

A43 Chronotype and affective profiles among Malaysian school children

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The study aimed to determine the association between chronotype and affective profile among Malaysian schoolchildren. This study involved Malaysian schoolchildren between 9-11 years old, with no history of sleep and psychological problems. There were two questionnaires answered by the participants, which were Morningness-Eveningness Scale for Children (MES-C) and Positive and Negative Schedule for Children in Short Form (PANAS-C-SF). The further outcome from PANAS-C-SF was converted into the four affective profiles, namely self-fulfilling profile, high affective profile, low affective profile, and self-destructive profile. A total of 190 respondents (55.8% female) had completed this study. Majority of the population fell under intermediate chronotype (53.7%) and mostly had self-destructive profile (32.6%). There were no association between gender and age with both chronotype and affective profile. Also, there were no association found between birth time and birth order with chronotype. Furthermore, considering the linear regression analysis, it was reported that chronotype (higher score indicating morningness chronotype) was a significant predictor factor for negative affect ($\beta = -0.143$, $p = 0.004$). Also, children with self-fulfilling profile had significantly more morning-oriented person than high affective and self-destructive profile (all $p = 0.016$). In conclusion, current study identified that morningness chronotype among schoolchildren showed negative correlation with negative affect. Moreover, morningness individual was associated with self-fulfilling profile in this study.