This study examined the ways in which music experience is related to goal orientation and personality. Overall, there were significant correlations found between a wide spectrum of music involvement and specific personality traits, such as Openness. Other factors, such as behavioral inhibition and activation, also have over-arching correlations with different types and amounts of music involvement. We are continuing to examine the data for interactions between goal orientations, personality traits, and music involvement.

### Methods
- **Participants:** ages 18 to 62
- Linfield College staff and students; community volunteers; members of a professional choir
- **Online survey questions:** -demographics and academic information -music involvement throughout life -athletic involvement throughout life -personality traits (BFAS: DeYoung, 2007) -goal orientation (BIS/BAS: Carver & White, 1994)

### Results

**Figure 1:** t-test comparing solo instrument involvement with personality traits and goal orientation

**Figure 2:** t-test comparing solo vocal involvement with personality traits and goal orientation

**Figure 3:** t-test comparing group instrument involvement with personality traits and goal orientation

**Figure 4:** t-test comparing group vocal involvement with personality traits and goal orientation

### Discussion
- These findings suggest clear relationships between goal orientation, personality, and music. We are continuing to examine the data with other factors we measured, such as use of music with mood and genre preferences.
- We will then look for interactions between these factors to understand more fully how they are all intertwined.
- Moreover, we will combine these three factors (goal orientation, personality, and music) with measures of well-being and success to observe how they are connected.
- Based on the current literature exploring how traits and orientations correlate with greater well-being and success, we predict that music involvement will have strong connections with well-being and life success.
- **Future study:** how these factors interact

### References

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