

Comparison of morningness eveningness among sports persons of different streams of senior colleges of Amravati city

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Abstract

This paper represents the Comparison of Morningness Eveningness among Sports Persons of Different Streams of Senior Colleges of Amravati City. Total One Thousand (1000) subjects were selected for this study. Hundred (100) subjects were taken from Bachelor of Business Administration (B.B.A), One Hundred fifty (150) subjects were taken from Bachelor of Commerce (B.Com), One Hundred fifty (150) subjects were taken from Bachelor of Social Work (B.S.W), One Hundred fifty (150) subjects were taken from Bachelor of Arts (B.A), One Hundred fifty (150) subjects were taken from Bachelor of Science (B.Sc), One Hundred fifty (150) subjects were taken from Bachelor of Computer Application (B.C.A) and One Hundred fifty (150) subjects were taken from Bachelor of Technology (B Tech) selected for the present study. The data pertaining to the study was collected by standard questionnaire. In this study data were analysed and interpreted with the help of special statistical techniques. The finding of this study shows that there was significant difference in sports persons of Different Streams of Senior Colleges of Amravati City.

Keywords: morningness, eveningness, sports persons, amravati city

Introduction

One of the most dramatic features of the world in which we live is the cycle of day and night. Correspondingly, almost all species exhibit daily changes in their behavior and /or physiology. These daily rhythms are not simply a response to the 24-hour changes in the physical environment imposed by the earth turning on its axis but, instead, arise from a timekeeping system within the organism. This timekeeping system, or biological "clock," allows the organism to anticipate and prepare for the changes in the physical environment that are associated with day and night, thereby ensuring that the organism will "do the right thing" at the right time of the day. The biological clock also provides internal temporal organization and ensures that internal changes take place in coordination with one another. Our body clock is a small group of cells made up of unique 'body clock' genes. These cells turn on and off and tell other parts of the body what time it is and what to do. In fact, most of our individual organs have their own internal body clock cells as well. Sunlight helps us to adjust this internal time cycle each day to synchronize it with the world's 24-hour cycle. It works like this: light hits the back of our eyes and travels into our brains, triggering the release of chemicals onto our body clock cells. This tweaks our internal time to be either slower or faster, making it exactly 24 hours.

Circadian Rhythms

The circadian rhythms of humans can be entrained to slightly shorter and longer periods than the Earth's 24 hours. Researchers at Harvard have recently shown that human subjects can at least be entrained to a 23.5-hour cycle and a 24.65-hour cycle (the latter being the natural solar day-night cycle on the planet Mars). All living things, from bacteria,

plants, animals to humans have their own biological cycle that oscillates around a 24 hour long period. It drives biological activities like ageing, metabolism, sleeping, hormone production, brain activity or cell regeneration.

Chronotype

Chronotype is an attribute of species, reflecting the activeness of their physical functions (hormone level, body temperature, cognitive faculties, eating and sleeping). Humans are diurnal species; they remain active during the day time and sleep during the night hour. Chronotype is commonly reduced to sleeping habits only, referring to people as larks and owls where lark people or morning active people usually gets up early in the morning, most alert in the first part of the day and goes to bed early in the evening and owl people or evening type people who are most alert in the late evening hours and prefer to go to bed late.

Morningness

Morning active people are considered conscientious, trustworthy and emotionally stable. Owls are described as creative, emotionally unstable and have difficult social and familial relations. Morning type individual's show decreased good mood along the day and the opposite pattern occurs with evening personalities. Evening types show greater behavioral troubles, low academic performances, and higher stress rates in their family lives and more difficulties in social adaptation. Evening type individuals take frequent night meals, consume more caffeine and alcohol, and smoke more cigarettes than morning types.

Morning people wake up early and are most alert in the first part of the day. Also called larks, early-risers or A-persons, Mood declines over day. Energetic in the mornings, out of

steam in the evenings. A lark, early bird, morning person or, in Scandinavian countries, an A-person, is a person who usually gets up early in the morning and goes to bed early in the evening. The lark (bird) starts its day very early, which explains the choice of the word lark for people who may sleep from around 10 p.m. to 6 a.m. or earlier. Human “larks” tend to feel most energetic just after they get up in the morning. They are thus well-suited for working the day shift.

