APPENDIX

- Instruction to fill in the questionnaire
- Personality Test Questionnaire - Ten – Item Personality Inventory
- Music Inclination Questionnaire - Short Test of Music Preferences
- Importance of Activities in Your Life Questionnaire
- Listening to Music in different Situations Questionnaire
- How much lifestyle and leisure activities say about your self-views, personality and other peoples’ personalities Questionnaire
- Scoring Sheet of the Ten – Item Personality Inventory
- Experiment with kids – Photographs
- Random Number Table(Used for Random Analysis)
- List Of Mystical Reflection Of Music
INSTRUCTIONS

This psychological test is divided into 5 parts, to see the relation, reflection and preference of music on personality and vice versa.

- The 1st part is ‘Personality Test’. It has 10 points and each point has contradicting options. For e.g.: Extraversion, enthusiastic.

It could be possible that ‘subject’ might possess both the qualities or might be just having one trait. In that case you have to consider the one you have an answer the following according to the scales given above.

**NOTE:** Do not bother that how the test conductor would know you have assumed which option and answered, it’ll be analyzed through calculating meter later.

- In 2nd part you have to answer according to the scales given above for this part.

**NOTE:** Please kindly just answer to those ‘Music preferences’ you are aware of.

- 3rd part of this psychological test has to be answered exactly the same way as the above two parts have been answered according to the scales provided above in this section.
- 4th part is divided into 2 sections. 1st section holds your views and 2nd section is about your views in context to others.

Please kindly read the scales carefully and answer them accordingly.
Psychological Test
Name:
Age:
Gender:
Class:

I. Personality Test – Ten – Item Personality Inventory
1 = Disagree strongly, 2 = Disagree moderately, 3 = Disagree a little, 4 = Neither agree nor disagree,
5 = Agree a little, 6 = Agree moderately, 7 = Agree strongly
I see myself as:
1. _____ Extraverted, enthusiastic.
2. _____ Critical, quarrelsome.
3. _____ Dependable, self-disciplined.
4. _____ Anxious, easily upset.
5. _____ Open to new experiences, complex.
6. _____ Reserved, quiet.
7. _____ Sympathetic, warm.
8. _____ Disorganized, careless.
9. _____ Calm, emotionally stable.
10. _____ Conventional, uncreative.
II. Music Inclination - Short Test of Music Preferences

1 – Dislike Strongly, 2 – Dislike Moderately, 3 – Dislike a Little, 4 – Neither Like nor Dislike
5 – Like a Little, 6 – Like Moderately, 7 – Like Strongly

1. _____ Alternative
2. _____ Bluegrass
3. _____ Blues
4. _____ Classical
5. _____ Country
6. _____ Dance/Electronica
7. _____ Folk
8. _____ Funk
9. _____ Gospel
10. _____ Heavy Metal
11. _____ International/Foreign
12. _____ Jazz
13. _____ New Age
14. _____ Oldies
15. _____ Opera
16. _____ Pop
17. _____ Punk
18. _____ Rap/hip-hop
19. _____ Reggae
20. _____ Religious
21. _____ Rock
22. _____ Soul/R&B
23. _____ Soundtracks/theme song
III. Importance of Activities in Your Life

Very Important, 2-Important, 3-Somewhat Important, 4-Neutral, 5-Somewhat Unimportant, 6-Unimportant, 7-Very Unimportant.

How Personally Important –

1. Is music to you?
2. Are movies to you?
3. Are T.V. Programs to you?
4. Are food preferences to you?
5. Is your job to you?
6. Are books and magazines to you?
7. Are hobbies to you?
8. Are clothes to you?

IV. Listening to Music in different Situations

1. A) Never,  B). Somewhat,  C). Moderate,  D). Most of the Time, 6). All the time
2. Alone
3. Getting up in the morning
4. Going to sleep
5. Driving
6. Studying
7. Working
8. Hanging out with friends/family etc.
9. Exercising
10. While Getting ready to go out etc.
11. Washroom
V. **How much lifestyle and leisure activities say about your self-views, personality and other peoples’ personalities**

1. Strongly Agree, 2- Agree, 3- Somewhat agree, 4-Neutral, 5-Somewhat Disagree, 6-Disagree, 7- Strongly Disagree

1. Music Preferences say a lot about who you are?
2. Movies say a lot about who you are?
3. T.V Program preferences say a lot about who you are?
4. Food preferences say a lot about who you are?
5. Your jobs say a lot about who you are?
6. Books and magazines say a lot about who you are?
7. Hobbies and activities say a lot about who you are?
8. Clothes ad shopping says a lot about who you are?

i. Music say a lot about other people’s personality?
ii. Movies say a lot about other people’s personality?
iii. T.V Program say a lot about other people’s personality?
iv. Food preferences say a lot about other people’s personality?
v. Job say a lot about other people’s personality?
vi. Books and magazines say a lot about other people’s personality?
vii. Hobbies ad activities say a lot about other people’s personality?
viii. Clothes ad shopping say a lot about other people’s personality?

VI. **Scoring the Ten – Item Personality Inventory**

1. Look at the scores you reported for items 2, 4, 6, 8, & 10.
2. Modify them in the following way.
   - If you originally put a 1, change the score to a 7.
   - If you originally put a 2, change the score to a 6.
   - If you originally put a 3, change the score to a 5.
   - 4 stays the same.
   - If you originally put a 5, change the score to a 3.
If you originally put a 6, change the score to a 2.
If you originally put a 7, change the score to a 1.

