

The Relationship between Music Preferences and Personality Traits

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Abstract. There is a certain relationship between music genres and personality traits. Generally speaking, individuals who enjoy classical music may be more open-minded and creative, while those who prefer pop music might be more extroverted and sociable. Fans of heavy metal music may lean towards adventurous tendencies, whereas individuals who enjoy jazz music might be more emotionally stable. However, these trends are not absolute, as individual differences and factors such as culture, education, and experiences can also influence the relationship between music preferences and personality traits. It's worth noting that this relationship may change over time and with experiences. Music preferences are closely related to an individual's mental health and emotional processing. Studies suggest that choosing particular genres of music enables individuals to more effectively manage stress, regulate emotions, and potentially alleviate symptoms associated with anxiety and depression. This relationship between music and mental health further emphasizes the importance of in-depth research into the connection between music preferences and personality traits.

Keywords: Emotional stability; musical expression; emotional range; emotional sensitivity; personality traits.

1. Introduction

This study discusses the relationship between the preferred music genres such as classical music, pop music, heavy metal music, and jazz music with individual personality traits. Classical music is portrayed as a form that attracts individuals with open-minded personalities, while pop music shows an interesting dynamic correlation with extroversion. Heavy metal music is closely associated with adventurous personalities, and jazz music enthusiasts exhibit personality traits related to emotional stability. Classical music is seen as an art form, with its unique and complex musical structure, profound emotional expression, and rich harmonic system attracting individuals with a desire for high expression of abstract concepts and emotions associated with open-mindedness. Open-mindedness is often characterized by sensitivity to new ideas, experiences, and non-traditional concepts, and classical music provides a thought-provoking musical experience that stimulates creative thinking in the audience. The relationship between pop music and extroversion demonstrates a close connection between music choice and individual social preferences. The appealing and easily comprehensible melodies and lyrics of pop music render it a perfect choice as background music for social interactions, particularly during gatherings, celebrations, and various social events. This music not only provides common topics but also fosters the formation of friendships and group identity, aligning with the tendency of extroverted individuals to express themselves in social settings. Fans of heavy metal music are often associated with adventurous personalities because this genre stands out with its challenging and highly emotional elements. For individuals seeking to try new things, seek novelty, and embrace challenges, heavy metal becomes an emotionally inspiring and stimulating form of music. Jazz music enthusiasts exhibit personality traits related to emotional stability. As a complex and versatile art form, jazz music is popular for its improvisational play, layered harmonies, and profound emotional expression. Individuals who enjoy jazz music are often able to appreciate and experience the subtle emotions conveyed by this music, correlating with sensitivity to emotional stability and understanding of complex emotions [1]. Overall, these perspectives emphasize the complex interplay between music and individual psychological characteristics. While general trends

exist, individual differences and other environmental factors continue to play a role in influencing this relationship [2]. In-depth research in this field contributes to a more comprehensive understanding of the psychological tendencies' individuals exhibit in their musical choices.

2. The personality traits reflected by music genre preferences

2.1. Classical Music

Individuals who appreciate classical music often exhibit a distinctive set of personality traits, primarily characterized by openness and a creative mindset. Classical music, with its intricate structures, profound emotional expression, and rich harmonic systems, attracts listeners with an inclination towards openness. Openness is manifested as sensitivity to new ideas, experiences, and non-traditional concepts. Classical music enthusiasts may engage in deep contemplation, exploring abstract art forms while demonstrating a keen interest in cultural and philosophical content. This personality trait is also associated with an appreciation for complexity and independent thinking in artistic creation. Classical music provides a thought-provoking experience, stimulating creativity and encouraging a search for deeper meanings in aesthetic and cultural domains. The relationship between classical music and openness manifests as a rich and multi-layered interaction, influenced by individual differences and environmental factors. Those who appreciate classical music often exhibit personality traits related to aesthetic taste and emotional stability. As a complex and dynamic art form, classical music has won the admiration of audiences with its beautiful melodies, profound emotional expression, and rich harmonies. Enthusiasts of classical music appreciate and experience the delicate emotions conveyed by this music, demonstrating sensitivity to subtle emotional nuances and a profound understanding of complex feelings. The performance requirements of classical music necessitate performers to maintain concentration and adaptability, appealing to individuals in search of distinctive experiences and emotional expression. Aesthetic taste and emotional stability are often closely associated with a deep experience of emotions and effective emotional management. Classical music covers a broad emotional spectrum, ranging from joy to melancholy, from anger to tranquility, creating a unique resonance with individuals characterized by emotional stability. It is essential to acknowledge individual differences and recognize that diverse life experiences and cultural backgrounds may lead to varied experiences and feelings towards classical music. This suggests a strong adaptability to the constantly evolving societal and technological environment. Meanwhile, the social nature of electronic music makes it a gathering place for people from diverse cultures and backgrounds, fostering diversity and cross-cultural exchange. This genre of music not only offers shared interests but also encourages the development of friendships and group identity, aligning with the inclination of extroverted individuals to express themselves in social settings.

