

## Morningness/Eveningness Preference and Cadet Performance

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### ABSTRACT:

To determine if morningness/eveningness preferences influence cadet performance during the first semester as a cadet, I tested the United States Military Class of 2008 (approximately 1250 students aged 17 to 23). This is a confirmation study from preliminary findings with the Class of 2007.

This study was conducted in three parts. First, the new cadets that decided to leave USMA during Cadet Basic Training (CBT) took a written survey of six questions (a derivation of the Horne-Ostberg Morningness/Eveningness Questionnaire). Their respective CBT company's cadet counselor administered this survey. Secondly, the same survey was administered to the remaining members of the Class of 2008 during Lesson 4 of their introductory Psychology or Information Technology course. Lastly, the attrition, Academic Score, Physical Score, and Military Score information will be collected from USMA's Institutional Research and Analysis Branch at the end of the Fall semester.

I expect the results to support the findings from the USMA Class of 2007 and thus indicate that cadets with "night owl" tendencies are significantly more likely to attrite from USMA. Additionally, I expect the results to show significantly lower Academic, Military, and Physical scores for "night owls." These findings would suggest that the training structure of USMA positively effects cadets with morningness preferences and negatively effects cadets with eveningness preferences to the extent that an eveningness preference predicts attrition and negative cadet performance. These conclusions would have considerable implications for the future leadership of the US Army while we enter into an era of 24 hour operations and "owning the night."

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