



Music Preference in Life Situations A Comparative Study of Trending Music

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Abstract: Over the past few years, numerous amounts of research have been conducted to determine on what basis do individuals prefer their music. However, the music individuals listen to is majorly connected the emotions the feel, the situations they are in & the activities they are performing. This research aims at (a) understanding the music preferences of individuals in different situations (b) understanding the music preferences of college going students. The results showed that in situations which involved high-attention work soft and New-Age music was preferred most by the subjects whereas in situations which required low-attention more upbeat & popular music was preferred. The total music preferred the most by the subjects was Pop in most situations.

Keywords: Music preference, activities, emotion, situations & music genres

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INTRODUCTION

Human beings when not unconscious spend their time majorly in work or entertainment. Human beings are constantly engaged in some or the other activity. Some perform an activity to earn a livelihood whereas some perform an activity to entertain themselves and stir away boredom whereas some perform activities to please other people and some people perform a certain activity to take care of themselves. Every individual has a different reason for performing an activity. The amount of activities that an individual can perform has increased with progress in technology. Today, unlike a few centuries back when one feels boredom there are a lot of activities that one can indulge in to get entertain oneself. With the progress in technology various sources of entertainment are available on demand and are just a click away. For example, today when an individual feels boredom he/she can go and watch a movie, listen to some music, read a book/e-book etc. With the increase in the amount of activities today human beings have started to perform more than one activity at the same point of time. This has led to decline in performance of the primary activity for some individuals whereas for some it has led to an improvement in performance. Certain activities like watching a movie while working where a person is expected to pay primary attention to both the activities can lead to an information overload and have undesirable results. However, listening to music while performing a primary activity has been observed to be preferred by individuals in the past few years and has been reported to have positive effects. Researches in the field of Music psychology has developed over the past decade with the increase in demand and preference of music by individuals. As we look into the different genres of music that have come up today the question that one might come across at some point is when did a particular genre come up? What is the history of music? How did music start in history?

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The earliest traces of music that one can find in history is that of prehistoric music. From prehistoric times till 1870s, Music was available to people only through instruments. The technology to record music came up after 1870s. Since then music has become gradually easily available to individuals around the globe (Emma et al., 2017).

Pop Music is considered to be simple, accessible and catchy. The history of pop music can be traced back to fifties where it was coined first. Artists like Crooners were the first to be mentioned under pop in that decade. These artists used a perfect success formula for having a tremendous popular appeal they took inspiration from the most diverse genres, this tells that pop at first wasn't a separate genre but a collection of music from different genres that was considered popular. However, the subgenres under pop are well-defined. Therefore, Pop is a super-genre of its own.

When it comes to the history of jazz music three possible explanations exist, One suggest that the word is black slang for the ensemble, whereas the another hypotheses tells us that its roots lie in an early jazz band named "Razz" or an early musician named "Jazbo" the third hypothesis says that the name might be a slang for "Jasmine", the most common perfume for prostitutes working in early twentieth century brothels (where Ragtime and jazz developed). In the mid-seventies Jazz gets strongly repressed and overshadowed by R&B. Many American Jazz musicians migrate to Europe, where funded Jazz festivals and Jazz bars in historical city centres thrive better than in the States (particularly in Scandinavia and Eastern Europe). Currently, American Jazz education is on the rise, but general public interest has stayed off. Post-Jazz has therefore become a global and heavily dispersed phenomenon of a genre that once was the sound of a nation.

Blues is almost as old as popular music finding its root in the period of slavery of blacks. Its rich history streams through various genres. At first, Blues was dominantly associated with anything vice; it was regarded as the song of outlaws and criminals. But Blues must rather be seen as an outlet or cry for the people on the border of society: the poor, blind, unfortunate and particularly, the black. Blues before R&B was regrettably known as "race music". It is often said that Blues is the opposite of Gospel: that the latter is the music of God, where the former is the music of the Devil.

Rhythm'n'Blues (R&B) is the powerful combination of two old music genres. On one hand is gospel which has a catchy groovy tempo and involves clapping and rhythmic vibrating voices and on the other hand is blues which delivers warm chords and rich bass. R&B combines diverse musical elements and is therefore a highly flexible hybrid genre.

Country music finds its roots in America and it may seem small and insignificant to non-Americans. Country music has been United States' most selling genre for several decades and it still continues to be in some categories according to numerous statistics. Country music was quite popular in the seventies, it was closely linked to the radio and was one of the first music genres to go on the airwaves. Country music is about: everyday life, family, home. It depicts the values of a strong family and sometimes darker realities such as liquor, drugs, adultery and criminal behaviour which dispels that picture-perfect illusion. God and motherland form two other recurring values in country music.

