[Our Project - CSFY website](#)

Zimmel:
OCTOBER 16th
-first science fair meeting
-find partner and come up with ideas

Zimmel:
OCTOBER 18th, 2024
IDEAS
-how do different ages react to nostalgia?
-anything with genetics (maybe???)
-crime?
-disease?
-the science of curiosity (what is curiosity? Does it mean anything for intelligence? How does age affect it? etc…)
-why do we like the music we like? (why do we prefer some tunes compared to others? Why is almost everyone different? Does brain development affect it? Personality? Etc etc)
-why do we cry/laugh
-what is the placebo effect?
-why do we follow trends?
-how do we develop phobias?
-sharks versus dolphins
-megalodon vs leviathan
-why the megalodon is not alive
Jagreet:
-what leads us to pick and like different types of clothes?

Zimmel:
OCTOBER 23rd 2024
-second science fair meeting
-finalize partner, top three ideas

Zimmel:
OCTOBER 30th 2024
-register
-finalize ideas

Zimmel:
-NOVEMBER 1st, 2024

IDEAS
OUR PROJECT
Different Personalities and their Playlists - the psychology behind your music taste

The Plan
Make our participants take the most scientifically accurate personality test (understand what personality actually is and its relation to human psychology)]
We will back up our usage of this test by its connection to psychology and the brain (what the brackets above describe)
We will see how the brain is affected by music, and the psychology of it (parts of it and what happens)
Connect the personality tests psychology and brain is affected by music

The Question
How does the personality of an individual affect their unique music taste?

The Experiment
Make all participants take the quiz
Have them share the answers
Show favorite songs and playlists

___
Then we draw connections, conclusions, and patterns between the quiz results and the music

Zimmel:
NOVEMBER 13th 2024
-science fair meeting
-told to get ethics sheet

Zimmel:
NOVEMBER 20th 2024
Basic Project Info completed and done
Complete ethics due care 2a

PROJECT SUMMARY
Understand what personality is, the human psychology of it, and have our participants take the most accurate 'personality test'
And then the psychology behind music, how the brain is affected by it, etc
Connect it to the music and playlists

Zimmel:
NOVEMBER 23rd 2024
NEW INFORMATION!!!! There is no such thing as the most accurate personality test
You can not define the personality of somebody through a series of multiple choice questions. It will never be accurate. Personality is ever changing, and isn't a concrete idea, and therefore can

not be fit into a box. So, why do we like music?? What about us leads us to certain songs and tunes??

So with that, we then research the psychology of music and what's going on there. But I'm assuming we come to the conclusion that music taste isn't consistent and we actually have a wide variety of songs and beats we like, because we are constantly experiencing different moods throughout the weeks and days.

So to prove this we will gather the most listened to music throughout the months for our participants, and hopefully it matches with my hypothesis.
Yay!!

What connections are we drawing through music and the pseudoscience of personality tests?

The media online suggests many things about personality and how it affects your music taste. If you're one way, you listen to one type of music, and if you're this other way, you listen to this other type of music (find example later rarararara jagreet if you have any write it down!!) but in reality, that isn't true. Then go into explaining the pseudoscience on what we believe to be personality, and the effects of personality tests, and that to music. And then it's like well what does affect our music taste?? And we dive into music and the brain, and from there draw a sort of conclusion, which HOPEFULLY is backed up by our experiment. Your personality isn't consistent, and neither is your music taste because it isn't based on that, but rather something else entirely.

YAY!!!

But how does that prove the pseudoscience of personality tests??? It's more so just proving that your music isn't based on personality. Jagreet if you have any ideas write them down!! This will be our question for this week.

Maybe because music psychology is already a well developed scientific field, and it doesn't mention that personality can affect it. But we need something moreeeee. Maybe people think certain moods and emotions are part of certain personalities, which then relates to music, because music is a big part of tuning in with emotions. But in reality, everyone experiences every emotion and isn't for certain people, who then listen to certain music. So personality tests sorting you into boxes like that, harmful because nobody is completely black and white and rather a mixture of all traits and emotions, rather than having these personality tests which box you into a certain set.

Jagreet:
I feel like we could relate one person's recent music taste to their past music taste to see how one person changed overtime and we can try to ask them (if they're comfortable) with what they went through or what changes occurred in their life that led to them listening to different music.

Zimmel:
I like that idea, it would give a good sight into how the idea that personality quizzes that box certain emotions and traits are completely redundant, because everyone experiences everything.

Zimmel:
NOVEMBER 27th 2024
- Science fair meeting
- Answers questions and clarifications
- Will receive consent forms in order to start experiment

Zimmel
NOVEMBER 29th 2024
- Read over the criteria and what is required of using animal subjects (document from CSFY)
- Read over the document describing what low risk is
- Received consent forms
- Sent ms fan questions

Zimmel
DECEMBER 4th 2024
-science fair meeting
-answered questions and uncovered new information

We need more participants as it will eliminate bias within our data. Get more diversity and variation within our contestants, so that our data shows what our hypothesis represents and inst affected by any bias.

Check out google scholar, to see how other experiments with more of a psychological based experiments, so we can see how to perform affective research and experiments.

Zimmel
DECEMBER 5th 2024
-got many participants!!

OK WHAT WE HAVE SO FAR REGARDING THIS

PHASE ONE
- Research the pseudo science, why, what, when, where, how (specifically the MBTI)
- Why we use them however, and how its engrained in society, media, etc. (who, what, when, where, why)

PHASE TWO
- Research MUSIC PSYCHOLOGY (who, what, when, where why, how)
- And how it specifically relates to who you are, and everything about that

PHASE THREE
- Come up with a solid experiment that relates the music psychology, and how it defies the theories of the MBTI
- Once we have a concrete idea, the experiment will commence with all the stages of the scientific method

NOTE - RESEARCH AND SEE OTHER EXPERIMENTS INVOLVING PSYCHOLOGY TO GET AN IDEA ON HOW TO PLAY IT OUT (google scholar)

December 21 2024
Jagreet:
-started research on the psychology of music and how it diversifies between different age groups and genders!!! (addresses questions of how the mind responds to, imagines, controls the performance of, and evaluates music)

-got participants from my basketball team of different ages and grades!!!!

Zimmel
DECEMBER 18th
Got science fair description edited by Ms Fan

Zimmel
December 23rd
Edited the science fair description by a lot, and cleared up ideas. Waiting for ms fans approval. Once submitted, I will begin researching MUSIC PSYCHOLOGY

Zimmel
December 25th
Submitted ethics sheet!! No idea how long it will take to get back !! :'D

What even is music psychology?
https://www.google.ca/books/edition/Foundations_in_Music_Psychology/9suIDwAAQBAJ?hl=en&gbpv=1&dq=music%20psychology&pg=PA4&printsec=frontcover
(foundation in music psychology - theory and research - published by MIT press edited by Daniel J. Levitin, Peter J. Rentfrow)
Book Review: Peter J. Renfrow, & Daniel J. Levitin, Foundations in Music Psychology: Theory and Research - Kristen Pierri, 2022 (its good trust)

Music - Psychology - Oxford Bibliographies (music by Diana Deutsh)

Music psychology - understanding the ways in which people react to music, from the way they respond, remember, and create to it. It has grown as an interconnected component within the many branches of psychology, with the understanding of
-perception (how we take in the world through our senses) Psychology of Perception - an overview | ScienceDirect Topics
-cognition (part of perception, the inner workings of your brain. (thinking, memory, problem solving etc) Cognitive Psychology: The Science of How We Think
- human development (improving the well being of ones self) About Human Development - Measure of America: A Program of the Social Science Research Council.
- and personality psychology (studying the nature and development of personality) Personality

All of these branches of psychology, go hand in hand with music psychology, as the songs and tunes we indulge in throughout our lives affect who we are, in many areas.

According to foundation in music psychology by Daniel J. Levitin, Peter J. Rentfrow, the reason that music has a psychological on us as humans is due to pitch and melody

PITCH is the the sound of music, produced by the waves making it. Pitch Definition & Meaning - Merriam-Webster how high or low the note is, determined by the frequencies (number of waves in a given second) What is Frequency? | Definition, Formula & Examples - Lesson | Study.com. Of its vibrations. A guitar, ukulele, and bass all have LOW pitches, and HIGH pitches. Initially, pitch is how high or low a no, depending on the waves frequency.What Is Pitch in Music?

Sound Waves
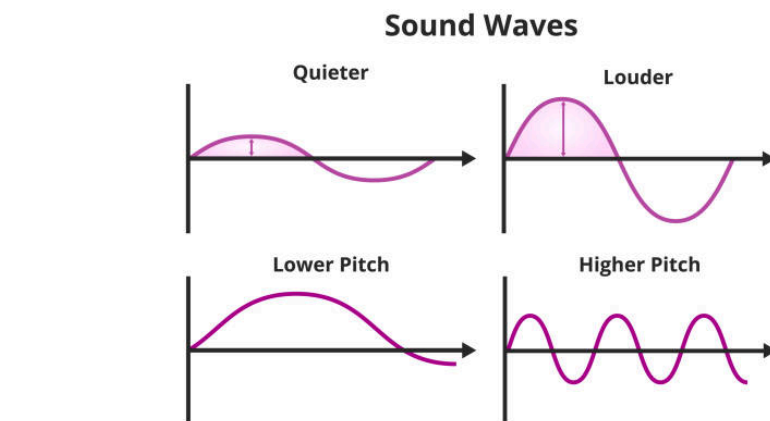
Yousician

And Paired with the musical identity of HARMONY
Which is taking these notes to make a complimentary sound.
https://www.classical-music.com/features/musical-terms/what-is-harmony-in-music

Both of these features of music have a psychological affect on the brain Cognitive Crescendo: How Music Shapes the Brain's Structure and Function - PMC

December 30 2024

But how do these features of music actually affect the brain? (In all the ways in which it does, regarding all the branches of psychology it is a part of.)

https://archive.org/details/musicinstincthow0000ball_u5a9/page/n9/mode/2up

This book (Deutsch, D., ed. 2013. The psychology of music. 3d ed. San Diego, CA: Elsevier.) strives to ask the question of why music is comprehendible, through aesthetics and emotion. It is human made, so it cant be anything mathematical.

It states that it has been complicated to find why we these frequencies and pitches and harmonies mean anything to us. How the pitch forms a melody, creating harmony, timed as rhythm. All as vibrations in the air.
but has come to the discovery that our brain filters this music a mix of art, science, and emotion.

He quotes steven pinker by his book *how the mind works* describing music as cheesecake, a sweet desert used to tickle our senses. He went on to say that music is a 'pleasure technology' and that if it disappeared from earth nothing would happen. This remark sparked an outrage, and led to the mission to prove that music was more than something fun for your ears. There are many things throughout human history we technically didn't need to adapt to in order to survive, and yet have had a deep affect through our cultures and us as humans.