2.2. Pop Music

The relationship between pop music and extroversion reveals an intriguing dynamic, where musical choices seem closely connected to an individual's social preferences. Pop music enthusiasts often display more outgoing and social personalities. This connection can be traced to the characteristics of pop music itself, known for catchy, easily understandable melodies, and lyrics. The widespread popularity and easy dissemination of pop music make it an ideal background for social interactions. In gatherings, celebrations, and other social activities, people often choose pop music as a medium for communication and shared experiences [3]. Extroverted individuals find opportunities for self-expression in the relaxed and cheerful atmosphere of pop music. While this trend is prominent among teenagers and young adults shaping their identity through pop music, variations exist, and individuals may lean towards different music styles in social environments. Additionally, definitions and popularity of pop music may vary across cultures, emphasizing the need for a nuanced understanding of this relationship.

2.3. Heavy Metal Music

Studies indicate that individuals with adventurous personality traits are frequently connected to fans of heavy metal music [4]. Heavy metal music stands out with its challenging, highly emotional elements, making it a favorite among those seeking emotional stimulation and excitement. This genre is characterized by energetic guitar solos, intense drum beats, and exhilarating rhythms, providing listeners with a vibrant and emotionally cathartic experience. [5] Individuals with an adventurous nature crave new experiences, novelty, and challenges, and heavy metal music serves as a medium to satisfy these adventurous desires. While this association reflects a general trend, variations exist among individuals, and the relationship between music preferences and personality traits is intricate and diverse.

2.4. Jazz Music

Individuals with a preference for jazz music often exhibit personality traits related to emotional stability. Jazz music, as a complex and dynamic art form, captivates audiences with its improvisational play, layered harmonies, and profound emotional expression. Jazz enthusiasts appreciate and experience the nuanced emotions conveyed by this music, showcasing sensitivity to emotional nuances and a profound understanding of complex feelings. The improvisational nature of jazz requires performers to continually adjust and create, attracting those who seek unique experiences and emotional expression. Emotional stability is often associated with a deep experience of emotions and effective emotional management. The broad emotional spectrum covered by jazz, from joy to melancholy, anger to tranquility, establishes a unique resonance with those who possess emotional stability [6]. It's crucial to acknowledge individual differences, recognizing that diverse life experiences and cultural backgrounds can lead to varied experiences and feelings towards jazz music. For example, considering individual differences, two friends may have drastically different experiences and feelings towards the same jazz music performance. One friend may have been influenced by jazz music from a young age, with frequent exposure to it at home, fostering a deep emotional connection to the genre. During the performance, this friend might feel a sense of familiarity and warmth, associating the music with fond memories. On the other hand, the other friend might be encountering jazz music for the first time and is not very familiar with it. Due to differences in cultural background or music education, they might experience a sense of novelty and excitement during the performance. This newfound interest might ignite their curiosity in jazz music, motivating them to explore it more deeply. Consequently, the emotions and responses elicited by the same jazz music performance could be entirely different for these two friends, underscoring the substantial influence of individual differences on the musical experience.

