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Research Paper

Correlation Between Music Preference and Personality Types

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ABSTRACT

The study attempts to examine the relationship between music preferences and personality types. Sample was drawn conveniently from Amity University Rajasthan (N = 100 respondents were between the ages of 18 to 25 years). Music preferences were assessed through the administration of The Short Test of Music Preferences by Rentfrow & Gosling, (2003) and Big Five Inventory by John & Srivastava, (1999) was used for assessing the personality types. To find out the relation between these two variables Pearson product moment correlation was calculated through SPSS 18.0.

Keywords: *Personality type, BFI, Music Preference.*

There is a commonplace statement that "Music is the food of soul". All over the world and throughout the history people used music to express their inner feelings, be it sad or happy. Besides variation in music, people differ with regard to the choices of music. People report great Impact of music on them, psychologically and physiologically. Disharmonic music Causes a number of negative behaviors have been reported as a result of disharmonic music. People seem to be addictive of music who often listens to Rock music and if they no longer listen, they report that they feel depressed and tensed. Withdrawal from such music results in negative symptoms, like depression, which might be due to the heightened state of arousal caused by the rhythm and tempo of disharmonic music. Whereas shifting from disharmonic music to harmonic music results in feeling better. It is only made possible by consciously listening critically to the music and forcing it into the conscious mind. (Torres & Torres) The purpose of this research was to reveal the relation of the choice of music to personality style and how the change in their music choice can impact their personality. Knowles, who researched on "The correlation between music preference and personality (2013) stated that music is a medium through which humans exhibit their ideas and feelings. Chamorro, Tomas, Fagan & Furnham (2011) researched on "Personality and uses of music as a predictor of preference of music consensually classifieds happy, sad, complex and social". They stated that music fulfills three psychological functions which include improvement of performance of certain task, intellectual curiosity and influencing the person's emotional state to achieve the desired mood. According to Rentfrow & Gosling (2003) people who like intense and rebellious music have creative ideas, introverted nature,

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and gentle feelings and reduced self-esteem. People who like upbeat and conventional tend be extrovert, emotionally stable and have high self-esteem. People who listen to energetic and rhythmic are extroverted, assertive and have high self-esteem and people who listen to complex and reflective are energetic, creative and easy going.

The primary suggestion of a relationship amongst music and personality by Raymond Cattell. It was his conviction that individuals had numerous traits that were shared to everybody; however, every individual has special character tics. He was the antecedent for the statically prouder called the factor analysis. This test has connection between a couple of estimations to inspect exceptional elements. Factor examination prompted the 16 PF test where an individual would be tested on 16 trait (Schultz and Schultz, 2013). The consequences of high and low indicates were then connected to determine specific aspects of personality. These strategies were utilized as a passage to be analysis by other quality theorists Hans Eysenck. Like Cattell, Eysenck additionally intrigued by ascertaining personality. Utilizing Cattell's technique for framing qualities of 16 PF test, Eysneck expand to enhance the assessment (Schultz and Schultz, 2013). He and his spouse create tests surveys in their exploration to decide personality all the more acutely. They made the "Eysenck Personality Inventory", which depended on 3 measurements of identity: - "Extraversion, Neurotism and Psychoticism. “Robert McCrae and Paul Costa utilized the Eysenck Personality Inventory to build up mind boggling identity appraisal. McCraen and Costa built up the five Factor Model in which they accepted watch the most vital identity qualities in a person (Schultz and shutlz,2013). This investigation shows the appraisal that is utilized for the dominant part of my exploration, utilizing the identity segment to interfaces with the melodic inclination and the other way around. Although there are diverse varieties of the” NEO Personality inventory”. Cattell’s elements were too many and Eyesenck’s measurement was less. The Neo big five personality factors develop a blended version of two trait theories. The factor and description of the traits are: -

A. **Neuroticism** (**N**)
This person feels sometimes short tempered, furious and angry at others and they are inclined to be feel sad, desolate and dejected. They are anxious, generally apprehensive and inclined to stress. They feel embarrassment while dealing with peoples but not strangers are problem to them. They are very good to deal with stress as well as most people. Worried, insecure, nervous, high stung.

