

## Association Between NELP Scale and Music Preference Among Young Adults

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### ABSTRACT

Music has excited in one form or the other since the beginning of human civilization and is evident in nearly all cultures across world (Mathews, 2010). Music – music is a very unique phenomenon. Music is everywhere. Music is in air. Music is in water. Music gives us feeling of calm, peace, it also uplifts the soul. Music helps us to express our feelings, our emotions. Music defines who we are. Music has been used in field of psychology and personality (Dollinger, 1993). It was found that by using music as a tool, we can understand the personality. Research have shown that how music genre or music which an individual prefers are associated with personality traits. For example, people who prefers opera- they are found creative, gentle and have high self- esteem. Music preference vary from person to person. 100 participants were part of this study belonging to age group of 18-25 years, of which 50 were female and 50 were male. Survey was conducted through Google form. To assess the personality and music preference- short EPQ- R and STOMP-R were used respectively. STOMP- R has major five dimensions, namely- Mellow, Unpretentious, Sophisticated, Intense and Contemporary underlying 23 music genre. Whereas Short EPQ- R has four scale, namely- Neuroticism, Extraversion, Psychoticism and Lie scale. In order to achieve objective of the study, Pearson moment correlation was calculated. Results shows that mellow dimension is positively related to all personality scales except psychoticism. Unpretentious and intense dimensions are positively related to extraversion and lie but negatively related to neuroticism and psychoticism. The sophisticated dimension is positively associated to all personality scales except psychoticism. Contemporary dimension has negative correlation with all personality scales except extraversion.

**Keywords:** Music, Personality, Lullaby, Music therapy, MUSIC Model, How it affects brain?

**M**usic is an “ubiquitous and social phenomenon” (Rentfrow & Gosling, 2013). Music is derived from a Greek work which means “art of Muses”. Now “Muses” is an ancient Greece includes Goddesses of music, poetry and art. Music as a whole, (and disclosures, and Tales of imagination), have an effect of delighting us “if they are Beautiful” (Hipp Maj, 298a). Catell(1954) examined music preferences almost 50 years ago and it

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appeared that there were strong preferences for distinct personalities like certain types of music. In spite of its enduring and extensive presence in our everyday lives, it has remained somewhat understudied in the field of psychology (Chamorro- Premuzic et al., 2007; Rentfrow et al., 2003). Melody, harmony, and rhythm make up music. Melody is the primary sound voice. It's all about what can be sung. Harmony is a pattern of notes that acts as the foundation for melody. A person playing the guitar and singing, for example, is harmonising with the guitar chords and creating melody with their voice. As we'll discover in later subjects, each chord is made up of numerous notes that overlap. That is why chords play a role in harmony. The pacing of a song is called rhythm. The rhythm, like the clock, instructs us on how to keep up with music.

Before we understand “Music”, Let’s understand what “sound” is? We have different and unique sounds. Some sounds generate from nature, they are Natural sounds. In other words, sounds that develop by themselves like nature sounds such as water, air, cloud thundering and rain. Some sounds are those which are developed by someone like sounds produced by people, birds, Animals or other medium. Some sounds are soothing to our ears and some are not soothing to our ears such as noisy sounds. So we can say, sounds which are soothing and euphonious to our ears and to whom the well- organized sounds are developed, this is called Music.

Music includes three arts, namely- vocal arts (Gita), Instrumental music (Vadya), and Dancing (Nrtya). From above mentioned three arts, we can express our feeling, this is known as music. According to western music, Music is basically an art of sound which is made by Harmony, Rhythm and melody.

Music encourages ethically valuable attitudes and behavior, provides practice in skills that are valuable in ethical life, and symbolizes ethical ideals (Higgins, K.M, 2011). Music is an art by which we express our emotions, our feelings with help of voice (vocal music), beats (Instrumental music) and dancing. Plato said “music gives a soul to universe, wings to the mind, flight to imagination and life to everything”.

### *History of Music in India*

Due to the vastness and diversity of India, Indian music comprises a wide range of genres and forms, including classical music, folk (Bollywood), rock, and pop. It has a millennia-long history and has evolved over numerous geo-locations across the subcontinent. In India, music has always been an important aspect of social and religious life.

Among the four Vedas- the Rigveda, the Yajurveda, the Samveda and the Atharvaveda, the Samveda is regarded as Inventor or creator of Music. Originally, Vedic music began with two notes and gradually followed by three notes. Lastly, the scales were balanced with the seven notes. During yagas and yagnas, there used to be a ritual fire around which people used to dance on Vedic hymns that were sung at that time. Along with that, musical instruments were used such as string and percussion instruments. There used to be form of band that was known as “Kutapa” which means playing instruments in the group. There was famous scholar in south at court of Chera kings named Ilango Adigal, he mentioned that in First century AD the ancient Tamils developed the basic music ideas. Over Kudumiyamalai inscription, Mahendra Varma around 7<sup>th</sup> century mentioned all contemporary musical facts. Plato once said “music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything”.

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In medieval period of Indian Music, initiatory the terms Hindustani and Carnatic music were used by Haripala. With the arrival of muslim rule in the north, there was interaction between Indian music and Arabic musical systems. Bhakti movement produced many religious teachers and saint singers. Thousands of devotional songs were written by saint singers. Rabindranath Tagore said “in Indian music, it is not possible to build anything other than the raga basis. We can run away from its fetters, but not from its main outline.” One of most the prominent Haridasa composer was Saint Purandara Dasa. India’s contribution to world music and soul of Indian music is Raga.

During modern India, there was going a lot of development in ragas, musical notation systems, musical instruments etc. In newer composition, there was more refined musical lyrics. Today we, our generation is really fortunate that we have access to get those valuable compositions. In the “Thaat system”, Pandit Vishnu Narayan Bhatkhande make a sequence of Hindustani ragas. With the start of media, television, radio etc. western influences started creeping to Indian music. With the widespread of information technology, we noticed host of musical forms start existing in contemporary India such as Jazz, Opera, Gospel, Hip- hop, rock etc. folk music go hand in hand with classical music. “Music is the language itself. It should not have any barriers of caste, creed, language or anything. Music is one, only cultures are different. Music is language of languages. It is ultimate mother of language”- AR Rahman.

### *Personality*

Personality is very broad and complex topic. Word “Personality” derived from a Latin word “persona” which means “mask”. The meaning of personality is stable set of character, collection of emotions, behavior patterns, thought which makes a person unique. The set of traits or Characteristics of person which make him unique is known as personality. Trait is the centre of personality psychology. Traits are unique characteristics that Influences our behavior. For example, a person is very honest and respectful. The characteristics honest and respectful are traits, these are personality traits. Personality is the sum of activities that can be discovered by actual observation over a long enough period of time to give reliable information (Watson, 1930). At its most fundamental level, personality refers to a person's distinctive patterns of thoughts, feelings, and behaviors. Personality is said to emerge from within an individual and remain pretty stable throughout life. We can see examples of personality in how we characterise other people's characteristics. "She is generous, loving, and a perfectionist," for example, or "They are loyal and protective of their friends."

Personality is the dynamic organization within an individual of those psycho- physical systems that determine the individuals unique adjustment to their environment (Allport, 1937). In simple words, our personality is not fixed, it’s not static. Personality is dynamic, it’s keep on changing, it keeps on improving and growing day by day.

Our personality improves through new experiences, learning, any piece of knowledge that new to us. Psycho- physical systems are systems made up of psychological and physical systems. Psychological system includes thinking, intelligence, moods, emotions, attitudes, habits etc. and all physical systems that Includes height, skin color, nose, hair color, eye color etc., all these are part of our personality. Parul P. Harris said “personality has power to uplift, power to depress, power to curse and power to bless”.

Our Personality decides our unique adjustment to the environment. Our personality is determined by both genetic and environmental factors. What we have inherited from our

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parents DNA in form of genetic material, this is foundation of our personality. Our personality is crucially affected by environment- culture and society we live in, parenting, education, family, Parents etc. So, genetic and environment both decides our personality in a combined way. Personality is a complex blend of a constantly evolving and changing pattern of one's unique behavior, emerged as a result of one's interactions with one's environment and directed towards some specific ends (S.K. Mangal, 2002). Personality refers to a person's distinct manner of thinking, feeling, and acting. Personality encompasses moods, attitudes, and opinions, and is most evident in interactions with others. It encompasses both natural and acquired behavioural qualities that identify one person from another and can be noticed in people's interactions with the environment and social groups. We can find innovative strategies to improve both personal and public health by better understanding how personality operates.

