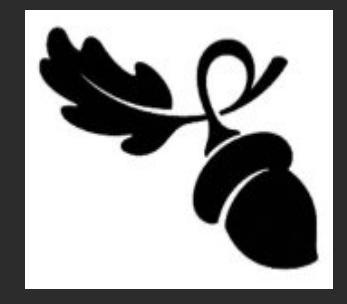


**Abstract** This study examined the ways in which music experience is related to goal orientation and personality. Overall, there were significant correlations found between a wide spectrum of music involvement and specific personality traits, such as Openness. Other factors, such as behavioral inhibition 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.

# Personality, Goals, and Music

Katricia Stewart, Erin Harris, Melissa Green, and Yanna J. Weisberg  
Linfield College



## 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

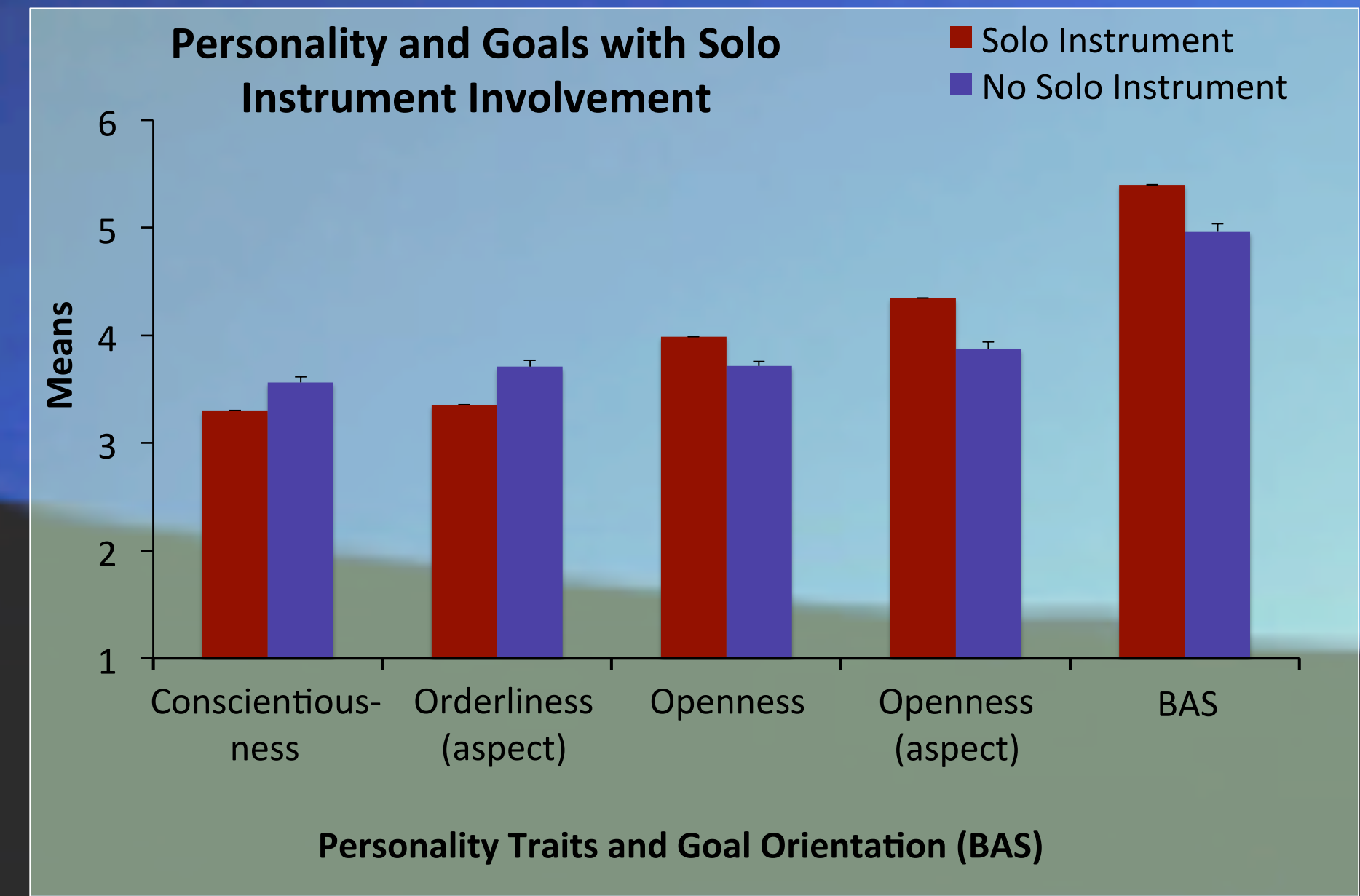


Figure 1: t-test comparing solo instrument involvement with personality traits and goal orientation

