

## **REGULATORS OF SPORTS COMMITMENT FROM THE PERSPECTIVE OF PRACTITIONERS. REVIEW AND ADAPTATION OF THE DEGREE OF COMMITMENT TO SPORT (CSQ) SCALE IN DIFFERENT SPORTS MODALITIES**

### **ABSTRACT**

The objective of this study was to verify the differences that may exist in the sports commitment between groups of athletes whose practice modalities differ in the presence, or not, of interaction with opponents and if this can be applied with guarantee of success the Degree of Commitment to Sports (CSQ) Scale. A factorial analysis of CSQ has begun, followed by a MANOVA 2x4 (sex x ages) to verify the effect of these variables on sports commitment. 472 athletes participated, 49.8% males and 50.2% females. The results showed the bifactorial structure (current commitment and future commitment) of the scale proposed by Orlick (2004) and validated in the Spanish context with adolescent soccer players by Belando, Ferriz-Morell, and Moreno-Murcia (2012). It has been verified that the hours of training and the age of the athletes influences the commitment to the sport, however the sex and the sport modality is not in any case determinant.

### **KEY WORDS**

CSQ; Sports commitment; Contact sports; Sports without contact; Sports practice time; Factorial analysis.

