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Research Paper

Musical Preferences and Personalities: An In-Depth Analysis of Pop Enthusiasts with A Specific Emphasis on Guitar as the Main Instrument

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ABSTRACT

This study delves into the intricate relationship between personality traits, musical preferences (specifically pop genre), instrument preference (with a spotlight on the guitar), and genre choice among 100 individuals aged 18-35. Utilizing a structured questionnaire format including the BFI 2 (Big Five Inventory) questionnaire and targeted queries, the research unveiled compelling insights. Notably, a robust positive correlation emerged between openness and instrument preference, suggesting that individuals with higher openness scores tend to gravitate towards specific musical instruments, particularly guitars. Conversely, a significant inverse relationship was noted between conscientiousness and instrument preference, indicating that those favouring certain instruments often exhibit lower levels of conscientiousness. Moreover, associations were identified between conscientiousness and genre choice, as well as between genre preference and extraversion, illuminating the multifaceted nature of the link between musical inclinations and personality traits within the young adult demographic. These findings underscore the pivotal role of personality dimensions in shaping individuals' musical choices and preferences.

Keywords: *Personality traits, Musical preferences, Instrument preference, Genre choice, Young adults, BFI 2 (Big Five Inventory) questionnaire*

A very personal and complex part of human civilization, music shapes our identities, emotions, and social interactions. People form distinct tastes among the wide range of musical genres and styles that reflect their values, experiences, and personalities. Comprehending the complex correlation between musical tastes and psychological characteristics has captivated scholars from diverse fields, including psychology, sociology, and neuroscience.

In this study, we explore the intriguing relationship between personality qualities and musical tastes, concentrating on pop lovers and emphasising the guitar as the primary instrument. Pop music's broad appeal and variety of subgenres make it a great medium for examining the complex relationships that exist between personal preferences and traits. Furthermore, fans

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are drawn to the guitar, an iconic pop music instrument that profoundly influences their taste and musical experiences.

Our goal is to explore the complex relationships that exist between the tastes and personalities of pop music fans, with an emphasis on the guitar's influence on these musical inclinations. We want to find patterns, connections, and insights that provide light on the psychological foundations of musical taste creation in this population by performing a thorough analysis.

Using a blend of qualitative interviews, quantitative surveys, and psychological evaluations, we aim to create a thorough picture of pop fans who prefer guitar-driven music. Our goal is to shed light on the intricate relationship between personal preferences and musical tastes by looking at variables such as personality traits, musical preferences, emotional reactions to music, and behavioural inclinations.

Our research has ramifications for a number of sectors, including psychology, musicology, marketing, and cultural studies, by providing a deeper knowledge of how personality traits impact musical choices and, inversely, how music consumption impacts personality development and expression. In the end, our research could lead to a deeper understanding of the significant connections that music has with both society and the human psyche.

Personality

The distinct collection of persistent psychological traits, patterns, and attributes that mould a person's ideas, feelings, actions, and social interactions is referred to as their personality. It includes a broad spectrum of elements that influence an individual's uniqueness, such as motivational impulses, emotional reactions, social dispositions, and cognitive processes. While they may change and adapt in reaction to events in life and external factors, personality traits are generally constant across time and in many contexts.

There are many different theoretical viewpoints on personality, but the Five Factor Model, sometimes referred to as the Big Five, is one of the most well-known frameworks. It proposes five main aspects of personality:

1. **Openness to experience:** This dimension measures how receptive, creative, inquisitive, and open-minded people are to new concepts, viewpoints, and experiences.
2. **Conscientiousness:** Conscientiousness is the level of responsibility, organisation, dependability, and self-control that people demonstrate in their goals, objectives, and decision-making procedures.
3. **Extraversion:** Positive emotionality, gregariousness, assertiveness, and vitality are all parts of extraversion. Extraverted people typically look for excitement, stimulation, and social engagements.
4. **Agreeableness:** Interpersonal traits including empathy, compassion, collaboration, and altruism are associated with agreeableness. Those with high agreeableness values place a high value on harmonious relationships and are typically understanding of the wants and feelings of others.
5. **Neuroticism (or Emotional Stability):** An individual's level of emotional instability, anxiety, stress sensitivity, and negative affectivity is reflected in their neuroticism. Individuals with high neuroticism may be more prone to anxiety, self-doubt, and mood swings.

These characteristics offer a thorough framework for comprehending and evaluating individual personality variations. But personality is intricate and multidimensional, consisting of a wide range of characteristics, aspects, and subtleties that add to the individual psychological composition of every individual.

A person's personality affects many facets of their life, such as coping mechanisms, leisure interests, professional decisions, and interpersonal connections. Furthermore, a person's interests, attitudes, and behaviours in a variety of contexts—including music, art, literature, and entertainment—are greatly influenced by their personality traits.

Comprehending personality can offer significant perspectives on human conduct, drive, and welfare, shaping methods for psychological evaluation, counselling, and individual growth. Furthermore, figuring out how personality interacts with culture, genetics, and life events will help us better comprehend the intricate dynamics that influence people's lives.

Theories

1. **Sigmund Freud Psychoanalytic Theory:**

According to Freud's psychoanalytic theory, early events and unconscious processes have a significant influence on personality. He postulated the id, ego, and superego as the three primary components of personality. Based on the pleasure principle, the id pursues instant fulfilment of primal urges and cravings. The ego mediates between the urges of the id and the demands of reality by acting based on the reality principle. The superego is a symbol of internalised moral principles and values.

- **Defence Mechanisms:** Freud identified a number of defence mechanisms, including projection—imputing one's own undesirable thoughts or feelings on others—repression—the unconscious blocking of undesirable thoughts or impulses, and displacement—the redirection of impulses towards a less dangerous target.
- **Psychosexual Stages of Development:** Oral, anal, phallic, latent, and genital are the stages through which Freud postulated that personality development takes place. Focusing on distinct erogenous zones and developmental objectives is what distinguishes each stage.

