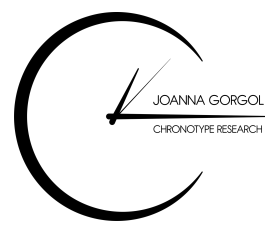


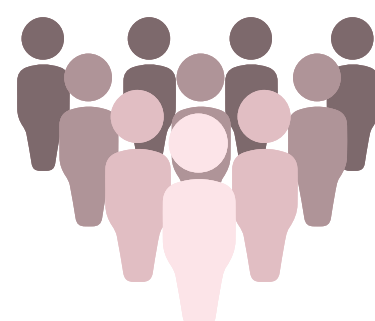
Social perception of chronotypes



<http://joannagorgol.com>

AIM OF THE STUDY

The aim of this study was to examine the social perception of people with morning and evening chronotypes on the scale of warmth and competence, and how one's own chronotype may influence this effect.



HYPOTHESIS

Morning-oriented individuals are generally perceived as warmer and more competent than evening-oriented individuals. The perceiver's own diurnal preferences influence these effects, in a direction consistent with self-serving bias.

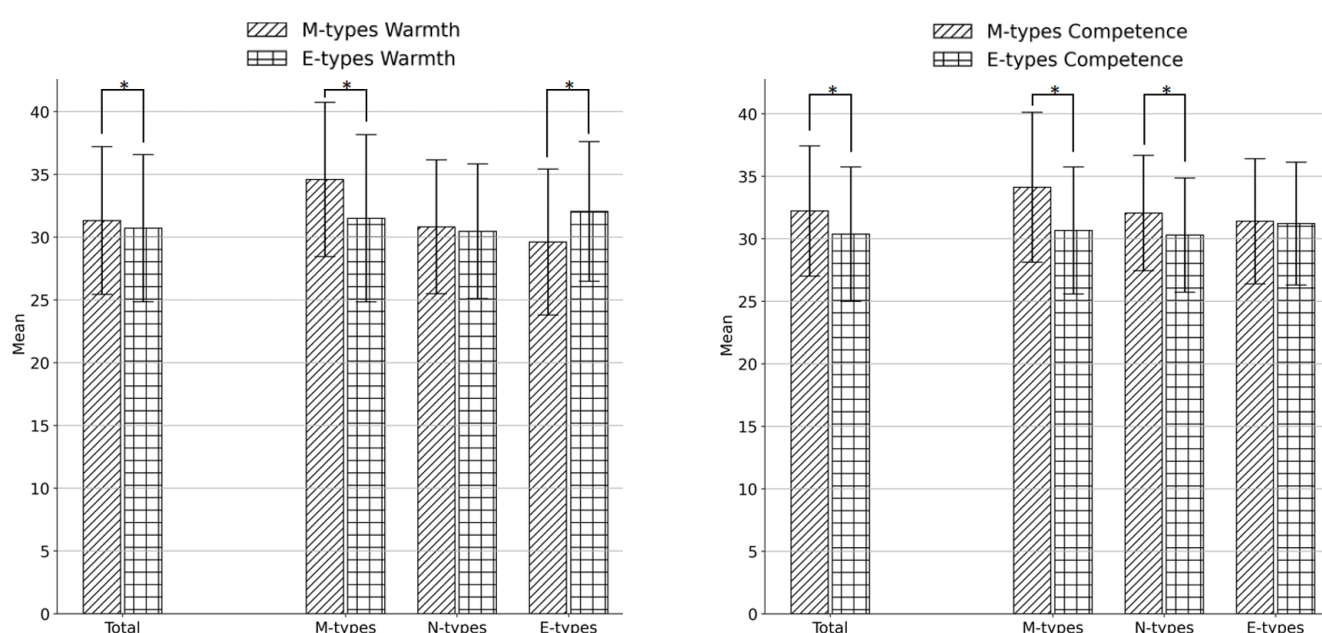
METHODS

The study was conducted on a group of 1277 Polish individuals, aged 17– 61 years.

Participants answered questions about their own chronotypes and asked to indicate how society perceives morning and evening chronotypes on the warmth scale (e.g., tolerance, honesty, warmth) and competence scale (e.g., competition, intelligence, ambition).

RESULTS

- Morning-oriented individuals were generally perceived as more warm and competent than evening-oriented individuals.
- Perceptions of the warmth of the chronotypes depend on the perceiver's own chronotype: both evening and morning-oriented perceivers favored their ingroups.
- Perception of competence was associated with in-group favoritism only in morning and neither types.



CONCLUSION

There is a socially shared stereotype emphasizing the high competence and warmth of morning-oriented individuals. There is also favoritism towards the own group in this respect. The more favorable social perception of morning-oriented individuals may be responsible for some of the differences between chronotypes such as poorer emotional functioning and lower perceived social support in evening-oriented individuals.

READ MORE

Stolarski, M., & Gorgol, J. (2022). Analyzing social perception of chronotypes within the stereotype content model. *Chronobiology International*, 39(11), 1475-1484. <https://doi.org/10.1080/07420528.2022.2123740>