### *Music affects Brain*

Music is probably influential artwork. It plays an important role in human development, learning, mood and even your health. There is to be a popular belief that music is processed in the right hemisphere of brain along with other creative activities. So, are you eager, to know How music affects our brain? Answer to this question is that the moment we listen our favorite of preferred music, it triggers pleasure sentences in the brain and as result it releases dopamine. The Neurotransmitter, which instantly makes us Happy.

The moment we listen music, the part of temporal lobe i.e., Auditory cortex which processes the audio and understanding speech which works in co- occurrence to cerebellum to break basic parts of music such as pitch and volume. Apart from this, it looks as an agent that connects Amygdala i.e., is set of almond shaped cell called neurons located at the deep of medial lobe and is responsible for processing and defining emotions that in turn leads to dopamine rush.

Playing musical instruments or listening to music can positively affects brain health and function. Music can improve mood, increase intelligence, enhances creativity and learning, increase focus and concentration (Alban, 2019). Music has capacity to improve an mood of an individual and reduces stress level. When we listen any cheerful and lively music i.e., Up-beat music, it ends up by uplifting our mood. Also, chronic stress is reduced by lowering the stress hormone that is Cortisol. Music can make you feel optimistic, confident, strong and cheerful. Music does not feed us, save us from harm, or fight one's arguments. Nevertheless, the following facts are well established: (1) music evokes a broad range of emotions and feelings from joy and peacefulness to sadness and fear (Sloboda, O'Neill, & Ivaldi, 2001); and (2) music-related affects are accompanied by physiological and behavioral changes (Bartlett, 1996; Scherer & Zentner, 2001). Music listening changes the state of the autonomic nervous system indexed by, among others, heart and respiration rates, galvanic skin responses, and temperature (Blood & Zatorre, 2001; Salimpoor, Benovoy, Larcher, Dagher, & Zatorre, 2011; Trost, Ethofer, Zentner, & Vuilleumier, 2012), it can clearly modify the state of the body and subsequently modify body maps in the areas of the CNS related to homeostatic regulation, for example, in the brain stem nuclei, the insular cortices (Brown, Martinez, & Parsons, 2004; Koelsch, Fritz, Cramon, Müller, & Friederici, 2006; Menon & Levitin, 2005; Trost et al., 2012) and the cingulate cortices (Blood & Zatorre, 2001; Menon & Levitin, 2005).

A significant part of the feelings related to music listening emerge from this functional chain, and such music-induced feelings can contribute to individual well-being (Cepeda, Carr, Lau,

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& Alvarez, 2006; MacDonald, 2013; Nilsson, 2008) and, not uncommonly, to a wide range of beneficial social experiences (Chanda & Levitin, 2013; DeNora, 2000; Koelsch, 2010; Sloboda, O'Neill, & Ivaldi, 2001). Music can make you to act in efficient and fruitful way. According to research, it is observed that people who listen their favourite music, they tend to complete their tasks quickly and come forward with amazing ideas.

Music at the back- drop enhances performance on psychological tasks, improves exactness, and completes the monotonous tasks more ably.

Music can make you more imaginative and inventive. The people who prefers Upbeat music, they are labeled as “Happy” and there is boost in their creativity. They usually come up with very unique solutions and ideas. According to researchers, listening to music improves sleep patterns, reduce anxiety, hypertension and pain. Music improves memory. There is a part of brain that associates music and memories when we experience emotionally salient episodic memories that are triggered by familiar songs from our personal past (Janata; Daris, 2009). We can say that familiar music recombine a person with deep and meaningful memories from his past. It has been suggested that because listeners are usually safely removed from threats, dangers, and the possibility of losses, negative emotions, including fear, sadness, or anger would be perceived as expressive properties of music instead of actually becoming felt responses to music (Zentner et al., 2008). Listening to music competes for our brain’s attention and can help us to over ride those signals of fatigue, though this it is beneficial for low and moderate intensity exercise (Cooper, 2013).

### Lullaby

*“The lullaby is a spell whereby the mother attempts to transform herself back from an ogre to a saint”*

- James Fenton

Lullaby is a cradle song. It is a very euphonic, melodious and soothing piece of music that is usually sung or played for child. It is to develop communication skills, regulation of behavior or modulation of child’s arousal. It is most widely used for infants sleep aid. They have been since ancient times and exist all over the world. Lullaby is very famous and successful type of music which is also good improving the psychological health to a pregnant woman. It does not require playing of musical instruments.

A research by Jayne M. Standley has demonstrated that “physiological responses of prematurely delivered infants undergoing intensive care can be regulated by listening to gentle lullabies through headphones.” Langston Hughes has inter connected the rain and lullaby and said “Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby”. Mainly lullaby are sung to make an infant fall asleep and Here are some lines of lullaby titled named as Rock- a – Bye Baby:

“Rock- a – Bye Baby  
You’re fast asleep  
When my god made you,  
His love ran so deep.  
When you grow up,  
May you hear his call.  
And He will protect you-  
Trust him in all.”

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### *Music therapy*

Music is an art which has been there from centuries. Music has made its place in our cultures from early time. Everyone likes music. As music makes us relax. Apart from it, music is a crucial part of entertainment. Though music is a part of entertainment in everyday life, it has also been used in therapy for at least four decades (Gregory, 2002). We can't even think our life without music. As through music we used to express our emotions. We used to Listen music in accordance to our mood. By listening music, we experience very good impact on our brain, body; Of course, there are negative impact as well. But music has more positive impact and that's why many patients are treated by music therapy as well. So, Let's see what is music therapy?

Music therapy is a health profession in which a music therapist uses music and its facets- physical, emotional, mental, social, aesthetic and spiritual, to help patients improve and maintain their health (Center, E.I., Center, C.R., & Center P.F., 2013). There is a case study of music therapy- music therapy has helped a Kolkata patient to wake up from coma after 27 days. Name of the patient was Sangeeta and she got dengue, after that slipped into coma. After that doctors decided for music therapy. A famous violinist was invited, N Ranjam for giving music therapy. She plays violin for 7 days and after which Sangeeta wake up from coma and after that she recovered very fast as well. So, during music therapy what exactly happens is that music therapy mainly includes the activities such as writing songs, making own song or rhythm, listening music, singing and playing instruments. In other words, music is a therapeutic approach which uses music to help person's overall well- being. Yehudi Menuhin rightly said "music is a therapy. It is a communication far more powerful than words, far more immediate, far more efficient.

Music therapy is a relatively new discipline; although the power of music to alleviate illness and distress (Bunt. L.,2003). Music therapy is useful for all ages. Music basically distracts our mind, changes our mood, in turn can influence ones behavior. Music therapy works with children, emotional health, rehabilitative needs, injury, chronic conditions, physical health, communication abilities and cognition. Music may be competing stimuli that can distract patients from perceptions of pain or anxiety, elicit relaxation responses, and listening to music may decrease arousal of brain system (Ganger- Tjellesen, Yurkovich, & Gragert, 2001).

When children experience a long hospitalization, the illness, injury, hospital environment and various operation and procedures can negatively affect a child's growth and development (Kennelly, 2000). Children responds to music and are amused by listening it. A music therapist, who is trained in music, music therapy, psychology, sociology, and biology (Memory, & Bellamy, 1993) uses music to engage children. The main goals of musical therapy are to activate feelings through musical stimulation, encourage expression, and improve physical health (Hamer, 1991).

Elton john said "music has healing power. It has ability to take people out of themselves for a few hours". Music therapy supports in major six areas namely emotional, physical, psychological, cognitive, social and spiritual. Emotionally, music therapy improves mood, reduces anxiety and stress management. Physically, music therapy supports motor development, changes hear beat, reduces pain, reduce asthma episodes and lowers Blood Pressure if high. Spiritually, music therapy provides an opportunity to explore yourself; your spiritual beliefs. Cognitive, music therapy has sense of control and coping skills, concentration and confidence. Socially, music therapy improves communication and in fact

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music brings people together. Psychologically, music therapy maximize learning disabilities and increases memory and retention power. Jodi Picoult once said “Music therapy, to me, is music performance without the ego. It’s not about entertainment as much as its about empathizing. If you can use music to slip past the pain and gather insight into the workings of someone else’s mind, you can begin to fix a problem”.

### **NELP**

To assess the personality, short EPQ- R is used. This mainly measures four scale named as Neuroticism, Extraversion, Lie and Psychoticism scale. It is an outstanding tool to measure personality.

**Neuroticism-** People who have tendency to have negative emotions, the ones who is not emotionally stable. They don’t have control on their emotions. Neuroticism, as a fundamental trait of general personality, refers to an enduring tendency or disposition to experience negative emotional states (Thomas A Widiger, 2009).

