

This article was downloaded by: [Canadian Research Knowledge Network]

On: 21 September 2009

Access details: Access Details: [subscription number 789350014]

Publisher Routledge

Informa Ltd Registered in England and Wales Registered Number: 1072954 Registered office: Mortimer House, 37-41 Mortimer Street, London W1T 3JH, UK



Journal of Sports Sciences

Publication details, including instructions for authors and subscription information:

<http://www.informaworld.com/smpp/title-content=t713721847>

On passion and sports fans: A look at football

Robert J. Vallerand ^a; Nikos Ntoumanis ^b; Frederick L. Philippe ^a; Geneviève L. Lavigne ^a; Noémie Carbonneau ^a; Arielle Bonneville ^a; Camille Lagacé-Labonté ^a; Gabrielle Maliha ^c

^a Université du Québec à Montréal, Montreal, Canada ^b University of Birmingham, Birmingham, UK ^c Université de Montréal, Montreal, Canada

First Published: October 2008

To cite this Article Vallerand, Robert J., Ntoumanis, Nikos, Philippe, Frederick L., Lavigne, Geneviève L., Carbonneau, Noémie, Bonneville, Arielle, Lagacé-Labonté, Camille and Maliha, Gabrielle (2008) 'On passion and sports fans: A look at football', *Journal of Sports Sciences*, 26:12, 1279 — 1293

To link to this Article: DOI: 10.1080/02640410802123185

URL: <http://dx.doi.org/10.1080/02640410802123185>

PLEASE SCROLL DOWN FOR ARTICLE

Full terms and conditions of use: <http://www.informaworld.com/terms-and-conditions-of-access.pdf>

This article may be used for research, teaching and private study purposes. Any substantial or systematic reproduction, re-distribution, re-selling, loan or sub-licensing, systematic supply or distribution in any form to anyone is expressly forbidden.

The publisher does not give any warranty express or implied or make any representation that the contents will be complete or accurate or up to date. The accuracy of any instructions, formulae and drug doses should be independently verified with primary sources. The publisher shall not be liable for any loss, actions, claims, proceedings, demand or costs or damages whatsoever or howsoever caused arising directly or indirectly in connection with or arising out of the use of this material.

On passion and sports fans: A look at football

ROBERT J. VALLERAND¹, NIKOS NTOUMANIS², FREDERICK L. PHILIPPE¹,
GENEVIÈVE L. LAVIGNE¹, NOÉMIE CARBONNEAU¹, ARIELLE BONNEVILLE¹,
CAMILLE LAGACÉ-LABONTÉ¹, & GABRIELLE MALIHA³

¹Université du Québec à Montréal, Montreal, Canada, ²University of Birmingham, Birmingham, UK and ³Université de Montréal, Montreal, Canada

(Accepted 11 April 2008)

Abstract

The purpose of the present research was to test the applicability of the Dualistic Model of Passion (Vallerand *et al.*, 2003) to being a sport (football) fan. Three studies provided support for this dualistic conceptualization of passion. Study 1 showed that harmonious passion was positively associated with adaptive behaviours (e.g. celebrate the team's victory), whereas obsessive passion was positively associated with maladaptive behaviours (e.g. risking losing one's job to go to a game). Study 2 used a short Passion Scale and showed that harmonious passion was positively related to the positive affective life of fans during the 2006 FIFA World Cup, psychological health (self-esteem and life satisfaction), and public displays of adaptive behaviours (e.g. celebrate the team's victory into the streets), whereas obsessive passion was predictive of maladaptive affective life (e.g. hating opposing teams' fans) and behaviours (e.g. mocking opposing teams' fans). Finally, Study 3 examined the role of obsessive passion as a predictor of partner's conflict that in turn undermined partner's relationship satisfaction. Overall, the present results provided support for the Dualistic Model of Passion. The conceptual and applied implications of the findings are discussed.

Keywords: *Passion, self-determination, sport fan, positive psychology*

Introduction

Every year, millions, if not billions, of fans worldwide invest time, energy, and money in supporting their favourite team. In so doing, sport fans engage in a variety of behaviours. Some are adaptive such as vigorously cheering their team on to victory and sharing positive experiences with fellow fans. Other behaviours, however, are less adaptive, such as engaging in heated discussions about one's team, and some behaviours are clearly maladaptive. Consider the assassination of a Colombian defender for scoring an own goal against the US team or faking an emergency landing in Peru, as the Gambians did, to arrive on time at an important football match! Which factors lead fans to invest so much of themselves in watching other people engage in a sport activity? Which factors lead people to engage in such a variety of adaptive and maladaptive behaviours? We believe that the concept of passion represents one answer to these questions. Indeed, being passionate about a team should lead individuals to identify with that

team, to dedicate themselves to the team they love, and even to organize their lives around the team's schedule. However, as Vallerand *et al.* (2003) have shown, two different types of passion exist, one associated with adaptive outcomes and the other with maladaptive ones. The purpose of the present research was to test the applicability of the Dualistic Model of Passion (Vallerand *et al.*, 2003) to being a sport fan.

Vallerand and colleagues (Vallerand, 2008; Vallerand & Houliort, 2003; Vallerand & Miquelon, 2007; Vallerand *et al.*, 2003) have offered a conceptual analysis of passion toward activities. In their Dualistic Model of Passion, Vallerand *et al.* (2003) suggested that enjoyable activities that are internalized in one's identity will become a passion. A passion is defined as a strong inclination towards an activity that individuals like (or even love), that they value (and thus find important), and in which they invest time and energy (Vallerand *et al.*, 2003). Certain enjoyable activities come to be so self-defining that they represent central features of one's

identity. Such a passion then serves to define the person. For instance, those who have a passion for supporting their football team do not merely watch football, they are “Arsenal” or “Chelsea” fans, for instance. Thus, as suggested by Vass (2003), cheering for a football team indirectly entails cheering for self. Thus, in this case, the sport team that people cheer for is part of their identity – of whom they are (Wolfson, Wakelin, & Lewis, 2005).

The Dualistic Model of Passion further posits that two distinct types of passion develop as a result of the type of internalization process that takes place. *Obsessive passion* refers to an uncontrollable urge to engage in the activity that one loves. It is as if the person cannot help but to engage in the passionate activity. Obsessive passion results from a controlled internalization (see Deci & Ryan, 2000; Sheldon, 2002; Vallerand, 1997) of the activity into one’s identity. A controlled internalization takes place when intra- and/or interpersonal pressure to engage in the loved activity is present because certain contingencies (such as feelings of social acceptance or self-esteem) are attached to the activity, or because the sense of excitement derived from engagement in the activity becomes uncontrollable. Individuals with an obsessive passion come to develop ego-invested self-structures (Hodgins & Knee, 2002) and eventually display rigid engagement and persistence towards the passionate activity. Such rigidity can lead to less than optimal functioning both while engaged in the passionate activity as well as in other activities. People who experience an obsessive passion come to feel compelled to engage in the passionate activity due to these internal contingencies that come to control them. The person thus experiences a pressuring need to engage in the activity and is prevented from fully focusing on the task at hand. Consequently, the person may not experience positive affect and may even experience negative affect during engagement in the task (Vallerand et al., 2003). Furthermore, with obsessive passion, the person may feel compelled to engage in the activity even when he or she should not. Consequently, he or she may experience negative emotions once engagement in the passionate activity is terminated (e.g. guilt for having engaged in the activity when one should not have done so) (Mageau, Vallerand, Rousseau, Ratelle, & Provencher, 2005; Ratelle, Vallerand, Mageau, Rousseau, & Provencher, 2004; Vallerand et al., 2003, Study 1). In addition, this internal urge to engage in the passionate activity should lead the person to remain cognitively engaged in the activity, to experience rumination about the activity, and eventually lower positive affect (Mageau & Vallerand, 2007) and feelings of psychological dependence when not engaging in the activity (Ratelle et al., 2004). Of

additional interest is that obsessive passion is expected to create a rigid form of behavioural persistence, which, in turn, may lead to physical and psychological problems such as injuries and burnout (Ratelle et al., 2004; Rip, Fortin, & Vallerand, 2006; Vallerand et al., 2003, Studies 3 and 4). Finally, with obsessive passion the activity eventually comes to occupy disproportionate space in the person’s identity and to cause conflict with other life activities, such as neglected intimate relationships and problems with work involvement.

