

## Fanship Scale

**Instructions:** This test is used to measure one’s degree of fanship. The test uses the general term “interest.” Your interest is whatever you are a fan of. For example, if you love a sports team, that is your interest. Write your interest (what you are a fan of) in the blank (e.g., a particular band, a sports team, a TV show, an actor, a movie, an author, an activity).

**My interest is:** \_\_\_\_\_

*With this interest in mind, and ONLY THAT INTEREST, circle the number representing your agreement with each statement below:*

Questions about level of “interest”	Your Score
1. I have rescheduled my work/school/social life to accommodate my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
2. I am emotionally connected to my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
3. I spend a considerable amount of money on my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
4. I devote a considerable amount of energy to my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
5. I want everyone to know I am connected to my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
6. I would devote all my time to my interest if I could. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
7. I would be devastated if I were told I could not pursue my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
8. I strongly identify with my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
9. When my interest is popular I feel great. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
10. My interest is part of me. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
11. I want to be friends with people who like my interest. <i>Very Strongly Disagree 1 2 3 4 5 6 7 8 9 Very Strongly Agree</i>	
<b>Total Score</b>	

## Sports Fans! Why do we love sports, teams, players and franchises?

Mindset of a Superfan VIDEO:

1. What is a “Superfan”? (DEFINE)
2. How do clinical psychologists describe being a superfan?
3. Who is most likely to become a superfan?
4. Humans are naturally drawn to be part of a group. Originally this was done for survival, but that isn't really necessary today. So, we find other groups to join in order to bond with others and to feel part of something. At the same time, we want to fit in, we also want to stand out within our group - be “distinct”. This is called the Optimal Distinctiveness Theory. How would you explain this theory?
5. What argument does the speaker make about why our fandom is really important at this moment in time when society is otherwise quite divided?

**What are some of the factors that influence the development of our fandom?**

CLASS NOTES

## The 8 factors of being a fan

1. **Eustress** is basically (EXPLAIN)
  - a. Fans enjoy the anxiety of watching a game and enjoy the rush/thrill without having to worry about any tangible loss to their own lives.
2. **Self Esteem** is inflated when a fan's team does well. The positive image of the team is reflected in and felt by the fan.
  - a. For fans in Boston this has led to the common (and annoying) slogan of:  
\_\_\_\_\_
3. **Escape:** Sports offer a way for people to forget their problems or enjoy excitement that isn't part of their everyday lives.
4. **Entertainment:** Beyond attending something like a movie or a dinner out, live sporting events come with an experience.
  - a. Franchises have made the "stadium experience" part of the draw.
5. **Economics:** Gambling on sports.
  - a. This offers a way to make money
  - b. Also, the thrill of risk involved adds a layer of anxiety and stress - a rush - that just watching doesn't because there is the risk of tangible loss.
  - c. This also increases the risk of loss in terms of a fan's allegiance to a team.
6. **Aesthetic:** Enjoying the beauty of sport and the athletes who play them.
  - a. Fans appreciate the abilities of the athletes
  - b. Can you identify a sport or particular athlete that you simply enjoy watching because you're in awe of what they are able to do?
7. **Group Affiliation** (EXPLAIN)
  - a. Desire to fit in with a group of people - to be accepted and to share in similar experiences.
  - b. At the same time, there can also be a desire to stand out within this group.
    - i. This is what starts to create a "superfan" (i.e., "speedo guy")
8. **Family Needs:** You are a fan because you were raised to be a fan
  - a. The impact your family's own fandom (or lack thereof) has on you can be immense.
  - b. More often than not, it is the influence of a \_\_\_\_\_ that leads kids to support a particular team or player.
  - c. Interestingly, many female fans are also influenced by their \_\_\_\_\_

**Things to think about:**

- Who do you support and why?
- What made you the fan you are today?
- Which of these 8 factors ring true for you?

<p style="text-align: center;"><b>Hidden Brain: Separating Yourself from the Pack</b></p>
---

1. How did being part of a small, visible group (2 Red Sox fans in a stadium-full of Yankees fans) transform psychologist and Mina Cikara, a self-professed non-baseball fan?
2. How would you describe the psychological transformation that can happen when a person becomes part of a group?
  - a. What power can/does being a member of a group exert over the individual?
  - b. How do you think being a member of the minority group vs majority group plays a role?
3. The power of group behavior:
  - a. Groupthink (DEFINE)
  - b. In group v. out group: How does sports, at times, put you in both categories?
  - c. Why do we stay fans even when our teams let us down time & time again?

CONNECTION: Look at your notes from yesterday. Which of the 8 factors of being a fan does this information about fans and the power of the group feed into?

## Sports Rivalries & Fandom

1. Why do rivalries form? (LIST)

2. Are intense rivalries a good or a bad thing?

PROS	CONS

CONNECTION: Look at your notes from yesterday. Which of the 8 factors of being a fan do sports rivalries feed into?