2.5. Folk Music

People who enjoy folk music often exhibit personality traits related to warmth, friendliness, and a sense of belonging. Folk music is widely appreciated for its easygoing melodies, straightforward lyrics, and warm and inviting atmosphere. Enthusiasts of folk music are passionate about sharing and spreading positive vibes, and they excel in building connections with others, showcasing strong social skills. The qualities of warmth, friendliness, and a sense of belonging empower them to face life's challenges with optimism and pursue their dreams courageously. However, individual differences persist, and people may have varied experiences and feelings towards folk music influenced by diverse life experiences and cultural backgrounds.

2.6. Electronic Music

Enthusiasts of electronic music typically possess an adventurous spirit that drives them to explore uncharted territories, seeking to find unique expressions within the realm of music. The avant-garde nature of this musical genre inspires individuals' interest in innovation and experimentation, leading them to challenge the boundaries of traditional music. The distinctiveness of electronic music lies in its use of electronic technology to create sound, sparking a profound interest in sound art and

technology that, in turn, influences individuals' aesthetics and modes of thinking. Individuals passionate about electronic music may exhibit a positive attitude towards change in their lives, displaying a willingness to try new things and seek innovative solutions. This suggests a strong adaptability to the constantly evolving societal and technological environment. Meanwhile, the social nature of electronic music makes it a gathering place for people from diverse cultures and backgrounds, fostering diversity and cross-cultural exchange. However, it is important to note that individuals' preferences and experiences with electronic music are still influenced by various factors, including personal experiences, cultural traditions, and the societal environment in which they reside [7]. Therefore, in exploring the connection between music and personality traits, it is essential to thoroughly take into account these intricate influencing factors. This approach enables a more comprehensive understanding of the reasons behind individuals developing preferences for electronic music.

3. Research Methods

3.1. Measurement

The questionnaire includes a series of questions regarding music preferences, covering different music genres, artist or instrument choices, and music listening habits in various contexts. This aids in constructing a comprehensive and specific profile of music preferences, providing a rich data foundation for subsequent analysis. The questionnaire should also incorporate standardized personality tests, such as the Big Five personality traits test. These tests assess individual traits like openness, conscientiousness, extroversion, agreeableness, and neuroticism, offering a systematic personality assessment [8]. Combining music preferences with these personality traits helps reveal potential patterns in individual music choices and the underlying associations with personality traits. The questionnaire survey can also include open-ended questions to gather participants' subjective

views on the relationship between music and personality. Qualitative data of this nature provides a deeper understanding, aiding in interpreting the significance behind quantitative data and enriching the context for research findings. By integrating elements from these questionnaire survey designs, researchers can establish a comprehensive and multi-dimensional research framework to better understand the complex relationship between music preferences and personality traits.

3.2. Data Analysis

Big data analysis, as an advanced method for studying the relationship between music styles and personality traits, leverages machine learning and statistical analysis to extract meaningful patterns and correlations from massive datasets of music preferences and personality tests. By collecting large-scale music preference data, machine learning algorithms such as cluster analysis or association rule mining can be employed to identify patterns of music preferences among different groups. This helps discover whether specific personality types tend to choose certain music styles and whether these patterns differ across cultures, regions, or age groups. Combining large amounts of personality test data allows the application of statistical analysis methods, such as regression analysis or machine learning models, to explore the relationship between different personality traits and music preferences. This approach enables the quantification of the impact of different personality traits on music choices, identification of the most relevant factors, and understanding the complex interactions among them. Big data analysis also aids in examining the associations between specific music elements and personality traits. By mining large-scale data on music features such as rhythm, timbre, and emotional tone, correlations with different personality types can be uncovered, providing a deeper understanding of the subtle connections between music styles and individual personalities [9]. Big data analysis provides an opportunity for a more in-depth understanding of the relationship between music and personality on a broader scale. By processing vast and complex datasets, potential patterns and trends can be revealed, offering comprehensive support for theoretical construction in this field.