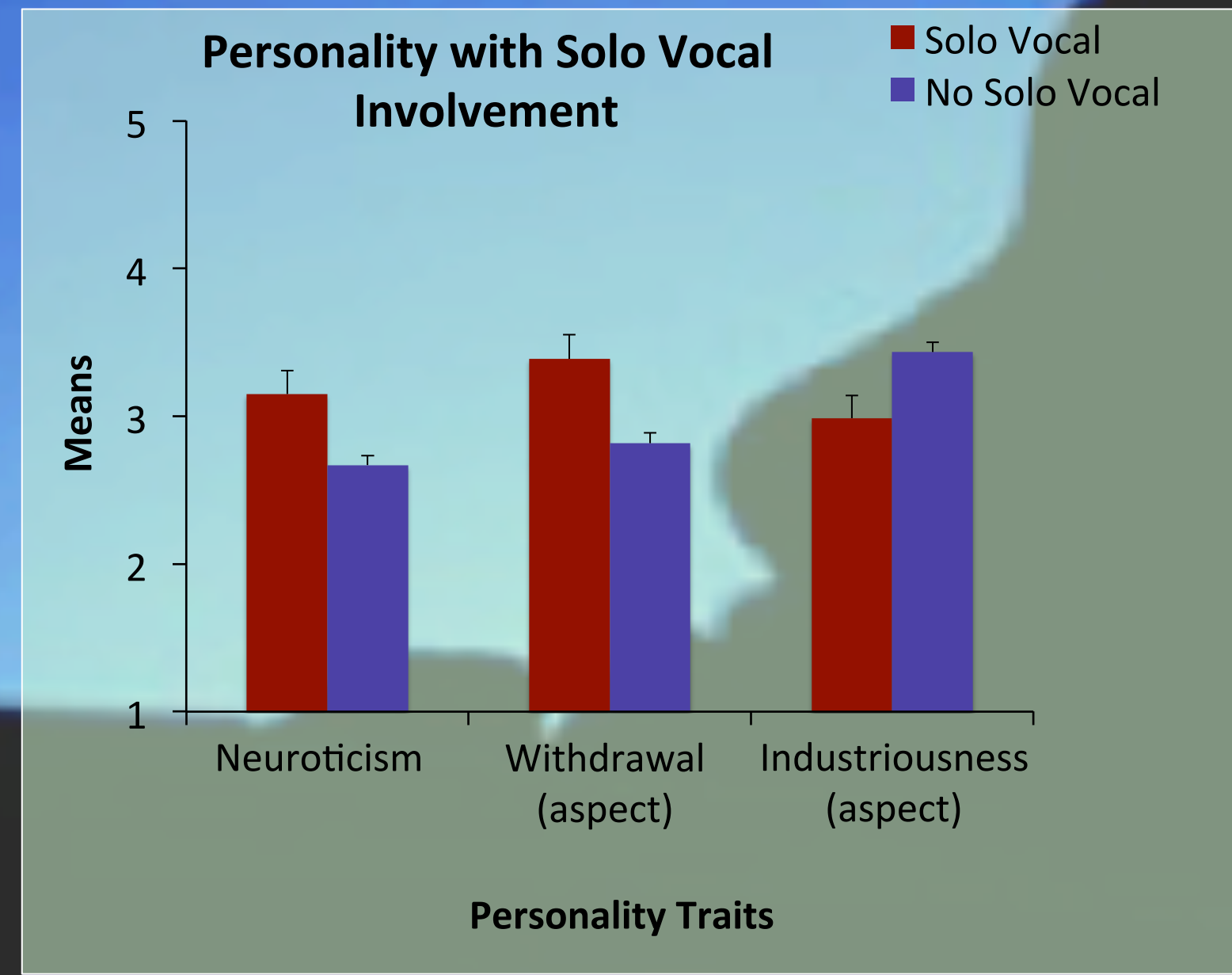


Figure 2: t-test comparing solo vocal involvement with personality traits and goal orientation

