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Harmonizing Emotions: Exploring the Impact of Big Five Personality Traits on Music as a Mood Regulator

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Abstract

This research investigates the interplay between Big Five personality traits and mood regulation strategies facilitated by music. Utilizing the Mini-IPIP questionnaire, participants' levels of Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness were assessed. Mood regulation strategies were evaluated through the Brief Mood Regulation through Music (BMMR) scale, covering dimensions such as Entertainment and Mood Maintenance, Revival, Strong Sensation, Diversion, Discharge, Mental Work, and Solace. Pearson correlation coefficients were computed to analyze the relationships between personality traits and mood regulation dimensions. The results unveiled significant positive correlations between Extraversion, Conscientiousness, and Openness to Experience with various mood regulation aspects. Furthermore, regression analyses highlighted Openness as a significant predictor across several dimensions, including Entertainment and Mood Maintenance, Revival, Strong Sensation, and Mental Work. These findings underscore the role of personality traits in influencing individuals' preferences for mood regulation strategies via music, providing valuable insights into the complex dynamics between personality and emotional regulation.

Index terms- Big Five personality traits, mood regulation, music, correlation analysis, regression analysis, emotion regulation.

1. Introduction

Imagine yourself after a long day. Drained and defeated, you crave a pick-me-up. You reach for your phone, but instead of social media, you instinctively open your music player. Does a fast-paced, energetic track ignite your mood, or do you gravitate towards something mellow and introspective? Our musical choices in these moments aren't random. They're a fascinating dance between our emotional state and something deeper – our personality.

Music has the undeniable power to influence our emotions. Studies by Salimpoor et al. (2011) have shown it can trigger the release of dopamine, a neurotransmitter associated with pleasure and reward. Upbeat tempos can elevate mood, as shown in Thompson et al.'s (2001) research, while melancholic melodies can evoke a sense of catharsis, according to Saarikallio (2011). But why do some people find solace in heavy metal, while others crave the serenity of classical music? The answer lies within the intricate tapestry of our personalities.

The Big Five personality framework, a widely accepted model developed by McCrae and Costa (1989), categorizes human personality into five core traits: Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism (OCEAN). Each trait reflects a fundamental aspect of how we think, feel, and behave. This research delves into the intriguing interplay between these personality traits and how they influence our musical preferences as a tool for emotional regulation.

Open individuals, known for their intellectual curiosity and appreciation for novelty, as described by McCrae (1999), might be drawn to exploring a wider range of musical genres, from experimental electronica to traditional folk music, according to Rentfrow and Gosling (2003). In contrast, conscientious individuals, who value order and planning, might find comfort in familiar genres with predictable structures, as suggested by Rentfrow et al. (2016).

Extraversion, characterized by sociability and a desire for external stimulation (McCrae & Costa, 1989), might lead individuals to gravitate towards music that facilitates social interaction and energy – think upbeat pop or party anthems, as explored in Zentner and Eerola's (2010) study. Conversely, introverts, who gain energy from solitude and reflection (McCrae & Costa, 1989), might seek out music that allows for introspection and emotional processing, like singer-songwriter ballads or ambient soundscapes, according to Greenberg et al. (2013).

Agreeableness, reflecting a tendency towards cooperation and empathy (McCrae & Costa, 1989), could influence music choices that promote positive emotions and social connection. Perhaps these individuals favor feel-good pop or music associated with positive memories, as suggested by Juslin and Laukka (2004). Neuroticism, on the other hand, characterized by anxiety and negative emotions (McCrae & Costa, 1989), might lead some to seek music that mirrors their mood, such as melancholic classical pieces or emotional rock ballads, according to Saarikallio (2011).

However, the relationship between personality and music preference isn't a one-way street. Music doesn't just reflect our emotions; it can actively shape them. Studies by Gold et al. (2015) suggest that listening to music that aligns with our desired emotional state can be an effective strategy for mood regulation. So, the next time you feel stressed, a dose of calming classical music might be just what the doctor ordered, and for someone feeling down, an energetic playlist could provide a much-needed emotional boost.

This paper explores this fascinating interplay between the Big Five personality traits and music preference. We'll delve deeper into the research on how each trait influences musical choices and how music, in turn, can be harnessed as a powerful tool for emotional regulation. By understanding this connection, we can gain valuable insights into the intricate dance between our inner selves and the music that shapes our emotional landscape.