Joseph Caroll is an english professor who states that art and music aren't simply a stimulation for the taste buds. These works and pieces embody emotion and ideas.
_____
When we listen to music, the info is sent through the *cochlea* of our ears to the brain stem. In other words, the music and all of its vibrations and harmonies and everything that makes it up from the lyrics to the melody, from the cochlea in your ear (the part of your ear which responds to vibrations! What is the function of Cochlea?) that info from your brain stem gets interpreted to the primary auditory cortex (basically where the sound first hits your brain, hence why it goes from the brain stem to this place first The Auditory Cortex of Hearing and Deaf People are Almost Identical - Neuroscience News)
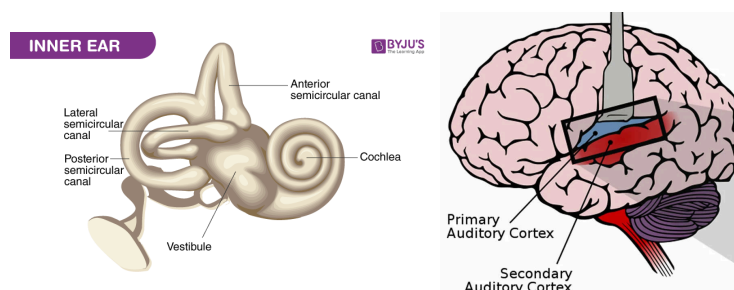
And then that sound gets sent throughout different parts of the brain. The pitch of the music is interpreted by something called the Heschel's gyrus in the temporal lobe (literally the part of the

brian which interprets sound frequency etc) and the planum temporale (to simplify it, it is responsible for processing language) <u>Three language areas of the cerebral cortex that have been the focus of studies on neuroanatomical ... - Biology Forums Gallery</u>
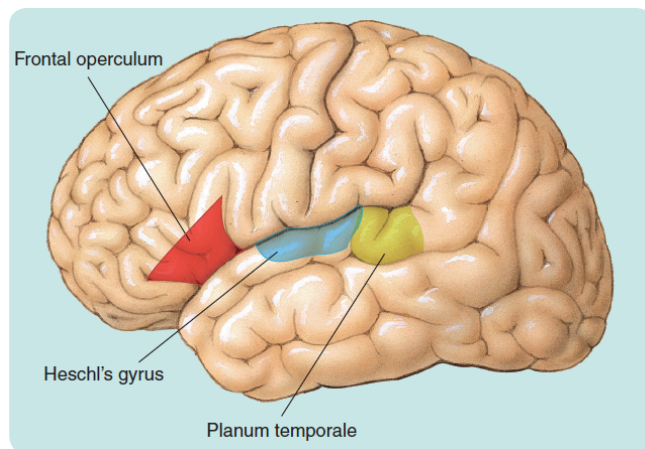
A neuroscientist by the name of Isabelle Peretz and co workers at the university of Montreal, researched that the right hemisphere of the brain processes when the pitch rises and falls or as they describe it 'the global pattern of pitch contours' and the left hemisphere more detailed versions of the pitch. With all this brain action, our brain is doing far more then just taking in these pitches but interpreting them and breaking them down.

The thalamus (a sensory spot in your brain which processes the things you send it through your senses such as music) will as the book describes 'take a quick look', before communicating with the amygdala, where emotion will be processed. So a happy pitch to upbeat melody making an uplifting song, in theory should send your amygdala to process the emotion happiness. And vise versa for a song that may be on the down low, with slow pitches and sad harmonies. But even with all the little brain things going on, talking about the emotions we feel from music are quite a difficult phenomenon to explain, as is with any art. Its not concrete or can be perfectly crafted really!

Edward Hanslick who wrote *The beautiful in music,* was keen on studying this conundrum. There was no doubt music prevailed emotion, but he came to the conclusion that science may never appeal to an explanation of the of the sound converted to a state of mind. The book describes music to be not a pill taken and prescribed by doctors when your feeling blue. I think it has to do with your interpretation of the music, from your own experiences of a life you lived. Yes you can scientifically craft the song of a lifetime, but at the end of the day, the emotions an audience can feel from it depend on them. This is especially true for lyrics, which in a way are literature no? <u>A Case for Lyrics and How They Impact Our Emotions — MAPP Magazine</u>

So the human emotion is surely complicated. Constantly changing as our music taste changes as we grow older and experience the world around us. Our music helping us reflect the complicated beings of our internal emotion science still has yet to get perfectly right. Truly we are complex and hard to figure out. How can a personality test decipher that for you?

JANUARY 1st 2025
https://archive.org/details/oxfordhandbookof0000unse_e7u2
Hallam, S., I. Cross, and M. Thaut, eds. 2009. The Oxford handbook of music psychology

Bodily response to music
Music affects the brain but also can affect the parts of your body such as your heart rate and blood pressure.
There are physiological responses (internal body responds such asHeart rate) and physical responses (external) (maybe even behavioural)
And while we are putting these ideas into simple to understand ideas, there isn't really a sharp box to fit them into.

Physiological
Change in heart rate- fast staccatos increasing it and low calm music slowing it down
Breathing - followed the musical rhythm.
Affects your Skin temperature, muscle tension (although studies are quite inconsistent)
Chills - as blood flow heads to places in your brain which signify a reward, motivation, and emotion. More blood, more of this, more chills!
Pupils dilate to calm music and expand to fast stuff.

Physical
A synchronized tapping to the music, bopping your head, and all these things you do subconsciously when your in the music zone.

Emotional Responses to Music
Emotion is a huge reason why we listen to music! Its to change their emotions, to match them, spill them out and comfort. But why? It is *elusive* or hard tp grasp. (if the field of music psychology is having a hard time gathering your emotions, how is a test going to assign these straight up?)
There is the perception of music - where you understand the emotions of the song
And responding to that emotion - feeling that emotion for yourself.
Emotion is described as brief (perhaps lasting a few hours), however intense reactions to certain events. (and the MBTI allows ist test takers to put them in certain boxes on how they perceive emotion… hmm…. How does each of the MBTI types express their emotions? - Quora
)

What are some factors?

The music itself
The author predicts it will be difficult to find direct links towards a song and emotion, but states of an experiment done by sloboda's in 1991, where he asked over 80 participants over a wide range of ages to link a part of a song where they felt strong emotion. Maybe were able to give them, but about a third were not able to.

And even them music which was associated with tears or crying sent chills, or when music did something unexpected.

Individual factors
Personality, age, gender and all of these things do affect a persons reaction to music, and is typically the main reason someone listens to music.

Situational Factors
Physical factors - visual conditions and time and place
Social factors - an audience, together, alone
Special occasions - vacation or party
Performances

How does music induce emotion? How does music make you feel? | BPS
-memory attached to a song
-mood during listening
-resulting from 'chills' from the reward system in your brain
-a complex mix of the music, the person themselves, and the situation

JANUARY 2nd 2025
What is personality?
Personality
-we all do have a personality! They aren't something completely fabricated by these tests. In fact there is an entire branch of psychology focusing on psychology.
- personality is a set of traits and behaviours a person possesses, typically shaped by a persons experiences and how they have adjusted to life.
Overview of Personality Psychology
- Personality psychology studies the development of personality, and traits and behaviours.
- A personality in unique! It makes you who you are, as you have your own set of experiences which shape your characteristics and behaviours.
- But there is no straightforward answer, as a lot of these sources mention…its difficult to put a concrete and definite answer for things like personality and emotion.Many factors make up your personality!
- Such as genetics, what you experience, and how you were raised.
Gordon W. Allport | Department of Psychology
- There was a man names Gordon W Allport, who was a leading figure in the development and research on personality

- My mans said , "My plea … is that we avoid authoritarianism, that we keep psychology from becoming a cult from which original and daring inquiry is ruled out by the application of one-sided tests of method; that we come to evaluate our science rather by its success in enhancing … our powers of predicting, understanding, and controlling human action. As an aid to progress I have tried especially to strengthen the case for research upon complex patterns of human mental organization, frames of reference, the subject's point of view, and the act of understanding
- I think this can apply to how personality tests take a complicated field about the nuisances about personality, a one sided test based on a limited group of people when used in the wrong hands, instead of helping you get a glimpse on who you are it limits who you can be. Because the problem isn't these tests and their existence. Maybe you can discover something about yourself, narrow down some options, and have some fun! But its when its all you think you are, and what companies see you as. Its complicated and nuisance, forever changing in some way. Just know, your more complicated than an MBTI result.
- Anyway, his actual theory was a three tiered hierarchy of personality traits
- Cardinal traits - big traits that make up a large part of your personality. Not very common amongst people [Trait Theorists | Introduction to Psychology](#).
- Central traits- typically basic building blocks of your personality, and is most common. They are many and major! [What Are Cardinal Traits of Personality?](#).
- Secondary traits - kind of secret undercover traits. Not as common an central traits and come out usually only in specific times.

[Personality | Definition, Types, Nature, & Facts | Britannica](#)
- Ways of thinking, feeling, and behaving. Can be inherited and acquired. Unique to everyone.

[Does Personality Exist? | Psychology Today Canada](#)

-does personality even exist??????

- well, kind of. Humans are always a shade of gray, not exactly black and white.

-we are all the same in many way, however unpredictable, making us unique.

-its not all or nothing, like the myers briggs may suggest

- its alllll so complicated. This guy says that he acts like an extrovert, and yet truly is an introvert. Doing well in fields where extroverts excel, and doing well in large groups.

- we don't like to be confused! We want answers! We want a why! So we make things to help make sense of them in a simplies manner. So, we put labels!

- but as this guy says it - I contend that a more accurate way of looking at it is as a series of socially derived continua for commonly observed response tendencies.

- and hope to advance our understanding, and have strong research

[Can Personality Change? | Psychology Today Canada](#)
- They do evolve over the span of their lifetime
- They never really stop changing either
- Maybe through maturity, other life events or experiences, or new revelations
- You grow a more distinct profile as you grow older

[Can personality traits predict musical style preferences? A meta-analysis.](#)
- But an analysis conducted by Schäfer and Mehlorn, using the big five personality traits, showed that the relation between personality and music preference may have an affect the largest discover on the trait of openness, but there isn't that large of a corelation between the two. Even the largest one was still minor.

January 4, 2024
Personality and music psychology
[The Neuroscience of Musical Tastes](#)
- Musical tastes grow with us over time, as they are influences by what we feel, something we went through, and interactions with others. Why do you think love songs are so popular?
- Therefore there seems to be some sort of personal connection to music and personal identity.
- As we know, the connection between a person and music is who they are, the music itself, and the situation.
- And personality can be a part of someone which affects music preferences
- And we know that music that sticks around gives us 'chills', because as discussed when music does something unexpected it gives us a reward signal in the brain.
- And also discussed, you can listen to music for many reasons such as wanting to copy the songs emotion, or be in tune with your own.
- But different people prefer different music! Some prefer the chill lo-fi beats, other classical music
- But as you live, you experience things, and your music preferences may change.
- If you are going through a rough time perhaps you choose music to counteract these feelings, or embrace them.
- But there is more to simply what you choose!
- There is also slight evidence to prove that your music taste can tell people a bit about your personality.
- But in addition to this, music preference can also be related to artists they relate to.
- But like everyone is unique and their music reflects that yayyyy!!!
- [Universals and variations in musical preferences: A study of preferential reactions to Western music in 53 countries.](#)
- In this passage, the book 'journal of personality and social psychology' describes a theory to answer the question if there are universal patterns in music patterns.
- Basing the theory on personality, cultural, and music psychology across from 356,649 people across six continents for western music
- This study found there was indeed a pattern between personality. Those who related themselves with more extroverted personalities listened to more upbeat and electronic music, while those who were has open traits had, as the the passage describes it 'sophisticated'

[IMPACT OF MUSIC THERAPY IN PERSONALITY DEVELOPMENT](#)
-this paper 'IMPACT OF MUSIC THERAPY IN PERSONALITY DEVELOPMENT' by Shveata Mishra, & Ina Shastri talks about this topic as well

- it describes music as an extension of personality. (what does this mean???)
- as we grow older music related to us less, our taste varying more. Showing that as we develop, our music taste does as well.
- and in addition, its a big emotion driver as well (as discussed many times)

[A musicologist explains the science behind your taste in music](#)
- Nolan Gasser, a musicologist who wrote "Why You Like It: The Science and Culture of Musical Taste"
- He says that, "I actually use the term 'intraculture' to describe cultures that take place within a culture," he explains, likening them to subgenres of music. "A lot of it has to do with where you grew up and what kind of musical influences are in the air, but we participate in so many subcultures of affinity, just based on what we like. Intercultures provide us with access to music just because you're a part of a group, and that group means something to you."
- So music taste also comes from what you perhaps grew up listening to, and what we are influences by externally.