People who score high in neuroticism they are highly tensed and anxious. Also, they think a lot about their future and they become irritated at rapid pace. They hold a negative view of self. Individual when faces a stressful situation, they are not able to cope up with that situation. They are likely to think things are going wrong, gone wrong and in future as well will go wrong. They are more likely to be unhappy and can have really low self- esteem (if they are low at extraversion). They respond poorly to environmental stress, likely to interpret ordinary situation as threatening and can experience minor frustration as hopelessly overwhelming (Thomas A Widiger, 2009).

On other hand, people who are low in neuroticism, they are emotionally stable, whenever faced by stressful situation they are able to cope up with that situation easily. They don’t get anxious easily. They rarely have time of unhappiness or irritability, appreciates when good things happen to them. They accept their failures as part of normal life.

**Psychoticism-** psychoticism is something when an individual lacks in empathy. In other words, cruel, a loner, aggressive and troublesome (Eysenck, 1996). Personality type that is prone to take risks, might engage in anti- social behaviors, impulsiveness, or non- conformist behavior. Example of psychotic tendency includes recklessness, disregard for common sense, and inappropriate emotional expression to name a few (Boeree, 1998).

People who are high in psychoticism tends to be selfish, they are aggressive and egocentric. They are found to be very cold, hostile, and anti-social. Basically, they are found to be very insensitive and tough- minded. Higher psychoticism scores were also reported amongst psychopath and criminals (Howarth, 1986). People who are low at psychoticism are caring, cooperative with others, highly socialized and empathetic. They are warm and non- aggressive.

**Extraversion-** the quality of being lively and confident person who enjoys being with other people. Extraversion factor is the tendency to behave in the ways that attract social attention (Michael C Ashton, Kibeom Lee& Sampo V Paunonen, 2002).

People who score high at extraversion are assertive, sociable, and they tend to make friends wherever they go, that’s why they are referred as “life of the party”. They tend to be energetic and talkative. They feel positive emotions strongly, are not shy and they are less prone to anxiety. Whereas people who are low at extraversion they are called as introverts. They are

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reserved, quiet and not socialized. They are more prone to stress and anxiety. They are found passive, dependent, cautious and aloof.

**Lie scale-** it is the scale which is used in some psychological inventories. The inventories consist items which seek to obtain same information but used different item formats, just to check consistency of answers to those items. They are like type of “veracity indicators”. They are associated with mixed feelings that make it difficult to interpret how well they capture honesty or what aspects of personality they reflect (Uziel, 2019). There is tendency of “fake good”, only if score is high.

### ***MUSIC Model***

Music preference is represented by MUSIC dimension given by Rentfrow, Goldberg & Levin (2011)- Mellow, unpretentious, sophisticated, intense and contemporary.

Mellow- Dance/ Electronica, World, New Age

Unpretentious- Country, Pop, Religious

Sophisticated- Blue grass, Blues, Classical, Folk, Gospel, Jazz, Opera

Intense- Alternative, Heavy Metal, Punk, Rock

Contemporary- Funk, Rap/ Hip- Hop, Reggae, Soul/ R&B

Mellow music is a kind of music which is very peaceful, breathe easy and soft. It has quality of de- stress. The music is very smooth and laid- back. Mellow music has three genres namely- Dance/ Electronica, World and New Age. Dance/ Electronica music is that which is primarily produced by electronic instruments such as Electric Piano, Electric Guitar, Electric Violin etc. played at club party or dance party. It is compelling and rhythmic sounds which makes a suitable and unique soundtrack for dance floor. World music genre is an aggregation of tradition music and folk music styles from all over the world, especially music from non-western countries. New age genre is that which is produced from natural sounds such as water flowing through river, waterfall sounds and bird sounds. It doesn't have words. It is quite peaceful. It is typically composed of natural sounds and instruments sounds.

Unpretentious music is simple and unpretending music. You endorse of them because they are modest, homely and rootsy style of music. Unpretentious music has three genres namely- Country, Pop and Religious. Country genre is the fusion of ballads and dance tunes that are played on musical instruments. Pop genre is that music that are popular. They are short music that's why easy to remember with simple tunes and strong beats. Religious genre is which has been written as divine to any given faith or by religious influence.

Sophisticated music described as complex and energetic. Sophisticated music has seven music genres namely- blue grass, Blues, Classical, Folk, Gospel, Jazz and Opera. Blue grass is tradition based modern style of string band music. They sing along with acoustic string instrument such as guitar, double bass and banjo (5 String) etc. Blues music genre is about difficult times, but in lyrical, rhythmic and emotionally expressed. Classical is light and single melody is played by all instruments. Folk is type of traditional music, the traditional music of particular region or community. Gospel is based on folk music with elements of negro spiritual (religious song that derive among black people in South America) and jazz.

Jazz has practice of improvisation, it is melodious, have tune of song & harmonious. Opera music genre tells all about story but through music and singing.



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Intense music is described by loud, dynamic, energetic and strong music. Intense music has four music genres namely- Alternative, Heavy Metal, Punk and Rock. Alternative music style is produced by an individual creativity and not up to the mark of guidelines by the particular industry. Heavy metal music genre is loud and sharp with strong beat. Usually includes violent and fantastic imagery lyrics. Punk is very loud, harsh and aggressive. It is music genre in which protest against common attitudes and behaviors is reflected. Rock music genre largely uses electric guitar, drums etc. It is the way to express a strong feeling, sometimes involves chaotic screams. It is high and loud.

Contemporary music is characterized by rhythmic and harmonious. They also have body movements. Contemporary music has four music genres namely- Funk, Rap/ Hip- Hop, Reggae, Soul/ R & B. Funk is the fusion of soul, jazz and R&B. It is danceable form of music. Rap/Hip- Hop Emphasizes on spoken rhymes and breaking dance. Reggae music genre, which has meaning in context of freedom, love and faith. Soul/ R&B has band which consist of piano, guitar with bass, drum, saxophone and a background vocalist.

The first to suggest relationship between music and personality was Catell (Catell& Anderson, 1953; Catell& Saunders; 1954). He believed music can satisfy deep and unconscious needs therefore, studied music preferences in order to gain a deeper understanding of personality (Kemp, 1996). So, to dwelling on this, - “Inter- relation between NELP scale and music preference among young adults” is being studied. It will facilitate to understand how our personality is related to music preference.

### LITERATURE REVIEW

The literature review focuses on the previous research studies in the field of music preference, personality and how human respond to music? Here are previous studies presented in chronological sequence from earliest to latest.

**K. Schwartz and G. Fouts, 2002** – Conducted a study on topic “music preference, personality style and developmental issues of adolescents” on aged between 15-24 years. The questionnaire used to assess music preference and, personality developmental issues were music preferences scale and million adolescent personality inventory respectively. The time limit to complete the test was 30- 40 minutes. In music preference, participants were given with 13 qualities of music and asked to rate the music qualities on 5- point likert scale ranging from 1= not at all to 5= a great deal. In personality and developmental issues, consists of 150 true- false statements. From here 20 scales can be derived. Basically, these it consists 2 groups- personality and developmental issues. There were total 249 participants. The findings depicts that each three music preference groups reveal unique personality styles and development issues. People who are high on heavy or light music qualities shows least moderate difficulty in negotiating, those who like eclectic music preference didn’t found the same difficulty. The gap of this research is that issues are consistent with view of repeated exposure to music “cultivates” existing personal attributes (Hansen and Hansen, 1990) and may influence adolescents’ self- awareness Steele and Browne, 1995). To this conjecture, further research is required.

**Higdon& Stephens (2008)**- “Preferred Music genre: The influence of major personality factors”. The total participants in this study were 170 students in Southeastern United States. Out of 170 students- 4 students gave incomplete survey and that total makes 166. There were 97 females and 73 males aged between 18-25 years. Before the experiment, a consent form got filled by participants which is approved by ethics in human research committee, in order

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to inform participants about the purpose of this study. Demographic details were recorded and also participants were asked to rate their mood from scale 1(very bad) to 7(very good). In this study three things were assessed- Personality, Sensation- seeking and Musical preference.

Personality was assessed by shortened version of NEO- PI called IPIP 5- factor Personality inventory (Costa& Mc Crae, 1992; Murray, Rawlings, Allen& Trinder, 2003; Buchanan, 2001). This inventory measures Openness, Extraversion, Conscientiousness, Neuroticism and Agreeableness consisting of 41 items. NEO- PI has 240 items and IPIP have 41 items. Sensation seeking (SS) was assessed using “Interest& Preference Questionnaire” developed by Zuckerman (1979). It measures individual difference in stimulation and arousal needs. It consists of 40 items. Musical preferences was measured using a similar methods to that used by Schwartz (2004). Items are about specific qualities of music.