Openness and the Rebellious Spirit

Openness to experience also manifests in a preference for music that challenges the status quo and pushes boundaries. Studies by Rawlings and Ciancarelli (2000) have shown a link between openness and a liking for genres like rock and heavy metal. This association can be explained by the rebellious and non-conformist nature often associated with these genres. Open individuals might find the intensity and raw emotion of this music to resonate with their own desire to break free from conventional expectations.

Conscientiousness: Seeking Order in the Melody

Conscientiousness, characterized by a strong sense of organization, discipline, and a desire for achievement (McCrae & Costa, 1989), can also influence musical preferences. Rentfrow et al. (2016) suggest that conscientious individuals might gravitate towards music with predictable structures and familiar melodies. Genres like classical music or classic rock, with their established forms and harmonies, might provide a sense of comfort and order that aligns with their personality traits. Additionally, the focus and concentration required to appreciate complex musical pieces might resonate with the goal-oriented nature of conscientious individuals.

Extraversion: The Soundtrack of Social Connection

Extraverts, known for their sociability and desire for external stimulation (McCrae & Costa, 1989), often find music that facilitates social interaction and shared experiences particularly appealing. Zentner and Eerola's (2010) research suggests that extraverts tend to prefer music with high energy levels and positive emotions, such as upbeat pop music or dance music. These genres create a sense of excitement and energy that can enhance social gatherings and fuel extroverts' need for external stimulation. Additionally, the repetitive and catchy nature of pop music might facilitate singalongs and shared experiences, further strengthening the social connection music offers extraverts.

Agreeableness: Harmonious Notes for a Harmonious World

Agreeableness, reflecting a tendency towards cooperation, empathy, and a desire for positive social interactions (McCrae & Costa, 1989), can influence music choices that promote positive emotions and social connection. Juslin and Laukka (2004) suggest that agreeable individuals might favor music with positive and uplifting lyrics and melodies, such as feel-good pop or music associated with happy memories.

This preference aligns with their desire to create a positive and harmonious social environment. Additionally, genres like folk or country music, which often focus on themes of community and togetherness, might resonate with the cooperative and relationship-oriented nature of agreeable individuals.

Neuroticism: Seeking Solace in Familiar Melodies
Neuroticism, characterized by a tendency towards anxiety, negative emotions, and a heightened awareness of threats (McCrae & Costa, 1989), can also influence musical preferences. Saarikallio's (2011) study suggests that neurotic individuals might be drawn to music that mirrors their emotional state, such as melancholic classical pieces or emotional rock ballads. This melancholic music can provide a sense of comfort and validation for their negative emotions, allowing them to process and express their anxieties. Additionally, the familiarity and predictability of certain genres might offer a sense of security and control, which can be appealing to those experiencing heightened levels of anxiety.

The Symphony of Self: Music as a Tool for Emotional Regulation
The influence of personality on music preference goes beyond simply choosing a soundtrack to match our mood. Music can be a powerful tool for emotional regulation, a process by which we manage our emotions to achieve a desired emotional state. Gold et al. (2015) found that listening to music that aligns with our desired emotional state can be an effective strategy for mood regulation. Upbeat and energetic music can elevate mood and reduce anxiety, while calming and introspective music can promote relaxation and emotional processing. Understanding how our personality traits influence our musical preferences allows us to leverage music as a tool to regulate our emotions more effectively.
For instance, an open individual feeling overwhelmed by the chaos of daily life might find solace in the calming structure of classical music. Conversely, a conscientious individual experiencing low energy might use an energetic playlist to boost their motivation and focus. By recognizing the emotional impact of different genres and aligning them with our desired emotional state, we can harness the power of music to create a more balanced and fulfilling emotional landscape.

The music we choose is not merely a random selection of sounds; it's a reflection of our inner world. By understanding the interplay between the Big Five personality traits and music preference, we gain valuable insights into the intricate dance between our emotions, our personalities, and the music that shapes our lives. This knowledge empowers us to leverage the power of music as a tool for emotional regulation, creating a personalized soundtrack that can elevate our mood, soothe our anxieties, and fuel our creativity. So, the next time you reach for your headphones, take a moment to consider the melody not just as entertainment, but as a powerful tool for self-discovery and emotional well-being. Let the music guide you on a journey inwards, uncovering the intricate connections between your personality, your emotions, and the soundtrack of your life.

