

‘How does music make you feel’ - by Zoe Nendick 2022.

The article titled ‘How does music make you feel.’ highlights how music plays an ever present and significant role in our everyday lives and explores the powerful psychological relationship it has on individual human emotions and behaviour. Music is a very personal and unique experience and evokes profound emotional responses in listeners such as happiness and sadness. Music is often influenced by our memories, current mood, and personality. ‘Music induces emotions and is a result of the complex relationship between the listener, the music, and the situation.’ (Juslin,2011). Music is also linked to reward areas in our brain activity and ‘Highly pleasurable response to music have been associated with activity in the ventral striatum, amygdala and medial prefrontal cortex.’ (Blood & Zatorre,2001). However not all individuals will experience high emotional responses to music. Individuals with music anhedonia will experience truly little pleasure from listening to music. (Satoh et al.,2011). Which highlights just how subjective music is experienced.

Nendicks article is strongly influenced by the BRECVEMA framework developed by Patrick Juslin which emphasises that music evokes a unique emotional response in each listener. Each listener can hear the same piece of music but how they respond to it emotionally will be dependent on their emotional mood, memories and where they are listening to the music. Nendick notes that further research into how music affects our emotions is needed for us to understand human emotions.

The article further explores the beneficial benefits of music and highlights how music has been used in both treating pain relief post-surgery patients and treating Alzheimer’s disease. A study by Fraile et al., 2019 ‘showed that music therapy helped improved memory call in patients with Alzheimer’s disease.’

Nendick explores how music has evolved over the decades and that the digital availability of music via streaming services has ensured that we now have a much wider choice of readily

available music genres which have often been chosen for us which may lessen our connection and relationship to specific artists as we no longer deliberately choosing to listen to specific artists.

In conclusion, Nendick shows us that music not only evokes a strong individual emotional response but is also an effective medical treatment for patients. Nendick highlights that further and wider research that is not exclusively focused on western music is necessary in this field to establish individual emotional responses to music and the need to focus on how the use of modern streaming will influence our relationship with music.

References

Blood, A.J., & Zatorre, R.J. (2001). Intensely pleasurable responses to music correlate with activity in brain regions implicated in reward and emotion. *Proceedings of the national academy of sciences*, 98(20), 11818-11823.

Fraile, E. Bernon, D., Rouch, I., Pongan, E., Tilmann, B., & Leveque, Y. (2019). The effect of learning an individualised song on autobiographical memory recall in individuals with Alzheimer's disease: A pilot study. *Journal of clinical and experimental neuropsychology*, 41(7), 760-768).

Juslin, P.N. (2011). Emotional Responses to Music. In I. Cross, M. Thaut & S. Hallam (Eds.), *Oxford Handbook of Music Psychology* (pp.131-140). Oxford University Press.

Satoh, M., Nakase, T., Nagata, K & Tomimoto, H. (2011). Musical anhedonia: selective loss of emotional experience in listening to music. *Neurocase*, 17(5), 410-417.

Essay Outline

Deadline: 3/11/25

Introduction.

Essay title - **Discuss how trait theories of personality account for individual differences in behaviour.**

Explain what the essay is going to do whilst bringing in the essay title into the introduction.

This essay will discuss how trait theories of personality account for individual differences in behaviour by exploring and evaluating key theorists such as Bowlby, Eysenck, Cattell, Costa & McCrae, Gordon Allport.

Define what is personality and explain trait theories.

Personality – ‘A stable set of tendencies and characteristics that determine these commonalities and differences in people’s psychological behaviour. (Maddi, 1989: 8)

The Trait approach - views personality as a mixture of lasting traits that allow people to be different from each other and unique.

Keep looking at essay question throughout to ensure that essay title is being answered.

Main Body.

Explore does personality consist of permanent traits or characteristic. Focusing on Hans Eysenck and Cattell, McCrae, and Costa. (The Nomothetic approach). Psychologist that uses quantitative data such as questionnaires to establish factors in which personalities can be compared.

Idiographic approach – is concerned with the whole person and their uniqueness. Theorists include Gordon Allport, George Kelly, Sigmund Freud. Who focus on qualitative data and the individual.

Hans Eysenck PEN Model (Psychoticism, extraversion, neuroticism) focuses on the biological basis of personality. Positives – stood the test of time, influenced in the ‘Big five,’ generated and shaped future research. Weakness – failed to produce, convincing evidence, too focused on biological influences and not enough focus on a person’s environment.

George Kelly – did not see personality fixed on biology but rather on how we interpret and perceive our social environment is what shapes our behaviour. Humans make hypothesis on what will happen in social situations, and we can adapt our behaviours to suit the outcome. Kelly devised the Role construct grid (1955) which highlighted how we perceive the world shapes our personality. Limitations – too abstract ignores cultural and biological factors and ignores the subjective experience.