Just so were clear on whats actually going on. The PROBLEM isn't necessarily the existence of these personality tests. They can be used for fun and to maybe get an idea of your traits, and maybe narrow down some things about you. Its insead when its all you see yourself as, which when media pushes it down your throat, its used to find careers which use these tests to put you in positions, it limits the idea of your own potential. It puts limits and boundaries, the idea that you are one and cant change. But personality inst something thats nots real, it just has more nuisance than what these tests provide. And music, associated with music psychology, can play a big role with personality and emotion. So the idea is with music psychology applied to the music people listen to, we will disprove these ideas. I have researched only emotion so far, but I will research tomorrow what personalty is and then what it has to do with music.

Right now for an idea of the experiment, we get everyone's MBTI and see what they really mean. Well see later as more research comes up.

December 27 2024: Jagreet

I started off by researching the types of MBTI personality tests and what it really is!
So what MBTI stands for is **Myers-Briggs Type Indicator. Its a tool to understand peoples personality types based on how they prefer to**

1. Take in information (sensing vs. intuition)
2. Make decisions (thinking vs. feeling)
3. Focus their energy (introversion vs. extroversion)
4. Organize their life (judging vs perceiving)

These factors sort people into 16 different types of personalities like INFJ, ENTP, etc.. which really describe how they think, feel, react and etc..

MTBI PERSONALITY TYPES KEY

E — **EXTROVERTS** are energized by people, enjoy a variety of tasks, a quick pace and are good at multitasking

I — **INTROVERTS** often like working alone or in small groups, prefer a more deliberate pace, and like tofocus on one task at a time

T — **THINKERS** tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency and fairness

F — **FEELERS** tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions

S — **SENSORS** are realistic people who like to focus on the facts and details, and apply commonsense and past experience to come up with practical solutions

N — **INTUITIVES** are energized by people, enjoy a variety of tasks, a quick pace and are good at multitasking

J — **JUDGERS** tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules

P — **PERCEIVERS** prefer to keep their options open, like to be able to act spontaneously and like to be flexible with making plans

https://jobtalk.indiana.edu/HRMWebsite/hrm/articles/develop/mbti.pdf?utm_source=

- How does MBTI personality tests help a person find out what career is best suited to them?: The scores suggest to you that Mary is a logical person who is achievement oriented, quick to identify flaws in others, and values truth over tact in herself and others. Based on these observations, you conclude that Mary may not be well suited for work that requires empathy for others' feelings and tolerance for ambiguity. Instead, you suggest to Mary that her strong points are tile ability to focus her attention upon objective information and to make rational decisions. You then advise Mary to consider alternative careers that match her education, abilities, values, and personality.
- History behind MBTI tests: The MBTI was developed by Isabel Briggs Myers and her mother, Katherine Briggs. Katherine Briggs became interested in type theory after reading Carl Jung's book, Psychological Type. Isabel Briggs Myers shared her mother's interest in type theory and began to create the MBTI in the early l940s as a test to be used for personnel selection.3 Myers believed that different occupations favored different personality orientations, and that Jung's theory provided a theoretical link between personality and job performance.

January 5, 2025 Jagreet:

- Notes on other peoples opinions on personality tests by watching a video called "personality tests are dumb…and dangerous" By: Wisecrack

  - History!:
    -Starts around the 1900s when Katherine Briggs turns her living room into a cosmic laboratory of baby training. Her hopes to make her daughter "perfect".

    -Katherine starts observations about neighborhood children's personality traits

    -she then discovered Carl Youngs eight different personality types. But Young himself concluded that these were not very accurate types these were based off observations rather then real sourceable research.

    -Even after Katherine found out about this she still became very interested in these personality types to the point where she made crazy fan fiction about Young's different personality types

    -after years she finally found a way for pseudoscientific taxonomy for placing personalities into Young's three categories which were, Introversion and extroversion, sensing and intuition, feeling and thinking then she added a fourth category which was judging and perceiving.

    -she views this project of hers as a "spiritual calling" to help people better understand themselves and improve their character. Left off 5:11

    ## MBTI Personality Types:
    Website:https://www.myersbriggs.org/my-mbti-personality-type/the-16-mbti-personality-types/

1. **ISTJ (The Logistician)**
   Practical, responsible, and detail-oriented. They value tradition and order, often working diligently and efficiently to ensure tasks are completed accurately.
2. **ISFJ (The Defender)**
   Warm, supportive, and observant. They prioritize the well-being of others and are deeply loyal, often making sure people feel comfortable and valued.
3. **INFJ (The Advocate)**
   Insightful, compassionate, and idealistic. They are driven by strong values and desire to help others, often seeking to improve the world and support personal growth.
4. **INTJ (The Architect)**
   Analytical, strategic, and independent. They enjoy deep thinking and planning for the future, often having a clear vision and working towards long-term goals.
5. **ISTP (The Virtuoso)**
   Practical, curious, and action-oriented. They excel at solving problems and often prefer to experiment hands-on, valuing freedom and spontaneity.

6. **ISFP (The Adventurer)**
   Sensitive, creative, and spontaneous. They enjoy exploring new experiences and value personal freedom, often appreciating beauty and artistic expression.
7. **INFP (The Mediator)**
   Idealistic, empathetic, and introspective. They are driven by deep values and strive to understand themselves and others, often seeking meaningful connections and personal growth.
8. **INTP (The Thinker)**
   Innovative, logical, and curious. They love abstract ideas and intellectual exploration, often enjoying theoretical debates and finding patterns in complex systems.
9. **ESTP (The Entrepreneur)**
   Energetic, bold, and perceptive. They thrive on action and excitement, often seeking adventure and challenges, while being quick-thinking and adaptable in fast-paced environments.
10. **ESFP (The Entertainer)**
    Fun-loving, spontaneous, and sociable. They enjoy being the center of attention and often engage with others through humor, creativity, and a love for the present moment.
11. **ENFP (The Campaigner)**
    Enthusiastic, creative, and curious. They are driven by their values and seek meaningful connections, often pursuing new ideas and experiences with a positive, open-minded attitude.
12. **ENTP (The Debater)**
    Inventive, energetic, and outspoken. They love intellectual debates, exploring new possibilities, and challenging the status quo with their ideas and wit.
13. **ESTJ (The Executive)**
    Organized, efficient, and responsible. They value tradition and structure, often taking leadership roles and making sure that things are done properly and on time.
14. **ESFJ (The Consul)**
    Warm, caring, and cooperative. They are highly attuned to the needs of others and are driven by a desire to nurture and maintain harmonious relationships.
15. **ENFJ (The Protagonist)**
    Charismatic, empathetic, and inspiring. They are natural leaders, often motivating and guiding others towards personal growth, and they seek to create positive change in the world.
16. **ENTJ (The Commander)**
    Strategic, decisive, and efficient. They are assertive leaders, focusing on achieving goals with clear plans, while also inspiring others with their vision and determination.

These personality types reflect preferences for how people perceive the world and make decisions, based on Carl Jung's psychological theory. Each type has its unique strengths and weaknesses.

Info from the video: "Do personality tests work?" -Merve Emre By Ted-Ed

Link: https://youtu.be/lN7Fmt1i5TI?si=YpbjzCT3jhSgmm5U

The Reliability and Relevance of Personality Tests

-Personality tests have gained immense popularity in workplaces, educational settings, and even social interactions. One notable video by Merve Emre, "Do Personality Tests Work?", critically examines these tools, particularly the Myers-Briggs Type Indicator (MBTI). Emre highlights a key issue: while personality tests are often used for self-discovery and professional development, their scientific foundation is questionable.

-The MBTI, one of the most widely used tests, is based on Jungian psychology and divides people into 16 personality types. However, as Emre explains, this framework lacks empirical support and fails to account for the complexity of human behavior. For instance, the test assumes personality is static and categorizes individuals into binary opposites (e.g., introvert vs. extrovert), which oversimplifies the fluid and situational nature of personality.
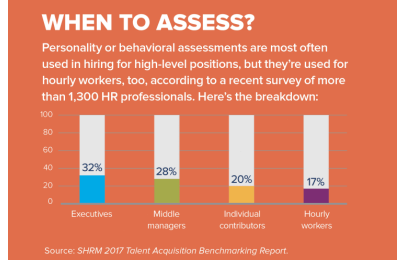
- Emre emphasizes that while these tests can be fun and engaging, they should be approached critically. Blind reliance on personality tests can lead to misinterpretation and even misuse, such as employers making hiring decisions based on unscientific results.

-This insight from Emre shows the need for caution when using personality assessments. Instead of seeing them as definitive measures, they should be treated as tools for self-reflection rather than determinants of identity or capability.
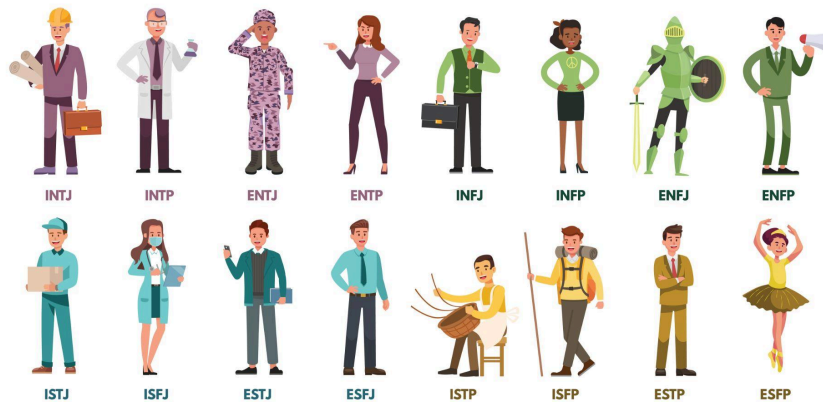
This point of view ensures the video is accurately referenced while connecting its content to broader discussions about the reliability and ethical use of personality tests.

Comparison time!!: What I realized is that both videos discuss personality tests but focus on different aspects. In Merve Emre's video they explain how these tests, like the Myers-Briggs Type Indicator (MBTI), are designed and point out their flaws. She suggests that these tests might not accurately reflect a person's true personality. On the other hand, Wisecrack's video, "Personality Tests Are Dumb… And Dangerous," argues that personality tests are not only inaccurate but can also be harmful. They talk about how these tests might lead to unfair judgments or decisions, especially in areas like hiring for jobs.

In simple terms, while both videos question the accuracy of personality tests, Emre focuses on their design problems, and Wisecrack emphasizes the potential dangers of using them. Understanding these differences is important because it helps us think critically about using personality tests in real life. We should be careful not to rely too much on them, especially when making important decisions about ourselves or others.

Personality tests in recruitment

13%

13% of American employers use personality tests in the interview process

Source: Society for Industrial and Organizational Psychology

vervoe

WHEN TO ASSESS?

Personality or behavioral assessments are most often used in hiring for high-level positions, but they're used for hourly workers, too, according to a recent survey of more than 1,300 HR professionals. Here's the breakdown:

Executives	Middle managers	Individual contributors	Hourly workers
32%	28%	20%	17%

Source: SHRM 2017 Talent Acquisition Benchmarking Report.