B. Extraversion (**E**)
This person has very low level of spirit and they prefer to be moderate and drift. They are very warm and loving toward others and they sometimes enjoy large and noisy crowds. They are emphatic as most men when the conditions require. They have excitement to experience new things, and also less prone to experience feeling of euphoria and bliss than most men. They are Sociable, talkative, fun loving, affectionate.

C. Openness (**O**)
This person is original, creative, daring and occasionally daydreamer. They have their emotional connectivity mostly with music, art, poetry, or nature and their feelings in their life. They have medium level of intellectual interest and he is generally most part widely appealing in his social, political and moral conviction.

D. Agreeableness (**A**)
This individual effectively believes others and typically accepts the best about anybody they meet. They the most part amicable and certifiable; however, they put their own needs and interests before others. This sort of persons stands his ground in clashes with others; however, they are eager to forgive and never look back. They are very glad for themselves and their achievements, and cheerful to assume acknowledgment for them. Contrasted with the other individuals, there persistent, and there social and logical mind mirror there even minded authenticity. They are good natured, soft heated, trusting, courteous.

E. **Conscientiousness** (**C**)
This sort of identity quality of being watchful, solid, this suggests a want to do an assignment well and to consider commitments to others important. This sort of characteristic has a tendency to be productive and composed instead of accommodating and muddled. They are Cautious, dependable, dedicated, composed.

MUSIC

Music can express the inner thoughts, political ideas, emotions as well as the situations related to their emotional state. Tomas Chamorro-Premuzic, Ph.D., believe that music was created to fulfil three mental functions. In another sense, people also listen music according to the popularity of music and social circle. Individual select their music, people exhibit clearly unique tastes. Especially, be that as it may, some thought about the hidden standards on which such individual melodic inclination is based. A test for examination is, to the point that music is utilized for some, unique purposes. One normal utilization of music in contemporary group is unadulterated happiness and stylish gratefulness (Kohut and Levarie, 1950,) other basic utilize identifies with music's capacity to move and physical development numerous people likewise music practically, for state of mind direction and improvement (North and Hargreaves, 1996b; Rentfrow &Gosling, 2003; Roe, 1985). “Teenagers report that they utilize music for a diversion from inconveniences, a method for state of mind administration, for a diversion from inconveniences, a method for temperament administration, for decreasing dejection, and an identification of character for entomb and intra assemble self-definition. (Bleich, Zillman and weaver, 1991; Rentfrow and Gosling, 2006; 2007; Rentfrow, Mc Donald, and Oldmeadow, 2009; Zillmann and Gan, 1977).

The music preferences I have used in my study is listed below:

- Reflective &Complex (Classical, Blues, Folk, Jazz)
- Intense &Rebellious (Alternative, Rock, Heavy metal)
- Upbeat &Conventional (Country, Religious, Pop, Soundtrack/Theme Songs)
- Energetic &Rhythmic (Dance/Electronica, Rap/Hip-Hop, Soul/Funk)

REVIEW LITERATURE

1.Brown, Ra. (2012) concerning the identity-based determinants of melodic type inclination of 268 Japanese understudies six measurements and 24 aspects of identity and 12 music kinds were surveyed. In which they got extroversion personality like to prefer pop music, openness to experience like to go with Jazz music and another personality were less interconnected with musical preferences.

2. Rentfrow and Gosling (2003) has found that 5 factor structure latent music preferences that is genres free and reflect primarily emotional response to music. The five factors as -a mellow factor comprising soft and relaxing styles; A popular factor characterized by rhythm

and sound as jazz or rap; an advanced factor has traditional; an exceptional factor characterized it noisy and enthusiastic music; a campestral factor containing an alternate wide range of styles of immediate and ethnic music.