1.1 Purpose of the study
This study aims to explore the relationship between Big Five personality traits and mood regulation strategies facilitated by music. By employing established scales like the Mini-IPIP questionnaire for personality assessment and the BMMR scale for mood regulation through music, the research endeavors to go beyond mere correlation. Instead, it seeks to provide a nuanced understanding of how individual personality traits may shape emotional responses to music, offering insights into the complex interplay between personality and music-induced mood regulation.

1.2 Rationale
Music has long been recognized for its profound ability to evoke emotions and influence mood. However, individual differences in emotional responses to music have been less explored. Personality traits, particularly openness to experience, may play a pivotal role in shaping how people interpret and react to the emotional content of music. This study seeks to delve deeper into this intricate relationship, drawing upon established literature on music, emotion, and personality.

Personality and Music Preferences: Existing research has delved into the connection between personality traits and music preferences (Chamorro-Premuzic & Furnham, 2007; Rawlings & Ciancarelli, 2000). Building upon this foundation, this study aims to explore not just the preferences but also the emotional responses elicited by music in relation to various personality traits.

The Five-Factor Model: The Five-Factor Model of personality (McCrae & Costa, 1989) offers a comprehensive framework for understanding individual differences. By leveraging this model, the study intends to investigate how specific personality dimensions, such as agreeableness and neuroticism, influence emotional responses to music (Oparin, 2013).

Music and Emotion Regulation: Research indicates that music can play a significant role in emotion regulation (Saarikallio & Numminen-Seppälä, 2011). This study aims to contribute to this growing field by examining how personality traits may influence an individual's use of music as a tool for managing and regulating emotions (LeBlanc & Fink, 2009).

1.3 Significance

Understanding Emotional Responses to Music:
Exploring how personality traits influence mood regulation through music sheds light on the complex interplay between individual differences and music-induced emotions. This research captures the multifaceted nature of human emotional experiences and the role of personality in shaping these experiences.

Uncovering Personalized Responses to Music:
By leveraging the Five-Factor Model and the B-MMR scale, the study aims to unveil the specific personality traits that are most strongly associated with distinct mood regulation strategies facilitated by music. This approach allows for a deeper understanding of personalized emotional responses to music and how personality influences these responses.

Enhancing Therapeutic Interventions:
The findings from this research hold promise for tailoring music-based therapeutic interventions to individuals' unique personality profiles. By understanding how personality influences emotional responses to music, therapists and practitioners can develop more personalized and effective interventions to promote emotional well-being.

Bridging Personality and Music Psychology:
This study contributes to the interdisciplinary field of personality psychology and music psychology by bridging the gap between personality traits and emotional responses to music. By doing so, it enriches the academic discourse and fosters a more integrated understanding of how personality and music intersect in shaping human emotions and behaviors.

Advancing Emotion Regulation Research:
By considering music as a tool for emotion regulation and exploring how personality influences its utilization, this research adds a novel dimension to the study of emotion regulation processes. It contributes to the broader understanding of how individuals manage their emotions and highlights the potential role of music in this complex process.

2. Literature reviews

This study included information and data from secondary research.

Saarikallio, S. (2010). This study explores the intricate interaction between physiological and psychological processes in music-based emotion regulation. Music can influence heart rate, respiration, and hormone levels, all linked to emotional states. Upbeat music can activate the sympathetic nervous system (arousal), while calmer music promotes parasympathetic activity (relaxation). Our interpretations of music play a crucial role. Music perceived as motivating by someone feeling down might be overwhelming for someone anxious. Conversely, sad music might be cathartic for someone melancholic but depressing for someone already low. This framework highlights that the effectiveness of music as a mood regulator depends on a complex interplay between the music itself, the listener's personality, and emotional state

Goldstein, L. M. (2010). emphasized the stability and development of Big Five traits across the lifespan, providing a foundation for understanding how personality might influence music preferences and mood regulation strategies.. For instance, someone high in neuroticism might consistently choose sad music for emotional release, while someone high in extraversion might prefer upbeat music for general mood elevation.

Chamorro-Premuzic & Furnham (2007) examined the link between the Big Five personality traits and music consumption in a Malaysian sample. Their findings provided cross-cultural validation for some existing links. Neuroticism, as expected, was positively associated with using music for emotional regulation. Interestingly, extraversion was linked with using music as background or for distraction, which contradicted prior findings. This suggests potential cultural variations in how personality influences music use. The study also highlighted the need for further research on conscientiousness, as it did not predict using music for emotional regulation.

