ANALYSIS OF CIRCADIAN RHYTHM ON SELECTED PSYCHO
MOTOR VARIABLES AND PROFILE OF MOOD STATES
BETWEEN TRAINED AND UNTRAINED MEN

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ABSTRACT

The purpose of the study was to determine the variations in selected psychomotor variables and profile of mood states resulting from circadian rhythm between trained and untrained men. To achieve the purpose of the study, 15 trained and 15 untrained male were selected from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli as one of the independent variable and six different times of the day such as 02:00, 06:00, 10:00, 14:00, 18:00 and 22:00 hours were selected as another independent variable. Reaction time, flexibility, agility, balance and profile of mood states were selected as criterion variables. Two factor analysis of variance with second factor repeated (2 x 6) measure was used. Whenever the obtained ‘F’ ratio value in the simple effect test was significant, the Scheffe’s test was applied as post hoc test to determine the paired mean differences, if any. In all the cases 0.05 level of significance was fixed. There was a significant difference between trained and untrained men on the selected variables such as reaction time, flexibility, agility, balance and profile of mood states irrespective of the different times of the day. There was a significant variation in Circadian Rhythm between trained and untrained men on the selected variables among different times of the day. The peak performance was found at 18:00 hours in all the selected variables.