3. Music factors are influenced by both the general public and sound-related character tics of the music.Maja.,(2011) has examine on the "effect of music and lyrics on personality" in which did an experiment in which music can produce relevant changes in the experience of individuals personality. He takes sample of 87 undergraduate students and use big five inventory questionnaire. “The analysis shows music produced notable increase, and lyrics significant decrease in the some termself reported experience of change of individual personality.”

4.Marc J. M. H. Delsing...et, al.2007 had examined on adolescent's music preference and personality character tics. In which they use Big five personality character tics and get data from 2334 adolescents. In the result, study shows that music preference found to be consistently related to personality. Personality character tics were also change in music preference.

5.Dr. Durgesh K. upadhyay. e.t al.2016, in this research they examine the Relationship between music listening preference, personality and gender. Sample size is 445 under and post graduate students of Amity university, Lucknow. in which they use Big Five personality character tics andgender differences in music preferences. By the result, gender differences in music preference were also present in which girls like to listen emotional and melodious songs more than boys whereas boys like to listen cultural and devotional songs more than girls.

6.Tomas Chamorro premise...e .t al (2009) in researchon the "Relationship between the personality and music". Inthis 100 number of sample and 20 different music were played in 30 s of interval on websites and calculated fully predicting liking for music happy. in this research they conclude by males mostly like for use of cognitive purposes of sad music and use music more than females did.

7.Nicola Sigg(2009) researched on music preference and personality and psychological wellbeing. The study indicated no relationship among music preference, self- esteem and social identity, but a definite relationship was found between music preferences and personality traits. North (2008) stated that a person’s preference for particular music is linked to his personality. Furthermore, McCown, Keiser, Mulhearn, & Williamson (1991) found that extraverts prefer Rock or Hip-hop music.

RESEARCH METHODOLOGY

Problem Statement

Is there any "Relationship between music preference and personality type"?

Hypothesis

Following hypotheses formulated for the motive of this study:
In his study, the number of groups of music is 14 distributed among 4 dimensions and in personality type 5 group are there classified as "Neurotism (N), Extraversion(E), Openness (O), Agreeableness(A), and conscientiousness(C)."

In this the following groups indicates that music type like:

- 'Group A' refers to those participants who prefer Reflective & complex music.
- 'Group B' refers to those participants who prefer Intense & Rebellious songs.
- 'Group C' refers to those participants who prefer Upbeat & Conventional songs.
- 'Group D' refers to those participants who prefer Energetic &Rhythmic songs.

Following hypotheses formulated for the motive of this study:
H1: Scores on Extraversion highly correlate with Energetic and Rhythmic music.
H2: Scores on Agreeableness correlate negatively with Upbeat and Conventional music.
H3: Scores on Consciousness correlate with Intense and Rebellious music.
H4: Scores on Neuroticism correlate with Reflective and Complex music.
H5: Scores on Openness to experience correlate with Intense and Rebellious music.

Objective
To determine "Relationship between music preference and personality type."

Significance
The relationship between musical preference and personality has remained a long-standing topic of contention for researchers due to the variability in results and the low-predictive power that personality has historically demonstrated on music preferences. The study is conducted to attempt and establish the relationship or correlation between an individuals personality type by knowing the music preferences he or she is having. By conducting this research, we will have an insight about how music taste talks about one's personality depending upon there choices.

Variables

1	**VARIABLES**	**SCALE**
2	Independent variable	Music Preferences
3	Dependent variable	Personality Type

Research Design

- **The Short Test of Music Preferences** (STOMP) was developed by Rentfrow and Gosling in 2003. It allows researchers to measure music preferences. There were 14 genres of music which were divided into Four factors; intense and rebellious, upbeat and conventional, energetic and rhythmic and reflective and complex. This is seven-point Likert scale where 1 equal to not at all and 7 equals to very much.
- **The Big Five Inventory**
- The Big Five Inventory (BFI) was developed by John &Srivastava in 1999. It is consisted of 10 items that measure five personality domains. Traits of extraversion, agreeableness, emotional stability, conscientiousness and openness to experience are rated on a five point scale where 1= disagree strongly and 5=agree strongly.
- **Demographic Information Form**
- The demographic information form collected the information about age, gender, birth order, qualification, socioeconomic status and a question was asked about which music you like the most**.**

Sample & Participants: A convenience sample of undergraduate students of AUR. The total number of sample is 100 in which each category contains 25 sample. The average age of the participants was 18-25.

