my coach, I am ready to do my best. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. When I am coached by my coach, I adopt a friendly stance. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Please make sure you have answered every question.

Thank you very much for your time!

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