Metal/Heavy Metal is usually considered as a harder and faster type of rock. However, when we go into the history of metal it evolves from the blues with themes based on sorrow, nihilism, pain, tragedy which is further expanded by Heavy Metal to Death, Destruction, Corpses, Zombies, Satan, Pentagram, Evil Themes etc. Heavy Metal has complex rhythms, more amplification and distortion than rock and it is very technical/rational. Heavy Metal has a strong tendency for being theatrical which makes it more appealing.

Rap/Hip-Hop Music developed in the late eighties with the arrival of electronic samplers which could store and record a variety of samples. Hip-Hop has its roots in the black culture. The term Hip-Hop comes from Hip which is placed near hop which more or less refers to dancing or partying. Afrika Bambataa & Sugar Hill Gang popularized this phrase popular among the black which described a gathering, a movement, or a place of both fun and coolness. Rap Originates from the ghetto and is strongly regional. The real power of rap lies in its content through which it can convey elaborate and profound messages, because of continuous use of lyrics throughout the music.

A Further look into the research which has been conducted over the years on music preference and the psychology of music can help us further understand the importance of the primary objective of this paper.

Objective

The Objective of this Study is to measure the music listening preferences while performing daily life activities and to measure the music listening preferences of college going students.

LITERATURE REVIEW

In a study conducted by (Ginocchio, 2009) on the effects of different amounts and types of music training on music style preference a sample of 176 college non-music majors who recorded their preference for 19 musical examples in varying popular and non-popular styles. Then the subjects completed a personal information form to determine their years of music training and specific types of music training. The results showed that subjects with five years or more of music training gave significantly greater overall music preference ratings than subjects with fewer years of training. Differences were also found between subjects with three differing amounts of training for instrumental jazz, orchestral classical, vocal classical and classical piano music. Responses showed differences in preference ratings between subjects who had been in choir, band, and piano lessons. Participation in band appeared to have the greatest impact on preference for non-popular styles of music.

In a research conducted by (Schafer, Sedlmeier, Stadtler, & Huron, 2013) on the psychological functions of music listening reviews the research contributions that have explicitly referred to musical functions. It is concluded that a comprehensive investigation addressing the basic dimension (cognitive, emotional, social/cultural, and psychological/arousal-related functions) underlying the plethora of functions of music listening is warranted. The research further presents an empirical investigation of hundreds of functions that could be extracted from the reviewed contributions. Principal component analysis suggested three distinct underlying dimensions: People listen to music to regulate arousal and mood, to achieve self-awareness, and as an expression of social relatedness. The first and second dimensions were judged to be more important than the third- a result that contrasts with the idea that music has evolved primarily as a means for social cohesion and communication.

In a research conducted by (LeBlanc, Sims, Siivola, & Obert, 1996) on Music Style Preferences of Different Age Listeners a sample of 2,262 of different age groups were taken in which they were made to listen to art music, traditional jazz, and rock. Subjects ranged in age from 6 to 91 years. Results indicated that music preference styles were comparatively similar across grade levels and when style subtests scores were pooled to make a general index of music preference, a characteristic pattern of responding across grade levels emerged. Listeners in Grade I had a high level of preference, but preference levels then declined to a low point at Grade 6. From that point, preference steadily rose into the high school years, reaching its highest point at college level. Preference declined again for the adult group, which included a good representation of senior citizens. However, adult preference was higher than that of any other grade levels except Grade 1 and college. Rock music was consistently well-regarded across age-groups, and changes in preference for rock across age-groups were comparatively small. Art music was consistently competitive with the other styles in this study.

In a research conducted by (LeBlanc, Jin, Stamou, & McCrary, 1999) on Effect of Age, Country and Gender on Music Listening Preferences 2,042 participants were tested for their music listening preferences from Greece, Korea, and the United States. Their ages ranged from 8 to 18 years and there were 980 males and 1062 females in the entire sample. An 18-item listening test composed of art music, traditional jazz, and rock music examples was used. There were 482 participants in Greece, 1,008 in Korea, and 551 in the United States. It was found that the listeners age, gender and country all exerted a significant influence on that person's music listening preference.

In a research conducted by (Gregory, 1994) on the analysis of listening preferences of high school and college musicians undergraduate college music majors and high school musicians in performance groups and sixth-grade students were taken from eight sites across United States and were made to listen to brief excerpts of music from early contemporary compositions, popular classic music, current crossover jazz recordings, and selections in Silver Burdett/Ginn elementary music education series. The knowledge and preference were recorded by self-reports using the Continuous Response Digital Interface (CRDI) while subjects listened to excerpts of music. The results showed that there were instrumental biases found among high school and college musician's preferences for relatively unfamiliar classical music. College music majors preferences, in general, were less "own-instrument based" than were those of high school musicians. The results also suggested training broadens receptivity within and across music genres.

