Lark or an Owl, Affect, Hardiness, and Performance of West Point Cadets
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Abstract
Correlates among chronotype, affect, hardiness, and performance of 1,149 West Point cadets were examined. Morning types were positively and significantly correlated with positive affect, hardiness-commitment and control, and physical and military program performance.

Results
Morning oriented (lark-like) scores were positively correlated with positive affect, and hardy-commitment and hardy-control – but not with Whole Candidate Score, the index used by admissions to select cadets. Morning orientation scores were positively correlated with both physical and military program performance.

Discussion
Increased morning orientation (Larks) in West Point Cadets was shown to be associated with greater hardiness-commitment and control, and with better physical and military performance.

While modest, these effects are independent from Whole Candidate Score, the index used to select new cadets at West Point. Thus a consideration of Cadet morning or evening orientation is warranted. Should a Cadet’s owl or lark tendency or marker be used to provide an incremental increase in predicting performance? Is there an optimal mix of types associated with operational effectiveness?

References

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