

Circadian Rhythm and Demographic Incidence

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Abstract : This study explores association between circadian rhythm pattern and some demographic incidences. The participants targeting 193 (97 females and 96 males between the ages of 20-30 years) Iranian bachelor students from Islamic Azad University who completed the self-reported over the 2nd semester 2011-2012 university year. The questionnaire has been tailored amalgamation of Horn & Östberg Questionnaire (MEQ) and Demographic Incidences Questionnaire in order to measure the students circadian rhythm pattern and their Demographic Incidences. The finding of this quantitative, descriptive, cross-sectional analysis confirmed the hypothesis in that 'circadian rhythm pattern' was positively associated with the demographic indices like age, marital status, gender, day in week and month of the birth time, and parent's age and educational level at the time of the birth of the samples.

Keywords : circadian rhythm pattern, demographic incidences, morning type, evening type

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