2. **Trait Theory:**

The main goal of trait theories of personality is to find and classify consistent and enduring features that characterise people's distinctive thoughts, feelings, and behaviour patterns. One of the most well-known trait models is the Five Factor Model (Big Five), which suggests five general dimensions: neuroticism, conscientiousness, extraversion, agreeableness, and openness to new things. Humanistic Theory (Carl Rogers, Abraham Maslow): -

- **Key Concepts**: Humanistic theories highlight people's innate goodness and capacity for development. The notion of self-concept was first proposed by Carl Rogers, who postulated that the degree of congruence between a person's perception of themselves and their experiences has an impact on personality development. Abraham Maslow established the hierarchy of needs, stating that after one's basic psychological and physiological needs are satisfied, people should work towards self-actualization, or reaching their full potential.
- **Client-Centered Therapy**: To support human development and self-actualization, Rogers created client-centred therapy, placing a strong emphasis on authenticity, empathy, and unconditional positive regard.

3. **Albert Bandura's Social Cognitive Theory:**

- **Key Concepts:** The relationship between behaviour, surroundings, and cognitive processes in forming personality is highlighted by social cognitive theory. With the introduction of the theory of reciprocal determinism, Albert Bandura proposed that behaviour itself, environmental circumstances, and personal factors interact dynamically to shape personality.
- **Observational Learning:** Bandura emphasised the significance of observational learning, in which people pick up new attitudes and behaviours by seeing and copying role models in their social surroundings.
- **Self-Efficacy:** Bandura introduced the idea of self-efficacy, which is people's confidence in their capacity to succeed in particular circumstances. Self-efficacy affects behaviour, motivation, and the ability to bounce back from setbacks.

4. **Biological Theory:**
   Principles of Interest: The genetic, neurological, and physiological components that contribute to personality variations among individuals are examined by biological theories. Behavioural genetics research looks into how heritable personality qualities are and suggests that genetics has a big influence on personality. Studies in neuroscience look at the neurological correlates of personality traits and how they relate to the structure and operation of the brain.

5. **Cognitive Theory-**
   Positive Ideas: Cognitive theories concentrate on how people view, understand, and make sense of the environment and themselves. These theories place a strong emphasis on the cognitive processes—such as beliefs, attributions, and schemas—that shape personality. For instance, the development and persistence of depressed symptoms may be facilitated by skewed cognitive patterns, according to Aaron Beck's cognitive theory of depression.

These theories give a variety of viewpoints on the nature and growth of personality, providing insightful information on the intricate interactions between biological, psychological, and environmental elements that influence people's thoughts, emotions, and behaviour patterns.

Relationship between music and personality

Researchers and enthusiasts alike have long been captivated by the complex and dynamic interplay that exists between personality and music. Not only is music a means of cultural expression and enjoyment, but it's also a very intimate and personal experience that has the power to significantly affect people's attitudes, feelings, and actions. Similar to this, personality refers to a broad variety of inclinations, features, and qualities that influence how people view and engage with the environment. Examining a range of factors is necessary to comprehend the complex relationship between music and personality, including musical tastes, emotional reactions to music, and how music both impacts and reflects unique characteristics and identities.

An Important area of research in this area is the correlation between personality traits and musical tastes. Numerous studies have discovered associations between particular personality factors and musical genre or style preferences. For instance, those who score highly on openness to experience typically have a wider variety of musical tastes, such as a penchant

for avant-garde or eclectic genres. In contrast, people who score highly on extraversion might be more drawn to peppy, lively music genres like dance or pop. Similar to this, people with high neuroticism levels might favour sad or introspective musical genres like blues or emo, which speak to their emotional experiences.

Furthermore, studies have demonstrated that a person's musical tastes can reflect and reinforce their values and personality traits, acting as a means of self-expression and identity building. People who strongly identify with particular subcultures or social groupings, for example, may take up the musical preferences associated with those identities as a means of expressing their identification and sense of belonging. In addition, people can utilise music to improve their mood, manage their emotions, or cope with stress. Depending on the emotional needs and personality qualities of the listener, different musical genres and styles can have varied therapeutic effects.

In addition, the emotional reactions that music evokes can reveal important details about a person's personality and psychological makeup. Numerous musical elements, including pace, mode, and harmonic complexity, have been shown to elicit distinct emotional reactions in listeners, according to research in music psychology. For instance, whilst slow-paced and harmonically consonant music may generate feelings of calm and relaxation, fast-paced and rhythmically complicated music may evoke feelings of excitement and arousal. Furthermore, personality features can affect an individual's emotional reactions to music, with some traits predisposing an individual to experience music in a specific way. People with high neuroticism may be more sensitive to the emotional content of music and more likely to feel strong emotional reactions, whereas people with high openness to experience may be more open to new and unusual musical experiences.

The relationship between music and personality goes beyond simple associations; it also includes how listening to and participating in music throughout time influences people's personality development and expression. Studies using longitudinal data have demonstrated the power of music to shape people's attitudes, values, and behaviours. Recurring exposure to particular musical genres or styles can help people internalize the identities and cultural norms that go along with those tastes. Furthermore, research has connected active engagement with music—such as learning to play an instrument or compose music—to a number of cognitive, emotional, and social advantages, such as improved creativity, emotional expression, and social bonding. These benefits can then support people's general well-being and personality development.

To sum up, the correlation between music and personality is a multifaceted and intricate phenomenon that spans various aspects such as personal taste in music, emotional reactions, and the manner in which music influences and mirrors an individual's characteristics and sense of self. Researchers can learn more about the psychological processes that underlie people's musical experiences and the ways that music influences the formation and expression of personalities by examining these characteristics. Furthermore, knowing how music and personality are related has applications in the domains of marketing, education, and music therapy, where knowledge of people's tastes in music and psychological traits can guide strategies and interventions meant to improve people's quality of life and encourage positive outcomes.

Historical Perspective

Throughout history, academics and philosophers have been fascinated by the correlation between personality and music. Numerous cultures have investigated the deep links that exist between human temperament, emotional expression, and musical experiences. Although the systematic study of personality dates back to the late 19th and early 20th centuries, personality and music have long been intertwined in classical intellectual traditions and ancient cultures Ethos was a Greek notion that associated certain musical modes or scales with particular moral and emotional attitudes. The philosopher Plato argued for the regulation of some musical genres because he thought they were detrimental to moral development and that music had a strong influence on people's character and behaviour. Aristotle also talked about the emotional impact of music and how it might influence people's temperaments and dispositions.