In contrast, *harmonious passion* results from an autonomous internalization (Deci & Ryan, 2000; Ryan & Deci, 2000) of the activity into the person’s identity. An autonomous internalization occurs when individuals have freely accepted the activity as important for them without any contingencies attached to it. Harmonious passion refers to a strong inclination to engage in the activity willingly and with a sense of volition (Vallerand, Fortier, & Guay, 1997). Thus, with harmonious passion, individuals do not experience this uncontrollable urge to engage in the enjoyable activity. While the passionate activity is important for them, it nevertheless remains in harmony with other aspects of the person’s life. This is because with harmonious passion the authentic integrating self is at play (Hodgins & Knee, 2002). Such an orientation leads the person to engage in the task in a flexible manner and to experience task engagement fully. People should then experience positive affect, better concentration, absorption, and flow (i.e. the feeling that one is immersed in the activity; see Csikszentmihalyi, 1978; Jackson & Marsh, 1996) while engaging in the activity. Harmonious passion may even facilitate positive affect when the person is engaged in other activities because it precludes rumination when not engaging in the passionate activity (Mageau et al., 2005; Ratelle et al., 2004; Vallerand et al., 2003, Study 1). In addition, such control over the activity should lead the person to display flexible persistence, thereby persisting in the passionate activity only if positive returns (e.g. fun, positive affect, flow) are expected. If conditions become permanently negative, behavioural involvement should stop. Finally, with harmonious passion, the activity occupies an important, but not overwhelming place in the person’s identity. Therefore, little conflict is expected with other activities in the person’s life. Thus, minimal negative impact should take place in other life areas such as partner relationships and one’s work life.

Research conducted to date has provided support for the Dualistic Model of Passion. For instance, results of exploratory and confirmatory factor analyses have supported the validity and reliability of the two-factor Passion Scale (see Rousseau, Vallerand, Ratelle, Mageau, & Provencher, 2002;

Vallerand *et al.*, 2003, Study 1; Vallerand *et al.*, 2006). Furthermore, both types of passion have been found to correlate positively with measures of activity valuation, of perceptions of the task as being a passionate activity, and of activity inclusion in the self. However, as expected, only obsessive passion was found to be associated with a measure of conflict with other life activities (e.g. studies, family, friend; Vallerand *et al.*, 2003, Study 1). A positive relationship between harmonious passion and measures of flow and positive affect during task engagement has also been demonstrated (Mageau *et al.*, 2005; Vallerand *et al.*, 2003, Study 1). As predicted, obsessive passion has been found to be positively related to negative affect (e.g. shame) and cognition (e.g. rumination) after engagement with the activity and when prevented from engaging in the activity altogether (Ratelle *et al.*, 2004; Vallerand *et al.*, 2003, Study 1).

Other researchers have shown that the two types of passion are differentially related to other outcomes besides affect. For instance, harmonious passion is positively associated with subjective well-being, while obsessive passion is either unrelated or negatively related to subjective well-being (Vallerand & Houlfort, 2003; Vallerand *et al.*, 2003, Study 2; Vallerand *et al.*, 2006, 2007). Obsessive passion also predicts highly persistent behaviour in passionate activities that may be ill-advised for the person, such as: winter cycling over icy roads in Quebec (Vallerand *et al.*, 2003, Study 3); persisting in dancing while injured, leading to chronic injuries in ballet dancers (Rip *et al.*, 2006); as well as heavy involvement in gambling activities (Rousseau *et al.*, 2002) that may be conducive to pathological gambling (Philippe & Vallerand, 2007; Ratelle *et al.*, 2004; Vallerand *et al.*, 2003, Study 4). Obsessive passion has also been found to be positively related to conflict with other life activities (Vallerand *et al.*, 2003, Study 1). Such conflict has been found to have negative repercussions on marital adjustment (Séguin-Lévesque, Laliberté, Pelletier, Blanchard, & Vallerand, 2003). Harmonious passion has been shown to be either unrelated or negatively related to the above negative outcomes.

The research presented above provides strong support for the Dualistic Model of Passion. However, no researchers have so far addressed the issue of being a passionate sport fan. In this paper, we sought to investigate this issue. Recently, psychologists have begun to research scientifically sport fandom. For instance, concepts such as team commitment (Mahony, Madrigal, & Howard, 2000), loyalty (Backman & Crompton, 1991), and identification (Wann & Branscombe, 1993) have been studied from the fans' perspective. The research on the concept of sport team identification (Wann, 2006; Wann, Haynes, McLean, & Pullen, 2003) is of particular importance.

Wann *et al.* (2003) define sport team identification (STI) as "a strong psychological connection to a team . . . a central component of their self-identity" (p. 407). Thus, in line with the Dualistic Model of Passion, these authors also posit that individuals with a strong sport team identification will have internalized the sport team in their identity. Furthermore, Wann and colleagues have proposed that a sport team identification of a local team should contribute to one's psychological health. While some researchers have been supportive of this hypothesis (e.g. Wann, 2006), others have shown that sport team identification also predicts negative outcomes such as depression (e.g. Schweitzer, Zillman, Weaver, & Luttrell, 1992) and even aggression towards others, especially after a loss (Wann *et al.*, 2003).

The above research reveals the existence of a paradox as sport team identification predicts both adaptive (e.g. psychological adjustment) and maladaptive (e.g. depression, aggression) outcomes. It is believed that this paradox can be resolved by the Dualistic Model of Passion. Contrary to the sport team identification approach that posits the existence of a unitary construct of team identification, the Passion model posits that two types of passion may take place as a function of the type of internalization process that leads the activity (i.e. supporting one's team) to be internalized within identity. While both types of passion underlie heavy involvement as a sports fan, in line with past passion research it is expected that harmonious passion should be more conducive to adaptive outcomes, while obsessive passion should lead to maladaptive outcomes. The Dualistic Model of Passion thus allows us to resolve the current paradox in the sports fan literature regarding the positive and negative outcomes associated with team identification.

The purpose of the present research was to test the role of passion for supporting a sport team in a variety of affective, cognitive, behavioural, and interpersonal outcomes. Specifically, three studies were conducted to test the applicability of the Dualistic Passion Model to being a football fan. The main aims of Study 1 were to assess the roles of the two types of passion and to compare these to sport team identification (Wann & Branscombe, 1993) in a variety of behaviours, some adaptive (e.g. celebrate the team's victory), some less so (e.g. risking losing one's job to go to the team's game), as well as in life satisfaction. Study 2 took place during the 2006 FIFA World Cup. Its main purpose was to ascertain the role of passion in the affective life of fans during the World Cup, in psychological health (self-esteem and life satisfaction), as well as in the public display of adaptive (celebrating one's team victory) and maladaptive (making fun of fans of the opposing team) behaviours. Finally, Study 3

investigated the role of obsessive and harmonious passion in football fans' satisfaction with their partner relationship. Overall, in line with past research on passion, it was hypothesized that harmonious passion towards supporting one's team would lead to more adaptive outcomes than obsessive passion.

Study 1

The purpose of Study 1 was to test the applicability of the Passion model to supporting one's team with football fans from the United Kingdom. Furthermore, the predictive validity of harmonious and obsessive passion was compared with that of the STI construct. Participants completed the Passion Scale (Vallerand *et al.*, 2003) and the STI Scale (Wann & Branscombe, 1993), a variety of adaptive (e.g. celebrating after a victory) and maladaptive (e.g. missing work, missing an important family event to go to a game) fan behaviours, and life satisfaction. In line with past research on passion (see Vallerand & Miquelon, 2007; Vallerand *et al.*, 2006, 2007), it was hypothesized that both types of passion would be positively related to a measure indicating that their team was part of their identity (as assessed by the STI Scale). In addition, both harmonious and obsessive passions were expected to predict support for their team by celebrating victories. However, harmonious (but not obsessive) passion was expected to be positively associated with life satisfaction. Conversely, obsessive passion was expected to be positively related to the maladaptive behaviours described above. These predictions were expected to hold even while controlling for sport team identification, which was expected to predict both the adaptive and maladaptive outcomes, but less strongly so than harmonious and obsessive passion, respectively.

Methods

Participants

The participants were 165 adults (127 males, 9 females; 29 did not indicate their gender). Most were spectators attending a football game in a stadium in a large metropolitan city of England. Others were recruited in other public places (e.g. universities, shopping centres). Participants ranged in age from 18 to 75 years with a mean age of 30.8 years ($s = 12.6$ years). These participants supported a number of clubs, mainly from the English Premier League.