Pearson product- Moment correlation coefficient was calculated, and revealed that there was significant positive relation between sensation seeking and music preference. Higher the score on sensation seeking, harder music they prefer. The gap of this research study, gender factor was disproportionate and also the analysis wasn't according to gender factor.

**T. Mulligan, 2009-** a study was conducted on topic “the relationship of music preference and music functions with coping in university students”. Total sample size was 208 undergraduate student aged between 18- 24 years old. The participants were recruited from leadership concepts, educational psychology in classes of department. Out of 208 participants, 8 participants were omitted and left with 200 participants. Out of those 200, 135 were females and 65 were males. Questionnaires used were STOMP (short test of music preference), MFQ (music function questionnaire) and depression, anxiety and stress scale (DASS- 21).

Finding reveals that there is significant bivariate and linear relationship between music preference and coping skills among college student sample. Also, it was found that there were moderate correlation between overall coping and music function. The gap of this research study is that it had only self- inventories and participants responds according to their perception about themselves and their experience, which may be right or wrong. Apart from it, it could be applied on patients or clinical population to see the results of therapy they are taking, to know the impacts.

**Hull, Robert. K (2009)-** “The relationship between personality and music preference” was conducted. The survey was carried out among 177 participants. Out of 177 participants there were 143 females and 34 males. To measure the personality traits and music preference- NEO-PI-R (Neuroticism, Extraversion, Openness- Personality inventory- Revised) developed by Costa& Mc Crae,1992 and Music Preference scale developed by Little& Zuckerman,1986; Rawlings& Ciancarelic, 1997, were used respectively. Information such as Age, Gender and Ethnicity were asked from participants. Findings revealed that there was no significant correlation to music style with score of agreeableness, country music had negative correlation on openness scale and group who prefers Hip- Hop/ Rap music are negatively correlated with agreeableness. It was found that if group prefers more music styles, the more they are open to experience. On the basis of this research study, future study question could be how ethnicity is linked to music preference? Also, how How gender factor is different between music preference and personality?

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**Langmeyer A., Rudan, A.G& Tarani C. (2012)-** “What do music preferences reveal about personality?” In German sample, It is examined the association between Personality and Music preference for first time. To assess personality and music preference- BFI (Big five inventory) STOMP (Short test of music preference) were used respectively. There were 422 participants were part of this study aged between 21-26 years old.

Along with that, sound clips were also presented to assess music preference. Findings revealed that openness to experience was linked to complex& reflective music preference and intense& rebellious music. Avoidance for convention and upbeat music was noted. Whereas, extraversion was associated with energetic& Upbeat; Conventional& Rhythmic music. The research gap of this study, it focuses only on young population for research purpose and disproportional in gender size.

**D. Miranda and M. Claes, 2012-** a study was conducted on the topic “personality traits, music preferences and depression in adolescence”. Originally, a sample was collected from 405 adolescents and then again after 6 months data was collected again from 362 adolescents. Age limit of sample was 15- 18 years old. So, final longitudinal sample was collects from 311 adolescents. Out of which, 166 were girls and 145 were boys.

Mainly three variables were assessed i.e, music preferences, depression and personality. To assess these, music preference, beck depression inventory and personality were used respectively.

Apart from them, state anxiety, drug use, academic problems, antisocial behavior and how much importance is given to lyrics and time spent listening to music were assessed. Findings revealed that the adolescent girls who listens soul music, that predicts lower depression. Also, adolescent girls who prefer soul music, are found negatively correlated with depression levels and adolescent boys who prefers pop music are found positively correlated to depression level. Adolescents who prefer soul music predicts extraversion. Adolescents girls who prefer pop music predicts conscientiousness. Adolescent boys and girls, who prefer metal and classical music predicts openness. Higher depression level is found on neuroticism and lower level is found adolescents who prefer soul music. The research gap of this study, sample was according to convenience of researcher.

**C. Knowles, 2013** – a study was conducted on the topic “the correlation of music preference and personality”. To assess music preference and personality STOMP and BFI were used. Findings reveal that intense and rebellious correlated neutral for extraversion and positively correlated for openness and rest were negatively correlated. For reflective and complex music, negatively correlated to conscientiousness and strong positively correlated to openness and others were positively correlated. For energetic and rhythmic, neutral correlation to conscientiousness and rest were found positively correlated. For upbeat and conventional, negatively correlated with openness and emotional stability, rest was positively correlated. The research gap of this study is proper demographic details were not available. Cultural details were not available and age criteria etc.

**B. Thorsen, 2016** – a study was conducted on topic “Music, emotion, and personality typing: A look into coexisting relationships”. To assess the music preference and personality, STOMP (short test of music preference) and BFI (big five inventory) respectively. STOMP has 23 music genres on 1-7 likert scale ranging from 1= strongly dislike to 7= strongly like. BFI has total 44 items on 1-5 likert scale ranging from 1= strongly agree to 5= strongly

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disagree. Population was undergraduate students. The sample size for this research study was 362 participants. Out 362, there were 252 females and 107 males.

Age limit required for this study was 18- 65 years old. To have significant relationships, Pearson's correlation was calculated. Findings reveals that highest multiple significant relationship is between openness and reflective or complex and sex and upbeat/ conventional. The study reveals significant statistical relation to all personality types and music preference. The gap of this research study was lack of time i.e., time constraints and apart from it there lacks analysis on the open- ended questions. Along with that, results shows that women on neuroticism.

**Khatoniyar S. (2020)**- “A study on music preference and its association with personality” was conducted. The aim of this research was to examine the relationship between the big five personality traits i.e., OCEAN (Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism) and music preference that are represented by five dimensions named as mellow, unpretentious, sophisticated, intense and contemporary. Survey was carried out among 100 participants who were aged between 18- 28 years. Out of 100 participants- 63 were female and 37 were male.

To measure personality traits and music preference – TIPI (Ten item personality inventory) and STOMP-R (Short test of music preference- Revised) were used respectively. To determine association between personality traits and music preference- Pearson 'r' was calculated using SPSS. Findings disclosed that sophisticated was positively correlated to all big five personality traits. Mellow was positively related to all big five traits except neuroticism. Unpretentious and contemporary was found positively correlated with extraversion, conscientiousness and openness but negatively correlated with agreeableness and neuroticism.

Intense was positively correlated to extraversion and openness but negatively correlated with others. In future studies, along with personality and music preference one more variable can be used such as self- esteem, anxiety etc. As of now, there many studies which focus on young population on music preference and personality, should choose elder population to study link between personality and music preference.

**Prashant, A. Ahsan& A Bochare (2020)**- “music preferences and personality traits among college students” was conducted. Survey was carried out among 100 students- 50 males and 50 females. To assess personality traits and music preferences- BFI (Big five inventory) with 44 items and STOMP (Short test of music preference) with 14 items were used respectively. To determine the relationship between personality traits and music preference- Pearson's Product moment correlation was used.

Findings revealed that there was significant positive relation between music preference and personality traits. Survey was conducted among people who were aged between 17- 25 years old. Here overall correlation is mentioned, not gender wise. In this study, there is not even a single dimension negative correlation.

**Gong (2020)**- “The correlation between music preferences and personality”. Aim of the study was to find correlation between music preferences among Chinese teenagers. Total participants were 81- out of which 52 junior high school students with 27 males and 25 females; 29 senior high school students with 7 males and 22 females. To assess the

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personality HEXACO- 60 Personality inventory was used. It contains 60 items and six domains- level scales named- Honesty- humility, Emotionally, Extraversion, Agreeableness, Conscientiousness and Openness to experience.

*To assess music preference- they are represented with 12 music genre and some music about Chinese culture were also included in music genre.*

DIMENSION	PERSONALITY
Honesty- humility	Sincerity, fairness, greed- avoidance and modesty
Emotionally	Fearfulness, anxiety, dependence
Extraversion	Social self- esteem, sociability
Agreeableness	Forgiveness, patience, gentleness
Conscientiousness	Diligence, cautious, perfectionism
Openness	Creativity, curious, aesthetic appreciation

(Ashton, 2009)

Music genre used are – classical, pop, blues, rock& roll, punk, jazz, western opera, mental, reggae, and Chinese music style including Gufeng, Chinese opera and they're two other dimensions. It was 7-point rating scale ranging from 1(very much dislike) to 7(very much like). Individual can mark 0, if unfamiliar to music genres.

This study reveals that people who likes classical and punk, tends to be emotional. People who likes classical, reggae and Chinese opera tends to be more open. Whereas people who prefer Gufeng music& western opera are found to be less open. Research gap of this study was, participants were low i.e, 81 and whatever music genre were mentioned over there, they might be unknown to them and were not told about them and ended up by ranking music optionally.