Eveningness

Evening people are most alert in the late evening hours and prefer to go to bed late. Also called night owls, late-risers or B-persons. Mood rises over day. Sleepy in the mornings, energetic in the evenings. A night owl, evening person or simply owl, is a person who tends to stay up until late at night. The opposite of a night owl is an early bird, a lark as opposed to owl, someone who tends to begin sleeping at a time that is considered early and also wakes early. In several countries, early birds are called “A-people” and night owls are called “B-people”.

Benefits of studying in the Morning

1. The mind will be fresh after a good night sleep. Mind will be sharp to gather and absorb maximum information.
2. Waking up in ‘Brahmi Muhurtha’ – about half an hour before sunrise is very auspicious and concentration levels will be maximum.
3. If you study in the morning, the other plans of the day will go according to plans. It boosts confidence.
4. If you are facing exams or tests in the class, if you have studied in the morning, chances are more for recollection of the studied subject.
5. If you have a good control over wake up time, then morning hours are suitable for studies for you.

Disadvantage of study in the morning

1. If you do not have control on your sleeping hours, and if you do not get up as per the plans, the whole day may go wrong.
2. As the morning progresses, the routine works such as bathing and breakfast may become hurdles for some.

Advantages of studying in the night

1. If you have good control over falling it sleep, you may study at night.
2. If you have good control over yourself to keep on studying, without falling a pray to video games or TV, when parents have gone to bed, you may study at night.
3. The calmness and darkness brings clarity to mind and it gets better and better hour after hour.
4. If you complete the studies as per the plans and go to bed, the joy of sleep will be fortified.
5. Do not imitate your friends. Your body and mind patterns are different from anybody else. You will need to take your own decision.

Disadvantages of studying in the night

1. Distractions such as TV and Video games, especially after parents retire to bed.
2. If you are going for dance class, or any sports, you may be too tired to concentrate on studies at night.

Methodology

As every research demands a systematic method and procedure likewise this chapter adopts the following procedure including research design, source of data, selection of subjects, sampling method, selection of test and criterion measures, administration of tests and collection of data etc. A research become successful accompanied and supported by some reliable and authentic data. The statistical analysis of the gathered data provides a well-knit picture of complete and successful hypothesis as pre-stated by the researcher. The chapter has been divided into the following heading:

Sources of Data

For the present study the source of subjects were selected from the Senior Colleges of Amravati City.

Selection of Subjects

One Thousand (1000) subjects were selected for this study. Hundred (100) subjects were taken from Bachelor of Business Administration (B.B.A), One Hundred fifty (150) subjects were taken from Bachelor of Commerce (B.Com), One Hundred fifty (150) subjects were taken from Bachelor of Social Work (B.S.W), One Hundred fifty (150) subjects were taken from Bachelor of Arts (B.A), One Hundred fifty (150) subjects were taken from Bachelor of Science (B.Sc), One Hundred fifty (150) subjects were taken from Bachelor of Computer Application (B.C.A) and One Hundred fifty (150) subjects were taken from Bachelor of Technology (B Tech).

Sampling Method

The subjects were selected by using simple random sampling method.

Equipments used for collection of data

The standard questionnaire Morningness-Eveningness by (Horne & Osteberg; 1976) was used for the collection of data.

Administration and Procedure

Before the collection of data the administration of questionnaire is very important. In administration of any kind of test (questionnaire) three things are very much effective to be taken into consideration.

1. What is to be done before the application of any kind of test.
 2. What is done during the application of any kind of test.
- What things are to keep into the mind before the fulfillment of any kind of test.

The questionnaire is distributed among the students of Bachelor of Business Administration (B.B.A), Bachelor of Commerce (B.Com), Bachelor of Social Work (B.S.W), Bachelor of Arts (B.A), Bachelor of Science (B.Sc), Bachelor of Computer Application (B.C.A) and Bachelor of Technology (B Tech) in order to fulfill the questionnaire. The research scholar personally met the class Incharge along with the selected subjects and explained them clearly the purpose of the study along with how the questionnaire had to be filled up. After making sure that the subjects were clearly understood the procedure to fill up the questionnaire, then they will be asked to mark the response against each questions. All the items of Morningness-Eveningness Questionnaire must be answered by the subjects. The questionnaire consists of 19 questions each with a number of points.

