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.

**Introduction**

- Professional musicians have spent most of their lives studying, practicing, and performing. In order to reach this level of mastery and success – and to effectively use music to convey stories, emotions, and images to the listener – takes a certain kind of person.
- What personality traits and goal orientations does it take to reach this level?
- Does musical training affect goal orientation and personality in a way that aids success?
- **Current study:** an examination of the correlations between goal orientation, personality traits, and music involvement.

**Purpose:**

- To gain a deeper understanding of how these factors relate
- To provide a foundation for future research on the topic
- To examine if music involvement correlates with the personality traits and goal orientations that also correlate with well-being and success

**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**

- **Personality and Goals with Solo Instrument Involvement**
  - Solo Instrument
  - No Solo Instrument

- **Personality with Solo Vocal Involvement**
  - Solo Vocal
  - No Solo Vocal

- **Personality and Goals with Group Instrument Involvement**
  - Group Instrument
  - No Group Instrument

- **Personality with Group Vocal Involvement**
  - Group Vocal
  - No Group Vocal

**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.

**Future study:** how these factors interact

- **Purpose:** to examine the potential benefits of music involvement and music programs on the well-being and success of individuals

**References**


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