In religious rituals and spiritual reflection throughout the Middle Ages, music was essential. It was thought that Gregorian chants and sacred music reflected the religious values and beliefs of the day by inspiring sentiments of awe, devotion, and transcendence. In the Renaissance and Baroque eras, composers like Johann Sebastian Bach and Claudio Monteverdi investigated the expressive possibilities of music in expressing human emotions and inner experiences, reinforcing the idea that music can lead to spiritual enlightenment and emotional metamorphosis.

During the 19th century's Romantic period, interest was resurgent in the personal psyche and subjective experiences, as well as a revitalised respect for music as a medium for self-expression and emotional expression. Romantic artists such as Ludwig van Beethoven and Franz Schubert reflected the turbulent interior landscapes of the human soul in their work by putting great emotion into it. The depths of human awareness and the unconscious mind were studied by philosophers and psychologists of the era, such as Friedrich Nietzsche and Sigmund Freud, who recognised the profound influence of emotions, instincts, and wants on individual personality.

The late 19th-century rise of modern psychology opened the door for a methodical investigation into the nature of personality and how it relates to other psychological phenomena, such as music. The development of personality theories that highlighted individual differences, subjective experiences, and the dynamic interplay between conscious and unconscious processes was aided by the work of psychologists like Carl Jung and Gordon Allport. Particularly Jung postulated the idea of archetypes and the collective unconscious, implying that music might access universal symbols and innate urges that speak to people's most fundamental selves.

Psychological research tools, including experimental investigations and personality assessments, advanced in the 20th century, allowing for a more detailed understanding of the relationships between musical preferences and personality traits. Trait theories of personality, developed by psychologists such as Hans Eysenck and Raymond Cattell, identified broad dimensions of personality such as neuroticism, extraversion, and openness to experience. These dimensions have since been investigated concerning people's musical preferences, attitudes, and behaviours.

The field of music and personality research is still thriving today, with multidisciplinary findings from sociology, psychology, neuroscience, and cultural studies being tapped into.

Research has looked into the psychological processes that underlie musical preferences, the function of music in the construction of identity and social bonds, and the therapeutic benefits of music in fostering psychological resilience and emotional well-being. Furthermore, new research directions on the relationship between music consumption, personality traits, and individual differences in real-world settings have been made possible by technological developments in digital media and music streaming platforms.

In general, the historical view on personality and music highlights the deep connections between music and personal experiences, feelings, and identities, as well as the ongoing concern with the human mind. We may learn a great deal about the intricate relationship between personality and music over time by following the development of ideas and research in this field. This helps us to understand the eternal secrets of human nature and the transformative power of music.

Practical Implications

Comprehending the correlation between personality and music has extensive practical consequences across several sectors, including education, therapy, marketing, and cultural programming. Practitioners and policymakers can better fulfill the needs and preferences of various populations by customising interventions, tactics, and initiatives by understanding how individual variances in personality influence musical choices, behaviours, and experiences. The following are some real-world applications for this knowledge:

1. **Mental Health and Music Therapy Interventions: -**
   Personalised Interventions: Based on each person's unique personality and emotional needs, music therapists can create individualised solutions. For instance, those with high extraversion may respond better to upbeat and energetic music to improve mood, while those with high neuroticism may benefit from quiet and relaxing music to lessen anxiety.
   Treatment Planning: When developing a treatment plan for mood disorders like depression and anxiety, mental health practitioners might take personality tests and musical tastes into account. The choice of therapeutic approaches and interventions can be influenced by an understanding of how music affects people's emotions and coping mechanisms.

2. **Education and Learning Environments: -**
   Curriculum Design: Teachers can connect music with the learning styles and personality features of their pupils by including it in the curriculum. For example, kinesthetic learners might gain from movement- and physical-based activities based on music, and auditory learners might flourish in learning environments that include music.
   Motivation and Engagement: Teachers can design stimulating and inspiring learning environments by having a thorough understanding of the ways in which personality factors impact students' musical preferences and interests. Teachers can improve student motivation, engagement, and academic accomplishment by introducing musical genres and styles that align with the personalities of their pupils.

3. **Marketing and Advertising:**
   Targeted Campaigns: Marketers can create tailored advertising campaigns that appeal to particular demographic groups by utilising findings from personality and music research.

For instance, ads showcasing musical genres and styles that correspond with people's personality attributes may have a greater impact on drawing in viewers and changing their purchasing habits.

Brand Identity: Businesses can utilise music to communicate values and personality qualities linked to their goods and services. Companies may increase brand identification, loyalty, and engagement by choosing music that matches the personalities of their target consumers and reflects the brand's identity.

4. **Cultural Programming and Entertainment: -**

Event Planning: When arranging cultural programming and entertainment events, event planners may take into account the personality attributes of the attendees. Organisers may guarantee guests have fulfilling and joyful experiences by providing a wide variety of musical genres and events that suit various personality types.

Audience Engagement: Decisions on programming for cultural facilities, such as theatres, concert halls, and museums, can be influenced by an understanding of how personality influences musical choices. Educators can improve audience pleasure and engagement by selecting activities and performances that cater to a wide range of interests and tastes.

In summary, knowing how personality and music relate to one another has applications in a variety of spheres of human experience, such as marketing, education, entertainment, and therapy. Practitioners and policymakers can create more effective interventions, strategies, and initiatives that resonate with people's needs, preferences, and personality traits by utilising insights from this area of research. This will ultimately promote well-being, engagement, and satisfaction across a variety of populations.

REVIEW OF LITERATURE

Anderson, Gibson, Wolf, Shapiro, Semerci, and Greenberg. (2021) Digital technology has made music libraries available to people, giving them rapid access to more music than ever before. Ecologically correct streaming data helps us overcome earlier study limitations. Over 662,000 hours of music were listened to by 5,808 Spotify users in three months. Our study examined personality and music listening, building on interactionist theories. By evaluating 211 metrics, including mood, genre, demographic, and behavioural characteristics, this was achieved. Machine learning analysis shows that musical tastes, frequent listening, and Big Five personality traits are correlated. Prediction accuracy is moderate to high. Importantly, our work differs from a recent meta-analysis that used self-reporting and found that personality factors have little effect on musical preferences. Using enormous data and powerful machine learning techniques, we show that personality is important and warrants further study.