16 PERSONALITIES

INTJ	INTP	ENTJ	ENTP	INFJ	INFP	ENFJ	ENFP

ISTJ	ISFJ	ESTJ	ESFJ	ISTP	ISFP	ESTP	ESFP

January 8 2025

Our goal with this experiment is to prove that the MBTI of our participants is not exactly accurate to who they are by recording the data found by their music taste. (with music psychology)

1. Get everyone to take the MBTI - understand what that personality type means
   - Many things about you affect the music you listen to. Things such as emotion, personality, and past experiences
   - Music taste can also change throughout the course of a person's lifetime, as you go through life and experience and change!
   - Many things about a song can draw us to it, such as a physical feeling such as chills, or emotion.
2. Weekly we collect the music listened to by our participants, and make them answer certain questions.
   - Why did you listen to this song? (how were you feeling, what was the situation, etc)
   - Is this a song you've listened to before, or a new song?
   - Was there a song you had on repeat? Why?
   - Does your music this week vary greatly in genre, or not? Why?
3. A weekly short survey on google forms will be filled out, and we will gather all the data.

January 10th, 2025

THE PLAN

- By wednesday all consent forms and information letters have been handed out to participants.
- We will give our emails, so we can communicate with them
- With these emails weekly we will communicate certain times and schedules by which things need to be done (given/taken the MBTI, and when the survey must be completed each week. Its only four questions so don't worry!)
- And we resume the collection of data,

Created information letter doc

Sent out consent form to Jagreet so she can print them

(tomorrow fill in things on science fair website)

January to February 1st 2025

All throughout January, we had made the consent form, the google forms, printed the consent forms and distributed them among our participants. We answered questions about the to do list, and have a steady plan for the following months of the science fair that remain. (we forgot to write down the dates)

Today on February 1st, we begin the experiment and begin collecting data. Hope all goes well!!

February 1st - February 4th 2025

We have been collecting data throughout these days, and have gathered a total of 10 responses thus far. Jagreet will be responsible for recording the remaining 10 responses, and next week we will have even more people, and thus more data.

How will be analyze this data?

The purpose of this experiment is to see peoples music taste as connected to music psychology, which means how they respond to music from PITCH, and HARMONIES, and CHILLS which stimulate certain emotions or help to feel them deeper, depending on where you are, your mood, people, and other factors.

We strive to show that these moods and emotions, reasons and changes as documented throughout the month, will show 1) how people change in mood and emotion, and aren't one fixed thing as the MBTI suggests and 2) if the MBTI lines up with their music taste. The MBTI assigns certain skills and attributes to a person, such as energy, organization, analytical, and creative skills. (and etc) we want to see if the music, the vibes and the scenarios, why they listened to them and for how long, may prove them to be different in some way or another. *Might have to look into more of the how here.* And 3) if people with the same personality types, have differing music preferences.

February 7th 2025

From the 4th, to the seventh data has been documented into the data section of the to do list. And I've been thinking of a rough format for the script which we will present with on april 11th.

1. Present the ideas of pseudoscience and why we fall for it Fighting Pseudoscience with Science Communication
2. The MBTI and its intensive history of pseudoscience
3. Explain how despite already proving the pseudoscience of the test with these facts, we take a step further. We present the theme of the project on how it reinforced the idea of being one, when its far more complicated, and introduce music psychologies role in that (some other idea that probably exists)
4. Explain music psychology and what personality ACTUALLY is (sources, scientists, articles, neuroplasticity)
5. Explain our experiment, and its connection to everything
6. Explain the results of the data
7. Conclusion

February 8th 2025

Both of us have sent out the forms to all our participants, and now we wait for the second week of data to roll in.

February 14th 2025

Adding all the responses to the website, and using our data.ME! (Jagreet)

February 15th 2025

Another saturday, which means another week of sending out the surveys to the participants. Zimmel (me!) is responsible for entering them under the data section of the To-do list.

What makes us drawn to pseudoscience?

Typically those who reinforce these ideas, which are entertaining in nature, and have developed and spread the misinformation of these idea. Such as Isabel and Katherine (the founders of the Myers Brigg), as well as all others who continue to use these ideas, reinforcing them.

A lecture at the university of maine, given by Milo Rossi, discussed how we can fight pseudoscience with science communication. His speech covers pseudoarchaeology in specifics, however his points apply to other pseudosciences, and why we these ideas are extremely popular.

1. Flashy - They are attention grabbing, and catch your eye with a hook or an image. The MBTI used this in, with the characters that are associated with each personality. These characters serve as a symbol for the types, and have attracted almost a kind of fandom among those who

are interested in the MBTI, which videos of the characters interacting and having their own traits and quirks, as if they were part of a book or show.

2. Accessible

The MBTI rise in popularity and the fact it is free, simple quiz format, and familiar nature, makes it accessible and easy for these ideas to spread and gain a following, rather than more nuisances, complicated scientific ideas and paper which aren't available to the general public in the way personality quizzes are.

3. Simple

Again, the concise and straightforward methodology of the MBTI and its familiar quiz format, are simple in nature, meaning more people understand and connect with something, which at the end of the day, isn't true.

Whats the problem?

The grand issue as stated by Rossi, ia that it undermines actual science.

The clear difference between what is true and what is false, becomes blurred and undermined. And after a while, when these accessible, easy to understand, and attention grabbing works, such as the MBTI, causes less trust and belief in actual science

February 21st, 2025

The third week of data was been entered in the sheet, and I am drawing interesting conclusions from the results of the data as of so far.

Though some of the personality types have common traits in the artists they listen to, every week it seems to be some new genre, or vibe from the artist. And people with the same personality types, have consistently different tastes in music, differing from rap to mainstream pop. And another thing, is that media seems to be affecting more people and the music they listen to, such as the super bowl or edits. Very intriguing.

February 28th, 2025

-Adding the data for the fourth week! This week I'm in charge of inputting the data and analyzing the data! (Jagreet)

-Data this week is very interesting because some of our participants did not listen to music this week because of religious reasons!

-A cultural event called "Ramadan" in the religion Islam is starting March 1!!

March 2nd, 2025

The last and final week of the survey collection. During this week, I am responsible for inputting the data, and its time to actually analyze it. So how do you analyze data?

What is the goal of the data?

- What are we hoping to find out with this data?
- What is interesting based on our research

1. we will review our research 2. The data presented is based off of music psychology studies, so first we will state those connections. 3. Then, we will connect that, through genuine studies based on personality. 4. Connect that to the MBTI, and see if it lines up with it.

Draw, connections, similarities, other external factors that may be affecting the data, things that stick out etc…

After ALL data is collected, we will analyze it as so. We will both analyze all the data, and then come together to see what we both drew from it. That will be our final conclusion

Duration time - ONE WEEK (by the second week of march, all data should be collected, and evaluated, drawing us a conclusion)

During the last week of the science fair, we cite all our sources used in research and forming our *conclusion, and write our acknowledgements. The final step, will be to attach this doc and the consent form used.*

March 3rd, 2025

four more responses have been submitted, and offer something interesting. I've noticed a pattern of sorts, as to where I can recognize who someone is even if they are anonymous, because of consistencies in their music. Why may this be? Why doesn't in change? And another thing, different people have different songs for the same emotions. Such as feeling sad, some listened to more rap, others pop. intriguing

March 8th, 2025

All responses have been submitted, and data will no longer be collected. Now, we make observations based on the different personality types (we will split that in half amongst us) and from the observations we will analyze and come to a conclusion.

March 11th, 2025

Science fair meeting, online to do list due MARCH 19th

INTP- 12 people

ESTJ - 1 response

ISFJ - 1 response

ENTJ - 5 responses

INTJ - 4 responses

ENFJ - 3 responses

INFJ- 7 people

ENFP - 7 people

ESFP- 1 response

ENTP - 1 response

5 Jagreet, 5 zimmel, write down ANY observations

- similarities
- Differences
- Things unique and that stand out
- Etc etc
- Anything and everything!!!

Then draw connections between that TO the music psychology studied (refer back to the research we did and what proves etc etc)

And then we have two separate we bring our results together and draw a CONCLUSION on monday Lunch

FIRST, identify the personality types and what they MEAN about a person, and what other category they fall under whether analyst, diplomat, etc and what THAT means for a person

SECONDLY, identity the music taste by these types by the website linked above all thus (the 16 personality website) and what music taste that associate with the chosen type, and how it is described by music psychology (check research for factors to consider, and research other sources

Go through each response from that type, and write down observations

Connect and conclude

_____

[Music Preferences by Personality Type | 16Personalities](#)

This a website by the 16 personalities, which breaks down a survey of 4000 respondents, and categorizes it among the 16 personality types. We dive into the main results of the survey, as it specifically puts certain types with a genre.

INTP - introverted, intuitive, thinking, perceiving

Innovative, logical, and curious. They love abstract ideas and intellectual exploration, often enjoying theoretical debates and finding patterns in complex systems. Quiet and analytical.

According to the 16 personalities themselves, certain personalities have music tastes they gravitate towards.

INTP (logician) apparently gravitate towards PUNK (at least 51%)

- They describe it as since punk is rooted in going against the standards, those who identify themselves as INTP also reject tradition.
- "The smart, transgressive qualities of punk may hold endless appeal for the logician personality type" - as quoted directly

Music psychology - [Punk Psychology - Prahran Psychology Clinic](#)

- According to Jean Janover, the punk movement is of embracing your own ideals and 'not caring what others think'
- [A Punk Primer - Guitar Noise](#) - are FAST, LOUD, and DISORIENTED, and playing power chords.
- Pitches can vary from being super high to low, meaning different harmonies, leading to different emotions from varying songs.
- This loud music can evoke a strong psychological response, creating an adrenaline rush for a person. The loud or exciting stimulus of punks loud and fast paces music, adrenal glands which are glands atop your kidneys, release adrenaline which is a hormone released during stress. This creates a flight or fight response in your body. Your brain perceives danger, activating the hypothalamus (remember, controls mood), sends the signal to your adrenal glands releasing adrenaline.
- But the reason we like them so much is because our own senses sharpen, and we feel like were having an adventure, as is adamant with punk listeners.
- [Why does sudden loud music cause a rush of adrenaline?](#)

- [Adrenal Glands | Johns Hopkins Medicine](#).
- [Adrenal Glands | Johns Hopkins Medicine](#)
- [Why We Desire An Adrenaline Rush | Sea Rocket Adventures](#).
- [Epinephrine (Adrenaline): What It Is, Function, Deficiency & Side Effects](#)

As mentioned, Punk is a main topic of going against the status quo and embracing a rejection of normal customs.

[Punk and Catharsis - Creative Pinellas](#)

EXAMPLES - green day//american idiot - green day//holiday (both fast and loud) green day//21 guns (slower and a solemn feeling)

So what was the actual response???

First week

First response - music

Sad and slow- Conan gray, Taylor Swift, Sofia Isella, Ricky Montgomery, david Bowie, lana del ray (the cut that always bleeds, new years day, illicit affairs, dogs dinner, i don't know how, starman, violets for roses)

Angry - Olivia rodrigo, Taylor Swift (the ballad of a homeschooled girl, I did something bad)

Happy/upbeat - david bowie, ricky montgomery , one direction (i don't know how, starman, perfect)

second response - music

Upbeat or happy - The Notorious B.I.G, Kendrick Lamar, bbno$, Lyn Lapid, Mumford and Sons (Hypnotize, Not Like Us, C'est La Vie, Little Lion Man, Producer man)

Moody or sad - Chri$tian Gate$,Noah Kahan, Eminem Curio Watts, (dangerous state of mind, stick season, mockingbird,

Chill- Juice WRLD (cigarettes)

Observations of findings

Well, they are very much NOT of the punk genre. The music artist of Drake, Kendrick Lamar, and Taylor Swift and Conan Gray are not necessarily the punk genre that we were told those who identify as INTP would share.

But for the first response, the ideas of rebellion and 'going against the status quo' are portrayed in some songs, such as The ballad of homeschooled girl and i did something bad) But its not JUST this either, there are songs of remorse and failed connection such as the cut that always bleeds, and dogs dinner. IN ADDITION, happy songs, such as perfect. A wild mix of genres that somehow through a loophole fit into the INTP standard, all while being of the pop genre.