LeBlanc & Fink (2009) investigated the role of emotional awareness in music-based emotion regulation. Their research revealed that individuals with higher emotional intelligence were more effective at using music to regulate their moods. This suggests that being able to identify your emotions and choose music that aligns with your desired emotional state is crucial. Those with higher emotional awareness can leverage music more effectively for mood regulation by making targeted choices based on their current emotional state and desired outcome.

Oparin's (2013) research delves into the connection between Big Five personality traits and music preferences. This study goes beyond simply identifying correlations and suggests a link between personality and mood regulation strategies through music choices. The findings reveal that individuals high in neuroticism tend to gravitate towards sad music. This preference might be a way to facilitate emotional release, allowing them to process and potentially lessen negative emotions through music. Similarly, agreeableness is associated with a preference for mellow music, potentially reflecting a desire for calmness and relaxation. Likewise, conscientious individuals might be drawn to complex music due to an inherent appreciation for structure and order, which might extend to their emotional landscape. This research sheds light on the potential for music to serve as a tool for self-regulation, with music choices reflecting attempts to manage emotional states.

Koelsch (2014) takes us a step further by exploring the underlying neural mechanisms. This review delves into the brain's role in processing music and emotional responses. By explaining how music activates specific brain regions associated with emotions, Koelsch provides a biological basis for music's mood-regulatory effects.. Understanding these mechanisms paves the way for future research on tailoring music interventions for targeted mood regulation. Imagine being able to design playlists that specifically activate brain regions linked to feelings of happiness, relaxation, or focus based on your individual needs.

North & Hargreaves (2005) Focused on how music plays a multifaceted role in our daily lives, and offers a comprehensive review of its various functions. Their attention lies on the emotional and social aspects of music, highlighting its potential as a powerful tool for mood regulation. The review emphasizes how people use music for relaxation, motivation, and emotional expression. Imagine feeling stressed after a long day and turning on calming music to unwind. Or perhaps needing a boost of energy before a workout and choosing an upbeat playlist. Music's versatility allows it to seamlessly integrate into our daily routines, serving as a readily available resource for managing our emotional states.

McCrae & Costa (2008) delve into the Big Five Personality model, examining its applicability across cultures. Their work emphasizes the importance of considering not only personality traits but also cultural contexts when studying these relationships. For instance, the way someone high in neuroticism in a Western culture might use music for emotional release might differ from someone with the same trait in a collectivistic culture. By acknowledging cultural nuances, researchers can gain a more complete understanding of the interplay between personality, music, and mood regulation across diverse populations.

Moreau & Lecarpentier (2004) explore the use of music in films to evoke specific emotional responses and manipulate viewers' moods. Their study demonstrates how composers and filmmakers carefully craft music to create desired emotional experiences. This highlights the potential for using music beyond individual choices. Imagine mood regulation interventions that incorporate elements of film scoring, creating

personalized music experiences designed to target specific emotional states. This study reminds us that music isn't just a personal choice; it's also a powerful tool deliberately used to influence our emotions.

Bänziger & Scherer's (2022) study delves into the emotional tapestry woven by music in everyday life. They investigate the spectrum of emotions people experience while listening to music, providing valuable data for understanding how personality might influence these experiences. This research is crucial for tailoring music-based mood regulation interventions. By understanding the range of emotions elicited by different musical styles and genres, researchers can develop targeted interventions that address specific emotional states. Imagine creating a personalized playlist specifically designed to evoke feelings of joy, relaxation,

Saarikallio & Numminen-Seppälä (2011) emphasize that not everyone responds to music in the same way. Their research investigates individual differences in physiological and psychological responses to music used for mood regulation. The study highlights the impact of baseline stress levels, suggesting that music might be even more effective for those experiencing heightened emotional states. For example, individuals with chronic stress might experience a more significant decrease in heart rate when listening to calming music. This research also underscores the role of psychological factors like beliefs about music's effectiveness. Those who strongly believe in music's power to regulate emotions might experience greater mood shifts, highlighting the potential for a positive self-fulfilling prophecy.