**Minnie, Mahmud, Mohd Yunus& Nordin (2021)**- this study aims to find “Relationship between personality and music preference among university students”. To assess Personality traits and Music preference- Big five inventory (BFI) and short test of music preference (STOMP) were used respectively. There were 145 participants.

Out of which 36 male and 109 female were there. Students aged between 19- 26 years participants in the survey. STOMP dimensions are- Intense- Rebellious (IR) and Energetic-Rhythmic (ER). This study revealed that agreeableness, conscientiousness and openness are most frequent traits among students in Malaysian colleges and universities. Participants prefer ER music than IR.

Openness was only trait which correlates with ER, and this is contradictory to past studies which revealed that individual high in open dimension had high preference for IR.

The findings of this contradicts the previous studies, previous studies shows that an individual high on open dimension then had a high preference on IR. So, here we can say there are inconsistency between previous studies and current studies. Therefore, more research is needed to discover the link between music preference and personality.

## RESEARCH METHODOLOGY

Research is defined as the generation of new concepts, methodologies, and understandings through the development of information and/or the creative application of existing knowledge. This could include compilation and analysis of the existing research that leads to

## Association Between NELP Scale and Music Preference Among Young Adults

new and innovative results. Research methodology is a description of how a certain piece of research is conducted. It describes the methods or procedures used to collect and analyze data for a certain research project or topic. The procedures or strategies used to find, select, process, and analyze information about a topic are referred to as research methodology.

For instance, how did the researcher arrive at the following conclusion:

- What information should be gathered? (And what data to ignore)
- Who to gather it from (this is known as "sampling design" in research)
- How to gather it (also known as "data collecting methods")
- How to analyze it (also known as "data analysis methods").

### *Rationale of the study*

Music is vital in people's lives all around the world, that's why many people question what personal variables impact musical choices. Could your music taste, for example, convey something more about your personality? People listen to music to set the mood, motivate themselves during an exercise, or even get inspiration. How much do underlying personality qualities influence those decisions?

I choose this topic "Inter relation between NELP scale and music preference" because I saw many people listening and enjoying music while walking, jogging, driving the car etc. They all have different personality. That's why I was wondering that how personality is related to music preference. I went through previous studies and found common personality and music preference questionnaire used over there. Then I decided to use some other personality questionnaire that Short EPQ-R having four subscales Neuroticism, extraversion, lie and Psychoticism scale.

**Aim:** To investigate the relationship between personality and music preference among young adults.

### *Objective:*

Objectives of this study are as follows:

1. To know inter relation between NELP scale and music preference.
2. To know distinct attributes of personality scale and music preference.

### *Nature of Research*

EXPLANATORY	DESCRIPTIVE	EXPLORATORY
<ul style="list-style-type: none"><li>• Explains why such occurrences work the way they do and provides solutions to "why" questions</li></ul>	<ul style="list-style-type: none"><li>• A term used to represent or define a phenomenon. Descriptive research is to describe or define the subject.</li></ul>	<ul style="list-style-type: none"><li>• Conducted in the early stages of a project, usually when a researcher wants to see if doing a larger study is feasible.</li></ul>

**Figure:** Types of nature of nature of design

The nature of this research study is descriptive nature. A descriptive research method is used to characterize a phenomenon and its various features. It is more interested in learning more about what the phenomenon is rather than why or how it occurs. As a result, it explains the

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research topic without explaining why it occurs. In descriptive study, variables are not controlled.

Descriptive research is typically conducted as a cross-sectional study, in which multiple parts of the same group are researched. It serves as a foundation for subsequent investigation.

### ***Research Design***

The research design of this study is Co-relational research design. Co-relational research is research where a statistically corresponding relationship is observed between two variables. It helps to identify that to what extent change in one variable leads to change in other variable and to which extent. Generally, there are three types of co-relational research: positive correlation, negative correlation and no correlation. Positive correlation is when there is an increase or decrease in one variable and this leads to like change in other variable. Negative correlation is when there is an increase or decrease in one variable and leads to opposite effect in other variable. No correlation or No correlation is when variable are not statistically connected.

### ***Sampling Technique***

The sampling technique used for this study is purposive sampling technique. Researchers went to this community on purpose, as the name implies, because they believe these people suit the profile of the people they need to target.

Purposive sampling, also known as critical, selective, or subjective sampling, is a non-probability sampling method in which researchers choose members of the public to participate in their surveys depending on their own opinion.

### ***Inclusion and Exclusion***

The traits that prospective participants must possess in order to participate in the study are known as inclusion criteria. The traits that prevent potential participants from participating in a study are known as exclusion criteria.

So, the inclusion criteria for this study were- respondents aged between 18-25 years old and gender- Male and female. Exclusion criteria was respondent should not be less than 18 and more than 25 years, gender except male and female were not involved.

### ***Participants***

The present study is carried on upon young adults aged between 18-25 years. The sample was composed of 100 Participants. Out of this, 50 (50%) participants were males and 50 (50%) participants were females. The data was collected online through Google forms. Survey method involves the use of two standardized questionnaires for data collection.

There was fixed time limit to fill the form but it hardly took 5- 7 minutes. The participants were requested to attempt all the questions and gave an honest Responses. Participants were informed that confidentiality will be maintained. Participants were appreciated for their valuable time and effort. Each participants completed the short EPQ- R and STOMP- R along with demographic details such as Name, Gender, Age and Ethnicity. The sample criteria followed for this study are as follows:

- i. Participants should be aged between 18- 25 years.
- ii. There should be equal representation for both Gender.

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### **Tools**

There were two standardized Questionnaire used for data collection- Short EPQ- R and STOMP- R.

**STOMP- R** (Short test of music preference- revised)- RENTFROW, P.J., & GOSLING, S.D. (2013).

Originally, STOMP has four broad dimensions namely- Reflective& Complex, Intense & Rebellious, Upbeat & Conventional and Energetic & Rhythmic for 14 music genres. But there is a successive analysis of STOMP i.e., STOMP- R which suggest five dimensions, namely- Mellow, Unpretentious, Sophisticated, Intense and Contemporary of 23 genres.

The test has 7- point rating scale:

- 1- Dislike Strongly
- 2- Dislike Moderately
- 3- Dislike a Little
- 4- Neither like Nor dislike
- 5- Like a Little
- 6- Like Moderately
- 7- Like Strongly

The items of each dimensions are-

Mellow – 6, 11, 13

Unpretentious – 5, 16, 20

Sophisticated – 2, 3, 4, 7, 9, 12, 15

Intense- 1, 10, 17, 21

Contemporary – 8, 18, 19, 22

Note: there are two genres which don't load on single factor so we can remove them or not score them- Soundtrack and Oldies.

Test- retest method was used for calculating reliability of test. It was Alpha- .55, .57, .82, .74, .72 for Mellow, Unpretentious, Sophisticated, Intense and Contemporary.

### **Short EPQ- R**

Short EPQ- R i.e., Short Eysenck personality Questionnaire (Eysenck, Eysenck & Barrett, 1985).

It is a self- reported Questionnaire. It has 48 items. It has 12 for each traits of Neuroticism, Extraversion, Psychoticism and Lie scale. This questionnaire have binary Responses- “Yes” or “No”.

Items for different scales are-

Neuroticism scale - 1,5,9,13,17,21,25,30,34,38,42,46

Extraversion scale - 3,7,11,15,19,23,27,32,36,41,44,48

Psychoticism scale - 2,6,10,14,18,22,26,28,31,35,39,43

Lie scale- 4,8,12,16,20,24,29,33,37,40,45,47

Retest- Reliability were calculated and it runs between 0.84 and 0.98 for complete test.

### **Procedure**

The university students were asked to participate for the research study, those were aged between 18- 25 years. The data was collected through online Google form. Researcher was added in class group and briefed them about purpose of the study and questionnaire (see Appendix). Respondents were asked to fill demographic details such as name, age, gender



## Association Between NELP Scale and Music Preference Among Young Adults

and ethnicity. There was no fixed time limit. Respondents were asked to be honest with their responses and were informed that confidentiality would be maintained. After the submission of form, respondents were thanked for their valuable time. After that, scoring was done according to standard scoring instructions. Later, in order to achieve objective of the study, Pearson moment correlation was calculated in excel file only. Then, scores were depicted in form of tables and graphs and interpreted in well- organized way.

### *Hypothesis*

**H1:** MUSIC will be positively correlated with extraversion personality scale.

**H2:** MUSIC will be negatively correlated with Psychoticism personality scale.

### *Scoring and Data Analysis*

The scoring part was done of individual of 100 participants. For the STOMP- R (Questionnaire used for music preference), first add the items of each dimension and then divide the score by no. of items in particular dimension.

