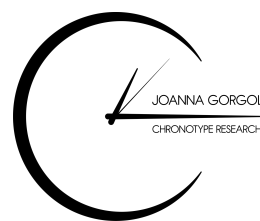


Chronotype, social support and subjective well-being



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AIM OF THE STUDY

The aim of the present study was to examine the role of perceived social support in the association between morningness-eveningness and subjective well-being.



HYPOTHESIS

We hypothesised that perceived social support would mediate the association between morningness-eveningness and well-being such that higher levels of support would explain the association between morningness and higher well-being.

METHODS

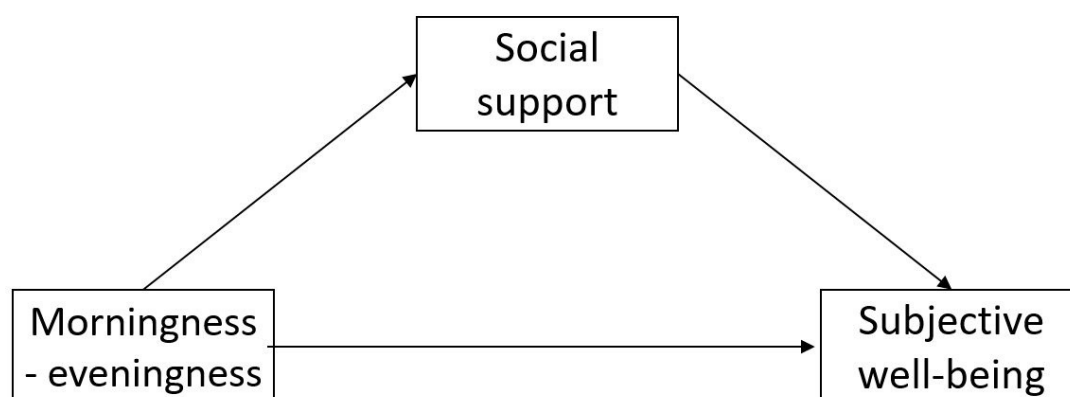
Participants were 1067 adults (545 women and 522 men), aged 18 to 55 years.

The participants filled out the questionnaires measuring: chronotype, life satisfaction, positive and negative affect as well as social support.



RESULTS

- Morningness was positively associated with general social support and with satisfaction with life.
- Social support was positively correlated with satisfaction with life.
- Social support partially mediated the positive association between morningness-eveningness and subjective well-being.



CONCLUSION

Increasing social support may be especially important for evening-oriented individuals who tend to report lower levels of both well-being and social support.

Knowing that social and emotional support is protective for both physical and mental well-being, we argue for the development of specific interventions focussing on increasing social support among evening-oriented individuals.

READ MORE

Gorgol, J., Stolarski, M., & Bullock, B. (2022). The mediating role of perceived social support in the relationship between morningness-eveningness and subjective well-being. *Journal of Sleep Research*, 31(3), e13520. <https://doi.org/10.1111/jsr.13520>