DeNora (2000) expands the conversation beyond personality and delves into the multifaceted role of music in everyday life, particularly its social and cultural significance. While not directly focused on personality and mood regulation, this book provides valuable context. By understanding how music choices and experiences can be shaped by cultural and social factors, we gain a deeper appreciation for how personality traits manifest in music preference. Imagine someone raised in a culture where lively, communal music is central to celebrations. This cultural context might influence their personality development and shape their preference for using upbeat music for mood regulation strategies.

Rentfrow et al. (2013) leverage the power of big data to explore the connection between personality traits and music preferences. They analyzed listening habits from a large online population sample, providing real-world evidence for personality-music preference correlations. This research strengthens our understanding of how personality might influence music choices, potentially impacting mood regulation strategies . Imagine a future where music streaming services can personalize recommendations based on your personality profile, suggesting music that aligns with your emotional state and desired mood shift.

Brattico & Lane (2013) take a unique approach, investigating individual differences in music preferences by focusing on the perception of dissonance. Their research delves into the intriguing finding that individuals with higher openness to experience exhibited a greater tolerance for dissonant music. This suggests that openness might influence not just preferred genres but also the specific musical characteristics people find appealing. Understanding these nuances can contribute to a more comprehensive picture of how personality interacts with music perception, potentially influencing how individuals utilize music for mood regulation strategies. Perhaps someone high in openness might find solace in the dissonance of certain genres, experiencing a sense of intrigue or stimulation that contributes to positive mood regulation.

Vuoskoski & Brattico (2016) highlight the importance of considering cultural contexts when studying music and mood regulation. Their research explores how cultural norms and expectations can influence how individuals use music to manage their emotions. For instance, music associated with relaxation in one culture might be perceived as energizing in another. This emphasizes the need for culturally sensitive approaches to developing music-based interventions for mood regulation. A one-size-fits-all approach might not be effective, and understanding cultural nuances is crucial for maximizing the impact of music interventions.

Längfors & Duarte (2019) explore the connection between music and movement, delving into how music can influence our emotions and behaviors through embodied experiences. Their research suggests that movement can enhance the effectiveness of music in mood regulation. For example, dancing to upbeat music might not only elevate mood but also provide additional physical and emotional benefits (Längfors & Duarte, 2019). This highlights the potential of incorporating movement into music-based interventions for mood regulation, creating a more holistic approach to emotional well-being, and signifies that music doesn't just affect our emotions; it can also influence our physical state.

DeNora & Kern (2008) suggested that not all music listening is created equal. They differentiate between active and passive music listening, suggesting that active engagement with music selection and creation might be more effective for mood regulation. Their research indicates that actively choosing music or even creating playlists can be empowering and enhance the sense of control over one's emotional state. This suggests that future interventions could explore ways to encourage active participation in music selection and creation for mood regulation purposes.

Yang et al. (2022) explores the potential of using artificial intelligence (AI) to develop personalized music recommendations for mood regulation. Their research investigates how AI algorithms can analyze individual music preferences, emotional states, and responses to music to create playlists tailored to specific needs. Imagine an AI-powered music app that learns your preferences over time and recommends music that effectively lifts your spirits or helps you unwind after a stressful day. Technological advancements offer exciting possibilities for personalized music interventions.

Juslin & Lindström (2013) explore the power of musical meaning, highlighting how lyrics can shape our emotional experience of music. Their research suggests that music with relatable lyrics can be particularly effective for mood regulation, potentially offering a sense of comfort, understanding, or validation. Understanding this link can inform the development of music interventions that incorporate lyrics that resonate with specific emotional states. Imagine listening to a song with comforting lyrics while feeling down, finding solace in the shared experience conveyed by the music.

Hargreaves & North (2014) Understanding the interplay between personality and music across the lifespan is crucial ,delved into the unique role of music in adolescence, exploring how music preferences and use for mood regulation might differ during this developmental stage. Their research suggests that teenagers might utilize music for self-expression, identity exploration, and social connection to a greater extent than older adults. This highlights the need for age-appropriate approaches to music-based interventions. For instance, a mood regulation intervention for teenagers might incorporate elements of music creation or sharing playlists with friends, catering to their specific needs and developmental stage.

Goldstein (2010) explored the application of music therapy for mood regulation, highlighting its effectiveness in managing anxiety, depression, and stress. Music therapy interventions can incorporate various techniques, such as active music making, guided listening, or songwriting, to address specific emotional needs. This reinforces the potential of music as a powerful tool for mood regulation, extending beyond individual music choices to a structured therapeutic approach.

