

I acknowledge the use of [Chat GPT] [(https://chatgpt.com)] on [30/10/2025] to [Purpose my work]. I used the prompt(s):

1. check the structure of the following paragraphs
2. check for spelling and grammar errors/issues
3. how to write the perfect psychology article summary

I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

Summary of “Music and Emotion: How and Why We Feel Through Sound” by Zoe Nendick (2021)

Nendick, Z. (2021). Music and emotion: How and why we feel through sound. *The Psychologist*.

In the article Music and Emotion: How and Why We Feel Through Sound, Zoe Nendick (2021) explores how music generates emotional reactions and why these responses fluctuate between individuals. Using her background in music and psychology, she shows how theories can explain listeners’ personal and varied emotional experiences with music.

Nendick outlines past perspectives about music and emotion, beginning with Leonard Meyer’s (1956) study that music evokes feeling based on whether the musical pattern follows what was expected by the listener. She explains that later researchers expanded these ideas into more detailed psychological models. Crucial in her discussion is Juslin’s BRECVEMA framework (Juslin & Västfjäll, 2008; Juslin, 2013), which contains eight mechanisms in which music may cause emotion. The framework highlights how emotion is shaped by the structure of the music and also by the interaction between the listener, the piece, and the listening situation.

Personal and situational factors are presented as key influences on musical emotion. For example, personal memories can impact how people respond to particular songs (Belfi et al., 2016), while mood and attention at the time of listening also play important roles (Hunter et al., 2011). Nendick notes that personality likely plays a role too, with people higher in neuroticism commonly experiencing stronger nostalgic feelings (Barrett et al., 2010). These examples demonstrate that emotional reactions are unique to each listener and depend on internal states and external factors.

The article acknowledges modern changes in music consumption. Nendick highlights how streaming platforms including Spotify and Apple Music can generate playlists tailored

for specific moods, which could influence how connected listeners feel to artists. She links the study of musical emotion to practical uses in areas such as music therapy and health psychology, noting evidence that certain musical styles can reduce stress (Suda et al., 2008), improve memory recall in Alzheimer's disease (Fraile et al., 2019), and even relieve pain (Finn & Fancourt, 2018). She also acknowledges research on people who feel abnormally little or unusually strong pleasure from music, known as music anhedonia and musicophilia (Mas-Herrero et al., 2013).

Nendick concludes that the experience of emotion in music depends on a complex balance between the listener, the music, and the environment. She encourages readers to notice how their own choices, memories, and moods influence what they feel when listening. The article highlights an ever-changing field that connects everyday musical enjoyment with deeper psychological understanding.

Reference task

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Discuss how Trait Theories of Personality Account for Individual Differences in Behaviour

Introduction

Introduce the topic:

. Personality theory provides an essential backbone for understanding why people behave the way they do.

. Acknowledging the individual uniqueness and traits present in all of us provides a vital framework to begin to explain the consistency of our behaviour.

Define key terms:

. Trait theories of personality are models that aim to pick apart the consistent and stable aspects of people's personalities

Preview theories:

- This essay will outline key trait approaches, including Eysenck's (1967) PEN model, Cattell's (1946) 16 Personality Factors, and Costa and McCrae's (1992) Five-Factor Model, while also considering Mischel's (1968) challenge to the assumptions of trait theory.

Main body

Eysenck (1967) – The PEN Model

- Proposed three biologically based dimensions of personality: Psychoticism, Extraversion, and Neuroticism.
- Suggested these traits show differences in cortical arousal and nervous system activity (Gross, 2023).
- Provided a scientific, testable explanation of personality; supported by biological evidence.
- However, it was overly reductionist and cannot fully explain behaviour variation across situations.

Cattell (1946) – 16 Personality Factors

- Used factor analysis to identify 16 underlying source traits that define human personality.
- Developed the 16PF Questionnaire to measure these traits.
- Empirical evidence driven influenced later trait research including the Big Five.
- Too many overlapping traits; findings often difficult to replicate (Gross, 2023).

Costa & McCrae (1992) – The Five-Factor Model

- Identified five broad dimensions: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism.
- Found consistent cross-cultural support and strong reliability across age and gender (Gross, 2023).
- Widely applicable in various ways such as health, work, and relationships.
- Descriptive rather than explanatory does not show why traits develop or change.

Mischel (1968) – Person–Situation Debate

- Criticised trait theories, arguing that behaviour changes across contexts more than traits predict.
- Found correlations between traits and behaviour were only around 30, showing low consistency.
- Highlighted importance of situational influences and spurred interactionist approaches.
- May underestimate the stability of personality over time, as later research found moderate consistency.

Conclusion

Trait theories help explain why people behave differently by focusing on consistent patterns in personality.

- Models by Eysenck, Cattell, and Costa and McCrae show that personality traits can be described and measured to understand behaviour (Gross, 2023).
 - Mischel (1968) argued that behaviour also changes with the situation, showing that traits alone cannot explain everything.
 - Overall, personality is shaped by both stable traits and the situations people experience.
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- Search terms: “Richard Gross, Psychology the science of mind and behaviour ”
- Database used: UWTSD Library Discovery.
- Specifically all four of the references I used
- I selected sources that discussed biological and trait models of personality which I felt were main points in my essay plan. I was also familiar with the style the book was written in as I have frequently studied it.

Richard Gross



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**Psychology : the science of mind
and behaviour**

Richard Gross.

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