And the other participant has a GRAND change in music, more rap and hip hop bases, indie and pop. and also differences in mood. Even still, these genres which aren't directly punk hold the same beliefs, of how TV and propaganda manipulates people. And then Cest le vie just being about living life freely, and getting *freky*. Dangerous state of mind has a higher tempo and more instruments such as a loud guitar, and is about a a damaged relationship. And then there Mumford and sons, and lyn lapid whos music is MUCH calmer and serene, with acoustics and such. And another thing which is interesting, is that these songs by other peoples interpretations (as in people online) view these songs as sad, but they listed them as happy. An interesting and unique interpretation.

Overall, VERY big range of music taste for just two people over the course of the week, but also some things which remain consistent through loopholes, as in favour of the INTP standard.

Why did they listen to these songs?

First response - because they are nicely sounding, and feelings of sadness. Mostly listened to new years day, because of worries.

Second response - mostly for the fast pace and the loud instruments. Not necessarily connecting with the lyrics and their meaning, and doing so while doing leisurely activities.

Observations of findings

The reasons for why people listen to these songs differs quite a lot, one person being more in tune with their emotions, the other the vibes of the songs.

Both participants also agree that their music taste varies in genre. And they are not new songs, but have listened to then before.

First response - because they love them (however one new song which was dogs dinner.

Second response- listened to them again bc they are good songs which help them with focus.

Different reasons for why they listened as well, as the music serves more as a stimulant for the other participant.

Second week

Upbeat or happy - Eminem, bbno$ (Real, Slim Shady, Godzilla, Goodness Gracious)

Motivational - Connor Price , Eminem, Mobb deep, The Script (Drop, Mockingbird, Shook One's, Hall of Fame,)

Sad- Blackbear (idfc)

Angry- iLL JAEDEN , pisse   (Fahrradsattel , SATAN B!TCH)

Observations of findings

These songs are also very upbeat, fast paced, loud, and heavy on instrumentals. They are similar to a previous entry as well. These songs are also kind of similar in genre, most of them being happy and upbeat, or motivational (which is an interesting way to describe a song) the response previous to this as well had said they listened to these songs to help in focus, so it seems this person used music as a vessel for motivation and work. And in addition, there is a fair amount of angry and sad songs, its not just happy ones.

Why did they listen to these songs?

Because they were working out

Observations

These loud and heavy instrumentals on these songs make sense for the location where the person listened to these songs, the gym. Its motivational and gets the blood pumping, a physiological response. High and Fast tempos, increase running and heart

rate, so more activity! And the fact that their most listened to song as well was House of Fame, a very motivational song, further establishes this. [Exercise and music - Wikipedia](#)

To me it seems this person isn't necessarily listening to these songs to go against a staus quo as the website may suggest, but to increase motivation and productivity. Already contradicting what the MBTI said.

Others

The person strongly agrees that their music taste over a seven day period, from angry, sad, to happy. And they have listened to them again, because of the motivation and reactions they give the person

Third week

First response

Sad- taylor swift, chappell roan, land del rey (So Long London, my kink is karma, picture you, all you had to do was stay(tv), chemtrails over the country club, fresh out the slammer,)

Love (?) - sabrina carpenter, taylor swift, noah khan (Busy Woman, Wonderland(tv), northern attitude,

Happy - conan gray (Bourgeoisieses)

Second response

Sad- Teddy Swims (lose control, Devil in a dress) , Bankrol Hayden (2 am somewhere, Foster (fools), Jack Harris (Careful what you wish for) Parker Jack (CRY)

Upbeat - Atmosphere (Hockey Hair), central cee (sprinter), Eminem (rap god)

Angry - Motionless in White (Voices)

Third response

Sad- Billie eillish (CHIHIRO)

Upbeat - Anna of the North (lovers), Dior Goodjohn (God's favorite), Kendrick Lamar and SZA (all the stars)

Ballad (?) - Lyn Lapid and Ruth B.

Fourth Response

Calming- Kendrick Lamar and SZA (luther), Khalid and Normani (love lies)

Upbeat - Tate Mcrae, (sports car) RAYE and 070 Shake (escapism)

Suspenseful (?) - Camila Cabella (crown)

Observations of findings

Four responses is a lotttttt goodness, but that gives us a lot to work with.

The first response again has a whole lot of pop music, so not really what the website said. And in addition, a lot of these songs are mostly love songs, ranging from *freaky*, sad and breakup, and other more nuanced feelings such as regret and breakup, and being on and off about a relationship.

The second response has a lot of sad songs, but are still pretty fast in their tempo and beat, but overall the messaging and themes are sadder. This contradicts what the other entries say, being mostly upbeat and motivational. How the mood changes over the course of one week in interesting. And is mostly rap and indie (AND STILL ISN'T PUNK)

This entry is pretty short and I haven't seen any similar entries to it. Its mostly upbeat and mellow songs, with two sad ones. Its mostly pop

This is similar to the other entry, in the sense that I haven't seen anything similar to it before. Also pretty short, and similarly has mellow and happy songs. Mostly being pop.

Both of these entries don't take any punk soo…

Why did they listen to these songs?

First entry - they say they listen to music mostly on the bus from school, and listen to things that they think sound nice. They mostly listened to so long longdon, because they were feeling said due to the cold weather.

Second Entry- this person had gotten some bad news so they were listening to these songs to feel their emotions. (sadness, depression, etc) Shows how the music you listen to reflects what your feeling. They were mostly listening to hockey hair, in order to get motivation for playing hockey. So their feelings of depression reflected in their songs, is still paired with their motivation.

Third entry- to distract themselves from school, in the bus or hallway. I don't have much to go off of this. They however listened to Lovers, due to feelings of hope for a new semester and a new beginning. This is a feeling in which was reflected in their music taste, as hopes for a new beginning. Again, not necessarily what the website says.

Fourth Entry- wanted to listen to a new song, and they use upbeat music to wake them up. This usage of music and emotion makes the person feel happier about the day ahead. To impact their moos. They mostly listened to Escapism to reflect the fact they were tired from school. A reflection of emotion from their music.

Others

Mostly everyone thought that their music taste differed greatly, except the last entry.

First entry - had listened to all of them before, except a new song, Busy Woman by Sabrina Carpenter.

Second entry - listed to them before, same with the third entry

Fourth Entry - had actually listened to a certain song, Luther, which shows how the media and such actually influences our music taste as well.

Fourth Week

First Entry

upbeat/motivational/energetic - Kendrick Lamar, The Astronomers,, Mitchel Dae, Macklemore, Poor Man's Poison (luther, Casita, Houdini, vErGe, Feed the Machine)

Moody- Prinz, BoyWithUke (All Night, IDGAF)

Angry- Khantrast (Let's Ride)

Chill - Curio Watts (really starting to push it)

Second Entry-

Sad-   Taylor Swift, Chappell Roan, Conan Gray, Maisie Peters (my boy only breaks his favourite toys, tolerate it, My kink is karma, Fresh out the slammer, Winner, You're losing me, Wendy)

Upbeat/love- Sabrina Carpenter, Chappel Roan (15 minutes, my kink is karma, femininomenon)

Observations of Findings

The first entry I can recognize from the others, and theres some new songs and some old ones, and one similar to other entries that were different to this person. Showing maybe the similarities between people. But overall, this person has seemingly gotten our of there depressive state, and is back to feeling energetic and motivated. While this person mostly listened to rap, that is consistent here as well as most of these songs are high tempos, but they are differing in artists and songs greatly as compared to the other entry.

The second entry shows more pop, is many different flavours from sad to happy. Something interesting is that the same artist can have very different genres they write in like chappel roan having picture you and also writing feminonomenon. Similar artists, but different songs. This person has been mostly consistent in their artists and a few songs, but had some others here and there. And they mostly listen to pop as well, but very sad songs.

Why did they listen to these songs?

First Entry - They were feeling happy, and were playing hockey. Mostly listening to luther, as they had it on repeat. As compared to a previous entry who listened to it because of the superbowl, showing a difference in people despite listening to the same song.

Second Entry - they were feeling sad, and listening to my boy only breaks his favourite toys.

Others

The first person selected that they disagree with the fact their music taste differed in music taste, and the second entry said neutral. This contradicts their previous statements of agreeing that their taste differed greatly. They listened to the these songs before, the first entry having new songs as influenced by friends. Showing external influences on what we listen to.

Fifth week

First entry -

Sad/love- Taylor Swift, Benson Boone, My Tears Ricochet, Tate McRae, Ricky Montogomery, paramore (The smallest man who ever lived, Sorry I'm here for Someone

else, My tears ricochet, Fresh out the slammer, ghost town, purple lace bra, truth or dare, hard times, long story short)

Second Entry

Chill- Bankroll Hayden (2 am somewhere)

Sad- Prinz, Ked, Blackbear, Eminem, Parker Jack, Robert Grace (all night, what the hell happened?, idfc, mockingbird, CRY, Fcked in the head)

Upbeat - Macklemore, BBNO$ (Cant hold on, two)

Angry - Poor Man's Poison (feed the machine)

Observations of Findings

The first entry is VERY SAD. like all the songs are sad. But in addition, there is more variety and difference in this entry, songs I haven't seen before from an entry from this person, as well as artists. But overall, this person is very sad (as stated in their why, and they listened mostly to the smallest man who ever lived) They also disagree that their music taste differs in genre, except two new songs Sorry im here for someone else, siren sound.

The second entry is also pretty sad as compared to previous entries, and there are some songs I recognize. According to this persons 'why' its because they were feeling depresses again and fall back onto the songs which reflect their emotions. It shows our connections to music and how it can help us understand our own emotions. Apparently something has happened in this persons life, and the music is like someone understand them. They also disagree that their music taste differs, and have listened to them before as they are the songs they use to cope.

Again, as discussed with JAZZ, the repetitiveness of POP makes it appealing to its melodic structure. As with Rap, its emphasis of rhyme and rhythm do the same things. Paired with high beats, it gives that adrenaline rush as well, as the punk music suggested.

ENTJ - (The Commander)Strategic, decisive, and efficient. They are assertive leaders, focusing on achieving goals with clear plans, while also inspiring others with their vision and determination

According to the 16 personalities website, those who identify as ENTJ listen to JAZZ. What are the effects of jazz music on the brain?

Jazz, has been linked to theta brain waves, which are the brains circuits of channeling creativity, and induces relaxation. Those who play jazz also have been known to enhance areas of intelligence due to the factors of improvisation Jazz has. Typically using woodwind or Brass instruments, I jazz is very diverse, typically rhythmic (has a pattern) which can be fast or slow, and change with pitch (either high or low) and because of it, it releases dopamine and pleasure. Its also pretty loose and carefree. So you may listen to jazz when your feeling the blues! (im hilarious) [The Power of Rhythm | Psychology Today Canada](#).

The 16 personalities website says that an ENTJ may listen to Jazz highlights jazz as a music form which require intelligence, artistic understanding, and high skill, which is something an ENTJ sees in themselves

But what are they really listening to?

First week

Upbeat/dance- Shiloh and Bros, Bruno Mars, Lady gaga, Rose, Sabrina Carpenter, Karan Auijila (red is sus (??), APT, Die with a smile, espresso, please please please, Softly)

Observations of Findings

There is mix of genres here, from rap to pop, which in interesting as they both have very different kind of vibes. They listened to these songs as they were popular, and because their sister introduced them, showing external forces which influence the music you listen too. They agree in the fact that their music taste differs which makes sense, as despite the fact that most of these songs are upbeat some are more melodic and others have more of a rap base. As well as being diverse, some of these songs are new

Week Two

upbeat - Sukha, Vsinghs, S-Block Europe, Tegu Pannu, Lil Baby, Gunna (Ask 'Em, Asle, Patli Patang, Bankroll got bigger, Schedule, Wants and Needs, One one tonight.