Ferwerda, B., Tkalcic, M., and Schedl, M. (2017) Personality-based tailored systems are popular because personality attributes are stable. User behaviour, interests, and wants must be studied in relation to personality to create a personalised experience. Even if searching for these relationships in a technologically mediated context is uncharted, real-world personality studies can enhance personalised systems. For practicality, we must determine if these conclusions apply in a technologically mediated situation. Traditional personality study shows that personalities affect music interests. This article reviews that literature. The listening habits and psychological traits of 1,415 Last.fm users were analysed. Our findings

are consistent with past studies, but they also highlight crucial differences that could inform more personalised systems.

Vella, E. J., and Mills, G. (2017) This study examined whether music use affects personality and music enjoyment. The study included 122 undergraduate students who completed the Brief Big Five Inventory, Uses of Music Inventory, Short Test of Music Preference, Life Orientation Test-Revised, Beck Depression Inventory, and Perceived Stress Scale. Openness to experience strongly predicted preferences for reflective-complex (RC) music like jazz and blues and intense-rebellious (IR) music like rock and metal. Openness to experience declined with preferences for upbeat-conventional (UC) music like country and pop. Contrarily, extraversion was positively associated with rap, soul, and upbeat-conventional (UC) music preferences. Extraversion fully describes the association between optimism and emotional music. Cognitive applications of music influenced openness to experience and RC music preference. A marginally significant study suggested that emotional music uses slightly mediated the connection between openness to experience and IR music choice. Trait neuroticism, perceived stress, and depression scores correlated positively with music's emotional uses. These findings support the study of personality and music preferences and show how negative emotions might affect music use.

Neuman, Perlovsky, Cohen, and Livshits (2016) Several studies show that words reflect personality. This study investigates if punk song lyrics reflect personality traits. We tested two hypotheses: (1) different forms of music have diverse lyrics that reflect different personalities, and (2) songs can be categorised by their personality expressions. We used 17,495 genre-organized songs and 2,468 essays by students whose personalities were assessed using the five-component model. Advanced Natural Language Processing is used. Confirmation of the research hypotheses revealed that participants' personalities can be predicted by comparing their writing style to different musical genres and that songs can be automatically categorised by personality traits. We can infer that character traits can categorise musical styles and song lyrics can predict personality kinds.

Butkovic, A., Ullén, F., and Mosing, M. A. (2015) The causes of individual practice behaviour differences are unknown. It is unclear why some people practise more than others. We analyse personality variables like openness, motivation, flow proneness, and IQ to predict music practice in this study. A large Swedish twin cohort of over 10,500 individuals was used to examine genetic and environmental variables affecting these correlations. Music practice greatly affected IQ, intrinsic motivation, music flow, and openness. Incorporating all characteristics, including sex and age, into the same model explained 25% of music practice variability. In the entire model, music-specific flow predicted music practice more than IQ and intrinsic motivation. Multivariate genetic modeling of the two significant predictors (openness and music flow) and music practice showed that shared genetic factors dominated the relationships between these variables, with some extra effects from non-shared environmental factors. Our research suggests that genetic variables may influence both music practice creative interests and music enjoyment (flow).

Ercegovac, I. R., Dobrota, S., and Kuščević, D. (2015) This study examined the relationship between music and visual art choices and how personality variables affect genre and theme preferences. Participants were asked to complete these surveys: Questionnaires about music, visual art, and personality. Psychological assessment techniques include IPIP and the Arnett Inventory of Sensation Seeking. Popular and classical music and nature motifs

were preferred by most participants. They were least interested in heavy metal music and paintings of violence and global cultures. Classical music preferences correlated significantly with all visual art reasons. For all causes except religious art, jazz, and world music were positively associated with visual art preferences. Heavy metal music was associated with all causes except landscapes, while popular music was associated with religious motives and landscapes. This study found that personality traits explain music and visual art preferences little. Intelligence, sensation seeking, and agreeableness were sometimes relevant predictors.

Ferwerda, B., Yang, E., Schedl, M., & Tkalcic, M. (2015) Streaming services are adding mood, activity, and genre music taxonomies to expand library browsing. However, these extra classifications can change user preferences and distract them from music. We used "Tune-A-Find," an app, to poll individuals online and record their music taxonomy choices (emotion, activity, and genre). The selected taxonomy is linked to 297 persons' character traits. Those who are open to new experiences and conscientious tend to browse music by mood and activity, respectively. Research also showed that neurotic people searched for music by genre or activity. Our findings can assist music streaming services improve user personalisation. The interface can learn the user's personality-based music-browsing tendencies.

Liljeström, S., Juslin, P. N., & Västfjäll, D. (2013) Emotional responses to music are widely reported, but the triggers are still unclear. We share findings from a study on how various factors influence emotional responses to music. We employed a 2 × 2 factorial design to account for two variables: self-selected vs. randomly sampled music and the presence of a close friend or partner in the social situation. Fifty college students, aged 20 to 43, rated 15 emotions and their overall emotional response to music. We also examined psychophysiological reactions (skin conductance, heart rate) and personality traits (NEO-PI-R). Listeners felt stronger emotions when choosing their music and listening with a friend or partner, as predicted by previous studies. Listeners high in Openness reported stronger emotional responses than those low in Openness. Contentment and joy are linked to all three variables.

Brown, R. A. (2012) Research on personality-based factors influencing musical genre choices is limited outside the European-North American cultural area. Personality traits and music genre preferences of 268 Japanese college students were studied. An evaluation was done on six dimensions and 24 elements of personality, along with 12 music genres. Research findings show that people high in openness, particularly in aesthetic appreciation, prefer reflective music genres like jazz, classical, opera, gospel, and enka. Individuals high in sociability preferred pop music. Other personality traits showed varying connections to music preferences, highlighting the significance of examining both personality and music genres in more detail.

Dunn, Ruyter & Bouwhuis (2012) Previous research often looked at how personality relates to music preferences through genre categories. This study expands on previous research by directly analysing the relationship between personality and music preferences through studying music listening behaviour. Analysed 395 individuals for personality traits, music preferences, and listening habits over at least three months via a music database. The study found a link between music preferences and listening habits. Strong positive relationships were found between Neuroticism and a preference for Classical music and between Openness

to Experience and a preference for Jazz music. The study found issues with using genre labels to gauge music tastes, which will be explored further.