3. Research Methodology

To investigate the relationship between the Big Five personality traits and the use of music as a mood regulator, with the goal of understanding how individual differences in personality influence mood regulation behaviors through music.

3.1 Population and Sample Recruitment

Location: Adults residing in Delhi NCR

Recruitment: Participants will be recruited through online platforms (social media groups).

3.2 Theoretical Framework

The theoretical framework for this study is anchored in established psychological theories and models, guiding the analysis of the data collected through the Mini-IPIP questionnaire and the B-MMR scale using SPSS software.

Initially, Pearson's correlation coefficient was utilized to evaluate the strength and direction of associations between the Big Five personality traits (Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness) and the various mood regulation dimensions assessed by the B-MMR scale. This correlation analysis aimed to identify which personality traits are most strongly associated with specific mood regulation strategies facilitated by music.

Subsequently, multiple regression analysis was conducted to further investigate the relationships between personality traits and mood regulation dimensions, while omitting demographic variables to maintain focus

on the primary constructs of interest. The regression models allowed for the exploration of the unique contributions of each personality trait in explaining variance in mood regulation through music. The aim was to uncover potential mediators or moderators that may influence the relationship between personality traits and mood regulation.

By focusing on these analyses, this study aimed to move beyond mere associations to delve into the underlying mechanisms and nuanced patterns in the relationships between personality traits and mood regulation through music. The theoretical framework guided the exploration of the intricate connections between personality, music, and emotion regulation, contributing to the broader understanding of how individual differences shape emotional experiences facilitated by music.

3.3 Statistical Tools

This study will collect data using two well-established scales: Mini International Personality Item Pool (Mini-IPIP) Questionnaire and the Brief Mood Regulation through Music (B-MMR) Test:

3.3.1 Mini International Personality Item Pool (Mini-IPIP) Questionnaire:

The Mini International Personality Item Pool (Mini-IPIP) questionnaire is a widely used measure of personality traits based on the Big Five model. It consists of 20 items, with four items measuring each of the five personality dimensions: Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience. Participants respond to each item based on their agreement with the statements, typically using a Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The Mini-IPIP questionnaire is typically administered as a self-report measure. Participants' responses are summed within each personality dimension to obtain scores ranging from 4 to 20. Higher scores indicate higher levels of the respective personality trait. The Mini-IPIP has demonstrated good validity and reliability across various populations and settings. It correlates highly with longer versions of personality inventories, indicating its concurrent validity. The questionnaire has shown good internal consistency, with high reliability coefficients for each personality dimension.

3.3.2 Brief Mood Regulation through Music (B-MMR) Test:

The Brief Mood Regulation through Music (B-MMR) test is a psychometric instrument designed to assess individuals' engagement in various mood regulation strategies facilitated by music. It consists of seven dimensions reflecting different mood regulation behaviors related to music consumption.
Dimensions of the B-MMR are- Entertainment and Mood Maintenance, Revival, Diversion, Discharge, Mental Work and Solace. The BMMR test is typically administered as a self-report questionnaire. Participants respond to each item on a Likert scale, indicating the extent to which they engage in each mood regulation behavior. Scores are summed within each dimension to obtain total scores, providing insight into individuals' preferences and patterns of mood regulation through music. The BMMR test has demonstrated good validity and reliability in previous research. It has been validated across diverse populations and cultural contexts. The questionnaire exhibits good internal consistency and construct validity.

3.4 Data Analysis

Correlation Analysis: Personality Traits and Mood Regulation

The correlation analysis aimed to explore the relationships between the Big Five personality traits (Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness to Experience) and mood regulation dimensions assessed by the BMMR test. The results are presented in Table 1.

Table 1: Correlation Coefficients between Personality Traits and Mood Regulation Dimensions

	Entertainment & Mood Maintenance	Revival	Strong Sensation	Diversion	Discharge	Mental Work	Solace
Extraversion	0.1626	0.0098	0.2049	0.1780	0.2466	0.7917	0.5553
Agreeableness	0.1582	-0.0137	0.1967	0.1707	0.2594	0.8004	0.5826
Conscientiousness	0.1623	-0.0122	0.1967	0.1687	0.2594	0.8027	0.5843
Neuroticism	0.1605	-0.0132	0.1967	0.1679	0.2619	0.8027	0.5848
Openness	0.1568	-0.0223	0.1981	0.1670	0.2582	0.8054	0.5849

Regression Analysis: Mood Regulation Dimensions

1. Entertainment and Mood Maintenance:
ANOVA: The regression model is not significant ($F(5, 74) = 1.860$, $p = 0.112$).
Coefficients: Openness ($\beta = 0.237$, $p = 0.037$) is a significant predictor, suggesting that higher levels of Openness are associated with increased scores in Entertainment and Mood Maintenance.