Sad- Straight Bank, Drake, NAV (Blocked, Champagne poetry, Call me)

Observations of findings

I forgot to mention this above but NONE OF THIS IS JAZZ. Its mostly rap and hip hip music, and in the first entry there was some pop. Other than that, this entry has some sadder songs, and according to the why, this person did feel sadder and that they felt ok. But also, they wanted something new to listen to, instead of the usual. They don't think it differs greatly in genre, which i see as it is mostly consisting of rap music. (not jazz btw)

Week Three

No information

Week four

Upbeat/silly/cool - Barbaras Rhabarberdar, Die with A smile, APT, Ballert Auf Lautos, Umbrella, Red is Sus, The greatest crewmates, Imposters, Softly (Lady Gaga, Bruno Mars, Rose, Zahide, Rihanna, Diljit Dosanjh)

Slow/Sad - Monster (rihanna and Eminem)

Observations of findings

These songs are familiar as to the first week, so this person is clearly listening to these songs again. They are again consisting of mostly rap and hip hop, a few pop songs here and there. This week is very similar to the first week, as there why for listening is because these songs are popular. In addition, the person finds them funny. They're most listened to song was softly, not necessarily by choice but because of their environment. It was a song for their Bhangra performances, which is why they listened to it so often.

Week Five

upbeat - Chitta Kurta by Karan Aujla, Schedule by Tegi Pannu , Don't Test by Gurinder Gill , Double Addi by G. Sidhu, Beibs in the Trap by Travis scott, Majhal by Mohitveer , Mela by Vsinghs, It Ain't Legal by Karan Aujla.

Sad- Young Goat by Chemma Y by , Blocked by Straight Bank,

Observations of findings

Again, more Hip Hop and Rap (mostly punjabi hip hop) The person says that they listened to these songs in order to feel better throughout the school week, and the fats

paced beats of Hip Hop did probably help with that, showing how we use music as a response to emotion. In likeness, they mostly listened to Chitta Kurta, as they were feeling nostalgic for summer, and shows how we use music to also feel our emotions.

INTJ - (The Architect)Analytical, strategic, and independent. They enjoy deep thinking and planning for the future, often having a clear vision and working towards long-term goals.

According to the 16 personalities website, those who identify themselves as INTJ typically listen to CLASSICAL Music.

Classical music is defines mostly as being clear, balanced, and simple. Its complex and varies greatly, instruments including violins and pianos, and unlike Jazz is pretty structured. The Impact of Classical Music on Neuroanatomy and Brain Functions. It can amplify mood, by 'strengthening the links' (strengthen neurons) of parts of the brain associated with sound and pleasure (the auditory cores) music puts this in sync with emotional information, which can be triggered by music. As well as classical music with low frequency theta noise, which are brain waves which take place during light sleep, inducing relaxation. Theta Brain Waves: Frequency, Sleep, Binaural Beats, and More

New Study Reveals How Classical Music Boosts Mood.

The website states that INTJ's appreciate this music, as a popular tune may seem dull to them and they prefer the intricacies of classical music.

But what are they really listening to?

First week

Sad- will wood and the tapeworms, will wood (lysergide daydream, Willard!, tomcat disposables,

loud/angry- Crush 40, Will wood, lemon demon, Mindless Self Indulgence (shut me up, Touch Tone Telephone, i am…all of me.. Suburbia overture / greetings from Mary bell township / (vampire) culture,/ love me, normally)

Upbeat- Will wood (Aikido! (neurotic/Eurotic), …well better than the alternative)

comforting/soothing - Will wood and the Tapeworms, (skeleton Appreciation Day, willard!

Observations of Findings

So none of this is classical, the majority of this person's music taste is loud and scattered, promoting adrenaline not sleepiness. Its rock, punk, indie, and LOUDDD. And there is a big change in the genre as well, the same artist making drastically different music, and the participant listening to it all shows a great diversity in this persons music taste. They listened mostly to Akdio! By will dod, as it made them feel sad and happy at the same time, which is an interesting contradiction and shows how music can help people to digest these complex emotions. And some of these songs are new.

Week Two

exciting/fun - 2012-will wood, hot to go- chapel roan,

Loud/Disorienting- i am...all of me, crush 40 - crush, dr.sunshine is dead will wood, ,

Upbeat- boys and girls- conan gray, willard!-will wood, aikido!(neurotic/erotic), lysergide daydream- will wood

Sad - willard!-will wood skeleton appreciation day- will wood

Observations of Findings

More of the same artists (especially will wood) and the same songs, with a few new ones like Boys and Girls. But its more of that adrenaline inducing indie rock, which has your head flying off and your ears on the floor. They listened to lysergide daydream, as they playes block blast. I don't know really what this is supposed to mean, I guess its a matter of situation as they listened to this song, which is decently upbeat to help lessen the boringness of a bus ride.

Week Three

upbeat - touch tone telephone. lemon demon

Stressed- turn the lights off. tally hall.

Fun- &. tally hall, cabinet man, Lemon Demon , Lights , Camera, Action! Sonic Mania

Excited- what is this feeling? wicked movie soundtrack, Sticky Tyler The Creator

Confusing- aikido! will wood

Loud- shut me up, mindless self indulgence

Observations of Findings

This person describes a lot of there songs, not really with definable words, so i had to do do some additional research to categorize them. This shows how music can be complex and maybe a little confusing to describe for a person. One of there responses included" that darry edit" which shows that some music can be influenced by social media. In addition, this is not classical music, and is very diverse in the vibes and genres of this persons music. Theres a lot of different vibes, that comes from one genre of rock and indie. This person proceeds to use music as background noise instead of really locking in and feeling the music, such as their most listed to song being Touch tone telephone by lemon demon, showing our usage of high adrenaline producing music allows us to get through boring mundane tasks.

Fourth Week

Did not listen to music this week, as they were preparing for the religious ceremony RAMADAN, which shows how your environment and beliefs can actually shape how you listen to music, if at all.

THE FOLLOWING TWO ENTRIES ONLY CONTAIN ONE RESPONSE, AND THEREFORE ARE NOT THE BEST EXAMPLES. THEY ARE STILL VALUABLE, BUT THEY AREN'T THE FOCUS OF OUR MAIN POINTS. THE ONES ABOVE WILL BE USED.

ESTJ - (The Executive) Organized, efficient, and responsible. They value tradition and structure, often taking leadership roles and making sure that things are done properly and on time.

According to the 16 personalities website, ESTJs typically listen to is RELIGIOUS. Sacred Music: What Should It Sound Like? Sacred Sounds: Belief & Society | Smithsonian Music

Religious music is typically very ethereal, that can come in a variety of genres, and can be an orchestra or pop. Its melodic and rhythmic, repetitive in vocals called chants. Its shar, passionate, and filled with emotion of an embracing of religion.

According to the website, ESTJ's are heavy on beliefs which say that any sort of anarchy or going against the status quo is not just, and tend to 'songs of devotion rather than upheaval'

So what are they really listening to?

First and only response (bro)

(they did not tell the emotions)

Kendrick Lamar, The weekend, PARTYNEXTDOOR, Best Gaul and lil baby, Travis scott, Russ Millions, Future, block, Kyle richh (tv off, sao paulo, dreamin Blaiz Fayah, Touchdown, Stuff, Big shark, GTA D, Elegant and gang)

They listened to help them workout

Observations of findings

NOT at all religious music, in fact this is RAP WHICH IS THE EXACT MEANING OF GOING AGAINST THE STATUS QUO!! [The Moral Priorities of Rap Listeners](#)

With its fast tempos and heavy beats, hip hop has roots in tackling injustice and racism, and people who listen to Hip Hop have higher priorities in embracing justice and rebels against the Status Quo and keep it real. Quite really the opposite of what the 16 personalities sad about ESTJs, that they are against anarchy.

ISFJ - (The Defender)Warm, supportive, and observant. They prioritize the well-being of others and are deeply loyal, often making sure people feel comfortable and valued.

According to the website, those who identify as ISFJ also listen to RELIGIOUS MUSIC. (42%) As similar to the previous personality type, we know that religious music is light and melodic, and with chants.

The website states that an ISFJ values tradition, which is what they get from religious music. And their 'natural humility' makes the performances put on by other creators, more odd than compared to others.

So what are they actually listening to?

First and only response (dude)

love/upbeat/floaty (?) - Always And Forever - Mariah The Scientist and Lil Baby. (R&B and soul) Roll with me by Sukha (punjabi, indian hip hop and pop) Bk- Temptations (indian hip hop) Heart part - kendrick lamar (hip hip/rap) Luther - Kendrick Lamar SZA (hip hop) Floating by Khalid (soul and R&B) 999 - Jerry (hip hop) Blurred, Tory Lanez (r&B and soul) Break from Toronto - PARTYNEXTDOOR (hip hop)

Emotional - The pressure - Jhene Aiko (R&B and soul)

Observations of findings

This is a similar outcome as per the previous entry, as all of this music is mostly Rap, Hip hop, or soul, all not religious and are names from some pretty big artists, such as Sukha and Kendrick Lamar, something which the personality website stated that its "ridiculous" The reason they listened to them was because they wanted a pick me up, and to settle down nerves, through these upbeat and calming songs. Religious music can also be this, and according to the website, it should be that, but instead this person gravitates towards rap and hip hip, showing that there a lot of ways to process emotion through music that they like. Having them listen to HEART PART, a rap song, the most to feel peace also speaks to this. They agree that they are music changes a lot, but theve listened to these songs over again because they like the way they sound.

FINAL CONCLUSION FOR MY ANALYSES

While it is near impossible to dictate if the personality traits each type has according to their music taste is true according to our survey, one thing is certain; people are complex, weird, messy, and the 16 personalities don't dictate that at all. Every single music type incorrect for each personality type, and maybe this is because of the fact that they're survey was far bigger than ours. But having absolutely nothing match, and the majority of them being the exact opposite sparks thought. Each person had a genre they stuck to, but it differed throughout the week depending on emotions, it was affected by external factors like friends, games, and media, and people with the same MBTI had starkly different results. All of this to say that people are more complex and messy than what first meets the eye, in emotions and how music can help to regulate that. How people can change, listen to new music, and the same types can be polar opposites. This supports our hypothesis that the MBTI categorizes people as one, the descriptions on their website itself being very narrow in terms of a reason as to what someone may listen a certain genre. And maybe our pop listener is revolting against the government and the status quo as the 16 personalities may suggest, but overall i think

its safe to say that the MBTI is far to narrow minded and limits truly what a person is capable of and who they are.

And in addition to this, our research was done in bases in music psychology, seeing the way that the music affects the brain and thus your body, and how that relates to certain emotions that you want to embrace or cover. How those means can comfort a person and speak to an individual, and at that its different for everyone, even those of the same MBTI. this survey groups everyone together as a very specific trait and reason. Again, reinforcing our original hypothesis and problem.

March 15,2025- Jagreet

My Analysis:

ENFJ - 3 responses

INFJ- 7 people

ENFP - 7 people

ESFP- 1 response

ENTP - 1 response

ENFJ- personable, friendly, planned, organized, empathetic.
- motivated.
- compassionate.
- outgoing

ENFJ- (Protagonist), they possess a unique blend of charisma, empathy, and idealism that sets them apart in any crowd. Their natural ability to inspire and lead others is matched only by their deep-seated desire to make a positive impact on the world around them. ENFJ's have an uncanny knack for understanding people's emotions and motivations, often sensing what others need before they even realize it themselves.

