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

- **Personality and Goals with Solo Instrument Involvement**
  - **Personality Traits and Goal Orientation (BAS)**
  - **Solo Instrument**
  - **No Solo Instrument**

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

- **Personality and Goals with Group Instrument Involvement**
  - **Personality Traits and Goal Orientation (BAS)**
  - **Group Instrument**
  - **No Group Instrument**

- **Personality with Group Vocal Involvement**
  - **Personality Traits**
  - **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.**
- **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


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