Measures

The Passion Scale. This scale (Vallerand *et al.*, 2003) was used to assess passion towards supporting one's

favourite team. The Passion Scale is divided into two subscales of six items each – the obsessive subscale and the harmonious subscale. Each item of these two subscales is rated on a 7-point Likert scale. Sample items include “Supporting my team is in harmony with other activities in my life” (Harmonious Passion Subscale) and “I have difficulties controlling my urge to support my team” (Obsessive Passion Subscale). The Passion Scale has been shown to have high construct validity, through exploratory and confirmatory factor analyses, and concurrent validity (e.g. Rousseau *et al.*, 2002; Vallerand & Houliort, 2003; Vallerand *et al.*, 2003, 2006). A confirmatory factor analysis was conducted with the data of the present study to test the bi-factorial structure of the Passion Scale as applied to football fans. The results of this analysis revealed adequate fit to the data: χ^2 (d.f. = 46, $N = 165$) = 83.35, $P < 0.001$, root mean square error of approximation = 0.07, comparative fit index = 0.98, goodness-of-fit index = 0.92, normed fit index = 0.95, non-normed fit index = 0.97, standardized root mean square residual = 0.05. Furthermore, results of internal consistency analyses in the present study revealed adequate indices for the Harmonious and Obsessive Passion Subscales ($\alpha = 0.83$ and 0.82, respectively), thus replicating past findings with the Passion Scale.

All scales used in Study 1 were scored on a 7-point Likert scale (1 = *not agree at all*, 7 = *very strongly agree*) except for the STI Scale, which was assessed on an 8-point scale.

Identity as a team fan (the STI Scale). The STI scale (Wann & Branscombe, 1993) was used to assess identity as a team fan. The STI scale contains seven items and assesses the extent to which the team that the participants support is part of their identity. A sample item is “How strongly do you see yourself as a fan of your team?” The alpha coefficient for this scale in this study was 0.80.

Celebration behaviours. Two items assessed the extent to which participants like to celebrate the victory of their team when they win. The two items were “I like to celebrate when my team wins” and “I like to tell others that my team wins” ($r = 0.64$).

Maladaptive behaviours. A scale of four items assessed maladaptive behaviours. Each item assessed a behaviour often engaged in by football fans that tend to be counterproductive. Sample items were “For my team I could pay way over the odds for a ticket on the black market” and “For my team I could miss a very important event (e.g. a child's 18th birthday, wedding, funeral, etc.)” ($\alpha = 0.88$).

Rumination about football. An adapted 5-item version of the Rumination on Sadness Scale (Conway, Csank, Holm, & Blake, 2000) was used to measure people’s tendency to ruminate about football while engaging in another activity. Using the following stem, “In general, when I do something else than watching football...”. A sample item is “... I constantly think about the upcoming football game” ($\alpha = 0.92$).

Cognition and behaviours about football. A variety of single items were also included in the questionnaire to assess a number of behaviours and cognitions relative to football. Items dealt with importance of supporting one’s team in life, emotional recovery after a loss, use of superstition, skipping work to watch a football game, and arguing about one’s team (see Table I).

Life satisfaction. Participants were administered the Satisfaction With Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985). This scale contains five items and assesses global life satisfaction. Sample items are “Even if I could, I wouldn’t change anything in my life” and “I am satisfied with my life” ($\alpha = 0.87$).

Procedure

Four trained research assistants approached football fans randomly just before they reached their seat before the beginning of a football game. These

assistants told the football fans that they were conducting a survey and asked them if they could complete a questionnaire about football fans’ attitudes. Participants who accepted to take part in this study were told that their answers would remain anonymous and confidential. Participants completed the questionnaire and then returned it by hand to one of the assistants. Participants recruited in shopping centres and at university were approached in a similar fashion, with the difference that they were intercepted at the entrance of the shopping centre/university and asked to complete the questionnaire on a table that was prepared to this effect.

Results and discussion

Passion and outcomes

Results from Pearson correlations showed that both types of passion were strongly positively associated with sport team identification, thereby indicating that the two types of passion shared some common variance with the concept of sport fan identity, as anticipated. Next, multiple regression analyses were conducted with both harmonious and obsessive passion and sport team identification as predictors, and the various fan cognition, affect, and behaviour predictors as dependent variables. Results from these analyses appear in Table I. As can be seen, a moderate proportion of variance was explained by the three predictors and all regression equations were significant ($P < 0.01$). All three predictors positively

Table I. Harmonious passion, obsessive passion, and fans’ identity as predictors of fans’ cognition and behaviours in Study 1: Results of multiple regression analyses.

Behaviours and cognition scales and items	Mean	<i>s</i>	HP β	OP β	STI β	<i>R</i> ²
Harmonious passion (HP)	4.62	1.28	–	–	–	–
Obsessive passion (OP)	4.27	1.40	$r = 0.61^{**a}$	–	–	–
Identity as a team fan (STI) ^b	6.66	1.07	$r = 0.52^{**}$	$r = 0.66^{**}$	–	–
Celebration behaviours	5.38	1.27	0.17*	0.23*	0.31**	0.37
Life would be boring/meaningless without one’s team	3.82	2.17	0.16*	0.52**	0.06	0.45
Difficult emotional recovery after one’s team loses	3.87	1.86	0.00	0.49**	0.17*	0.33
When my team plays on a given night, I have trouble concentrating the whole day	3.59	2.06	0.03	0.55**	0.19*	0.48
Using superstition to enhance one’s team’s chances of winning	3.48	2.24	0.00	0.25*	0.22*	0.20
Maladaptive behaviours (e.g. missing important family events to see a game, etc.)	3.99	1.94	0.03	0.42**	0.29**	0.41
Skipping work to go see a game	3.7	2.38	–0.05	0.50**	0.08	0.28
Rumination about football	3.20	1.66	0.10	0.65**	0.02	0.55
Getting into serious arguments with other people over one’s team’s performance	4.22	2.04	–0.05	0.48**	0.09	0.29
Life satisfaction	4.70	1.29	0.29*	–0.04	0.02	0.07

Note: $n = 165$; * $P < 0.05$, ** $P < 0.01$. All coefficients are beta weights from the multiple regression analyses except for the coefficients among the two types of passion and the STI measure, which are Pearson correlation coefficients.

^aThe two subscales of passion are usually positively correlated (see, for example, Ratelle *et al.*, 2004; Vallerand *et al.*, 2003, 2006). The correlations can range between 0.20 and 0.60, depending of the passionate activity.

^bThis measure was assessed with an 8-point scale, while all the other measures were scored on a 7-point scale.

predicted victory celebration. Overall, obsessive passion positively predicted all types of maladaptive behaviours, sport team identification positively predicted some, and harmonious passion none. Specifically, only obsessive passion was positively and strongly associated with negative cognition and behaviour such as ruminating about the game, missing important family events or missing work to attend a game, and having serious arguments over one's team. Both obsessive passion and sport team identification positively and moderately predicted engaging in superstitious behaviour, having problems concentrating on game day, recovering after a loss, and engaging in additional maladaptive behaviours such as paying an inflated price for a ticket for an important game. Finally, results revealed that only harmonious passion was positively and moderately associated with life satisfaction.

These findings provide support for the Dualistic Model of Passion. Specifically, both types of passion were found to be positively related to the team being part of the fans' identity (the STI) as well as to the related behaviour of celebrating one's team victory, thereby displaying public support for the team. Furthermore, obsessive passion was found to be the main predictor of all maladaptive behaviours. Conversely, in line with past research (Vallerand *et al.*, 2003, Study 2; Vallerand *et al.*, 2006, 2007), only harmonious passion was found to be positively associated with life satisfaction. Of additional interest is that these findings were obtained while controlling for sport team identification. These findings suggest that, while having a passion for one's team is indeed part of one's identity, it is much more than this identity feature. As posited by Vallerand *et al.* (2003), having a passion also entails having a strong inclination towards the activity of supporting a team. Furthermore, it would appear that passion matters with respect to outcomes, with harmonious passion leading to adaptive outcomes and obsessive passion leading to less adaptive ones.

Study 2

The purposes of Study 2 were fourfold. The first purpose was to replicate the differential pattern of findings as a function of the two types of passion obtained in Study 1 during a specific event, namely the Final of the 2006 FIFA World Cup (France vs. Italy). A second purpose of Study 2 was to study the role of passion in positive emotions experienced during the World Cup (feeling happy, enthusiastic, proud, and confident), as well as in the negative affect of hate towards supporters of other teams. Harmonious passion should facilitate the experience of positive emotions because it allows people to

immerse themselves fully in the activity (Mageau *et al.*, 2005; Vallerand *et al.*, 2003, Study 1). Furthermore, because it takes roots in the authentic integrating self (Deci & Ryan, 2000; Hodgins & Knee, 2002), the person's identity should be secured and thus fans of the other team should not be perceived as obstacles or enemies. Therefore, harmonious passion should not lead to the experience of hate towards opposing teams. Conversely, because obsessive passion does not allow people to fully experience positive emotions (Mageau *et al.*, 2005; Vallerand *et al.*, 2003, Study 1; for a review, see Vallerand & Miquelon, 2007), it was expected that the link between obsessive passion and the positive emotions of happiness, confidence, and enthusiasm would be weak even after a series of wins by one's team during the World Cup. However, it was expected that both harmonious and obsessive passion would be positively related to the emotion of pride because the latter is closely linked to one's identity. Finally, because obsessive passion originates from ego-invested self-structures (Hodgins & Knee, 2002), it may lead to the perception of fans of other teams as obstacles in the way of their team's victory or even as a symbolic threat to the self (Steele, 1988). Thus, obsessive passion would be expected to lead to the experience of hate towards other teams.