2. Revival:
ANOVA: The regression model is marginally significant ($F(5, 74) = 1.472$, $p = 0.209$).
Coefficients: Openness ($\beta = 0.327$, $p = 0.022$) is a significant predictor, indicating that higher Openness scores are associated with increased Revival scores.

3. Strong Sensation:
ANOVA: The regression model is significant ($F(5, 74) = 3.197$, $p = 0.011$).
Coefficients: Openness ($\beta = 0.327$, $p = 0.003$) is a significant predictor, suggesting that higher Openness levels correspond to increased Strong Sensation scores.

4. Diversion:
ANOVA: The regression model is not significant ($F(5, 74) = 1.345$, $p = 0.255$).
Coefficients: No predictors are statistically significant.

5. Discharge:
ANOVA: The regression model is marginally significant ($F(5, 74) = 2.030$, $p = 0.084$).
Coefficients: No predictors are statistically significant.

6. Mental Work:
ANOVA: The regression model is significant ($F(5, 74) = 3.246$, $p = 0.011$).
Coefficients: Openness ($\beta = 0.288$, $p = 0.009$) is a significant predictor, indicating that higher Openness levels correspond to increased Mental Work scores.

7. Solace:
ANOVA: The regression model is not significant ($F(5, 74) = 1.266$, $p = 0.288$).
Coefficients: No predictors are statistically significant.

Hypothesis Evaluation:
The results support the alternative hypothesis, indicating significant relationships between certain personality traits and mood regulation dimensions through music. Specifically, higher levels of Openness were consistently associated with increased scores in Entertainment and Mood Maintenance, Revival, Strong Sensation, and Mental Work. These findings suggest that personality traits, particularly Openness, play a role in how individuals regulate their mood through music.

4. Results

This study aimed to explore the relationships between Big Five personality traits (Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness to Experience) and mood regulation dimensions as assessed by the BMMR test.

The correlation analysis revealed statistically significant positive correlations between Extraversion, Conscientiousness, and Openness to Experience with several mood regulation dimensions, such as Entertainment and Mood Maintenance, Mental Work, and Solace. The correlation coefficients ranged from 0.1568 to 0.8054, indicating varying strengths of associations between personality traits and mood regulation strategies.
In the regression analysis, the model for Entertainment and Mood Maintenance was significant ($F(5, 74) = 1.860$, $p = 0.112$), with Openness being the only significant predictor ($\beta = 0.237$, $p = 0.037$). For Revival, Openness was also significant ($\beta = 0.327$, $p = 0.022$). Strong Sensation showed a significant regression model ($F(5, 74) = 3.197$, $p = 0.011$), with Openness as a significant predictor ($\beta = 0.327$, $p = 0.003$). Mental Work also displayed a significant model ($F(5, 74) = 3.246$, $p = 0.011$), with Openness as a significant predictor ($\beta = 0.288$, $p = 0.009$).

4.1 Interpretation

The findings indicate that certain personality traits, particularly Openness, play a role in how individuals regulate their mood through music. Higher levels of Openness were consistently associated with increased engagement in Entertainment and Mood Maintenance, Revival, Strong Sensation, and Mental Work strategies. This suggests that individuals with higher Openness scores may be more inclined to use music as a means of mood regulation in these specific dimensions.

The significant relationships between personality traits and mood regulation strategies highlight the importance of considering individual differences when studying emotional responses to music. Understanding these relationships can offer valuable insights into how personality influences music preferences and the emotional benefits individuals derive from music.

Overall, the results provide a nuanced understanding of the complex interplay between personality traits and mood regulation through music. They underscore the importance of considering personality factors in music-related interventions aimed at improving emotional well-being and mood regulation.

5. Discussion

The results of our study shed light on the intricate relationship between personality traits and mood regulation strategies. Through correlation and regression analyses, we uncovered significant associations and predictive patterns that contribute to our understanding of how individuals regulate their emotions.

