Abstract

This study examined the relationship between personality traits and music preference. Participants completed several personality measures and a music preference test. Personality traits were measured using the Big Five personality factors (openness, conscientiousness, extraversion, agreeableness, and neuroticism) and the EPQ-R, which assesses need for cognition and openness to experiences. Music preference was measured using a 19-category scale with 28 items. Results showed that extraversion and openness to experiences were positively correlated with music preference, while neuroticism was negatively correlated. Conscientiousness was positively correlated with the energetic and rhythmic category, and agreeableness was positively correlated with the reflective and complex categories. These findings provide evidence for the idea that personality traits can influence music preference.

Introduction

Previous research has shown a relationship between personality traits and music preference. For example, Rentfrow and Gosling (2003) found that personality traits were correlated with music preference. Specifically, they found that extraverts preferred upbeat and conventional music, while introverts preferred reflective and complex music. Agreeableness was also found to be positively correlated with music preference, while neuroticism was negatively correlated.

Methods

Participants completed several measures of personality and music preference. These included the Big Five personality factors (Gosling, Rentfrow, & Swann, 2003), a measure of need for cognition and openness to experiences (Buchholz, 2006), and a music preference test. The music preference test was a 19-category scale with 28 items. Participants were asked to rate their preference for each category on a scale of 1 to 5, with 1 being low preference and 5 being high preference.

Results

A correlation matrix was calculated to determine the relationship between personality traits and music preference. Correlation coefficients were calculated using Pearson's r. The correlation matrix showed that extraversion and openness to experiences were positively correlated with music preference, while neuroticism was negatively correlated. Conscientiousness was positively correlated with the energetic and rhythmic category, and agreeableness was positively correlated with the reflective and complex categories.

Discussion

The results of this study provide evidence for the idea that personality traits can influence music preference. These findings suggest that people with different personality traits may have different preferences for music. For example, extraverts may prefer upbeat and conventional music, while introverts may prefer reflective and complex music. These findings also suggest that music preference is influenced by a combination of personality traits.

References