The items of each dimension are-

Mellow – 6, 11, 13

Unpretentious – 5, 16, 20

Sophisticated – 2, 3, 4, 7, 9, 12, 15

Intense- 1, 10, 17, 21

Contemporary – 8, 18, 19, 22

Scoring for other questionnaire used for Personality -

For items 2, 6, 8, 12, 18, 20, 24, 26, 27, 28, 29, 33, 35, 37, 40, 41, 43, and 47, Yes = 0,

No = 1 points.

For items 1, 3, 4, 5, 7, 9, 10, 11, 13, 14, 15, 16, 17, 19, 21, 22, 23, 25, 30, 31, 32, 34, 36, 38, 39, 42, 44, 45, 46, and 48, Yes = 1, No = 0 points.

Neuroticism Scale (1, 5, 9, 13, 17, 21, 25, 30, 34, 38, 42, 46)

Extraversion Scale (3, 7, 11, 15, 19, 23, 27, 32, 36, 41, 44, 48)

Psychoticism Scale (2, 6, 10, 14, 18, 22, 26, 28, 31, 35, 39, 43)

Lie Scale (4, 8, 12, 16, 20, 24, 29, 33, 37, 40, 45, 47)

After the scoring, data analysis was done. For the purpose of data analysis, SPSS (Statistical package for social sciences) 28 was used. By using SPSS descriptive statistics, graphs and correlation table were processed as an output. After that, the result and analysis part was done.

### *Ethical Considerations*

A set of ideas that guide your study designs and procedures are known as ethical concerns in research. When gathering data from people, scientists and researchers must always follow a set of rules. These principles ensure that research subjects' involvement in studies is voluntary, informed, and safe.

Here are the ethical consideration that were maintained while doing this study:

- 1. Voluntary participation-**Your participants have the option to join or leave the research at any time.Participants are free to leave or withdraw from the study at any time without feeling obligated to do so. Your study participants are not required to give a reason for leaving.
- 2. Informed consent-** Before agreeing or declining to participate, participants are informed about the study's objective, benefits, risks, and funding.

## Association Between NELP Scale and Music Preference Among Young Adults

- 3. Confidentiality-** You know who the participants are, but you keep it a secret from the rest of the group. You anonymize personally identifying information so that no one else can relate it to other information.
- 4. Results communication-** You ensure that your work is devoid of plagiarism and research misconduct, and that your results are appropriately represented.

### RESULTS AND ANALYSIS

#### Population

Data was collected from 100 College going students who were aged between 18- 25 years. There were 50 males and 50 females. Here is the table 1, which shows the all the demographic details of respondents.

*Table1: Demographic details of respondents*

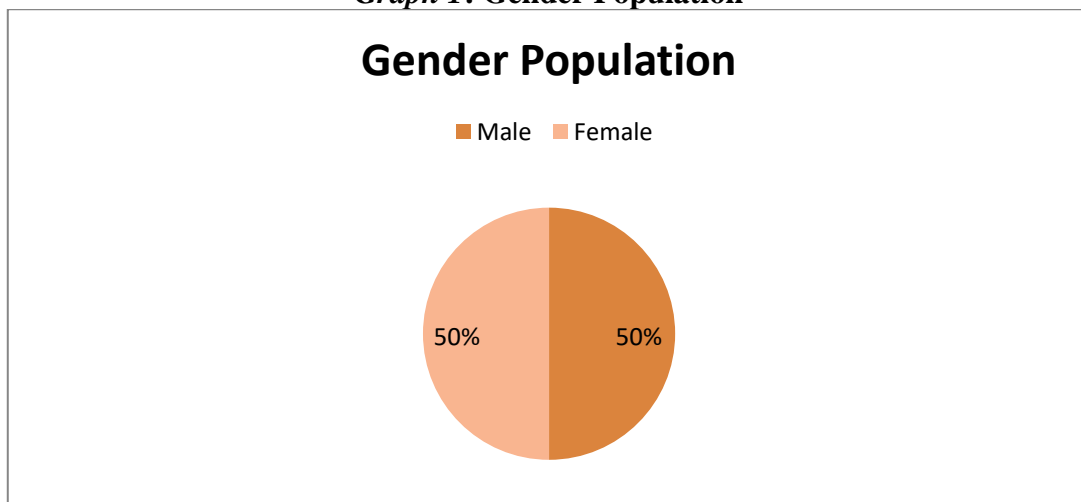
VARIABLE		Number of population
Age		18- 25 years
Gender	Male	50
	Female	50
Ethnicity	Asian	95
	American Indian or Alasks native	3
	White	2
<b>TOTAL</b>		100

Total respondents for this study purpose were 100. Out of 100 respondents, 50 (50%) were male and 50 (50%) were female. Here, is the table 2 which shows the statistics, and Graph 1 which shows graphical representation of gender (Demographic detail).

**TABLE 2: Gender**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	50	50.0	50.0	50.0
	Female	50	50.0	50.0	100.0
	Total	100	100.0	100.0	

**Graph 1: Gender Population**



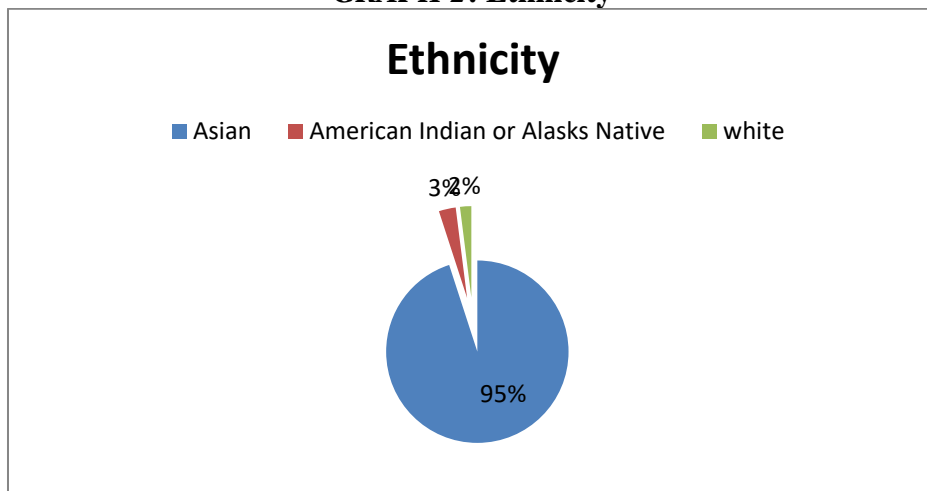
**Association Between NELP Scale and Music Preference Among Young Adults**

The Table 3, represents the statistics of Ethnicity (Demographic details). It shows the percentage and frequency of ethnicity. Also, Graph 2 depicts the graphical representation of the ethnicity.

**TABLE 3: Ethnicity**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Asian	95	95.0	95.0	95.0
American indian or Alasks native	3	3.0	3.0	98.0
White	2	2.0	2.0	100.0
Total	100	100.0	100.0	

**GRAPH 2: Ethnicity**



The table 4, shows the frequency and percentage of the age (Demographic details).

**TABLE 4: Age**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 18	5	5.0	5.0	5.0
19	16	16.0	16.0	21.0
20	21	21.0	21.0	42.0
21	30	30.0	30.0	72.0
22	16	16.0	16.0	88.0
23	6	6.0	6.0	94.0
24	5	5.0	5.0	99.0
25	1	1.0	1.0	100.0
Total	100	100.0	100.0	

**RESULTS**

Here in TABLE 5, it is shown population (n=100) who were respondents in this study. This table overall includes the gender, ethnicity and age.

## Association Between NELP Scale and Music Preference Among Young Adults

**Table 5: Statistics of ethnicity, age and gender**

	Gender		Ethnicity		Age	
N	Valid	100	100	100	100	100
	Missing	0	0	0	0	0

Here the Table 6, shows the descriptive statistics of all the dimensions of music preference and the personality scales. It shows the respondents, mean and standard deviation.