Cross out the original scores for items 2, 4, 6, 8, and 10 to remind yourself to use only the modified scores in the next step.
You will also use the original scores for items 1, 3, 5, 7, and 9 in the next step.
2. Take the AVERAGE of the two items that make up each scale.
Extraversion: items 1 and 6
Agreeableness: items 2 and 7
Conscientiousness: items 3 and 8
Emotional stability: items 4 and 9
Openness: items 5 and 10

Example using the Extraversion scale: A participant has scores of 5 on item 1 (Extraverted, enthusiastic) and 2 on item 6 (Reserved, quiet). First, recode the reverse-scored item (i.e., item 6), replacing the 2 with a 6. Second, take the average of the score for item 1 and the (recoded) score for item 6. So the TIPI Extraversion scale score would be: \((5 + 6)/2 = 5.5\)

**Experiment with kids: Photographs**

**Incomplete Work without music**
Not listening to the teacher the day music was not the part of their routine.
### Random Number Table

*(Used for Random Analysis)*

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LIST OF MYSTICAL REFLECTIONS OF MUSIC

- Music is not at all gender biased.
- Music inclination can help to trace one's personality and behavior and personality and behavior can help in tracing one's music inclination or choice as well.
- Reflection of music would be same for the people belongs to rural and urban community as per their personality and age.
- Music choice of childhood would remain the same through the life span; it just gets broader with the times in context to genre. But deep through the preference is same, as it was at the initial stage of life.
- Mystical reflection of music can make a happy mind sad and disturbed mind clam. It has such huge impact on one's emotion, that one could not realize how badly they are in control of music.
- Listening music mainly depends on our mood, but long term preference of special genre or categories of music can say a lot about one’s personality.
- 13-19 years old adolescents and youth that are observed to have personality of Openness to new experience had more inclination towards intense and rebellious music. They show the characteristics of being curious, active physically, a risk takers, and intelligent.
- 20-40 years of adults and middle adulthood people with the personality trait of Extraversion had inclination towards Upbeat and Conventional music type. These people tend to be outgoing, helpful to others, cheerful, had positive feelings about themselves, and were more conservative in their views.
• 40 – 75+ years of later adulthood and older people are found to have personality trait of Agreeableness and prefer Reflex and Complex music type. They possess the imaginative, inventive, tolerant, and had liberal political views.

• People who prefer Energetic and Rhythmic music type are energetic, forgiving, and talkative, saw themselves as physically attractive, and rebuffed conservative ideals.

• Reflection of music on openness to new experience personalities is that they develop the sense of appreciation for the emotions, adventure and towards art and variety of experiences. They have unconventional beliefs, and more aware of their feelings. Though negative music can make them cautious and nervous.

• Music reflection on Extraversion personality is filled with more positive energy and emotions, more sociable, and talkative but with high tempered music the personality could be more solitary and reserved.

• For the personality trait of Agreeableness the music has compassionate effect and nature. They develop the quality of being trustworthy and well tempered; on the contrary of good music personality can tend to be more analytical and detached.

• Mystical reflection of music on Neuroticism personality trait is that they become confident and secure and if they listen to dull and sad music, then it can make them sensitive and nervous, and tendency of developing unpleasant emotions.

• According to the research it was found that people while driving listening to their own choice of music increases the risk of more mistakes and chances of accidents than listening to unfamiliar and uninteresting music.

• It was also been observed that there is a mystical reflection of music on the motor and reasoning skills, as well as helps in betterment of the vocabulary. People with
music training are also found to have better analyzing visual information and auditory discrimination ability.

- Music has huge impact on our brain. Music is the only way a person can have both the hemisphere of the brain working, i.e. we can simultaneously stimulate the right and left hemispheres of the brain by playing an instrument or by singing.

- It is also observed that Right hemisphere is involved in processing of melody (prosody) and left hemisphere is involved in processing rhythm and musical analysis. It also activates frontal motor areas.

- It was also been observed during the research that working with music played at the background enhances more concentration than the silence, that might result in unsatisfactory result.

- Music can reduce chronic pain and improve depression. It does this by making the body release endorphins, slowing the breathing and heart rate, distracts the patient, and helps give the patient a feeling of control. It can strengthen the immune system and reduce blood pressure.

- Music can help you learn better in reading, math, and reasoning skills. It can also improve memory. Certain types of music stimulate both sides of the brain, thereby enhancing learning, concentration, and retention. Musical training improves memory even more than just listening.

- There is a reason why you see people running while listening to their iPod. Music decreases fatigue and improves motor reflexes. It can help people with movement disorders.
• Certain kinds of music lessen fatigue. Music can increase productivity by making workers mentally sharper.

• Music can calm and relax. It reduces stress and negative emotions. It can also help you meditate.

• Music can lessen depression. Research is proving what many cultures have known; that music heals and has positive psychotherapeutic uses.

“Music is mystical i.e. mysterious, orphic secretive. Music is reflective of our mood, our activities, personality and behavior. Music is also a social activity that we enjoy with others. Music is a way to express ourselves, our feelings, emotions and thoughts. Music is a part of our identity. Music for all ages is a way to project a person’s self image to the world”.

“Without music Life would be a mistake - Friedrich Nietzsche