- According to the website above they are sensitive to the emotions music evokes and may seek out music that inspires, uplifts, or soothes them.

- ENFJs, being extroverted, may also enjoy music that is energetic and rhythmic, such as rap, hip-hop, soul, electronic, or dance music.
- ENFJs are "the charismatic, people-focused leaders"

- While they might have preferences for certain genres, ENFJs are likely to appreciate a wide variety of music, as they are open to new experiences and ideas.

As mentioned, Jazz is a genre known for its improvisation, creativity, and breaking traditional musical structures, embracing freedom and individuality in its sound.

Example of Jazz music: Take Five by Dave Brubeck (rhythmic complexity and calm), or God Gave me Feet for Dancing (Afrobeat, jazz)

First week

First response- music

Sad and Slow- Drake,Karan Auijla and NAV (9, Adhyia, Hit and Myself)

Happy/Upbeat- Sukha, Gunna, Drake, Lil Baby, Bk, Chani Nattan, Inderpal Moga and Sidhu Moose Wala
(Ask em, Pushin P, Passionfruit, Yes Indeed, Jungle and G Wagon)

Second response- music

Sad- Mac Demarco, Adrianne Lenker, Alex G, Radiohead, Mitski and Tyler the Creator (Moonlight on the River, Forwards Beckon Rebound, 16 Mirrors, All I Need, i bet on loosing dogs and like him)

Delusional/Reminiscing- Lana Del Ray and Beadadoobee (Brooklyn Baby and The way things go)

Metal- Slipknot (Eyeless)

Third Response- music

Gloomy/Sad/Romance- Lil Peep, XXXTENTACION, Conan Gray, Hayd,NIIZ, Camilia Cabello (Falling Down, Memories, Devil on my Shoulder, Shadow, Shameless)

Romance/Heartful-Alex Warren, Chappell Roan, Wave to Earth (Ordinary, Picture You, Seasons)

Uplifting/Calm-Tate McRae, The Marias (it's ok im ok, Heavy)

Observations of Findings

The music taste of these ENFJ responders are NOT of the Jazz genre. This doesn't really align with the ENFJ personality type, especially when considering the bold and brassy qualities of jazz. Jazz is known for its strong instrumental. ENFJs are known for their enthusiasm, confidence, and love for dynamic, energizing music that reflects their vibrant energy. Jazz, with its improvisation and strong harmonies, matches these traits, offering a bold, expressive sound.

However, the genres listed like Sad/Sad romance, metal, and delusional only focus more on different emotional themes, like storytelling, deep emotion, or sad beats, rather than the improvisational, free-flowing nature of jazz that emphasize the ENFJs charismatic,lively and leader personality.

I notice that one of the responders listens to music of a different language (punjabi). This music has a theme of rap and 'gangster' vibes. The artists Sukha, BK Dhaliwal, Chani Nattan, Sidhu Moose Wala, Inderpal Moga and Karan Auijla are all artists who all share a similar theme of music. Their music celebrates success, relationships, and loyalty, while also showing pride in their Punjabi heritage. They frequently talk about struggles in life and how they've worked to achieve their goals. Their songs have a bold, unapologetic tone that reflects their personal experiences and cultural pride. These artists Talk about their haters and appreciate the struggles and lessons they've had in their life.

Most of these responders' music from these artists spans a wide range of emotions and themes. Some songs are **sad and slow**, focusing on heartbreak and self-reflection, while

others are **happy and upbeat**, celebrating success and confidence. There's also a mix of **gloomy** and **romantic** tracks, exploring themes of loneliness, nostalgia, and love. Additionally, some songs are **heartfelt** and **uplifting**, offering calm, reflective moods and emotional clarity. Overall, the music reflects various personal experiences and emotions, from sadness to joy and everything in between not really leading to the stereotype of **Jazz.**

Overall, there is a VERY large difference in music taste between these three people over the course of the week, but also some things which remain consistent through loopholes, as in favour of the ENFJ standard.

But why did they listen to these songs?

First response- They listened to these songs for the vibe, beats, and lyrics. "Ask Em" by Sukha was their most-played, bringing a happy energy. They enjoy the mix of genres and listen to these songs because they make life feel better.

Second response- They listened to these songs because they were feeling emotional and sad, often turning to calm, sad tracks when feeling down. "All I Need" was their most-played, reflecting how they felt off and not like themselves. They tried new music, moving away from rap to explore calmer, more emotional songs

Third Response- The person's music choice reflected their mood, blending gloomy and happy vibes. They mostly listened to "Memories" by Conan Gray while feeling lost and needed comfort in the song to remember better days. The songs they chose were familiar, bringing a sense of nostalgia helping them connect with their past emotions.

Second Week

INFJ-Empathetic, intuitive, idealistic, reserved, creative

INFJ (Advocates)-are insightful, compassionate, and idealistic. They value deep connections, are highly intuitive, and care deeply about helping others. Quiet but passionate, they work towards making a positive impact on the world.

According to the Website music psychology - [Music Preferences by Personality Type | 16Personalities](#):

- INFJs are drawn to music that challenges the norm and represents change, reflecting their idealism and desire for a better world.
- They connect with bands like Nirvana, Radiohead, and Arcade Fire, which symbolize cultural shifts and personal growth.
- INFJs appreciate music that is emotional, authentic, and meaningful, aligning with their values and introspective nature.

As mentioned INFJs are really known for listening to music that matches their idealistic nature that evokes deep emotions such as alternative rock, indie music, and just sound tracks that lead one to deep thoughts.

Example of Indie Alternative Rock music: Street Spirit (Fade Out)" by Radiohead (track's haunting lyrics and melancholic tone align with INFJs' reflective and sensitive side), Black" by Pearl Jam (deeply emotional song about loss and love, perfect for INFJs who value introspection and emotional depth)

Second week

First response- Music

Happy & Funny-APT (Rose and Bruno Mars),*The Muffin Song* (The Gregory Brothers)

Nostalgic & Sad- *Shinzo Wo Sasageyo* (Linked Horizon), *Washing Machine Heart* (Mitski), *Alien Blues* (Vundabar)

Calming & Relaxing-*Dusk to Dawn* (Emancipator), *Lofi Mix* (Lofi Girl)

Historical- *Achilles Come Down* (Gang of Youths)

Loud- *Show* (Ado)

Relatable-*Yellow* (Yoh Kamiyama)

First Response- The music reflects their mood, with calmer songs in the morning and louder ones in the afternoon to block out distractions. "Yellow" by Yoh Kamiyama was a go-to for a peaceful moment while daydreaming. They prefer familiar songs and aren't motivated to explore new ones.

Second Response

Folk- *Gregory Alan Isakov - Suitcase Full of Sparks, Gregory Alan Isakov - 3 a.m., Bob Dylan - Girl from the North Country, Bob Dylan - Don't Think Twice, It's All Right, David Gray - Playing for the Pharaoh, Noah Kahan & Gregory Alan Isakov - Paul Revere*

Classical Crossover- *Stephan Moccio - The Wanderer, Stephan Moccio - Communion*

Chill-Hop, *Philanthrope - Transmission*

Folk Rock / Spoken Word, *Lord Huron - Who Laughs Last*

Second Response- The music taste focuses on calm, introspective tunes, with folk and classical crossover artists like Gregory Alan Isakov and Bob Dylan being favorites. The listener enjoys peaceful music during daily tasks and mixes in chill-hop and folk rock for variety. They stick to familiar artists while occasionally exploring new releases.

Third Response

Upbeat and Motivational- *Walking in Memphis* (Marc Cohn), *Two* (bbno$), *Mona Lisa* (Dominic Fike), *Drama* (Rex Orange County), *Mutt* (Leon Thomas), *Hello* (Miss Johnson, Jack Harlow), *Denial is a River* (Doechii)

Mellow and Nostalgic- *DtMF* (Bad Bunny)

Happy and Sad- *Misses* (Dominic Fike)

High Vibes/Rock- *Dynasties and Dystopia* (Denzel Curry, Grizzle Bren, Joy)

Third Response- *The music choice reflects a balance between upbeat and mellow tunes, fitting the changing mood and winter weather. The song "Drama" by Rex Orange County stood out this week, offering comfort and reassurance when things didn't feel great. While they enjoy a mix of old favorites and new tracks, the music taste is diverse, with a strong appreciation for different genres.*

Fourth response

Classical Crossover- *Threnody (Goldmund), The Sound of Snow (Stephan Moccio), Echoes (From Somewhere Quiet)*

Rock- *Open Arms (Inhaler), Eddie in the Darkness (Inhaler)*

Folk- *Pretty Pictures in my Mind (The Lumineers), Girl from the North Country (Bob Dylan), Most of the Time (Bob Dylan), Southern Star (Leif Vollebekk), Mississippi (Leif Vollebekk)*

Fourth Response- The music taste blends peaceful, introspective tracks with upbeat songs for different activities like meditation, work, and exercise. The listener enjoys familiar artists like Bob Dylan and Leif Vollebekk, while also exploring new releases like Inhaler. Their playlist is diverse, appreciating both calm folk and energetic rock.

Fifth Response

Folk- *It Ain't Me, Babe (Bob Dylan), Most of the Time (Bob Dylan), Moon Dog (Leif Vollebekk), Terlingua (Gregory Alan Isakov), Everything is Peaceful Love (Bon Iver), Day Old Thoughts (Arny Margret), Sniglar (Arny Margret), The World is Between Us (Arny Margret), They Only Talk About the Weather (Arny Margret)*

Mellow Piano Music- *A Shimmer (Nils Frahm)*

Fifth Response-The music reflects a calm, thoughtful mood with a mix of folk and mellow piano. The listener enjoys familiar artists like Bob Dylan and Gregory Alan Isakov for relaxation and creativity. Newer discoveries like Arny Margret and Bon Iver show an openness to fresh music while sticking to comforting, familiar sounds.

Sixth Response

Folk/Bluegrass/Rock- *Mumford and Sons, Malibu (Mumford and Sons), Mumford and Sons, Rushmere (Mumford and Sons), Van Morrison, Into the Mystic (Van Morrison)*

Chill Folk- *Leif Vollebekk, Peace and Mind (Leif Vollebekk), Leif Vollebekk, Elijah Rose (Leif Vollebekk), Arny Margret, Signar (Arny Margret), Arny Margret, The Wind Was Blowing (Arny Margret)*

Classical Crossover (Peaceful Piano)- *Stephan Moccio, Home (Stephan Moccio), Nils Frahm,Towards Zero (Nils Frahm)*

Jazz- *Something out of Nothing, Soon (Something out of Nothing)*

Sixth Response- The person's week's music selection blends nostalgia with new discoveries. The listener revisited Mumford & Sons and Leif Vollebekk, inspired by their new releases and a memorable concert. Calm and reflective songs from artists like Stephan Moccio and Nils Frahm added peaceful moments to the day, while a new jazz find brought fresh enjoyment, highlighting a diverse mix of genres.

Seventh Response

Folk-Flowers by Gregory Alan Isakov and Nathaniel Radcliffe (Gregory Alan Isakov and Nathaniel Radcliffe), The EP "Somewhere" by Caamp (Caamp)

Classical Crossover- The album "Legends, Myths and Lavender" by Stephan Moccio (Stephan Moccio)

Classical- The album "Day" by Nils Frahm (Nils Frahm)

Seventh Response- This week this person's music selection shows a mix of comfort and calm, with *Flowers* by Gregory Alan Isakov and Nathaniel Radcliffe leaving the listener with familiar folk sounds. Albums like *Legends, Myths and Lavender* by Stephan Moccio and *Day* by Nils Frahm provide peaceful background music for work and relaxation. The blend of folk, classical, and jazz highlights a preference for mellow, soothing tunes.