Statistical Analysis and Interpretation of Data

In this chapter, the research scholar has analyzed the gathered data statistically to justify his hypothesis. The data was collected from the sports persons of various streams by using Morningness- Eveningness by (Horne & Osteberg; 1976) and

interpretation is done on the basis of special statistical techniques.

The finding of the present study is shown in tabular form as well as in graphical form as below:

Table 1: Showing Type Wise Percentage of Morningness- Eveningness among Sports Persons among Sports Persons of Different Streams of Senior Colleges of Amravati City

Groups	Definite Evening	%	Moderate Evening	%	Inter-mediate	%	Moderate Morning	%	Definite Morning	%
B.B.A.	0	0.00	1	0.10	59	5.90	38	3.80	2	0.20
B.Com.	0	0.00	1	0.10	87	8.70	58	5.80	4	0.40
B.S.W.	0	0.00	1	0.10	101	10.10	47	4.70	1	0.10
B.A.	0	0.00	0	0.00	77	7.70	69	6.90	4	0.40
B.Sc.	0	0.00	4	0.40	108	10.80	37	3.70	1	0.10
B.C.A.	0	0.00	1	0.10	98	9.80	49	4.90	2	0.20
B Tech.	0	0.00	1	0.10	75	7.50	69	6.90	5	0.50

The table shows that 0.00% sports persons of B.B.A were found in Definite Evening, 0.10% were found in Moderate Evening, 5.90% were found in Intermediate, 3.80% were found in Moderate Morning and 0.20% were found in Definite Morning. Out of total percentage of B.B.A sports person there were found that most of the sports persons were found in Intermediate type.

The table shows that 0.00% sports persons of B.Com were found in Definite Evening, 0.10% were found in Moderate Evening, 8.70% were found in Intermediate, 5.80% were found in Moderate Morning and 0.40% were found in Definite Morning. Out of total percentage of B.Com sports person there were found that most of the sports persons were found in Intermediate type.

The table shows that 0.00% sports persons of B.S.W were found in Definite Evening, 0.10% were found in Moderate Evening, 10.10% were found in Intermediate, 4.70% were found in Moderate Morning and 0.10% were found in Definite Morning. Out of total percentage of B.S.W sports person there were found that most of the sports persons were found in Intermediate type.

The table shows that 0.00% sports persons of B.A were found in Definite Evening, 0.00% were found in Moderate Evening, 7.70% were found in Intermediate, 6.90% were found in Moderate Morning and 0.40% were found in Definite Morning. Out of total percentage of B.A sports person there were found that most of the sports persons were found in Intermediate type.

The table shows that 0.00% sports persons of B.Sc were found in Definite Evening, 0.40% were found in Moderate Evening, 10.80% were found in Intermediate, 3.70% were found in Moderate Morning and 0.10% were found in Definite Morning. Out of total percentage of B.Sc sports person there were found that most of the sports persons were found in Intermediate type.

The table shows that 0.00% sports persons of B.C.A were found in Definite Evening, 0.10% were found in Moderate Evening, 9.80% were found in Intermediate, 4.90% were found in Moderate Morning and 0.20% were found in Definite Morning. Out of total percentage of B.C.A sports person there were found that most of the sports persons were found in Intermediate type.

The table shows that 0.00% sports persons of B Tech were found in Definite Evening, 0.10% were found in Moderate Evening, 7.50% were found in Intermediate, 6.90% were found in Moderate Morning and 0.50% were found in Definite Morning. Out of total percentage of B Tech sports person there were found that most of the sports persons were found in Intermediate type.

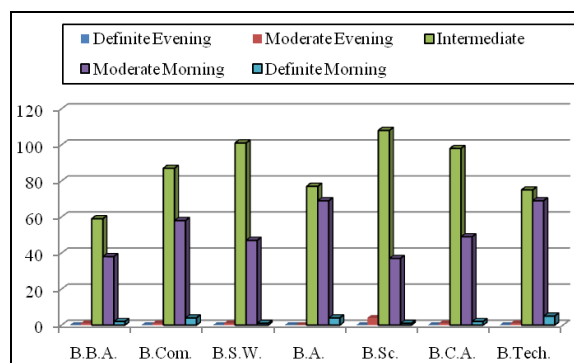


Fig 1: Showing Comparison of Morningness- Eveningness among Sports Persons of Different Streams of Senior Colleges of Amravati City

Table 2: Analysis Of Variance in Morningness-Eveningness among Sports Persons of Different Streams of Senior Colleges of Amravati City

Source of Variation	SS	df	MS	F
Between Groups	2054.08	6	342.3459	8.6339
Within Groups	39373.8	993	39.65136	
* Significant at .05 level.				
F 0.05 (6, 993) = 2.1077				

Above table revealed that there was significant difference in sports persons of different streams as obtained F-ratio was 8.6339 which was higher than that of required tabulated 'F' value of 2.1077 at .05 level of significance with (6,993) degree of freedom.