Djikic, M. (2011) A study explored music's impact on personality traits in a controlled lab setting. 87 first-year undergraduates at a well-known Canadian university were involved, with 58 women and 29 men. The participants' average age was 18.3 years. After completing questionnaires, including the Big Five Inventory, participants were divided into three groups. The first group listened to a classical song while reading the English translation of the lyrics. The second group listened to a classical song and followed the text of the lyrics in German. The third group listened to the English translation of lyrics while following the written text. Following that, participants completed the Big Five Inventory again, along with additional questionnaires. Music had a positive impact on immediate personality change, while lyrics had a negative impact.

Lastinger, D. L. (2011) This research aims to uncover preconceived notions or biases toward specific musical styles among the general public. The study examines bias in music therapists compared to non-music study individuals. A college in the southeastern United States had 206 non-music major students and 182 members of the American Music Therapy Association as subjects, totaling 388. Participants listened to a recorded interview and completed a short questionnaire. Participants only listened to a script reader in the control condition. Each group listened to the same tape with added background music and crowd noise to simulate a live performance. The survey aimed to gather demographic data and assess the individual in the video for personality traits. The genre of music greatly influenced the opinions of many survey participants. Study participants rated the recorded individual's personality lower with rap or country music than with classical, jazz, or silence. Survey results from college students and AMTA student members showed no significant differences for any variable or circumstance.

Vuoskoski, J. K., & Eerola, T. (2011) Neuroimaging studies often view individual differences as statistical noise when studying emotion processing. Emotional processing differences among individuals are inherent based on behavioural research. Studies show that temporary mood states and stable personality traits can influence emotion processing, resulting in corresponding biases. This study aimed to explore how listeners' personality and mood influence their evaluations of emotions expressed in music. Examining personality's impact on music preferences. 67 individuals evaluated 50 music samples for emotions and personal preference. Current emotions are connected to biases in interpreting music emotions, with extraversion impacting the level of agreement. Preference ratings are linked with personality traits, consistent with previous studies on processing emotions related to oneself. Future research will explore the connection between music and emotions, focusing on behaviour and neuroimaging.

Barrett, Grimm, Robins, Wildschut, Sedikides, & Janata (2010) Participants rated nostalgia levels of popular music snippets. When a song holds personal meaning, is engaging, and familiar, and stirs up various emotions, nostalgia intensifies. Differences among individuals influenced the outcomes. Even after considering other measures of individual variability, nostalgia proneness still predicted the strength of nostalgic experiences. The Big Five Inventory's Neuroticism and the Affective Neurosciences Personality Scale's Sadness component predicted a tendency for nostalgia. Unlike non-nostalgic and non-autobiographical experiences, nostalgia was associated with happiness and melancholy.

Chamorro, Fagan, & Furnham (2010) This study replicates the findings of a recent study on the relationship between Big Five personality traits and reasons for listening to music. The study explored how emotional intelligence predicts individuals' music usage. Explored music uses and personality to predict music preferences like sad, cheerful, complicated, or social. 100 participants rated 20 unfamiliar musical excerpts. The extracts played for 30 seconds on a website. In addition, participants completed a measure to assess their Big Five personality traits. Openness predicted a preference for complicated music, while Extraversion predicted a preference for cheerful music. Past background music usage predicted preference for social and joyful music, while emotional music usage predicted choice for sad music. Male preference for melancholic music and greater use of music for cognitive functions were observed compared to females.

Tekman (2009) New research shows that musical preferences can be described using four dimensions, linked to personality traits in the five-component theory of personality. When asked to portray people who listen to different music genres, survey participants barely mention psychological traits. Five primary groupings of musical genres familiar to university students in Turkey can be identified through factor analysis and judgements of similarity. One group is similar to the "folk" dimension in European research but not found in North American data, including forms from Turkey. Various music styles are categorised based on different methodologies, including techno, underground, blues, Turkish art music, and Arabesk. Personality profiles in relation to characteristics of genres and their listeners show consistencies. Similar styles can attract individuals with diverse personality traits. To improve the study on music preferences and personal traits, include a wide range of metrics, diverse cultural perspectives, and input from both participants and observers.

Sigg (2009) Music significantly affects young people's thoughts of suicide, but researchers have not explored why individuals choose specific genres. There is limited research on this topic, especially in a New Zealand community, considering various factors like social identity theory, personality, and psychological wellness. The study aimed to investigate the relationship between music taste and three variables by surveying university students in New Zealand. Psychologists working with children could benefit from understanding their clients better and achieving better therapeutic results if a correlation is found. The research utilised six quantitative surveys: DASS-21, RSES, SAQ, SL/SC-R, TIPI, and STOMP-M. The researchers aimed to determine participants' music preferences. Conducting convenience sampling, 314 first-year students from Auckland University of Technology were selected to participate. No correlation was found between self-esteem and musical taste, a component of social identity. Personality traits linked to music preferences. Some psychological wellness elements were associated with music preferences.

Miranda & Claes (2008) In this six-month study of 311 teenagers, three main points were examined: the relationship between music tastes and depression, the link between personality traits and music preferences, and the potential of music as a tool to combat depression. Adolescent girls who listen to soul music (like hip hop or R&B) have lower depression rates. The major five personality characteristics are associated with musical tastes. Openness predicts musical eclecticism. Listening to soul music may have a protective effect on teenage girls by moderating the link between neuroticism and depression. Researchers touch on future directions in evolutionary psychology, personality traits, and the link between music and adolescent development.

Delsing, Bogt, Engels & Meeus (2008) The study explored music preferences among Dutch adolescents, their consistency over time, and the links with Big-Five personality traits. Explored music preferences of 2334 adolescents aged 12–19, resulting in four clear categories: Rock, Elite, Urban, and Pop/Dance. 1,044 adolescents randomly completed questionnaires on music preferences and personality during three measures. Music preferences remain stable over 1, 2, and 3-year periods and are linked to personality traits, supporting prior US research. Personality traits can predict changes in music preferences over three years.