The 16-factor model – Developed by Raymond Cattell – focused on 16 factors (‘Source traits’) that underline all human personality. This was influential in the development of the ‘Big Five’ model by Costa and McCrae. which has developed our understanding of personality. The study focused on five factors which included: Openness to experience, Conscientiousness, Extraversion, Agreeableness and Neuroticism. These factors are used to measure one’s personality (Quantitative data). Advantages – Successfully applied cross culturally (Thompson, 2008).

Is scientific and can be replicated. Disadvantages – does not explain why people have these personality traits and is subjective, individuals do not always self-aware of their own behaviour.

Criticisms personality traits can change over time and are not consistent in predicting human behaviour. Mischel argued that personality traits cannot predict how people behave, and that situations and social roles also influence our behaviour. Gross (2020).

Throughout this essay arguments made for and against will be backed up using credible sources and by using citations for references.

Paragraph will flow nicely from first perspective into second perspective on and will follow arguments for and against and evaluation of perspective. Must use critical thinking.

Conclusion – no new material needed here. Bring key points together and summarise arguments for and against. Highlight the key points, if any future research is needed and state clearly my conclusion and link the end of the question to the title of the essay question.

Reference – compose an APA reference of all books/journals/documentaries used.

Davis, E. R., Clarke, M. J. (2022). *Modern marketing strategies*. Business Books Publishing.

Glassman, W. E., & Hadad, M. (2013). *Approaches to psychology*. (5th ed.). McGraw-Hill Education

Gracia, M.T. (2002, March 5). Climate change impacts on costal cities. *The Global Times*.
<https://globaltimes.com/climate/costal-impact>

Gross, R. (2020). *Psychology The science of mind and behaviour* (8th ed). Hodder Education.

Kim, S. H., Patel, R., & Wilson, J. D. (2021). Virtual reality in education: *A meta-analysis*.
Educational Technology Research and Development, 69(2), 1105-1123.
<https://doi.org.10.1007/s11423-020-09834-7>

Lee, A.M (2020) Cognitive development in early childhood. P. Brown & L. Green (Eds.) *Child development theories*. (pp45 – 67) Springer.

Martinez, S. L (2022). Advances in renewable energy storage: International Symposium on Sustainable Energy. *Berlin, Germany. October 14, 2002*.

Morgan, D. S. (2021). *Machine learning applications in healthcare diagnostics*. [Doctoral dissertation]. University of Edinburgh. ProQuest Dissertations & Theses Global

Nguyen, H. P. (2018). Blockchain technology in finance. In Singh, Rajesh, Cohen, Alan (Eds). *Innovation in financial technology*. (pp. 112-139). Wiley Online Library

Nguyen, L. T., O'Connel, M. A., Li, S. J., Rivera, P. M., Adams, F. R., Chen, H. Y., Bailey, T. K., Jones, A. R., Walker, C. L., & Ahmed, S.E. (2022). *Cognitive flexibility and executive functioning in early adulthood*. *Journal of Experimental Psychology*. (151) (4), 789-805.
<https://doi.org/10.1037/xge0001223>

NHS Greater London Trust. (2022). Annual patient satisfaction survey report. London, UK.

Patel, S. R. (2020). The rise of digital therapy. *The Psychologist*. 33 (6). 48-53.

Reynolds, K. M. (2023). *How mindfulness improves productivity*. Mindful living.
<https://mindfulliving.com/how-mindfulness-improves-productivity>

Smith, J.A (2019.) *Understanding Psychology* (3rd ed). Academic Press.

Thompson R. E (2018). Social media effects on adolescent mental health. *Journal of Adolescent Health*, 62(4), 410-41. <https://doi.org/10.1016/j.jadohealth.2017.11.290>

U.S. Department of Education. (2017). *National education technology plan 2017*. (ED-ICT-17-01).
<https://gloabaltimes.com/climate/coastal-impact>

University of Oxford (2022). *Referencing and citation guide*.
<https://www.ox.ac.uk/students/academic/referencing>

Williams, J, L. (2020). *Exploring sustainable urban development* [Doctoral dissertation].
University of California. <https://escholarship.or/.uc/item/7gp4v2cd>

World Health Organisation. (2023). *Mental health and COVID-19*.
https://www.who.int/mental_health

Zaho, L. (2019) *Enhancing user experience in mobile apps*. Proceedings of the International Conference on Human computer Interaction. Online conference.
<https://doi.org/10.1145/3313831.3376310>