Reliability

- **"**The inner consistency of the BFI scales was utilized on 1,539 people groups. The inner consistency of the BFI was high, at N= .92, E= .89, O= .87, C=.90. The Internal consistency of the highlights scales ran from. 56to .81. The inward consistency of the BFI was reliable that of the BFI with an expanding from.89 to.93 for the five zones
- For The Inner consistency of BFI was: N=.85 E= .79O=.80A=.75C=.83".
- The test-retest reliability, of early BFI has after 33-month N=.87, E=.91, O=.86. The test retest reliability for over 6 year as N=.83, E=.82, O=.83, A=.63, C=.79. "
- Costa and McCrae have shown that NEO has great reliability of scores and it is also steady among 30 ages. This test varies over any age, culture.

Validity

- The BFI manual showed for the convergent and divergent validity of the inventory Examples are:
- For MBTI (Myers Briggs Type Indicator), Self-preoccupation is connected with the BFI feature at -0.61, and with BFI Gregariousness at - 0.59. Feelings is correlated with the BFI facet Tender- mindedness at 0.39.
- For self-directed search by john l. Holland - A personality inventory developed for career work. Artistic correlated with the NEO facets aesthetic at 0.56, Investigative related with NEO facets ideas ata.43, and social is related with NEO facet tender mindedness at 0.36."

Inclusion Criteria

- Students who expressed willing to participate.
- Students whose ages were between 18 to 25 years old.
- Students who listen to the music and has knowledge of music genre.

Exclusion Criteria

- Students who were not willingness to participate.
- Students who report that they do not listen to the music.

Statistical Analysis

Data were analyzed by using SPSS version 18. Basic descriptive statistical analysis was conducted to determine the properties of the sample. Pearson's Product Moment correlation coefficient was calculated to assess the relationships among study variables.

Tool Description

BFI big 5 personality inventory test is used to measure the "personality type". The big 5 personality inventory one minute or less designed to index personality dimensions by (**JohnOP, Rammstedt 2007**) It contain 10 items to measure the "Neurotism(N), Extraversion(E), Openness to experience(O), Agreeableness(A), Conscientiousness(C)". The scale has shown very good level of reliability and validity, and become most used personality inventories in psychotically research. **STOMP (**The Short Test of Music Preferences with 14 item scale assessing the music preferences it has 4 dimensions (Reflective & Complex), (Intense & Rebellious), (Upbeat & Conventional), (Energetic & Rhythmic).

Procedure

Permission from the heads of universities was sought; the students were approached through the teachers. Nature and aims of the study was briefed to the students. They were assured that participation was totally voluntary and anonymous and they could withdraw at any point. Potential participants were requested to fill the survey form relating to their musical preference and personality type. They were requested to answer all items honestly.

Ethical Consideration

Students, who agreed to participate in the study filled out a consent form. All the students were assured of confidentiality. The study was conducted after approval from the concerned authorities.

RESULTS

The Table No .1 Shows the Mean and Standard Deviation Between Music Preferences and Personality Types

REPORT	TOTAL	TOTAL
Mean	62.79	32.17
Std Deviation	10.899	8.15

Total		
Pearson Correlation	**1**	**-0.026**
Sig. (2-tailed)		**0.797**
N	**99**	**99**
Total		
Pearson Correlation	**-0.026**	**1**
Sig. (2-tailed)	**0.797**	
N	**99**	**99**

Table No 2: shows the relation between the personality types (Extravert, Agreeableness Conscientiousness, Neuroticism and Openness to experience) and different music genre (Energetic & Rhythmic, Intense & Rebellious, and Upbeat & conventional and Reflective& Complex).