**Table 6: Descriptive statistics of the dimensions**

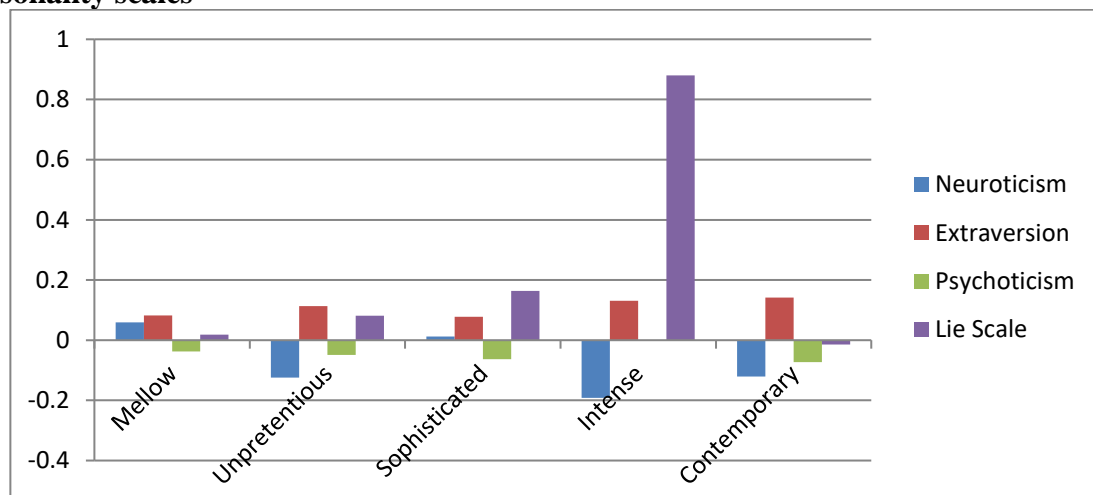
	N	Minimum	Maximum	Mean	Std. Deviation
Neuroticism	100	0	12	6.74	3.221
Extraversion	100	0	12	7.06	2.877
Psychoticism	100	1	9	4.20	1.570
Lie	100	1	12	6.32	2.609
Mellow	100	3.000	7.000	5.23003	.979844
Unpretentious	100	1.667	7.000	5.11997	1.097601
Sophisticated	100	2.286	6.857	4.63604	.954993
Intense	100	2.250	7.000	4.80000	1.025557
Contemporary	100	2.250	7.000	4.88250	1.022756
Valid N (listwise)	100				

Table 7 shows correlations between music preferences and personality scales. It depicts which dimension is positively correlated and which is negatively correlated.

**Table 7: Correlation between music preferences and personality scales**

	Mellow	Unpretentious	Sophisticated	Intense	Contemporary
<b>Neuroticism</b>	0.059	-0.124	0.012	-0.192	-0.121
<b>Extraversion</b>	0.082	0.113	0.078	0.131	0.142
<b>Psychoticism</b>	-0.037	-0.049	-0.063	-0.002	-0.073
<b>Lie scale</b>	0.018	0.081	0.164	0.88	-0.014

**Graph 3: Graphical representation of the correlation between music preferences and personality scales**



## Association Between NELP Scale and Music Preference Among Young Adults

Table 7 and Graph 3 demonstrates that the mellow dimension is positively related to all personality scales except psychoticism. Mellow is negatively related to Psychoticism.

Unpretentious and intense dimensions are positively related to extraversion and lie but negatively related to neuroticism and psychoticism.

The sophisticated dimension is positively associated to all personality scales except psychoticism. Sophisticated is negatively related to psychoticism.

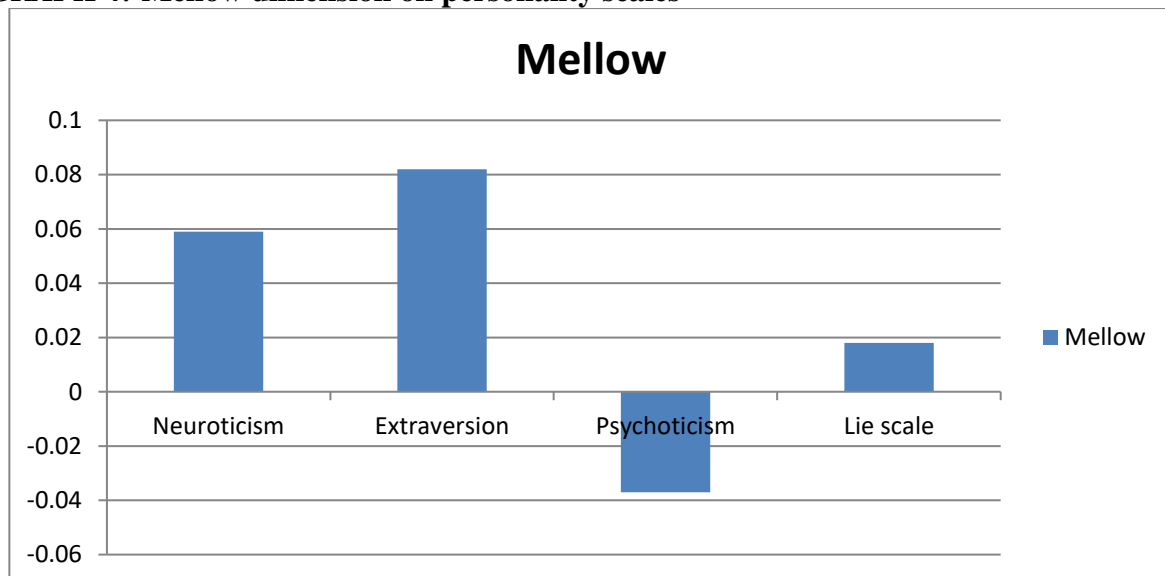
The dimension called Contemporary has negative correlation with all personality scales except extraversion. To extraversion, contemporary is positively correlated.

From the results, it was seen that a positive correlation was found between Mellow, Unpretentious, Sophisticated, Intense and Contemporary (MUSIC) and extraversion (Hence, H1 is accepted). Also, it was seen there was negative correlation was found between Mellow, Unpretentious, Sophisticated, Intense and Contemporary (MUSIC) and Psychoticism (Hence, H2 is accepted).

### DISCUSSION AND CONCLUSION

As it has already mentioned, the aim of this study is to examine the relationship between personality scales, namely- Neuroticism, Extraversion, Psychoticism and Lie scale and Music preferences namely- Mellow, Unpretentious, Sophisticated, Intense and Contemporary. Total respondents for this study purpose were 100. Out of 100 respondents, 50 (50%) were male and 50 (50%) were female. All the respondents were aged between 18- 25 years.

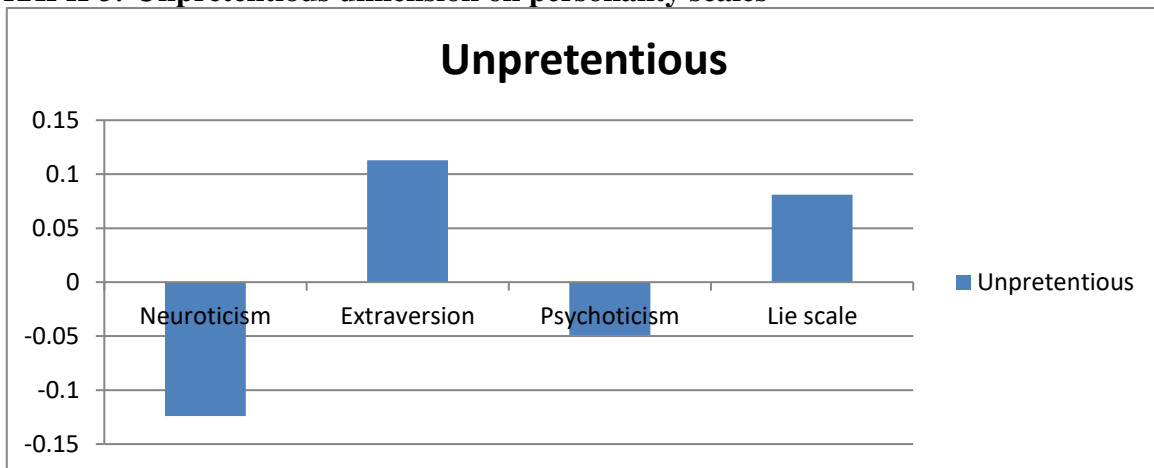
**GRAPH 4: Mellow dimension on personality scales**



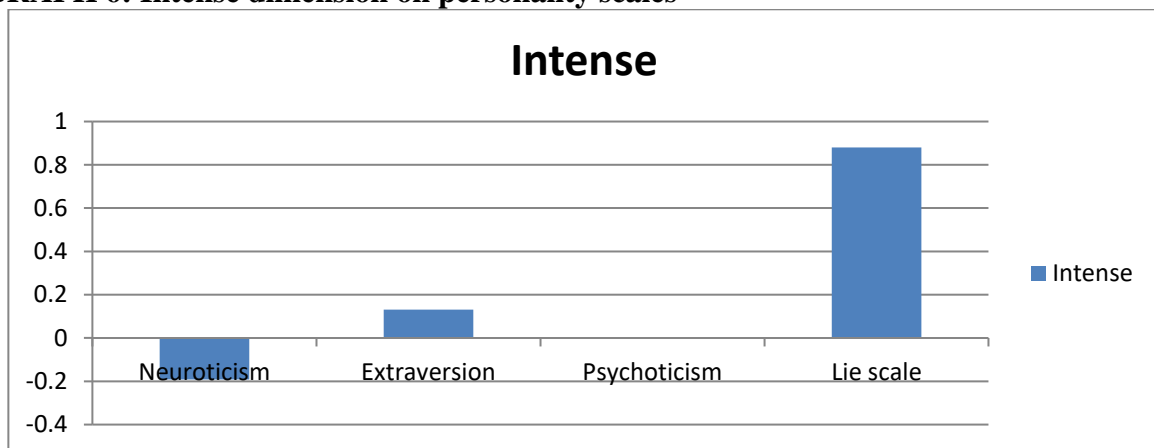
The finding of this study reveals that the mellow dimension is positively correlated to all personality scales except psychoticism. This indicates that the individual who prefer Mellow music such as Dance/ Electronica, world, new age are extrovert, sociable, assertive, energetic, “tendency to show fake good- lie scale”, but they also shows signs of anxiety, irritated and worry.

