

Relationship between chronotype and happiness among healthy young adults

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The times of the day chosen by people to work and sleep during a typical day defines the Chronotype of a person. Based on the chronotype, people are generally classified as morning and evening people. Extensive studies have been done to find the effect of the chronotype of a person on his physical and mental well-being. Previous research has found that morning people have a healthier lifestyle than evening people. The present study aims to examine the relationship between the chronotype and happiness among healthy young adults residing at Coimbatore. The sample ($N = 215$) consisted both male ($n = 105$) and female ($n = 110$) young adults. The participants were administered with Morningness Eveningness Questionnaire (Horne & Ostberg, 1976) and Oxford Happiness Questionnaire (Argyle & Hills, 2002). The data collected was analyzed by using Pearson's correlation Coefficient. The analysis of the data revealed that there is a moderate positive correlation between Morningness and happiness among healthy young adults. The morning people are happier than the evening people. *Unique contribution:* The humans' Circadian rhythm depends upon the light and other natural stimuli from the environment. Exposure to artificial light sources during evening and night times has made human life much easier than before. But on the downside it tends to promote more of Eveningness in people spanning over generations at the cost of subjective well-being.

Keywords: chronotype, morningness, eveningness, happiness

The Psychological Well-Being (PWB) is a positive mental state, such as happiness or satisfaction, attained by having a positive relationship with others, autonomy, a feeling of purpose and meaning in life. The physical health is strongly associated with the psychological well-being of an individual especially the diurnal preferences and circadian rhythm are viewed as an influencing factor on it (Gregory, Debra & Laura, 2016). It is proved that the physiological markers of endogenous circadian rhythmicity are earlier in morning-type than in evening-type individuals (Gerard & Hans, 1996). Generally people who show a marked preference for waking at an early hour and find it difficult to remain after their usual bedtime are called as morning-type and people who prefer to sleep later hours and finds difficult to wake up at early in the morning are known as evening-type (Flavia, Flavia, Teresa & Salvatore, 2002).

There are individual differences exists in diurnal preferences and researches have examined and proved that various psychological factors are related to this diurnal preferences. It was found that the young adults who are morning type or "larks" possess high levels of positive affect than the evening type people or "owls" (Renee & Lynn, 2012). Further evening people reported having more frequent and intensive psychosomatic disturbances whereas morning-types have a healthier lifestyle than the evening-types (Marc, Jenny, Martha & Till, 2006). It was interesting to note that morning-type people tend to be more agreeable, conscientious, and more active in their nature whereas evening-type people seems to be more extrovert than the morning-types people (Alexandra, Jason, Simon &

Malcolm, 2002). While considering the well-being of an individual morning-type people are more happy and satisfied with life irrespective of their culture or geographical location (Konard, 2012). Therefore, present study is conducted to assess the associations between chronotypes and general well-being (Happiness) in practically among healthy young adults and points out the importance of circadian rhythm in their quality of life.

Method

The main aim of the present study is to find out the relationship between chronotype and happiness among college students. Further it is intended to find out the prevalence of morningness-Eveningness type of people, the level of happiness and also to see is there any gender differences exists in the study variables.

Participants

The undergraduate students ($N = 215$) studying in Arts & Science colleges were randomly selected and recruited for the present study. The sample consisted both male ($n = 105$) and female ($n = 110$) college students.

Instruments

The Morningness Eveningness Questionnaire (MEQ) designed by Horne and Ostberg 1976 is the most widely used tool for identifying the chronotype and it consists of 19 items which describes sleep, wake style and timings in a day. The Chronotype of participants ($N=215$) is assessed using Morningness Eveningness Questionnaire. The Morningness Eveningness Questionnaire gives scores ranging from 16 to 86 which classifies the chronotype of an individual like "Definite evening", "Moderate evening", "Intermediate", "Moderate morning" and "Definite morning". The reliability of the scale is 0.82.

The level of happiness of the participants ($N= 215$) were assessed by

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