Here R&C denotes (Reflective and complex)

I&R denotes (Intense and rebellious)

U&P denotes (Upbeat and conventional)

E&R denotes (Energetic and Rhythmic)

	Extraversion	Agreeableness	Conscientiousness	Neurotism	Openness
R&C	0.053	-0.012	0.061	0.032	-0.016
	0.06	0.903	0.55	0.756	0.875
I&R	-0.06	-0.012	-0.036	-0.031	-0.061
	0.553	0.907	0.72	0.763	0.547
U&C	.199*	-0.196	0.181	-0.185	-0.118
	0.049	0.052	0.073	0.067	0.245
E&R	0.123	-0.096	0.142	-0.07	-0.056
	0.225	0.346	0.161	0.492	0.581

- Extravert has highly positive correlation (0.123) with Energetic & Rhythmic and has 0.00 level of significant.

- Agreeableness has highly negative correlation (-0.012) with Intense & Rebellious and has .021 level of significant.
- Conscientiousness has correlation (0.181) with Upbeat & Conventional and has .210 level of significant.
- Neuroticism has positive correlation with Reflective & Complex and has .041 level of significant.
- openness to experience has positive correlation with Upbeat & Conventional (.330) and with Reflective &complex (.240) and has0.002 level of significant.

Pearson's correlation for music genres and personality types

- Result significant at the 0.05 level
- Result significant at the 0.01 level

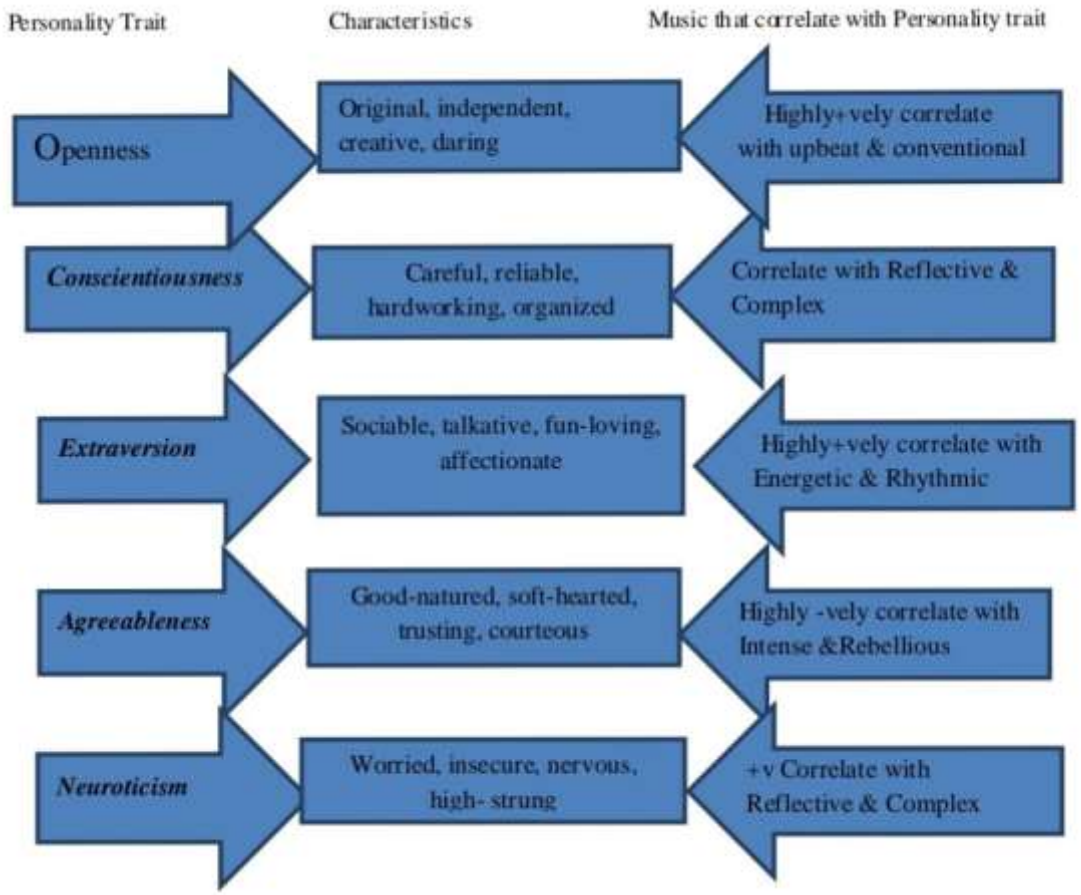
DISCUSSION

The first alternate hypothesis is accepted that there is a highly positive correlation between the extroverts and Energetic &Rhythmic. It shows that Extroverts people prefer Energetic & Rhythmic music because they are active, social, assertive and outgoing. Steele, Anita &Louise (2011) studied the relation of professional music on cognitive performances of introverts and extroverts by using MBIT (developed by Myers & Briggs in 1975). The study found that music teachers and therapists believed that people who like to study music are more extroverted. The scores of music teachers and therapists was high on extroversion than introversion. The result shows that Energetic & rhythmic music shows a strong positive correlation with extroversion; negative correlation to agreeableness, slightly negative correlation with conscientiousness and positive correlation to openness and emotional stability. The result shows that Agreeableness has negative correlation with Upbeat & Conventional music. In 2012 Glenne wrote on "Effect of felt emotion and individual differences". According to Glenne high scores on agreeableness generally reveal a tendency to be more emotionally reactive to all music, as table shows that scores on upbeat & conventional music shows positive correlation with extraversion's highly negative correlation with agreeableness; a negative correlation with conscientiousness; a positive correlation with emotional stability and a strong correlation with openness to experience. The study also finds out that conscientiousness is positively correlated with Reflective& Complex music and highly negative correlation with Upbeat &Conventional music. Many researches revealed that conscientiousness is correlated with Intense & Rebellious. It could be possible that people who chose these genres were not aware of these music and they just chose them because they