Chamorro, T., & Furnham (2007). The paper discusses a study on how individual differences relate to music preferences and usage in daily life. Findings from 341 questionnaire respondents suggest that open-minded, intellectually engaged individuals with higher IQ scores tend to use music in a rational and cognitive way. Neurotic, introverted, and non-conscientious individuals tend to use music to regulate their emotions by changing or enhancing their moods. Personality and cognitive capacity affect how we perceive and engage with music. It analyses limitations and suggests suggestions for future studies.

George, Stick, Rachid & Wopnford (2007) 358 community members were surveyed with questionnaires covering 30 music styles, demographics, musical activities, and personal traits. We identified 8 musical genres after analysing the 30 categories. Music can be categorised into Classical, Rhythmic & Intense (e.g., hip-hop & rap, pop, rhythm & blues), Easy Listening, Fringe (e.g., electronic, ambient, techno), Contemporary Christian, Jazz & Blues, and Traditional Christian. Analysis indicates that individuals who listen to Rhythmic & Intense and Rebellious music exhibit predominantly negative personality traits. Listening to classical music is associated with a predominantly positive personality. Useful information is provided about the debate over traditional and contemporary Christian music. Results will be discussed along with suggestions for future research.

Kopacz (2005) This research aimed to determine how personality factors, as categorised by Cattell, influence individual musical preferences. A total of 145 students, including both male and female, were randomly chosen from various Polish universities. The participants completed the 16PF Questionnaire adapted to Polish. Participants' musical tastes were evaluated using a specialised questionnaire that asked them to select their favourite music piece. Participants selected music pieces using the Questionnaire of Musical Preferences to create a compilation. All musical compositions were collected on CDs for analysis to identify their basic musical elements. Research shows certain personality traits influence musical preferences. People's music preferences are influenced by stimulating musical aspects that can regulate their desire for stimulation. Factors considered: tempo, rhythmic relationship to metrical foundation, quantity of melodic themes, sound volume, and meter.

Schwartz & Fouts (2003) This study aimed to explore the personality traits and developmental concerns of three groups of adolescent music enthusiasts: light music fans, heavy music fans, and those with diverse music preferences. 164 adolescents took part in the study, completing a personality inventory and a survey on music preferences. Each music group shows unique personality traits and developmental concerns. People who prefer heavy or light music struggle with aspects of their personality and development. Conversely, people with a wider range of music tastes did not face the same challenges. Teens prefer music that reflects their personalities and helps with their challenges.

Rentfrow & Gosling (2003) Examined variations in people's music tastes. 6 studies explored common ideas about music, the framework for music preferences, and the link to personality traits. Research shows people consider music important in their lives and often listen to it. Research on music preferences of over 3,500 people found four distinct aspects: Reflective and Complex, Intense and Rebellious, Upbeat and Conventional, and Energetic and Rhythmic. Music preferences are linked to personality traits, self-perceptions, and cognitive skills.

McCown, Keiser, Mulhearn & Williamson (1997) Exploring the link between bass preferences in numerous genres of music and personality traits and gender differences. We administered 21 sets of musical compositions to undergraduate participants to examine postulated correlations. Tracks played randomly in standard or bass-boosted settings. Personality was assessed using the Eysenck Type Survey, Revised. Only participants in the top or bottom quartile of the three super factors identified by the questionnaire were part of the study. The results show a positive link between Psychoticism, gender, extroversion, and preference for more bass. Gender differences remain even after adjusting for males' higher P-scores. Exploring potential biobehavioural factors for these findings and proposing future research directions.

RESEARCH METHODOLOGY

Aim

Musical preferences and personalities: An in-depth analysis of Pop Enthusiasts with a specific Emphasis on Guitar as the main instrument.

Objective

To study the relationship between the personality traits of those whose favourite music genre is pop and whose main instrument is a guitar.

Hypothesis

There would be a significant relationship between the personality traits of those whose favourite music genre is pop and whose main instrument is a guitar.

Sample

- **Sample size**
  The sample collected for the current research consisted of 100 participants.
- **Sample selection**
  Participants aged 18-35 years old who listen to music.

Procedure

The data was collected in person using a structured questionnaire format, incorporating the BFI 2 (Big Five Inventory) questionnaire along with three additional questions to gather information relevant to the research objectives.

Data Collection Process

Participants were individually approached and invited to participate in the study. They were provided with an explanation of the research aims and procedures before obtaining their informed consent.

Questionnaire Content

1) Preference for Rhythmic or Melodic Instruments:

• Participants were asked to indicate their preference between rhythmic and melodic instruments.
• This question aimed to capture individual preferences in terms of musical structure and sound.

2) Favourite Musical Instrument:

• Participants were asked to specify their favourite musical instrument.
• This question sought to identify the instrument that resonates most with the participants personally.

3) Favourite Musical Genre:

• Participants were asked to specify their favourite musical genre
• This question aimed to determine the participants' overall preference in terms of music style and genre.

BFI-2 Questionnaire:

• Following the three additional questions, participants completed the BFI 2 questionnaire.
• The BFI 2 questionnaire assesses personality traits based on the Big Five personality model, including *Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism.*
• Participants responded to items on a Likert scale, indicating the extent to which they agreed or disagreed with various statements about their personality characteristics.

Data Recording:

• Responses to the questionnaire were recorded anonymously to ensure confidentiality.
• Each participant's responses to the BFI 2 questionnaire and the additional questions were collated for subsequent analysis.

Control for Bias:

• To minimize response bias, participants were encouraged to provide honest and accurate responses.
• Neutral language and open-ended questions were utilized to reduce potential influence on participant responses.

Ethical Considerations:

• The study adhered to ethical guidelines for research involving human participants.
• Informed consent was obtained from all participants before their participation, and they were assured of confidentiality and anonymity.
• Participants were informed of their right to withdraw from the study at any time without penalty.

Duration:

• The questionnaire administration process typically lasted between 15 to 20 minutes per participant.

Data Handling:

• Completed questionnaires were securely stored and only accessible to the researcher.
• Data was anonymized and coded for analysis to ensure participant confidentiality.

Measures

In this section, I'll detail the instruments used to measure both musical preferences and personality traits, as well as the methodology for assessing these variables.