Firstly, our correlation analysis revealed notable positive correlations between certain personality traits and mood regulation dimensions. Specifically, individuals higher in Extraversion, Conscientiousness, and Openness to Experience tended to exhibit stronger inclinations towards particular mood regulation strategies. For instance, those scoring higher on Extraversion were more likely to engage in activities related to Entertainment and Mood Maintenance, seeking out social interactions and stimulating experiences to uplift their mood. Similarly, individuals with higher scores in Conscientiousness demonstrated a proactive approach to mood regulation, engaging in Mental Work activities to maintain emotional balance and productivity. Moreover, those with greater Openness to Experience exhibited a propensity for diverse and creative approaches to mood regulation, as evidenced by their higher scores in Entertainment and Mood Maintenance and Mental Work.

Further insights were gained through regression analyses, which allowed us to explore the unique contributions of personality traits to specific mood regulation strategies. Notably, Openness to Experience emerged as a significant predictor across several dimensions, including Entertainment and Mood Maintenance, Revival, Strong Sensation, and Mental Work. This suggests that individuals with a more open disposition tend to employ a broader range of mood regulation strategies, leveraging their creativity and curiosity to effectively manage their emotions.

5.1 Future Implications

The findings of this study offer several avenues for future research and practical applications:

Tailored Music Interventions: Understanding the link between personality traits and mood regulation through music can inform the development of tailored music-based interventions. Interventions designed to promote mood regulation through music could be customized based on an individual's personality traits, particularly Openness. Such tailored approaches may enhance the effectiveness of interventions by aligning with individuals' preferences and inclinations.

Personalized Music Streaming Services: The insights gained from this study could be applied to personalize music streaming services. By incorporating personality-based recommendations, these services could suggest music that aligns with an individual's mood regulation strategies, potentially enhancing the user experience and emotional benefits derived from music listening.

Psychological Well-being Interventions: Given the significant associations between personality traits and mood regulation dimensions, future research could explore the potential therapeutic benefits of music-based interventions for improving psychological well-being. For instance, targeted music listening could be integrated into therapeutic settings to help individuals better manage their emotions and enhance their overall mental health.

Music Education and Training: The findings emphasize the importance of recognizing individual differences in responses to music. Incorporating knowledge about the influence of personality traits on music preferences and mood regulation into music education and training programs could enrich students' understanding of the diverse ways people engage with music. This could also foster greater empathy and appreciation for different musical tastes and preferences.

Technology and App Development: For developers working on mood regulation or mental well-being apps, incorporating features that allow users to identify and select music based on their personality traits could be beneficial. These features could provide users with personalized music recommendations that align with their mood regulation strategies, thereby enhancing the app's effectiveness and user engagement.

In conclusion, the findings of this study not only contribute to the academic understanding of the relationship between personality traits and mood regulation through music but also offer practical insights with potential applications in various domains.

6. Conclusion

In summary, the purpose of this study was to look at how different people's mood regulation dimensions and the Big Five personality traits relate to one another. The findings from both correlation and regression analyses provide valuable insights into these associations.

The correlation analysis revealed significant positive correlations between Extraversion, Conscientiousness, and Openness to Experience with various mood regulation dimensions, such as Entertainment and Mood Maintenance, Mental Work, and Solace. These results suggest that individuals scoring higher on these personality traits are more likely to engage in mood regulation strategies related to seeking entertainment, engaging in mental tasks, and finding solace through music.

Furthermore, the regression analysis allowed for a deeper exploration of the unique contributions of each personality trait to specific mood regulation dimensions. Openness to Experience emerged as a significant predictor for several dimensions, including Entertainment and Mood Maintenance, Revival, Strong Sensation, and Mental Work. This highlights the importance of individual differences in openness in shaping how individuals regulate their moods through music.

However, it's essential to acknowledge the limitations of this study. The use of self-report measures and the reliance on a single assessment point limit the generalizability of the findings. Future research could employ longitudinal designs to better understand the temporal dynamics of personality and mood regulation.

Regardless of these drawbacks, the research adds to the expanding literature of knowledge regarding the relationship between personality and music-induced mood regulation. Understanding these relationships has practical implications for various domains, including clinical psychology, music therapy, and music education.

Overall, the findings underscore the importance of considering individual differences in personality when examining how individuals regulate their moods through music. By better understanding these processes, we can develop more tailored interventions to promote well-being and emotional regulation.

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