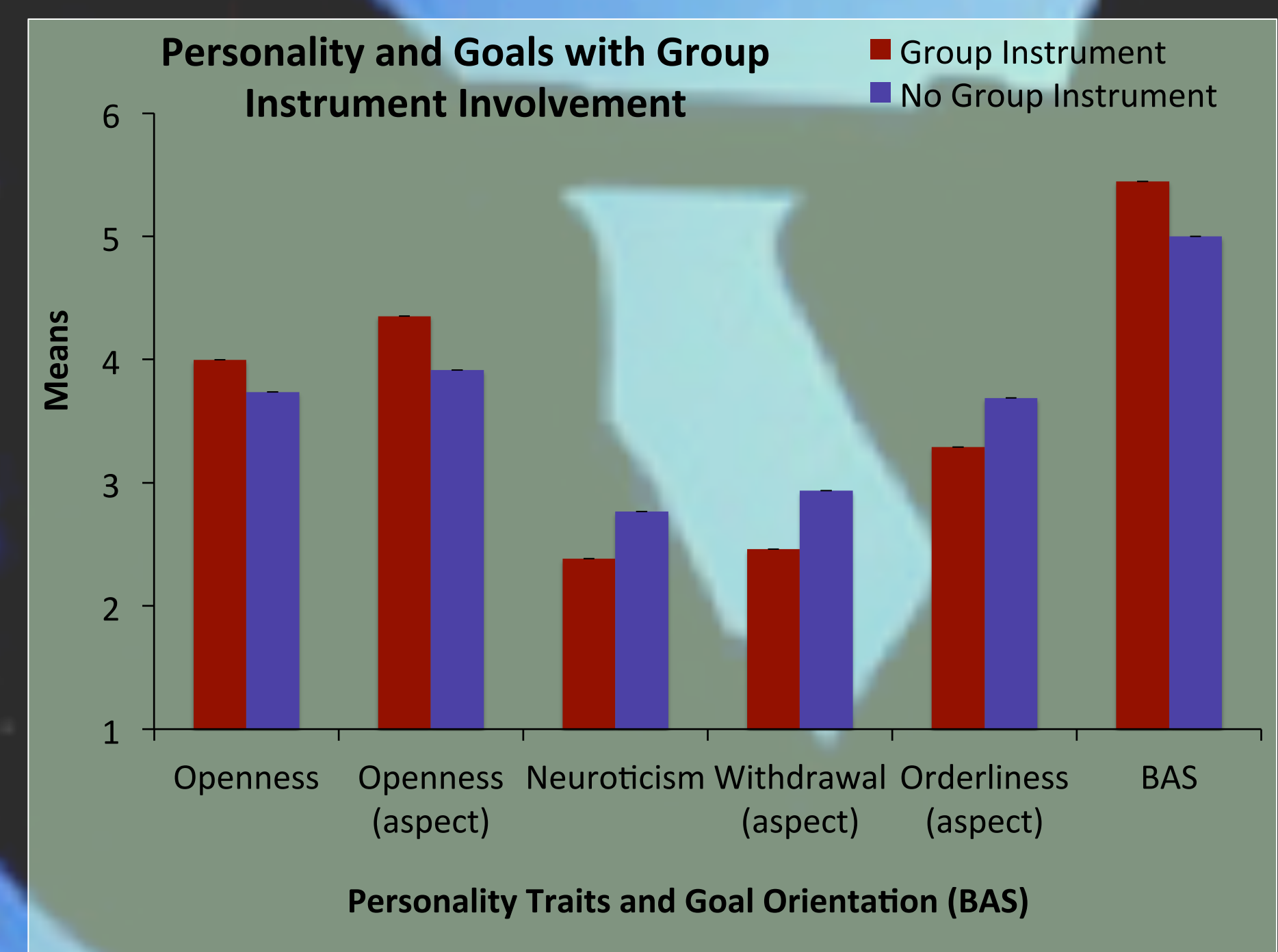


Figure 3: t-test comparing group instrument involvement with personality traits and goal orientation