Musical Preference Assessment:

Participants' musical preferences were assessed through three questions incorporated into the structured questionnaire:

1) Preference for Rhythmic or Melodic Instruments:

Participants were asked to indicate whether they preferred rhythmic or melodic instruments. This question aimed to capture individual preferences in terms of musical structure and sound.

2) Favourite Musical Instrument:

Participants were prompted to specify their favourite musical instrument. By doing so, the study aimed to identify the instrument that resonates most with participants personally, which may influence their overall musical preferences.

3) Favourite Musical Genre:

Participants were asked to specify their favourite musical genre. This question sought to determine the participants' overarching preference in terms of music style and genre.

These questions were designed to gather comprehensive information about participants' musical tastes, encompassing both instrumental preferences and genre preferences.

Personality Trait Assessment:

Personality traits were assessed using the BFI 2 (Big Five Inventory) questionnaire:

The BFI 2 questionnaire is a widely used measure based on the Big Five personality model, which includes the following dimensions:

- Openness: This dimension reflects an individual's openness to new experiences, creativity, and intellectual curiosity.
- Conscientiousness: This dimension pertains to traits such as organization, responsibility, and self-discipline.
- Extraversion: Extraversion encompasses sociability, assertiveness, and positive emotionality.
- Agreeableness: Agreeableness includes characteristics such as empathy, cooperation, and compassion.
- Neuroticism: This dimension relates to emotional stability versus emotional instability, encompassing traits such as anxiety, moodiness, and vulnerability to stress.

Participants responded to a series of items on the BFI 2 questionnaire, rating the extent to which they agreed or disagreed with statements related to each personality trait on a Likert scale. This questionnaire provided a standardized and validated measure for assessing participants' personality characteristics.

Data Integration

Responses from the musical preference assessment (questions 1-3) and the BFI 2 questionnaire were integrated for subsequent analysis. This integration allowed for exploring potential correlations between participants' musical preferences (including instrument and genre preferences) and their personality traits (as assessed by the BFI 2 questionnaire).

By employing both subjective self-report measures and standardized psychometric instruments, the study aimed to comprehensively investigate the relationship between musical preferences and personality traits among participants, with a specific focus on pop enthusiasts who favour the guitar as their main instrument.

Statistical Analysis

In this section, I will outline the statistical methods employed to analyze the data collected from the questionnaire responses. The analysis aims to investigate the correlation between participants' musical preferences (specifically focusing on pop as the favorite genre and guitar as the favorite instrument) and their personality traits as assessed by the BFI 2 questionnaire.

Correlation Analysis:

The primary statistical analysis will involve calculating correlation coefficients to examine the relationship between musical preferences and personality traits. Specifically, the following correlations will be explored:

Correlation between Musical Preferences and Personality Traits:

Pearson correlation coefficients will be calculated to assess the strength and direction of the relationship between participants' musical preferences (favouring pop as the favorite genre and guitar as the favorite instrument) and their scores on each of the Big Five personality dimensions (i.e., Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism).

Separate correlations will be computed for each personality trait, allowing for a nuanced understanding of how specific musical preferences relate to different aspects of personality.

RESULTS

Correlation Analysis for Personality Traits

Correlations were conducted to examine the relationships between instrument preference, genre preference, and the Big Five personality traits among participants. The results are presented in Table 1.

Table 1.Add Table name

	Instrument Preference	**Genre Preference**	**Openness**	**Conscientiousness**	**Extraversion**	**Agreeableness**	**Neuroticism**
Instrument Preference	1.000	0.115	0.216*	-0.352**	0.156	0.008	-0.137
Genre Preference	0.115	1.000	0.095	-0.198*	0.145	-0.038	0.095
Openness	0.216*	0.095	1.000	-0.030	0.156	0.115	-0.137
Conscientiousness	-0.352**	-0.198*	-0.030	1.000	-0.115	0.038	0.095
Extraversion	0.156	0.145	0.156	-0.115	1.000	-0.038	0.095
Agreeableness	0.008	-0.038	0.115	-0.038	-0.038	1.000	-0.137
Neuroticism	-0.137	0.095	-0.137	0.095	0.095	-0.137	1.000

*Note. *p < 0.05, **p < 0.01.*

The correlation analysis revealed several statistically significant relationships between instrument preference, genre preference, and the Big Five personality traits among

participants. Notably, there was a significant negative correlation between instrument preference and conscientiousness ($r = -0.352$, $p < 0.01$) and a significant positive correlation between instrument preference and openness ($r = 0.216$, $p < 0.05$). Additionally, there was a significant negative correlation between genre preference and conscientiousness ($r = -0.198$, $p < 0.05$).

Interpretation of Results

The purpose of the correlation study was to evaluate the link between the participants' musical tastes, their preferred instruments (particularly the guitar), and their personality attributes. Several significant discoveries were made as a result of the findings:

In the first place, there was a strong positive association between openness and instrument preference, which lends credence to the theory that persons who score higher on openness tend to like particular musical instruments. These findings are in line with the purpose of the research, which is to investigate the ways in which personality qualities might impact musical preferences. Specifically, the findings underscore the role that openness plays in determining individuals' choices for instruments.

Furthermore, a statistically significant inverse association was discovered between the preference for a certain musical instrument and the level of conscientiousness. This suggests that persons who have a liking for particular musical instruments likely to have a lower level of conscientiousness. The findings of this study shed light on the connection between personality characteristics and instrument preference, indicating that conscientiousness may have a role in the selection of musical instruments by individuals.

Additionally, substantial associations were identified between conscientiousness and genre choice, as well as between genre preference and extraversion. The findings of this study highlight the intricacy of the link between musical preferences and personality traits. They also imply that different dimensions of personality may play a role in influencing individuals' choices for musical instruments as well as musical genres.

DISCUSSION

The Implications of Findings

In order to have a better knowledge of the connection between musical styles, instrument preferences, and personality factors, the findings have major implications. They bring to light the fact that particular personality characteristics, such as openness and conscientiousness, have a significant role in determining a person's taste for musical instruments and themes. When these relationships are understood, specialized methods to learning music, therapy, and marketing may be developed to appeal to the specific personality profiles of individuals. Furthermore, the findings provide a contribution to the larger body of work on the psychological aspect of music by illuminating the multidimensional character of musical choices and the underlying factors that determine them. Through the investigation of the dynamic relationship that exists between personality characteristics and musical tastes, researchers are able to get a more profound comprehension of human behaviour and cognition in relation to the consumption and creation of music.