were feeling social desirability that what other think about themselves that they do not have information about music. It is also possible that in our culture people do not listen heavy metal and alternative music. Many people did not know about alternative and heavy metal so it is also possible that lack of knowledge about music brought this result. As the study proved that Neuroticism is highly positively correlated to Reflective and complex music. They choose Rock. Folk. & Jazz music. Neurotic people tend to be insecure, sad, worried and nervous so they like to listen to slow and sad music. Neuroticism is found to be positively correlated with emotional use of music. As the study shows that Openness to experience has no correlation with Intense & Rebellious music instead of these students of AUR who are Open to experience chose Upbeat & Conventional and Reflective & Complex music because they are open to experience. They try new thing to get experience that's why they listen to both of them instead of only one.As the researches have revealed that there is a link between personality and music preferences. Camorro – Premuzic stated in his research on "Psychology and musical preference" (2011) that music

preference is influenced by the individual thought that how they might be perceived by others.

As it is discussed that mood can also influence the preference of music; the finding of Vuoskoski and Thomas on "Who enjoys sad music and why" (2011) showed that whether people are in bad or good mood when listen to the music it affects on mood and responds according to that type of music which they listen to. Results of some of the studies are in line with Rentfrow and Gosling's study (2003) while others are not. This shows the relationship between particular music and personality type may be dependent on the cultural, region, current music standard and knowledge of music. With the passage of time personality of individual does not change but the trend of music changes so it affects the result so future researches should also take into account the current trends of music.

CONCLUSION



- The first alternate hypothesis is accepted that extrovertedpositively correlates with Energetic & Rhythmic.
- The second alternative hypothesis is accepted that Agreeablenessnegatively correlates with Conventional & Upbeat.
- The third alternative hypothesis is rejected that Consciousness correlates with Intense and Rebellious.
- The fourth alternative hypothesis is accepted that Neuroticism highly positively correlates with Reflective and Complex.

- The fifth alternative hypothesis is rejected that openness to experience correlates with Intense & Rebellion.

Recommendation

The sample should not only be taken from universities but also from other population in wide that would give you the clear-cut range of relationship between music preferences and personality type. The music genres should be asked which are being listened to and known in our culture.

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Conflict of Interest

The author declared no conflict of interest.

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