Since the one-way analysis of variance was found to be significant in morningness-eveningness, the least significant difference (L.S.D.) was applied to assess the paired means difference among the sports persons of different streams.

Table 3: Least Significant difference post-hoc test for Morningness- Eveningness among Sports Persons of Different Streams of Senior Colleges of Amravati City

B.B.A.	B.Com.	B.S.W.	B.A.	B.Sc.	B.C.A.	B Tech.	M.D.	C.D.
56.09	57.2						1.11	1.601
56.09		55.34					0.75	1.601
56.09			58.587				2.50*	1.601
56.09				54.24			1.85*	1.601
56.09					56.04		0.05	1.601
56.09						57.94	1.85*	1.601
	57.2	55.34					1.86*	1.432
	57.2		58.587				1.39	1.432
	57.2			54.24			2.96*	1.432
	57.2				56.04		1.16	1.432
	57.2					57.94	0.74	1.432
		55.34	58.587				3.25*	1.432
		55.34		54.24			1.10	1.432
		55.34			56.04		0.70	1.432
		55.34				57.94	2.60*	1.432
			58.587	54.24			4.35*	1.432
			58.587		56.04		2.55*	1.432
			58.587			57.94	0.65	1.432
				54.24	56.04		1.80*	1.432
				54.24		57.94	3.70*	1.432
					56.04	57.94	1.90*	1.432

Table-23 clearly revealed that significant difference was found between the means of B.B.A. and B.A. sports persons, B.B.A. and B.Sc. sports persons, B.B.A and B. Tech. sports persons, B.Com and B.S.W. sports persons, B.Com and B.Sc. sports persons, B.S.W and B.A. sports persons, B.S.W. and B. Tech. sports persons, B.A. and B.Sc. sports persons, B.A. and B.C.A. sports persons, B.Sc. and B.C.A. sports persons, B.Sc. and B. Tech. sports persons, B.C.A. and B. Tech. sports persons as the mean difference was greater than the critical differences.

Insignificant difference was found between the means of B.B.A and B.Com. sports persons, B.B.A. and B.S.W. sports persons, B.B.A. and B.C.A. sports persons, B. Com. and B.A. sports persons, B.Com and B.C.A. sports persons, B.Com. B. Tech. sports persons, B.S.W. and B.Sc. sports persons, B.S.W. and B.C.A. sports persons, B.A. and B. Tech. sports persons as the mean difference was less than the critical difference.

The sequence of performance in all seven groups was (58.587) B.A.> (57.94) B.Tech. > (57.2) B.Com. > (56.09) B.B.A. > (56.04) B.C.A. > (55.34) B.S.W.> (54.24) B.Sc. sports persons.

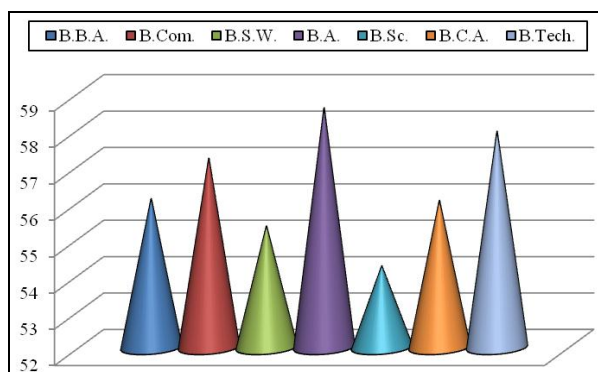


Fig 2: Comparison of mean of morningness-eveningness among sports person of different streams of senior colleges of Amravati city

Conclusion

Within the limitations of the study and from statistical analysis the following conclusion is drawn. There is found significant difference of morningness-eveningness among sports persons of Different Streams of Senior Colleges of Amravati City.

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