A third purpose was to study further the relationship between the two types of passion and psychological health variables such as life satisfaction and self-esteem. In line with past research on the role of harmonious and obsessive passion in subjective well-being (e.g. Vallerand *et al.*, 2003, Study 2; Vallerand *et al.*, 2006, 2007), it was hypothesized that harmonious passion would be positively related to both life satisfaction and self-esteem, while obsessive passion would be either unrelated or negatively related to these variables.

Finally, the fourth purpose of Study 2 was to better understand the underlying psychological processes leading fans to engage in two seemingly similar behaviours that nevertheless vary in their levels of adaptiveness, namely celebrating one's team victory in the street versus celebrating in the street to specifically mock the losing team's supporters. While these two types of behaviours may superficially look similar, they nevertheless have different and important implications, one of them being that the second type of behaviour may lead to riots and violence. It was hypothesized that these two types of behaviour should originate from different processes. As hypothesized above, both harmonious and obsessive passions are expected to predict the emotion of pride, while only obsessive passion is expected to lead to hate towards fans of other teams. In turn, these different types of emotions are expected to differentially underlie one's engagement in the two

types of social behaviour. Specifically, hating supporters of other teams should primarily lead one to go into the street to make fun of them, while the emotion of pride was expected to lead primarily to celebrating in the streets. The other emotions were hypothesized to be unrelated to these behaviours. In addition, all these relationships were hypothesized to hold in a path analytic model, even when controlling for other competing variables.

Methods

Participants

Participants were 242 football fans (135 males, 97 females; 10 did not report their gender) ranging in age from 18 to 85 years, with a mean age of 32.7 years ($s = 11.4$ years). Altogether, 126 supporters of France and 116 supporters of Italy participated. Fans of these two teams were selected because they were facing each other in the Final after having won all their games from the "round of 16 teams" during the tournament. While all participants were Quebec citizens, the large majority were either of Italian or French descent and were all fluent in French. More specifically, 29.2% of the supporters of Italy were born in Canada, 60.2% in Italy, and 10.6% reported to be born elsewhere. As for the supporters of France, 36.7% were born in Canada, 50.8% in France, and 12.5% reported to be born elsewhere.

Measures

Short scales were employed due to the conditions under which the testing was conducted (participants were recruited in pubs just before the Final) and to ensure participation. However, as will be seen below, these short scales were representative of the longer versions of the scales.

The Passion Scale. The Passion Scale used in Study 1 was again used in Study 2. However, to keep the questionnaire very short, only three items from each subscale were used. These items corresponded to the three highest item loadings of Study 1 on their respective subscale factor. Exploratory factor analysis with Oblimin rotation revealed two factors accounting for 72% of the variance. Each item significantly loaded on its respective factor with factor loadings ranging from 0.40 to 0.93. Alpha coefficients for the harmonious and obsessive subscales were adequate ($\alpha = 0.72$ and 0.83 , respectively). Based on the data from Study 1, correlations between each three-item subscale and their full original subscale revealed very high correlations (harmonious passion subscale, $r = 0.93$; obsessive passion subscale, $r = 0.95$). These correlations indicate that the three-item subscales are

representative of the full subscales. Items were responded to on a 9-point Likert scale (1 = *Do not agree at all*, 9 = *Agree strongly*).

Identity. One item served to measure the extent to which supporting their national football team was part of their identity ("The country that I support is part of me, part of my identity"). This item was responded to on a 9-point Likert scale (1 = *Do not agree at all*, 9 = *Agree strongly*).

Emotions. Five items were used to assess five emotions felt during the World Cup Tournament. Emotions assessed were those of hate (against their team's opponents), pride, happiness, confidence, and enthusiasm. Participants were asked to rate the extent to which they experienced these emotions during the World Cup on a 9-point scale (1 = *Do not agree at all*, 9 = *Agree strongly*).

Fan behaviours. Three different behaviours were assessed with one item each. Specifically, participants were asked to rate the frequency to which they engaged in behaviours such as missing work to watch one or more games, making fun of the losing teams' fans, and going into the street to celebrate. It should be noted that during the 2006 World Cup, the City of Montreal closed down certain streets so as to allow fans to celebrate their team's victory. These three items were responded to on a 5-point Likert scale (0 = *Never*, 5 = *Always*).

Satisfaction With Life Scale. One key item ("I am satisfied with my life in general") from the 5-item SWLS (Diener *et al.*, 1985) was used to assess life satisfaction. In Study 1 there was a very high correlation between this item and the full five-item scale ($r = 0.86$, $P < 0.001$). This item was responded to on a 9-point Likert scale (1 = *Do not agree at all*, 9 = *Agree strongly*).

Self-esteem. The one-item self-esteem scale of Robins and colleagues (Robins, Hendin, & Trzesniewski, 2001) was used in this study. This scale has been shown to display high validity and test-retest reliability, high correlations with commonly used self-esteem measures (the Social Behaviour Inventory and the Rosenberg Scale; correlations between 0.70 and 0.80), and has yielded results very similar to the Rosenberg Scale (see Robins *et al.*, 2001). The item ("I have high self-esteem") was completed on a 9-point scale (1 = *Do not agree at all*, 9 = *Agree strongly*).

Procedure

Participants were recruited within 2 h of the start of the 2006 FIFA World Football Cup final game in

two drinking establishments situated in Montreal, Quebec, Canada. The game took place around 14.00 h (Montreal time), thus testing at this early hour (around noon) reduced the likelihood that participants had drunk alcohol before completing the questionnaire. At the time of administration of the questionnaire, participants in the pubs appeared quite excited, but very few had started to drink heavily, as it was lunchtime. The final game involved France and Italy. One drinking establishment was known to be an important location for supporters of France, while the other one was associated with supporters of Italy. Five trained assistants introduced themselves to the participants and asked them to complete a survey on attitudes toward football. Participants were told that it was an anonymous questionnaire and that their answers would remain confidential. All questionnaires were collected before the game started.

Results and discussion

Correlational analyses

Partial correlations were computed between each type of passion and the different outcome measures (see Table II). Results revealed that both types of passion were weakly positively correlated with self-identification with the supported team and with celebration in the street following team victories during the World Cup. Both types of passion were also positively associated with positive emotions experienced during the tournament, except for enthusiasm, which was not associated with obsessive

Table II. Means, standard deviations, and partial correlations between the two types of passion and football fans' identity, emotional, and behavioural components (Study 2).

	Mean	s	HP	OP
Obsessive passion (OP) ^a	3.80	2.35	$r = 0.45^{**}$	–
Harmonious passion (HP) ^a	5.95	1.86	–	–
Identity ^a	6.86	2.77	0.18**	0.18**
Happy ^a	7.72	1.81	0.37**	0.12*
Confident ^a	6.56	2.34	0.26**	0.16*
Enthusiastic ^a	7.86	1.72	0.32**	0.07
Proud ^a	7.08	2.40	0.21**	0.27**
Hating opposing team's fans ^a	3.33	2.65	0.03	0.36**
Celebrating the team's victory into the street ^b	3.01	1.60	0.16*	0.27**
Mocking the opposing team's fans ^b	1.52	1.72	–0.03	0.34**
Missing work ^b	2.02	2.00	0.07	0.36**
Life satisfaction ^a	7.55	1.60	0.16*	0.07
Self-esteem ^a	6.88	2.04	0.20**	0.08

Note: $n = 242$; * $P < 0.05$, ** $P < 0.01$.

^aThese variables were assessed with a 9-point scale.

^bThese variables were assessed with a 5-point scale.

passion. It should be noted, however, that partial correlations involving the happiness, confidence, and enthusiasm emotions were moderately associated with harmonious passion, but only weakly associated with obsessive passion, while that involving pride was slightly higher for obsessive than for harmonious passion. The emotion of hate towards other teams, however, was found to correlate positively and moderately with obsessive passion only. While both types of passion were positively and weakly related to celebrating following a team victory, important differences emerged between the two types of passion with respect to the maladaptive behaviours of making fun of losing teams' fans, and with work absenteeism to watch football games. Obsessive passion was positively and moderately correlated with these two behaviours, while harmonious passion was not. Finally, harmonious passion was positively and weakly associated with life satisfaction and self-esteem, while obsessive passion was not significantly related to these variables. Data were also analysed as a function of the two countries supported (France or Italy). Results revealed the presence of some cultural differences, as supporters of Italy reported higher levels of harmonious ($F = 4.20$, $P < 0.05$) and obsessive passion ($F = 8.99$, $P < 0.01$), identity ($F = 4.64$, $P < 0.05$), pride ($F = 8.07$, $P < 0.01$), and confidence ($F = 6.76$, $P < 0.01$) during the tournament. Finally, supporters of Italy also reported higher levels of self-esteem ($F = 6.54$, $P < 0.05$). However, regressing each separate outcome (emotions and behaviours) on the two types of passion, gender, and a dummy coded variable for culture (France or Italy) yielded no change in the direction or significance of the partial correlations reported in Table II and eliminated most of the gender and cultural effects. This last finding suggests that the roles of culture and gender in outcomes experienced during the World Cup were largely mediated by passion.