Observation of Findings

The music taste of these INFJ responders are 45% in the Alternative Indie Rock genre. This doesn't really align with the INFJ personality type, especially when considering the moody and immersive

Third Week

ENFP-Enthusiastic, Creative, Curious and Spontaneous

ENFP (Campaigners)- personality type is known for being energetic, creative, and deeply curious about the world around them. They are driven by their values, enjoy exploring new ideas, and thrive in environments that allow for personal expression and meaningful connections.

According to the Website music psychology - [Music Preferences by Personality Type | 16Personalities](#):

-ENFPs love music that matches their passion and energy, often seeking out songs that inspire them or reflect their big ideas.

-They connect with artists like Vampire Weekend, Florence + The Machine, and Tame Impala, who create dynamic and thought-provoking music that fuels their adventurous spirit.

-When they need to relax, ENFPs enjoy calming tunes from artists like Dave Brubeck or Chet Baker, helping them unwind after a busy day of exploring new possibilities.

As mentioned ENFPs are really known for listening to songs that reflect big ideas that match their passion and energy. Music like cool jazz, Indie Rock, Folk and Metal.

Example of Cool jazz, Indie Rock, Folk and Metal: *Take Five* By Dave Bubreck (relaxing and sophisticated, perfect for ENFPs who appreciate creativity and spontaneous joy), A- Punk By Vampire Weekend (upbeat and energetic, reflecting the adventurous and free-spirited nature of ENFPs), Blowin In the Wind By Bob Dylan (thought-pushing and idealistic, resonating with ENFPs' passion for change and deeper meaning) and Enter Sandman By Metallica (intense and bold, mirroring the fearless and passionate side of ENFPs' personalities).

Third Week

First Response- Music

Upbeat & Happy- Stars Align (Drake), Dirty Cash (The Adventures of Stevie V), Partition (Beyoncé), BMF (SZA), Could You Be Loved (Bob Marley), Wait a Minute (Tyga and JB), Sports Car (Tate McRae)

Nostalgic & Emotional-Escapism (Raye), Constellations (Jade Lemac), Where Are You Now (Justin Bieber)

First response- The music this week reflects a mix of energetic and nostalgic moods, with upbeat songs like *Stars Align* by Drake matching moments of happiness and good vibes. Tracks like *Escapism* by Raye and *Constellations* by Jade Lemac bring in emotional depth, reflecting the listener's connection to both familiar and new music.

Second response

Upbeat & Energetic- Tv Off (Kendrick Lamar), Wavy (Karan Aujla), Born to Shine (Diljit Dosanjh), G.O.A.T (Diljit Dosanjh), Started From the Bottom (Drake), First Person Shooter (Drake ft. J Cole)

Happy & Playful- Softly (Karan Aujla), APT (ROSÈ ft. Bruno Mars)

Smooth & Soulful- Luther (Kendrick Lamar ft. SZA), Admirin' You (Karan Aujla ft. Preston Pablo)

Second response- The music this week reflects the listeners need for energy, with upbeat songs like *Softly* by Karan Aujla providing a catchy boost during a tiring time. The listener gravitated toward familiar tracks that uplifted their mood, blending hype energy with soothing vibes to find balance throughout the week.

Third Response

Upbeat & Energetic- Not Like Us (Kendrick Lamar), Parlami (A Hundred Flowers) (The Vanished People), TV Off (Kendrick Lamar)

Calm & Relaxing- Long Drive Back (Vansire), 505 (Arctic Monkeys), Zoning Out (BoyWithUke)

Nostalgic & Emotional- Cordoury (BoywithUke), Two Moons (BoywithUke)

Knowledgeable & Thoughtful- Untitled 03 (Kendrick Lamar)

Loving & Heartfelt- Stephanie (Nafeesisboujee)

Third Response- The music this week reflects feelings of loneliness and introspection, with *Corduroy* by BoyWithUke helping during sad moments and calm songs like *Long Drive Back* offering comfort at night. The listener stuck to familiar tracks for emotional connection but also enjoyed some new songs like *Not Like Us* for energy and distraction.

Fourth Response

Upbeat & Hype- Idgaf (Diljit Dosanjh), Killshot (Eminem), Like That (Future, Metro Boomin, and Kendrick Lamar), Rich Flex (Drake ft. 21 Savage)

Chill & Relaxing- Tension (Diljit Dosanjh), Heer (Diljit Dosanjh)

Mellow- Chauffeur (Diljit Dosanjh ft. Tory Lanez), Goosebumps (Travis Scott), Luther (Kendrick Lamar ft. SZA)

Fourth Response- The music this week reflects a calm and relaxed mood, with tracks like *Tension* and *Heer* providing a soothing vibe. The listener enjoyed new songs from Diljit's album, balancing mellow tunes with energetic ones like *Idgaf* to match their mood throughout the week.

Fifth Response

Sad & Emotional- Runaway (BoywithUke), I'm Doing Fine (Marino), I Can't Fit It (Marino), Babydoll (BoyWithUke)

Upbeat & Energetic- BOLO (PENOMECO, YDG), Can't Live Without It (OKPOP), Screenplay (TheInnuendo)

Story Drive- All In (Marion)

Seductive- PRETTY PLEASE (Dutch Melrose, Benny Mayne)

Upbeat & Calm- CLUTCH (The Vanished People)

Fifth response- The music this week reflects a mix of sadness and energy, with *Runaway* by BoywithUke capturing feelings of loneliness, while upbeat tracks like *BOLO* and *Can't Live Without It* provided energy. The listener enjoyed new songs that fit both their emotional and energetic states, switching between calming and lively tunes throughout the week.

Sixth response

Responder didn't listen to music

Seventh Response

Responder listened to 1 song

Good Vibe-Water (Diljit Dosanjh)

Seventh Response- The response expresses frustration with the over-analysis of music, emphasizing that music should be enjoyed for its artistic value rather than dissected for deeper meaning. The tone reflects a playful resistance to traditional analysis, highlighting a preference for music as a form of personal expression and enjoyment.

ESFP- Energetic, Spontaneous, Sociable, Optimistic and Fun-loving

ESFP (Entertainers)- thrive in social settings and enjoy being the center of attention, but they prefer music that enhances their vibrant energy rather than takes the spotlight. They are drawn to ambient music, as it complements their performance and lively atmosphere without overwhelming the moment.

ESFP apparently lean toward pop, rock, alternative, and even some rap or hip-hop. (at least 62%)

- ESFPs are drawn to music that matches their energetic, outgoing personality.
- They prefer upbeat, rhythmic, and emotionally engaging genres like pop, rock, alternative, and hip-hop.
- Known as "the entertainers," they enjoy music that enhances their vibrant energy and social nature.
- ESFPs are open to various music styles that complement their spontaneous and fun-loving character.

As mentioned, pop, rock, alternative, and even some rap or hip-hop are genres known for their energetic and outgoing personality.

Examples of Pop, Rock and Rap music: *Levitating* by Dua Lipa, *Bohemian Rhapsody* by Queen, *Take Me Out* by Franz Ferdinand, *Sicko Mode"* by Travis Scott

THE FOLLOWING TWO ENTRIES ONLY CONTAIN ONE RESPONSE, AND THEREFORE ARE NOT THE BEST EXAMPLES. THEY ARE STILL VALUABLE, BUT THEY AREN'T THE FOCUS OF OUR MAIN POINTS. THE ONES ABOVE WILL BE USED.

First week

First response- Music

Responder only listened to one song

Rap/Hip-Hop: Unforgettable by French Montana and Swae Lee

First Response- The music this week reflects a mood of nostalgia and relaxation, with "Unforgettable" being a go-to for thinking about summer. The listener enjoys familiar songs that

evoke positive memories, and despite listening to them before, the tracks continue to bring comfort and good vibes.

ENTP- Creative, Analytical, Enthusiastic, Debate-loving, Curious and Independent

 ENTP (Debaters (88%)-Alternative rock, a genre that often defines itself by its resistance rather than observation, connects with the ENTP personality which porrays on challenging the status quo (the way things are now). Much like Debaters, who enjoy engaging in opposition rather than following the norm, they are drawn to bands that embrace distortion and dissonance, such as Sonic Youth, Pavement, and Dinosaur Jr.

As said in ck-and-Roll-important-benefits

-"the lyrics found in rock and roll music are often inspiring, uplifting, motivational, or filled with angst; telling a story of perseverance and triumph"

ENTP apparently leans towards alternative rock and indie rock (88%)

- ENTPs are drawn to alternative rock for its non-conformity and defiance of mainstream norms.
- They prefer abrasive and discordant sounds, reflecting their love for challenge and debate.
- Like alternative rock, ENTPs identify more by opposing than by following trends.
- ENTPs connect with bands like Sonic Youth and Pavement for their experimental and unconventional styles.

Music psychology - Music Preferences by Personality Type | 16Personalities

- According to the website above, ENTPs are drawn to music that challenges conventions and stimulates their intellectual curiosity.
- As extroverted thinkers, ENTPs may gravitate toward genres like alternative rock, electronic, and experimental music that defy norms and offer complexity.
   ENTPs are known for being "quick-witted, creative, and love a good debate."
- While they may have a preference for unconventional or edgy sounds, ENTPs are also open to exploring a wide range of genres that offer new and thought-provoking ideas.

As mentioned, alternative rock and indie rock are genres known for their open ability to explore wide ranges of genres that offer thought driving ideas.

Examples of alternative rock and indie rock music: Smells Like Teen Spirit by Nirvana and Mr. Brightside by The Killers

First Week

First response -Music

Upbeat Music- 15 Minutes (Sabrina Carpenter), Busy Woman (Sabrina Carpenter), Bad Reviews" (Sabrina Carpenter), Please Please Please" (Sabrina Carpenter), Show Me Love (WiztheMC)

Cute & Lovey-Dovey- Valentine (Laufey), Falling Behind (Laufey), Like The Movies (Laufey)

Nostalgic- Money Talks (The Adventures of Stevie V)

First Response-The responder listened to Sabrina Carpenter and Laufey for their romantic vibes during Valentine's Day week. They also enjoyed WiztheMC's new track and The Adventures of Stevie V for its nostalgic connection to the Menendez brothers, showcasing a mix of emotions and genres in their music choices.

My Final Conclusion!

While it's hard to say if music tastes really match personality traits based on our survey, one thing is clear: people are complex and can't be fully explained by personality types. Some of the music choices did match up with personality traits, but many didn't. People stuck to certain genres, but their choices changed throughout the week depending on how they were feeling, what was going on around them, and even who they were with. Even people with the same MBTI had very different music preferences, showing that music and emotions are more complicated than the MBTI suggests. This shows that while there were some small matches between personality and music, overall people's tastes were influenced by a lot of different things. Music is often used to help people deal with their feelings, and those feelings can change depending on many factors. People also listen to new music or go against the typical genres for their type. This goes against the idea that everyone with the same MBTI listens to the same music. The MBTI tries to put people into categories, but our survey shows that this doesn't capture how diverse people's music preferences can be. Our research looked into how music affects our brains and bodies and how it connects to emotions. Music can make people feel

different things and help them cope in their own way. Even people with the same MBTI type have different music preferences, which shows that the MBTI doesn't fully explain why people like certain music. This supports our idea that the MBTI is too limited and doesn't reflect how complex people really are. And in addition to this, our research was done in bases in music psychology, seeing the way that the music affects the brain and thus your body, and how that relates to certain emotions that you want to embrace or cover. How those means can comfort a person and speak to an individual, and that its different for everyone, even those of the same MBTI. This survey groups everyone together as a very specific trait and reason. Again, reinforcing our original hypothesis and problem, *"How Your Music Taste Proves the Pseudoscience of the MBTI?"*