

Summary

The author of the article, Zoe Nendick, discusses the impact on how music affects our emotional state based on different factors on how we respond to the song. Such factors being where we are listening to this music, has it come on by choice or chance and how it may correlate with a memory or a person.

Zoe provides evidence that music is directly linked to the brain's reward centers, allowing us to experience a range of emotional feelings and behaviour. She uses the example of musical chills, which activates the ventral striatum, key brain regions that process emotion, motivation and award. Meyer (1956) proposed that we feel emotions in response to the harmonic progressions of the music, and to the extent each note or chord fulfils our expectations. Music-induced emotions are believed to result from a complex interaction between the listener, the music itself, and the surrounding situation. A framework called BRECVEMA model (Patrik N. Juslin) outlines eight ways music inspires emotion, through brain reactions, rhythm, conditioning, contagion, imagery, memory, expectations, and aesthetics.

Zoe delves into the reactions of different types of listeners - are they more emotionally charged (those prone in neuroticism) so they feel more nostalgia? Or rather they can still appreciate the sound, but not feel the same impact (music anhedonia)? As people listen to music, the way it is consumed constantly changes. Accessibility, social situations, mood before listening and is it inherently a 'sad' song or a 'happy' one and how will it impact after. Access to music, being Spotify, Apple music, changes the way we interact. Before this, we were given the budget of one CD whereas now we are overwhelmed with the amount that is available. This alters the connection we may have to the artist, where we may know one song off by heart but wouldn't be able to tell you who actually sang it.

Hearing music can also create a stress-relieving environment, whether it's playing in the background during activities or used in therapy. We often consume music passively, for example, advertisements. It subtly influences our emotions and perceptions. Even when we're not consciously listening, music can shape our mood, behavior, and decisions in powerful, unseen ways.

Zoe invites us to take a look within ourselves on how we personally align ourselves with music, to notice all of this framework into action on a personal level as she was so inspired by her own curiosity and enforce ours.

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Essay Plan

Title

Discuss how trait theories of personality account for individual differences in behaviour.

Introduction

- Personal aims for the essay.
- Introduce the different trait theories and personality as a whole depending on characteristics (e.g. behaviour, habits etc.)
- How personality presents itself in a variant of stable and unstable characteristics

Main body

- What IS a trait?
- Introverts, Extroverts and Ambiverts.
- How physical traits impose on personality traits.
- Gordon Allport (1937)
- Cattell (1946)
- Eysenck (1967)
- OCEAN Theory

Conclusion

- Evaluate findings
- Strengths and weaknesses
- Finalize