Path analysis

The proposed model posits that both types of passion would lead to the emotion of pride following victories that would in turn predict the behaviour of celebrating in the streets. However, it was hypothesized that only obsessive passion would lead to the emotion of hate towards opponents of one's team. This emotion, in turn, was expected to predict the behaviour of laughing at fans from the opposing losing teams. A path analysis with LISREL 8 (Jöreskog & Sörborm, 2003) was conducted to test the proposed model. The covariance matrix served as the database for the path analysis and the method of estimation was maximum likelihood. Paths were drawn according to the proposed model. In addition,

a positive covariance was estimated between the two types of passion, the emotions of hate and pride, as well as the two types of behaviour, as these variables were assumed to positively covary. Furthermore, results of modification indices of a preliminary model suggested the inclusion of significant direct paths from obsessive passion to both celebrating in the streets and to mocking the opposing team's fans. These direct paths were included in the final model.

Results of the path analysis revealed a satisfactory fit of the model to the data. The chi-square value was non-significant, χ^2 (d.f. = 16, $N=242$) = 8.77, $P=0.19$, and other fit indices were excellent: non-normed fit index = 0.99, comparative fit index = 0.99, root mean square error of approximation = 0.044, goodness-of-fit index = 0.99, and normed fit index = 0.98. As shown in Figure 1, all estimated paths were significant. These results provided support for our hypothesis that while both types of passion predicted the emotion of pride, which in turn predicted the adaptive behaviour of celebrating in the streets, only obsessive passion was found to predict the emotion of hate towards other teams' fans, which led to the behaviour of laughing at these fans. These results therefore provide additional support for the Dualistic Passion Model and past research in that obsessive passion was found to positively relate mainly to maladaptive emotions (hate) and behaviours (taunting fans of opposing teams), while harmonious passion was found to positively predict adaptive outcomes (e.g. celebrating in the streets as well as life satisfaction and self-esteem).

Study 3

Studies 1 and 2 ascertained the relationships between passion and intra- and interpersonal outcomes that

take place within the purview of the passionate activity (supporting one's football team). The purpose of Study 3 was to expand these studies by studying the role of passion in the prediction of an interpersonal outcome experienced outside of the passionate activity, namely the satisfaction of one's partner relationship. Past research (Séguin-Lévesque *et al.*, 2003) has shown that obsessive (but not harmonious) passion for the Internet undermines dyadic adjustment. Study 3 sought to replicate these findings with respect to football. In addition, we hypothesized that such negative effects from obsessive passion on the quality of partner relationship are mediated by the conflict that obsessive passion engenders (see Vallerand *et al.*, 2003, Study 1) between football and the love relationship. This is because obsessive passion creates a rigid persistence with the activity that leads the person to ruminate and think about the activity when not engaging in it (Ratelle *et al.*, 2004; Vallerand *et al.*, 2003, Study 1). It should lead the person to experience conflict between the passionate activity and other aspects of one's life (Vallerand *et al.*, 2003, Study 1) such as the relationship with one's spouse (e.g. Séguin-Levesque *et al.*, 2003).

Football fans completed scales assessing passion, conflict between supporting football and the relationship with one's partner, and satisfaction with one's partner. A path analysis was conducted on the data. It was hypothesized that the "Obsessive Passion → Conflict → Quality of Partner Relationship" sequence would be supported by the results of the path analysis. Harmonious passion was not expected to relate to the conflict variable or to the quality of the relationship. Finally, participants who indicated not being in a romantic relationship were asked to what extent their involvement with football was responsible for their having problems finding a romantic

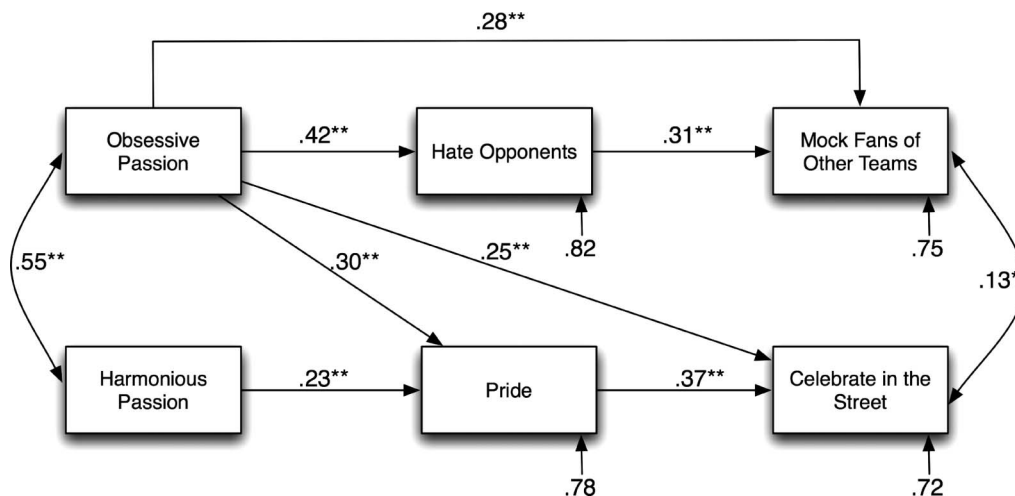


Figure 1. The role of passion and affect in fan behaviour: Results of the path analysis in Study 2. * $P < 0.05$, ** $P < 0.01$.

partner. It was hypothesized that obsessive and harmonious passion would be positively and negatively related to this variable, respectively.

Methods

Participants

A total of 144 spectators (92 males, 9 females; 43 of unknown gender) attending a football game in a stadium in a large metropolitan city in England were recruited to participate in this study. Participants ranged in age from 18 to 85 years and had a mean age of 31.1 years ($s = 13.2$ years).

Measures

The Passion Scale. The full Passion Scale used in Study 1 was again administered in this study ($\alpha = 0.81$ for both subscales).

The Football–Partner Relationship Conflict Scale. A four-item scale assessing conflict between supporting football and the relationship with one's romantic partner was devised for the purpose of this study and administered to participants. These four items were: (1) "My partner often complains about my passion for football", (2) "I think my passion for football has seriously affected the quality of my relationship", (3) "My partner and I have gotten into serious arguments because of my passion for football", (4) "I would rather stop seeing my partner than stop following football". The reliability of the scale was adequate ($\alpha = 0.85$).

Satisfaction with one's partner relationship. Participants who reported having a partner were asked to complete six items from the Perceived Relationship Quality Components Inventory (Fletcher, Simpson, & Thomas, 2000). This scale assesses satisfaction with one's partner relationship. A sample item is "How satisfied are you with your relationship?" ($\alpha = 0.97$). A total of 116 participants were involved in a romantic relationship. Those who were not ($n = 28$) were asked to skip this scale and to complete the following scale.

Football and problems finding a partner. This four-item scale assessed the extent to which participants' passion for football makes it difficult to find or be with a partner. A sample item is "My passion for football makes it difficult to find a partner" ($\alpha = 0.94$).

All of the above scales were completed on a 7-point Likert scale (1 = *Not agree at all*, 7 = *Very strongly agree*).

Procedure

Participants were recruited according to the same procedures used in Study 1. However, this time, research assistants told football fans that they were conducting a survey about football and partner relationships. Participants who agreed to take part in this study were told that their answers would remain anonymous and confidential. They were also told that once completed, the questionnaires were to be returned directly to one of the assistants.

Results and discussion

Correlational analyses

Table III reports the partial correlations involving the two types of passion and the football–partner relationship conflict and couple satisfaction variables. Obsessive passion was positively correlated with the conflict variable but was unrelated to the satisfaction with one's partner relationship variable. Harmonious passion was unrelated to both variables. With respect to participants not involved in a partner relationship ($n = 28$), partial correlations revealed that harmonious passion was negatively and strongly associated with difficulties finding a partner because of football, while obsessive passion was positively and strongly associated with this factor. Shrouf and Bolger (2002; see also MacKinnon, Lockwood, Hoffman, West, & Sheets, 2002) acknowledge the possibility that mediation does exist even if the independent variable (in the present case, obsessive passion) is not significantly related to the dependent variable (in the present case, partner relationship satisfaction). In such a case, the impact of the independent variable is completely explained

Table III. Means, standard deviations, and partial correlations between the two types of passion and partner relationship components (Study 3).

