Adaptation of a Self-Regulated Practice Behaviour Scale for Portuguese music students

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The aim of this study was to analyse the validity and reliability of the Self-Regulated Practice Behaviour Scale (SRPB) developed by Miksza (2012) for music students in Portugal. Tasks involved in this study included: (1) translating the original scale and creating a viable Portuguese adaptation for Portuguese musical performance students; (2) analysing the psychometric properties of the Portuguese version of the scale. The translation and adaptation of the original scale resulted in a 52-item Portuguese Self-Regulated Practice Behaviour measure (Portuguese SRPB). Students enrolled in music education programmes from eight conservatoires answered the Portuguese SRPB (n = 1,200). The results of confirmatory factor analysis show that a five-factor model presenting the five correspondent theoretical dimensions of self-regulation (motive, method, behaviour, time management, and social influence) achieved the best fit to the data collected. All Portuguese SRPB dimensions were predictive of students' reports of average practice efficiency, grades, and practice time, highlighting preliminary evidence of predictive validity. The internal consistency reliability coefficients ranged from good to excellent (α = .71 to .84). The findings suggest that the Portuguese SRPB produced a valid and reliable measure of the self-regulatory practice behaviour of Portuguese conservatoire students, which can be applied by music educators and researchers to assess the practice efficiency of Portuguese music students.