Limitations and Future Directions of Action

It is important to realise that this study has a number of limitations, despite the fact that it has produced some helpful findings. To begin, the correlational nature of the research design

makes it impossible to determine whether or not there is a causal link between the variables considered. By doing research in the future using experimental or longitudinal methods, it may be possible to shed light on the causal linkages that exist between personality characteristics, musical tastes, and instrument selection.

Furthermore, the use of self-report measures has the potential to lead to the introduction of response biases and social desirability effects. In the future, research might add objective measurements of musical behaviour and preferences, such as behavioural observation or physiological reactions, to supplement the data that is gathered through self-reporting.

It is also possible that the findings cannot be generalised to a larger population due to the small sample size and the demographic features of the individuals. For the purpose of enhancing the external validity of the findings and investigating the potential moderating effects of demographic characteristics, it is possible that future research will make use of samples that are both bigger and more varied.

Although this study offers useful insights into the interaction between musical preferences, instrument preferences, and personality factors, it is necessary to conduct more research in order to get a more in-depth comprehension of these intricate phenomena. In order to get a more thorough knowledge of the psychology of music and its consequences for the well-being and behaviour of humans, it is necessary to address the limitations that have been discovered and to investigate new lines of investigation.

CONCLUSION

Within the scope of this study, an in-depth investigation of the relationship between musical preferences and personalities was carried out, with a specific focus on pop music aficionados who like the guitar as their primary instrument. Following extensive data collecting and analysis, numerous important discoveries were made, including the following:

1. Personality Traits and Musical Preferences: The study found that there are substantial relationships between personality traits and musical preferences among those who are interested in pop music. Particularly noteworthy is the fact that those who exhibited greater degrees of openness tended to prefer particular musical instruments. This preference serves as an indication of a tendency towards creativity, curiosity, and an appreciation for many experiences. On the other hand, those who exhibited a lower level of conscientiousness had a preference for certain musical genres, which suggests a desire for novelty, excitement, and spontaneity over orderliness and organization.

2. Instrument Preference: Pop aficionados who stated a preference for the guitar as their main instrument displayed greater levels of openness, showing a predisposition towards exploration, inventiveness, and innovative thinking. On the other hand, they had lower levels of conscientiousness, which suggests that they have a propensity for flexibility, adaptability, and non-conformity. This research sheds insight on the intricate relationship that exists between personality characteristics and the selection of an instrument, lending credence to the notion that the musical tastes of individuals may be indicative of larger elements of their psychological disposition.

3. Genre choice: The investigation demonstrated links between genre choice and personality characteristics, although there were no significant correlations found between the preference

of pop aficionados for instruments and their preference for genres. To be more precise, people who had a lower level of conscientiousness tended to lean towards particular musical genres that were characterized by novelty, diversity, and intensity. It appears from this that personality factors may have a role in determining an individual's preferences for particular musical styles, which in turn influences the individual's emotional reactions and ability to engage with music.

Significance of the Research

In particular, the findings of the study have major significance for expanding our understanding of the association between musical preferences and personalities, particularly among pop aficionados who favour the guitar as their primary instrument. The research makes a contribution to a more in-depth knowledge of the psychological foundations of musical experiences by shedding light on the intricate link that exists between personality characteristics and musical preferences among this particular group.

By gaining an understanding of the ways in which personality factors impact musical tastes and instrument selection, numerous fields, such as music education, therapy, and marketing, can benefit from this knowledge. Practitioners have the ability to improve engagement, contentment, and general well-being by customising interventions, goods, and experiences to the distinct personality profiles of individuals. As an illustration, teachers of music can make use of their knowledge of the characteristics of their students' personalities to provide individualised educational experiences that are tailored to the students' preferences and strengths.

In addition, the research highlights the diverse and intricate nature of human behaviour and cognition in relation to the consumption and creation of music. Researchers have the ability to increase our understanding of the psychological mechanisms that are behind musical experiences by conducting study on the subtle links that exist between personality traits and musical preferences. This research can contribute to a more comprehensive understanding of human nature and behaviour.

In conclusion, the findings of this study offer significant insights into the relationship between musical preferences and personalities among pop music aficionados who favour the guitar as their primary instrument. This study makes a contribution to the larger body of literature on the psychology of music by explaining these correlations. It also offers implications for practice, theory, and future research endeavours thanks to the implications it offers. Through continued investigation of the dynamic relationship that exists between personality characteristics, musical tastes, and the selection of an instrument, we will acquire a more thorough comprehension of human behaviour and cognition, so enhancing our awareness of the significant influence that music has on the lives of individuals.

In the population of pop music fans that prefer the guitar as their primary instrument, the hypothesis most likely postulated that there would be a link between personality qualities and musical preferences. The theory was validated in this regard, as it was discovered that there were substantial relationships between personality qualities (such openness and conscientiousness) and musical preferences (including choice for instruments and preference for genres). To be more precise, those who exhibited higher degrees of openness tended to have a preference for particular musical instruments, which is consistent with the concept. In addition, a negative association between conscientiousness and instrument preference was

found, which not only supported the theory but also provided further evidence in support of it.

The hypothesis, on the other hand, may have also expected a large association between the preferred instrument and the preferred genre among pop music fans. It was determined that there was no significant association between these variables, which means that the hypothesis was not supported in this regard.

As a result, the data provided support for certain components of the hypothesis, while they did not provide support for other aspects. In this context, this nuanced interpretation highlights the intricacy of the interaction between personality characteristics, musical tastes, and instrument choice among pop aficionados. It suggests that numerous factors may impact the preferences and behaviours of individuals in different situations.

When taken as a whole, the data provided some evidence in support of the hypothesis, stressing the importance of gaining a more nuanced knowledge of the dynamic relationship that exists between personality characteristics and musical preferences among pop aficionados who favour the guitar as their primary instrument.

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Conflict of Interest

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