







Relationships between circadian preference and diurnal training times of Slovak Men's Volleyball League

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ABSTRACT

The aim of study was to identify the relationships between the circadian preference and diurnal training times of elite volleyball players ($n = 78$). The Morningness-Eveningness Questionnaire (MEQ) was used to identify circadian preference, resulting in a point score. Diurnal training times were divided: morning training time (MTT), intermediate training time (ITT) and evening training time (ETT). One-way ANOVA showed a relationship between circadian preference and diurnal training time documented by point score differences in the MEQ between MTT, ITT and ETT ($p < 0.01$). A higher ($p < 0.01$) point score value in the MEQ was recorded in the MTT compared to the ETT. No difference was found between MTT and ITT and ITT and ETT ($p > 0.05$). The results of the study show the importance of the relationship between circadian preference and typical training times during the day. The influence of training time on the development of circadian preference will need to be verified experimentally.

ARTICLE HISTORY

Received 23 February 2023
Accepted 1 May 2023

KEYWORDS

Circadian preference; morningness-eveningness questionnaire; diurnal training time; elite sport; volleyball players