







ORIGINAL REPORT



The relationship between the chronotypes and personality traits of adolescent males and females in Slovakia

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ABSTRACT

The main aim of this piece of research was to evaluate the relationship between chronotypes and the 'big five' personality traits of adolescent males and females in Slovakia. The cross-sectional study reported on below employed standardized self-reported tools (Composite Scale of Mornings (CSM) and NEO Five-Factor Inventory) to evaluate the chronotype and personality traits of $n = 466$ Slovaks (male = 168, age = 17.1 ± 1.2 years and female = 298, age = 17.1 ± 1.3 years). The chronotypes of adolescent male and female Slovaks were primarily I-type, followed in frequency by M-type and E-type. The reported chronotype in males show no significant differences with regard to personality traits, whereas the characteristics of neuroticism, agreeableness and conscientiousness show significant differences in the Chronotype of females. Furthermore, neuroticism is correlated with CSM scores in both males and females, though the size of correlation coefficients was not large. Extraversion correlated significantly with CSM scores only in females, but not in males.

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