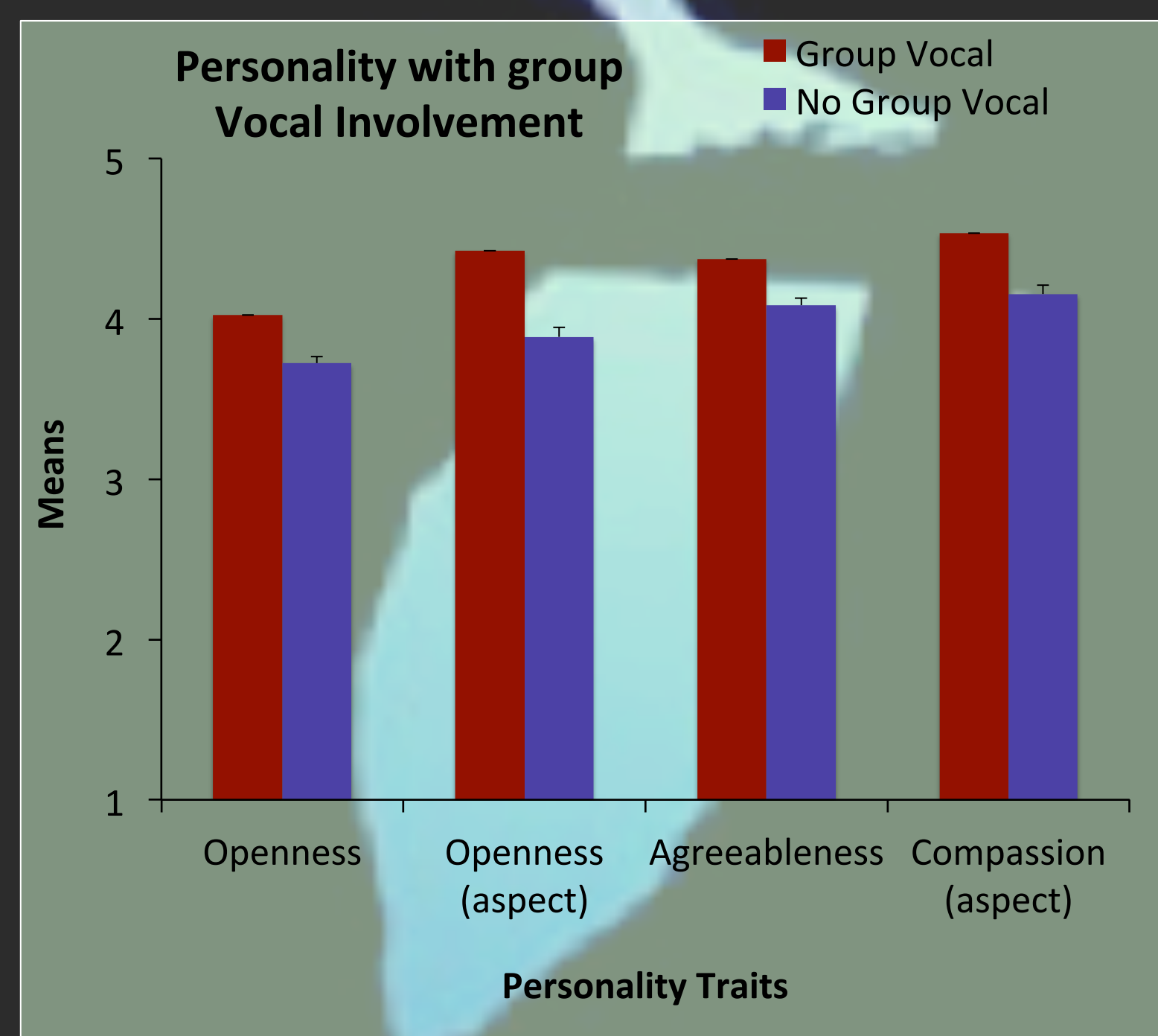


Figure 4: t-test comparing group vocal involvement with personality traits and goal orientation

## 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.
  - example: correlations between traits and music may be mediated by goal orientation
- 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
- Purpose:** to examine the potential benefits of music involvement and music programs on the well-being and success of individuals

## References

Carver, C., White, T. (1994). Behavioral inhibition, behavioral activation, and affective responses to impending reward and punishment: The BIS/BAS scales. *Journal of Personality and Social Psychology*, 67(2), 319-333.

DeYoung, C., Quilty, L., Peterson, J. (2007). Between facets and domains: 10 aspects of the Big Five. *Journal of Personality and Social Psychology*, 93(5), 880-896.