## Association Between NELP Scale and Music Preference Among Young Adults

**GRAPH 5: Unpretentious dimension on personality scales**

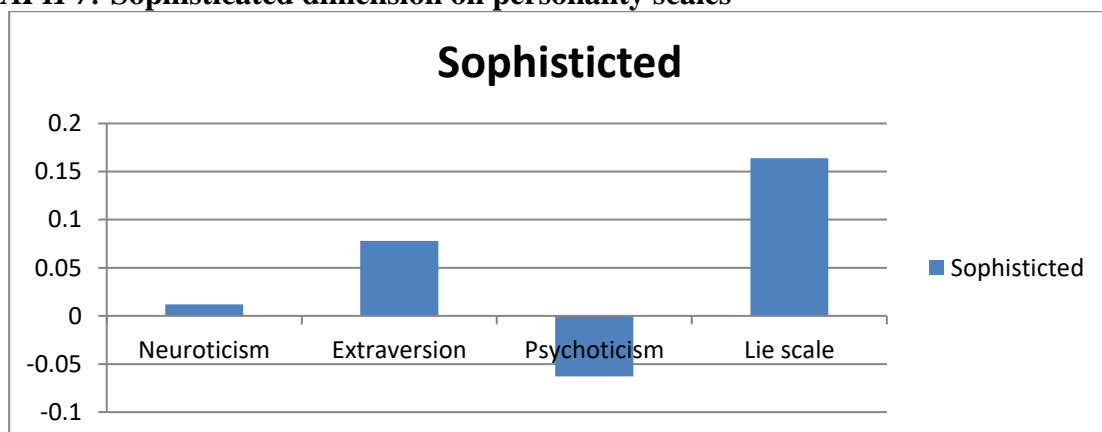


**GRAPH 6: Intense dimension on personality scales**



The dimensions called unpretentious and intense are positively related to extraversion and lie scale and negatively related to neuroticism and psychoticism. This suggests that those who prefer unpretentious and intense music such as country, pop, religious, alternative, heavy metal, punk, rock are assertive, sociable, energetic, talkative and have “tendency to fake goods- lie scale”, caring, cooperative, highly socialized, empathetic and emotionally stable and the individuals rarely have time of unhappiness or irritability and accepts failure as part of their normal life.

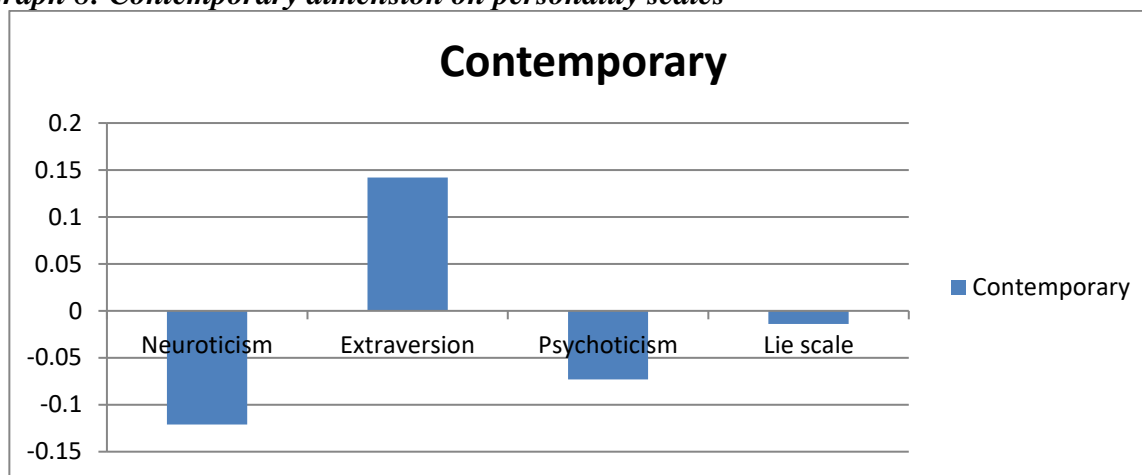
**GRAPH 7: Sophisticated dimension on personality scales**



## Association Between NELP Scale and Music Preference Among Young Adults

The dimension called sophisticated is positively related to all personality scales except psychoticism. This suggests that those who prefer sophisticated music such as blue grass, blues, classical, folk, gospel, jazz, opera are open to new experiences, sociable, talkative, extroverted, caring, empathetic, cooperative, tendency to show “fake good”, but they tend to be highly tensed and anxious.

**Graph 8: Contemporary dimension on personality scales**



The last dimension, that is, Contemporary is negatively correlated to all personality scales except extraversion. This means that individuals who enjoys contemporary music such as funk, Rap/ hip- hop, reggae, soul/R& B are emotionally stable, cope up easily with stressful situations, have rarely time of unhappiness or irritability, caring, cooperative, highly empathetic, shows tendency to “fake good” but they tend to be introvert, dependent and cautious.

It was seen that a positive correlation was found between Mellow, Unpretentious, Sophisticated, Intense and Contemporary (MUSIC) and extraversion (Hence, H1 is accepted). Also, it was seen there was negative correlation was found between Mellow, Unpretentious, Sophisticated, Intense and Contemporary (MUSIC) and Psychoticism (Hence, H2 is accepted). Therefore, both the hypothesis were accepted.

### **Limitations**

While carrying out this research study these are certain limitations were identified which have been presented below:

1. First of all, the age range was very constraint and narrow that is, 18- 25 years. So, it may led to few or limited relationship between personality scales and music preferences can be identified or observed. The age range for this study can be broad.
2. As this study, mainly carried out on Indian population. So, might have added Indian music genres such as semi- classical, bhajans, Qawali music. Either could have added the music such as Punjabi, Marathi, Rajasthani, Karnatak music etc.

### **Recommendation**

Recommendation for the future studies, the gender comparison of music preferences and personality scale. In future, study can be carried out on the gender comparison aspect of music preference and NELP personality scales.

## CONCLUSION

This study was an attempt to study relationship between music preferences and personality scales.

In India, the number of similar studies is considerably lower. To interpret musical preference and its correlation to different coefficients, a framework should be constructed. Future studies can add to existing literature to develop such a foundation by performing comprehensive research on this topic. Future research can build on existing research by examining music preferences across social situations, cultures, and generations, as well as integrating a greater spectrum of musical styles from diverse genres.

Objectives of this study were- To know inter relation between NERP scale and music preference and to know distinct attributes of personality scale and music preference.

A sample of 100 respondents was taken for this purpose. Out of 100, 50 were males and 50 were females. All the respondents were aged between 18- 25 years. Ethnicity was also included in demographic details- 95 were Asian, 2 were white and 3 were American Indian or Alaska native. From above mentioned data, it can be concluded that mellow dimension is positively related to all personality scales except psychoticism. Unpretentious and intense dimensions are positively related to extraversion and lie but negatively related to neuroticism and psychoticism.

The sophisticated dimension is positively associated to all personality scales except psychoticism. Contemporary dimension has negative correlation with all personality scales except extraversion. It was seen that a positive correlation was found between Mellow, Unpretentious, Sophisticated, Intense and Contemporary (MUSIC) and extraversion (Hence, H1 is accepted). Also, it was seen there was negative correlation was found between Mellow, Unpretentious, Sophisticated, Intense and Contemporary (MUSIC) and Psychoticism (Hence, H2 is accepted). Therefore, both the hypothesis were accepted.

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The author(s) declared no conflict of interest.

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