4. Result

4.1. Classical Music

Individuals who enjoy classical music typically demonstrate a more open and creative mindset. They are inclined to delve into abstract art forms and show a strong interest in cultural and philosophical aspects. The first one is the open-mindedness. Appreciators of classical music often exhibit sensitivity to new ideas, experiences, and non-traditional concepts. This openness makes them more accepting of abstract art forms, with classical music's complex and profound musical structures aligning well with this mindset. Second is the deep reflection and exploration of abstract art. The uniqueness of classical music lies in its high expression of abstract concepts. Those who appreciate classical music may be more inclined to deep reflection and exploration of abstract concepts in artistic forms, requiring cognitive effort and profound contemplation compared to other music genres. Third is the strong interest in culture and philosophy. Individuals with an open personality typically show a strong interest in cultural and philosophical content [10]. Classical music often involves profound cultural and philosophical elements, making it more appealing to those with such interests. Then is appreciation of complexity and independent thinking. The complexity of classical music demands a certain level of musical literacy and in-depth reflection [11]. Classical music enthusiasts may be more inclined to appreciate the complexity of artistic creation and demonstrate traits of independent thinking in aesthetic and cultural domains.

4.2. Pop Music

Those who enjoy pop music often exhibit more extroverted and social personalities. Pop music serves as a medium for communication and sharing in social settings, especially in the formation of identity among teenagers and young adults.

4.3. Heavy Metal Music

Personality traits associated with adventure are often linked to enthusiasts of heavy metal music. This genre provides a vibrant and emotionally cathartic experience, attracting individuals seeking emotional stimulation and excitement.

4.4. Jazz Music

Individuals who prefer jazz music often display personality traits associated with emotional stability. The complexity and improvisational nature of jazz attract those who seek unique experiences and emotional expression, particularly individuals with relatively stable emotions. First is personality traits related to emotional stability. Emotional stability is often characterized by a deep experience of emotions and efficient emotional management. Individuals who enjoy jazz music may find it easier to experience and express a range of emotions, and their relatively stable emotional state enables effective handling of various emotional states. Second is complexity of jazz music. Jazz music is renowned for its complex and dynamic art form, including improvisation and layered harmonies. Individuals who enjoy jazz music may have an interest in this complexity and appreciate the improvisational creativity and variation of artists during performances. Third is attraction to improvisational nature. The improvisational nature of jazz music requires performers to be flexible and creative during performances. This quality attracts individuals who seek unique experiences and emotional expression. Those who enjoy jazz music may be inclined to express their inner emotions through this form of musical improvisation. Then is rich venue for emotional expression. Jazz music's expression of emotions covers a wide range, from joy to melancholy and anger to tranquility. This makes jazz music a rich venue for emotional expression, appealing to those with a high appreciation for emotional expression. The last is calm adaptation to stress. Individuals with emotional stability are typically better equipped to remain calm under pressure and adapt well to life's various changes. Therefore, individuals who enjoy jazz music may exhibit a relatively calm and rational demeanor in complex and changing musical environments.

5. Conclusion

There exists an intriguing and rich relationship between music genres and personality traits. Enthusiasts of classical music often display openness and creative thinking, seeking complexity in structure and profound emotional expression. Pop music aficionados are typically more extroverted and sociable, finding a means of self-expression in memorable melodies and lyrics. Fans of heavy metal music tend to be adventurous, seeking emotional stimulation and excitement in the challenging and highly emotional elements of the genre. Jazz music enthusiasts exhibit traits associated with emotional stability, appreciating improvisation and profound emotional expression. Classical music is correlated with aesthetic taste and emotional stability, providing beautiful melodies and a wide range of emotional experiences. Those who enjoy folk music often showcase warmth, friendliness, and a sense of belonging, establishing connections through the sharing of positive atmospheres. Electronic music enthusiasts embody an adventurous spirit, seeking innovative means of expression and demonstrating a strong interest in electronic technology. These musical genres not only satisfy aesthetic preferences but also mirror individuals' distinctive inclinations towards emotions, social interactions, and adventure. This highlights a diverse and intricate relationship between music and human nature.

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