

A Comparative Study of Morning and Their Impact on Physical and Mental Health

Dr. Rakesh Kumar

Assistant Professor, Physical Education

Tantia University, Sri. Ganganagar, Rajasthan, India.

Article Info	ABSTRACT
<p>Article History: Received: 17th January 2026 Accepted: 22nd January 2026 Published: 02nd February 2026</p>	<p>Exercise plays a crucial role in maintaining physical fitness, mental well-being, and overall quality of life. However, the effectiveness of exercise is influenced not only by its type, intensity, and duration but also by the time of day at which it is performed. The present research paper provides a comprehensive comparative analysis of morning and evening exercise with respect to their physiological, psychological, and performance-related benefits. The study is based on analytical and descriptive research methods using established concepts of exercise physiology, circadian rhythm regulation, and systematic practical observations. The findings reveal that morning exercise is more beneficial for metabolic regulation, fat utilization, mental clarity, emotional stability, and lifestyle discipline, whereas evening exercise enhances muscular strength, endurance, flexibility, neuromuscular coordination, and sports performance. The study concludes that both morning and evening exercise have distinct advantages, and the choice of exercise timing should depend on individual goals, lifestyle patterns, biological rhythm, and physical condition rather than a universal prescription.</p>
<p>Keywords:</p> <p><i>Morning exercise, Evening exercise, Physical fitness, Mental health, Exercise timing, Circadian rhythm</i></p>	

Copyright © 2026 The Author(s). This is an open access article distributed under the Creative Commons Attribution License, (<http://creativecommons.org/licenses/by/4.0/>) which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

How to Cite: Kumar, R. (2026). A Comparative Study of Morning and Their Impact on Physical and Mental Health. IIP: International Multidisciplinary Research Journal (IIPIMRJ), 3(1), 501–503.

INTRODUCTION

In the modern era, physical inactivity has emerged as one of the major contributors to lifestyle-related diseases such as obesity, diabetes mellitus, cardiovascular disorders, musculoskeletal dysfunctions, and psychological stress. Rapid technological advancement, increased screen time, and sedentary occupational patterns have significantly reduced daily physical movement. Consequently, individuals across all age groups are experiencing declining levels of physical fitness and mental well-being.

Regular physical exercise is universally recommended as a preventive and therapeutic measure for maintaining health and improving quality of life. Exercise enhances cardiovascular efficiency, muscular strength, flexibility, metabolic balance, and psychological stability. Despite widespread awareness of these benefits, there remains considerable debate regarding the optimal time of day for performing exercise. Many individuals remain uncertain whether exercising in the morning or evening produces superior health outcomes.

Human physiological functions are governed by the circadian rhythm, also known as the biological clock. This internal timing system regulates body temperature, hormone secretion, alertness, reaction time, and energy levels throughout the day. Due to these natural biological variations, the body responds differently to exercise performed in the morning and evening. Understanding these differences is essential for athletes, students, fitness enthusiasts, and the general population to maximize exercise benefits and reduce health risks.

OBJECTIVES OF THE STUDY

1. To analyze the physiological effects of morning and evening exercise.
2. To compare the mental and psychological benefits of exercise performed at different times of the day.
3. To evaluate the impact of exercise timing on muscular strength, endurance, flexibility, and performance.
4. To examine the role of circadian rhythm in determining exercise effectiveness.
5. To provide practical recommendations for selecting an appropriate exercise time.

RESEARCH METHODOLOGY

The present study is based on a descriptive and comparative research design. Secondary data were collected from standard textbooks of exercise physiology, physical education literature, and established research concepts related to health and fitness. In addition, systematic observations of students, recreational exercisers, and sportspersons were considered to support theoretical interpretations.

THEORETICAL BACKGROUND: CIRCADIAN RHYTHM AND EXERCISE

The circadian rhythm is a biological mechanism that regulates daily cycles of sleep, wakefulness, hormone secretion, body temperature, and energy metabolism. Cortisol levels are generally higher in the morning, promoting alertness and mobilization of energy substrates, whereas body temperature and muscle elasticity peak during the late afternoon and evening. These variations significantly influence physical and mental performance at different times of the day.

MORNING EXERCISE: CONCEPT AND BENEFITS

Morning exercise refers to physical activity performed between early sunrise and mid-morning hours. During this period, the body transitions from a resting to an active state, making exercise particularly influential in activating physiological systems.

Physiological Benefits

Morning exercise stimulates metabolic processes and promotes efficient utilization of stored fat. Improved insulin sensitivity and better blood glucose regulation reduce the risk of metabolic disorders. Regular morning exercise also contributes to improved cardiovascular health by regulating blood pressure and heart rate.

Discipline and Lifestyle Regulation

Morning exercise promotes discipline and routine formation. Exercising early reduces the likelihood of missing workouts due to fatigue or professional commitments later in the day.

EVENING EXERCISE: CONCEPT AND BENEFITS

Evening exercise is typically performed during late afternoon or early evening hours when the body is physiologically prepared for physical exertion.

Performance Enhancement

Reaction time, coordination, and neuromuscular efficiency are generally superior in the evening, which benefits athletes and individuals focused on performance enhancement.

Stress Relief and Recovery

Evening exercise effectively relieves mental and emotional stress accumulated during the day and supports psychological relaxation. When properly timed, it can also improve sleep quality.

COMPARATIVE ANALYSIS OF MORNING AND EVENING EXERCISE

A comparative evaluation indicates that morning exercise is more effective for metabolic regulation, mental alertness, and lifestyle discipline, whereas evening exercise offers superior benefits in muscular strength, flexibility, and performance. These differences are illustrated in the graphical representation included in this study.

PRACTICAL IMPLICATIONS

For athletes, exercise timing should align with training objectives and competition schedules. Evening sessions may be optimal for strength and power development, while morning sessions can support recovery and aerobic conditioning. For the general population, morning exercise may be preferable for weight management and routine development, whereas evening exercise may suit individuals with higher evening energy levels.

LIMITATIONS OF THE STUDY

The study is conceptual in nature and does not include experimental or statistical analysis. Individual differences such as age, gender, fitness level, and chronotype were not examined separately.

FUTURE SCOPE OF RESEARCH

Future studies may investigate long-term effects of consistent morning or evening exercise using experimental designs, considering nutritional status, sleep patterns, and training intensity.

CONCLUSION

The study concludes that both morning and evening exercise provide significant and distinct health benefits. Morning exercise supports metabolic efficiency, mental well-being, emotional stability, and disciplined living, whereas evening exercise enhances muscular strength, flexibility, endurance, and athletic performance. Exercise timing should be individualized based on personal goals, biological rhythm, and lifestyle. Ultimately, consistency and regular participation in physical activity are the most important determinants of long-term health benefits.

REFERENCES

1. Exercise Physiology – Principles and Applications.
2. Physical Education and Sports Science Literature.
3. Research Concepts in Health and Fitness.