	Mean	SD	HP	OP
Obsessive passion (OP)	4.33	1.36	$r = 0.61^{**}$	–
Harmonious passion (HP)	4.69	1.24	–	–
Conflict between football and partner relationship ^a	2.56	1.65	–0.13	0.45 ^{**}
Partner relationship satisfaction ^a	5.98	1.35	0.01	–0.02
Difficulties finding a partner because of football ^b	1.94	1.45	–0.55 ^{**}	0.76 ^{**}

Note: * $P < 0.05$, ** $P < 0.01$.

^a $n = 116$.

^b $n = 28$. All measures were scored on a 7-point scale.

through the indirect effect it has on the mediating variable (here conflict).

Path analysis

A path analytic model with participants involved in a romantic relationship ($n = 116$) was tested using LISREL 8. The model posited that obsessive passion would positively predict conflict between football and the partner relationship, which in turn would negatively predict satisfaction with the relationship. Harmonious passion was not expected to be associated with the conflict variable but was included in the model for control purposes. To test this hypothesis, a path analysis was conducted using structural equation modelling. The covariance matrix served as the database for the path analysis and the method of estimation was maximum likelihood. Paths were specified according to the proposed model. In addition, a positive covariance was estimated between the two types of passion, as these two variables were assumed to positively covary.

Results of the path analysis revealed a satisfactory fit of the model to the data. The chi-square value was non-significant, χ^2 (d.f. = 3, $N = 116$) = 5.64, $P = 0.13$, and the other fit indices were excellent: non-normed fit index = 0.93, comparative fit index = 0.96, root mean square error of approximation = 0.09, goodness-of-fit index = 0.98, and normed fit index = 0.93. Figure 2 presents the results of the various paths. It can be seen that all proposed paths were supported. In addition, a Sobel test confirmed that the mediation of relationship conflicts between obsessive passion and relationship satisfaction was significant ($z = -3.27$, $P < 0.01$). The proportion mediated ratio (see Shrout & Bolger, 2002) for this mediation was $P_M = 1.00$, thus suggesting that relationship conflicts completely mediate the relationship between obsessive passion and relationship satisfaction.

In summary, the present results confirmed our hypotheses. The proposed model involving paths

from obsessive passion to conflict between football and relationship, and from conflict to relationship satisfaction, was supported. These findings thus replicate those of past findings on the role of obsessive passion in generating conflict with other aspects of one's life (Vallerand *et al.*, 2003, Study 1), including love relationships (Séguin-Lévesque *et al.*, 2003). Furthermore, for those not involved in a relationship, it appears that having an obsessive passion for supporting one's team may play a role in their remaining single. Overall, these findings provide additional support for the Dualistic Model of Passion.

General discussion

The purpose of the present research was to test the applicability of the Dualistic Model of Passion with respect to supporting one's sport team in a series of three studies with football fans. In Study 1, it was hypothesized that both types of passion would be positively related to the team being part of the fans' identity and related to behaviours such as celebrating team victory. However, obsessive passion was expected to be positively related to maladaptive behaviours such as risking losing one's job and missing important family events to go to a game, making fun of the fans of opposing teams, getting into arguments because of one's team, and having problems concentrating on other activities on game days, while harmonious passion was hypothesized to be either negatively related or unrelated to such outcomes. Harmonious (but not obsessive) passion was also hypothesized to be positively associated with life satisfaction. In Study 2, positive emotions following a series of team victories in the 2006 World Football Cup were expected to be mostly positively predicted by harmonious passion, except for the emotion of pride, which was hypothesized to be predicted by both types of passion because of its close link to one's identity. However, the emotion of hate towards other teams was expected to be

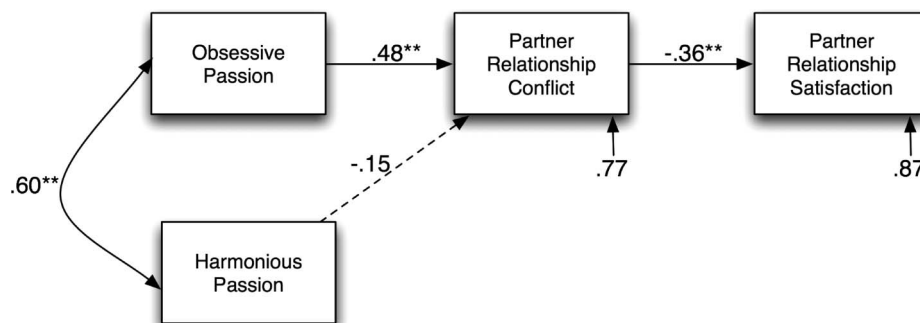


Figure 2. The role of passion and football–relationship conflict in quality of relationship: Results of the path analysis in Study 3. The dashed line indicates a non-significant path. ** $P < 0.01$.

Downloaded By: [Canadian Research Knowledge Network] At: 13:47 21 September 2009

positively predicted only by obsessive passion. Furthermore, it was expected that the emotion of pride would mediate the relationship between harmonious and obsessive passion and the adaptive behaviour of celebrating in the streets, while that of hate towards opponents would mediate the relationship between obsessive passion and the behaviour of making fun of opposing teams' fans. Harmonious (but not obsessive) passion was also expected to positively predict life satisfaction and self-esteem. Finally, in Study 3, it was hypothesized that obsessive (but not harmonious) passion would positively predict conflict between being a football supporter and relationship with one's partner, leading to an undermining of one's relationship satisfaction. Furthermore, it was predicted that for those not in a relationship, obsessive (but not harmonious) passion would interfere with being able to find a romantic partner. The results of the present series of studies provide support for all these specific hypotheses and lead to a number of conclusions.

Support for the Dualistic Model of Passion as applied to being a sports fan

The most general conclusion to be drawn from the present findings is that there is strong support for the applicability of the Dualistic Model of Passion (Vallerand *et al.*, 2003) to being a sports fan. A number of more specific points may be highlighted with regard to this general conclusion. First, the present research supported the conceptual validity of the constructs of harmonious and obsessive passion. Specifically, the results from Studies 1 and 2 revealed that both harmonious and obsessive passion entail the internalization of the supported team in one's identity. These findings are in line with research and theory on passion (Vallerand *et al.*, 2003, Study 1) and team identification (Wann & Branscombe, 1993) which have shown that the passionate activity of supporting one's team is indeed part of the person's identity. The fact that one's favourite team is part of our identity helps understand why people want to celebrate and tell the outside world that their team has won, as the results of Studies 1 and 2 revealed. If the team is part of our identity, then as Vass (2003) aptly suggested, cheering for the team is also cheering for self. One can then bask in self-reflected glory (Cialdini *et al.*, 1976) and engage in team-related behaviours that can also positively reflect upon one's self and identity.

A second point dealing with the support for the Dualistic Passion Model is that, overall, the two types of passion were generally found to lead to different outcomes. Specifically, as expected, harmonious passion was found to predict adaptive outcomes, while obsessive passion mainly predicted

maladaptive ones. Across the three studies, these pertained to a variety of cognitive, affective, behavioural, and interpersonal outcomes. Overall, obsessive passion led fans to display rumination and lack of concentration on other activities on game day and to make ill-advised decisions such as paying an extortionate price for a game ticket, missing work and important family events to go to the game, to experience arguments with others about football, higher levels of conflict between being a fan and one's love life, and to experience lower life satisfaction, self-esteem, and positive affect (except for the emotion of pride) than harmonious passion. The emotion of pride is interesting as it pertains to a self-related affect (Vallerand, 1987; Weiner, 1985) where one's self is being evaluated (see Niedenthal, Krauth-Gruber, & Ric, 2006) and "rewarded" following success. Since both types of passion result from the internalization of a team in one's identity, it would be expected that following a series of successes both types of passion should be conducive to feelings of pride, as observed in Study 2. What is interesting is that these findings do not generalize to other affective outcomes such as feeling happy and enthusiastic, or to life satisfaction and self-esteem, as only harmonious passion was found to positively predict these variables. In line with past research on passion and affective variables (e.g. Vallerand *et al.*, 2003, Studies 1, 2; Vallerand *et al.*, 2006, 2007), it would thus appear that the rigid and controlled aspect of one's involvement in the activity that is induced by obsessive passion may be responsible for this lack of positive affective outcomes relative to harmonious passion. Interestingly, this lack of positive affect also appears to persist even following a series of important team wins such as those at the World Cup. The results of Study 2 combined with those of Study 1 – which showed the presence of a strong positive relationship between obsessive (but not harmonious) passion and the difficulty of recovering following the team's loss – might explain why obsessive passion is not conducive to high levels of life satisfaction. Fans with an obsessive passion for supporting their team may be on an affective roller coaster that is contingent on their team's performance, ranging from high pride following success to persistent negative affect following a loss. Future research with daily affective measures using a diary methodology is needed to test this hypothesis.

The results with respect to life satisfaction deserve special attention. The findings of Studies 1 and 2 uniformly revealed that harmonious (but not obsessive) passion was positively related to life satisfaction. Contrary to past assertions (e.g. Wann, 2006), it is not simply any type of strong identity involvement in team support that leads to psychological adjustment, but rather an identity that is fuelled by

harmonious passion. Future research is needed to identify the psychological processes through which this positive effect takes place, as well as to document the directionality of the harmonious passion–life satisfaction relationship. Past research on passion has shown that during task engagement, harmonious passion is associated with positive affect, while obsessive passion is unrelated to positive affect and can even predict negative affect (Mageau *et al.*, 2005; Vallerand *et al.*, 2003, Study 1). Therefore, one interesting hypothesis is that engaging in a passionate activity, such as supporting one's favourite sport team, out of harmonious passion leads to the cumulative experience of positive affect, which over time leads to increased life satisfaction. Fredrickson and Joiner (2002) reported the existence of such an upward spiral whereby positive affect leads to higher subjective well-being (or life satisfaction), which leads to subsequent experiences of positive affect, and so on. Such a spiral may be triggered by the impact of harmonious passion on positive affect. Further research is needed to test this hypothesis.

Resolving the sport fan paradox: Two different ways of being passionate for one's team

A second general conclusion from the present findings is that they help resolve the paradox that was evident in past research on fans and outcomes. Specifically, past research had revealed that sport team identification predicts both adaptive (e.g. psychological adjustment; Wann, 2006) and maladaptive (e.g. aggression; Wann *et al.*, 2003) types of outcomes. We believe that this paradox can be resolved by using the Dualistic Model of Passion. This model posits that two types of passion underlie heavy involvement as a sport fan, with harmonious passion being more conducive to adaptive outcomes and obsessive passion to maladaptive ones. In line with the Dualistic Model of Passion, it is suggested that the adaptive outcomes reported in the STI literature may be the result of harmonious passion, while those that are maladaptive may result from obsessive passion, thus allowing us to resolve the current paradox in the sports fan literature. These results would be in line with past research that showed that the STI Scale might capture more than one factor (Dimmock, Grove, & Eklund, 2005). While the results of Study 1 provided clear support for the present analysis, further research is needed to replicate these findings with other types of sports and fans.

One implication of the above is that there would appear to be two general ways to support the team that one cares deeply about. The first approach originates from harmonious passion and is the most adaptive. It leads an individual to be fully involved in

the process of supporting one's team, while at the same time experiencing adaptive outcomes (positive affect, life satisfaction, etc.) and not engaging in maladaptive ones (e.g. making fun of fans from other teams, risking losing one's job to attend the game, problems with one's spouse, etc.). Therefore, it would appear possible to be a sports fan without being fanatical about it. It is thus not surprising, as found in the present (Studies 1 and 2) and other research (e.g. Vallerand *et al.*, 2003, Study 2; Vallerand *et al.*, 2007), that harmonious passion is positively associated with life satisfaction (or subjective well-being) and self-esteem. Thus, harmonious passion would appear to add to one's life. There is a second way through which one can be a sports fan and it comes from obsessive passion. Such an approach entails supporting one's team in a rigid way to the point where it may lead people to engage in maladaptive behaviours both within the sport (e.g. making fun of other teams' fans) and outside of it (e.g. risking losing one's job to go to a game, experiencing conflict with one's spouse). Of interest is that the affective rewards derived from this second approach to supporting one's sport team seem to be minimal and certainly not as prevalent as with harmonious passion. In light of findings to the effect that obsessive passion prevents people from fully enjoying themselves during activity engagement (Vallerand *et al.*, 2003; Study 2 in this paper), leads to interpersonal conflict (Séguin-Lévesque *et al.*, 2003; Studies 1 and 3 in this paper), and does not facilitate life satisfaction and subjective well-being in general (Vallerand *et al.*, 2007; Studies 1 and 2 in this paper), such an obsessively passionate approach to supporting one's team would appear to be less than optimal. These overall findings, and especially those of Study 2, lead us to hypothesize that it may be this type of obsessive passionate involvement that is conducive to hooliganism and other types of negative behaviour from fans. Further research is needed to test this hypothesis.

Passion as a determinant of affect

A third and final conclusion from the present findings is that passion may be best seen as a construct that triggers psychological processes, which in turn lead to adaptive or maladaptive outcomes depending on the type of passion involved. Thus, as the results of Study 3 have shown, obsessive (but not harmonious) passion puts fans in a frame of mind wherein they only focus on football, come to experience conflict between supporting their football team and their spouse, and end up with an unsatisfying partner relationship. A similar sequence was obtained in Study 2 where the two types of passion were found to lead to the emotion of pride,

which predicted going into the street to celebrate. However, in another sequence, obsessive passion was found to trigger the emotion of hate, which in turn predicted making fun of fans of other teams. Such a sequence is in line with the work of Weiner (1985, 1995), who has shown that different emotions are conducive to different types of social behaviour. What the present findings add to this analysis, however, is that the two types of passion represent important affective determinants. The present results are the first to establish this link between passion, affect, and social behaviour. Additional research is needed to better understand the role of passion in eliciting a variety of emotions and in turn how these translate into different types of behaviours in various settings.

A number of limitations of the present series of studies should be underscored. First, the data are correlational in nature and, therefore, definitive conclusions about the role of passion in "causing" outcomes are not warranted. However, recent research using a cross-lagged panel design revealed that passion predicted changes in affective and interpersonal outcomes that took place over time, while outcomes did not predict changes in passion (Carbonneau, Vallerand, Frenette, Fernet, & Guay, in press). Nevertheless, it would be important in subsequent research to employ experimental designs to examine more fully various aspects of the Dualistic Model on Passion as applied to sports fans. A second limitation is that the present research examined only one type of sport, namely football. Football was selected in the present research because it is the most popular sport worldwide. Nevertheless, further research is needed to study the external validity of the present findings with respect to other sports and physical activities. Third, it should be highlighted that while a variety of affective, behavioural, and interpersonal outcomes were assessed, all of these were measured through self-reports. Further research using objective and third-party sources of information (such as spouses and friends) is needed to corroborate the present findings. Fourth, it might also be of interest to assess the relationship between one's passion for supporting a team and additional cognition measures (e.g. fans' types of goal). Fifth, the present research only assessed the role of passion in two western cultures (the United Kingdom and Quebec, Canada). Further research is needed to extend the present series of studies to eastern cultures (such as China) where the role of the personal self and identity is less salient and that of the collective self more prevalent (Markus & Kitayama, 1991). Sixth, the present research examined passion towards supporting football clubs (Studies 1 and 3) and passion towards supporting an international team

(Study 2). However, fans who support a national club versus an international team might differ according to their levels of passion or according to their behaviour (e.g. paying for an inflated ticket price). Fans supporting an international team (Study 2) reported to be less obsessive ($t=7.77$, $P<0.001$), but just as harmonious, as fans supporting clubs (Studies 1 and 2) ($t=0.07$, n.s.). However, this difference in obsessive passion did not appear to affect the results. Our results were in line with the hypotheses derived from the Dualistic Model of Passion. Nonetheless, future research might do well in examining this issue more extensively. Finally, Study 2 included football fans who were Canadian immigrants from France and Italy. It is possible that behaviours and outcomes might have been different (maybe even more intense) if we had used fans in their native countries. Future research should replicate the present findings with fans attending a specific national event occurring in their country of origin.

In summary, the present findings highlight the relevance of the Dualistic Model of Passion for understanding the involvement of sports fans. It appears that the present approach allows us to understand the best and the worst of fan behaviours and outcomes. Further research is needed, however, to more completely understand the intricacies of the psychological processes through which passion towards supporting one's sport team develops and changes over time and contributes to intrapersonal and interpersonal outcomes.

Acknowledgements

This research programme was supported by grants from the Fonds pour la formation de Chercheurs et l'Aide à la Recherche (FCAR) and the Social Sciences Humanities Research Council of Canada (SSHRC) to the first author.

References

- Backman, S. J., & Crompton, J. L. (1991). Using a loyalty matrix to differentiate between high, spurious, latent, and low participants in leisure activities. *Journal of Park and Recreation Administration*, 9, 117-128.
- Carbonneau, N., Vallerand, R. J., Fernet, C., & Guay, F. (in press). The role of passion for teaching in intra- and interpersonal outcomes. *Journal of Educational Psychology*.
- Cialdini, R. B., Borden, R. J., Thorne, A., Walker, M. R., Freeman, S., & Sloan, L. R. (1976). Basking in reflected glory: Three (football) field studies. *Journal of Personality and Social Psychology*, 34, 366-375.
- Conway, M., Csank, P. A. R., Holm, S. L., & Blake, C. K. (2000). On individual differences in rumination on sadness. *Journal of Personality Assessment*, 75, 404-435.
- Csikszentmihalyi, M. (1978). Intrinsic rewards and emergent motivation. In M. R. Lepper & D. Greene (Eds.), *The hidden costs of reward* (pp. 205-216). Hillsdale, NJ: Erlbaum.

- Deci, E. L., & Ryan, R. M. (2000). The "what" and "why" of goal pursuits: Human needs and the self-determination of behaviour. *Psychological Inquiry*, 11, 227–268.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71–76.
- Dimmock, J. A., Grove, J. R., & Eklund, R. C. (2005). Reconceptualizing team identification: New dimensions and their relationship to intergroup bias. *Group Dynamics: Theory, Research, and Practice*, 9, 75–86.
- Fletcher, G. J. O., Simpson, J. A., & Thomas, G. (2000). The measurement of perceived relationship quality components: A confirmatory factor analytic approach. *Personality and Social Psychology Bulletin*, 26, 340–354.
- Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, 13, 172–175.
- Hodgins, H. S., & Kneer, R. (2002). The integrating self and conscious experience. In E. L. Deci & R. M. Ryan (Eds.), *Handbook on self-determination research: Theoretical and applied issues* (pp. 87–100). Rochester, NY: University of Rochester Press.
- Jackson, S. A., & Marsh, H. W. (1996). Development and validation of a scale to measure optimal experience: The Flow Scale. *Journal of Sport and Exercise Psychology*, 18, 17–35.
- Jöreskog, K. G., & Sörbom, D. (2003). *LISREL 8.54 for Windows (Computer software)*. Lincolnwood, IL: Scientific Software International.
- MacKinnon, D. P., Lockwood, C. M., Hoffman, J. M., West, S. G., & Sheets, V. (2002). A comparison of methods to test mediation and other intervening variable effects. *Psychological Methods*, 7, 83–104.
- Mageau, G., & Vallerand, R. J. (2007). The moderating effect of passion on the relation between activity engagement and positive affect. *Motivation and Emotion*, 31, 373–392.
- Mageau, G. A., Vallerand, R. J., Rousseau, F. L., Ratelle, C. F., & Provencher, P. J. (2005). Passion and gambling: Investigating the divergent affective and cognitive consequences of gambling. *Journal of Applied Social Psychology*, 35, 100–118.
- Mahony, D. F., Madrigal, R., & Howard, D. (2000). Using the Psychological Commitment to Team (PCT) Scale to segment sport consumers based on loyalty. *Sport Marketing Quarterly*, 9, 15–25.
- Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological Review*, 98, 224–253.
- Niedenthal, P. M., Krauth-Gruber, S., & Ric, F. (2006). *Psychology of emotion: Interpersonal, experiential, and cognitive approaches*. New York: Psychology Press.
- Philippe, F., & Vallerand, R. J. (2008). Prevalence rates of gambling problems in Montreal, Canada: A look at old adults and the role of passion. *Journal of Gambling Studies*, 23, 275–283.
- Ratelle, C., Vallerand, R. J., Mageau, G., Rousseau, F. L., & Provencher, P. J. (2004). Passion and gambling: A look at pathological gambling. *Journal of Gambling Studies*, 20, 105–119.
- Rip, B., Fortin, S., & Vallerand, R. J. (2006). The relationship between passion and injury in dance students. *Journal of Dance Medicine and Science*, 10, 14–20.
- Robins, R. W., Hendin, H. M., & Trzesniewski, K. H. (2001). Measuring global self-esteem: Construct validation of a single-item measure and the Rosenberg self-esteem scale. *Personality and Social Psychology Bulletin*, 27, 151–161.
- Rousseau, F. L., Vallerand, R. J., Ratelle, C. F., Mageau, G. A., & Provencher, P. J. (2002). Passion and gambling: On the validation of the Gambling Passion Scale (GPS). *Journal of Gambling Studies*, 18, 45–66.
- Ryan, R. M., & Deci, E. L. (2000). Self-determination and facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68–78.
- Schweitzer, K., Zillman, D., Weaver, J. B., & Luttrell, E. S. (1992). Perception of threatening events in the emotional aftermath of a televised college football game. *Journal of Broadcasting and Electronic Media*, 36, 75–82.
- Séguin-Lévesque, C., Laliberté, M.-L., Pelletier, L. G., Blanchard, C., & Vallerand, R. J. (2003). Harmonious and obsessive passion for the internet: Their associations with the couple's relationships. *Journal of Applied Social Psychology*, 33, 197–221.
- Sheldon, K. M. (2002). The self-concordance model of healthy goal striving: When personal goals correctly represent the person. In E. L. Deci & R. M. Ryan (Eds.), *Handbook of self-determination research* (pp. 65–86). Rochester, NY: University of Rochester Press.
- Shrout, P. E., & Bolger, N. (2002). Mediation in experimental and nonexperimental studies: New procedures and recommendations. *Psychological Methods*, 7, 422–445.
- Steele, C. M. (1988). The psychology of self-affirmation: Sustaining the integrity of the self. *Advances in Experimental Social Psychology*, 21, 261–302.
- Vallerand, R. J. (1987). Antecedents of self-related affects in sport: Preliminary evidence on the intuitive-reflective appraisal model. *Journal of Sport Psychology*, 9, 161–182.
- Vallerand, R. J. (1997). Toward a hierarchical model of intrinsic and extrinsic motivation. *Advances in Experimental and Social Psychology*, 29, 271–360.
- Vallerand, R. J. (2008). On the psychology of passion: In search of what makes people's lives most worth living. *Canadian Psychology*, 49, 1–13.
- Vallerand, R. J., Blanchard, C. M., Mageau, G. A., Koestner, R., Ratelle, C., Léonard, M., et al. (2003). Les passions de l'âme: On obsessive and harmonious passion. *Journal of Personality and Social Psychology*, 85, 756–767.
- Vallerand, R. J., Fortier, M. S., & Guay, F. (1997). Self-determination and persistence in a real-life setting: Toward a motivational model of high-school dropout. *Journal of Personality and Social Psychology*, 72, 1161–1176.
- Vallerand, R. J., & Houliort, N. (2003). Passion at work: Toward a new conceptualization. In D. Skarlicki, S. Gilliland, & D. Steiner (Eds.), *Social issues in management* (Vol. 3, pp. 175–204). Greenwich, CT: Information Age Publishing.
- Vallerand, R. J., & Miquelon, P. (2007). Passion for sport in athletes. In D. Lavallée & S. Jowett (Eds.), *Social psychology in sport* (pp. 249–263). Champaign, IL: Human Kinetics.
- Vallerand, R. J., Rousseau, F. L., Grouzet, F. M. E., Dumais, A., Grenier, S., & Blanchard, C. M. (2006). Passion in sport: A look at determinants and affective experiences. *Journal of Sport and Exercise Psychology*, 28, 454–478.
- Vallerand, R. J., Salvy, S. J., Mageau, G. A., Denis, P., Grouzet, F. M. E., & Blanchard, C. B. (2007). On the role of passion in performance. *Journal of Personality*, 75, 505–534.
- Vass, J. S. (2003). *Cheering for self: An ethnography of the basketball event*. New York: iUniverse, Inc.
- Wann, D. L. (2006). Examining the potential causal relationship between sport team identification and psychological well-being. *Journal of Sport Behaviour*, 29, 79–95.
- Wann, D. L., & Branscombe, N. R. (1993). Sports fans: Measuring degree of identification with the team. *International Journal of Sport Psychology*, 24, 1–17.
- Wann, D. L., Haynes, G., McLean, B., & Pullen, P. (2003). Sport team identification and willingness to consider anonymous acts of hostile aggression. *Aggressive Behaviour*, 29, 406–413.
- Weiner, B. (1985). An attributional theory of achievement motivation and emotion. *Psychological Review*, 92, 548–573.
- Weiner, B. (1995). Inferences of responsibility and social motivation. *Advances in Experimental Social Psychology*, 27, 1–47.
- Wolfson, S., Wakelin, D., & Lewis, M. (2005). Football supporters' perceptions of their role in the home advantage. *Journal of Sports Sciences*, 23, 365–374.