A Research conducted on "Emotions, Moods and Musical Preferences" by (Sedlmeier & Schafer, 2013) indicates that musical preferences are a result of the positive effects music can have on the mind. The most important effects

that are desired are to induce pleasant or desired moods and emotions in the listener. This research further reviews the evidence for the existence of musical emotions and summarizes the quite different mechanisms for inducing them. The research concludes that there is a high overall correlation between the degree to which music fulfils several functions and the strength of musical preference for people's favourite music. The strength of the relationships between different functions of music and musical preference seems, however, to be determined in part by learning and cultural processes.

In a research conducted by (Raevska & Tadinac, 2018) on "Intelligence, Music Preferences, and Uses of Music from the Perspective of Evolutionary Psychology" it was found that intelligence is a significant predictor of the preference for instrumental music, but not of the preference for vocal- instrumental music. A factor analysis conducted of the Scale of Music Preferences, revealed five factors: reflective, popular, conservative, intense and sophisticated. It was found that cognitive use of music was significantly correlated with the preference for instrumental music, as well as music of reflexive, intense and sophisticated factors.

In a research conducted by (Fung, 1994) on "Undergraduate Non-music Majors' World Music Preference and Multicultural Attitudes", the purpose of the study was to determine the relationship between world music preferences and multicultural attitudes of non-music major undergraduate students. For conducting the study, The World Music Preference Inventor (WMPI) and the Multicultural Attitude Inventory (MAI) were administered on 50 undergraduate non-music majors. Two scores were determined from the WMPI for eight world music style categories: Africa, China, India, Indonesia, Japan, Korea, Middle East, and Thailand. There was no significant correlation between the composite preference score and composite correct identification score. A significant correlation was found among the composite preference score and the composite MAI score. The study indicated that subjects' preferences for the eight world musical style categories were similar. After conducting the Analyses, it was found that there was a significantly higher degree of preference for instrumental excerpts than for vocal excerpts.

In a research conducted by (LeBlanc, 1981) on "Effects of Style, Tempo, and Performing Medium on Children's Music Preference", The study focused on measuring the effects of style, tempo, and performing medium on fifth-grade students expressed music listening preferences. A listening test was administered to 2017 students in four class in central Michigan. The reliability of the test was evaluated in terms of common factor concentration and stability across time, and behaviour observation was used to help interpret results. Among certain Preferences, popular styles were most favoured and correlation analysis indicated that style was most strongly related to preference. Analysis further revealed indicated a strong effect for style, which was noticeably suppressed by performance in the instrumental medium. Across the pooled styles there was a slight preference for faster tempos and the instrumental medium.

In a research conducted on "Perceptions towards Music Preferences in Pakistan" by (Siddiqui & Sibghatullah, 2014) the purpose of the study was to present the public perceptions towards Music Preferences in Pakistan. A survey research was conducted on 125 Men and 115 Women, aged between 18 and 34 from different universities were interviewed. The data was factor analysed and pooled in six factors (1) Moody; (2) Modern; (3) Manifest; (4) Mild; (5) Milieu; (6) Mingy. The research concluded that music preferences in Pakistan can be classified into six dimensions (a) Moody comprising of trending songs with good lyrics; (b) Modern Factor comprising rock and pop music (c) Manifest factor that comprises instrumental beat music; (d) Mild factor comprising classical and semi-classical music ; (e) Milieu factor comprising concerts and more music (f) a Mingy factor that includes the cheapest music and vulgar lyrics. Gender Differences in Music Preferences computed for six factors of music preferences. It was concluded that Women tend to be more Moody and Modern while Men stay as Mild and Mingy.

In a study conducted on "Music Preferences, Music Engagement and Healing" by (Upadhyay, 2013) aimed at understanding the nature of engagement of college students with music, their music preferences and their experiences of healing through music. A questionnaire consisting of nine questions was administered on two compare groups, music listeners and music learners from two universities. It was found that music is mainly an accompaniment to other activities rather than a focused activity for music listeners. Results also showed that college students are more likely to have choice over music while engaging in personal maintenance and active leisure pursuits, when at home or when travelling, and when they are alone. Music listeners and learns have shown to be more likely to have choice over hearing music when at home and driving and less likely to have choice in social settings such as the shops or gym; and more likely to have choice when they are alone rather than with other people.

A study on "Personality correlates of musical preferences" by (Franek & Muzik, 2008) focused on the study focused examining the music preferences in the sample from Czech Republic, differences in structure of music preferences among various age groups and the associations between these preferences and certain personality characteristics. The

Big-Five personality model was related to the Preferences of the music dimensions. It was found that preferences for Upbeat and Conventional dimensions were in young individuals positively related to Extraversion, Agreeableness, Conscientiousness, and Neuroticism. Association between preferences for Energetic and Rhythmic dimension and Extraversion was found. Uses and Gratification approach was used as theoretical explanation for the associations between personality factors and music preferences. According to this theory listeners prefer particular kinds of music and musical genres because they dispose with particular personality characteristics that the music satisfied. The structure of dimensions of music preference was nearly identical in groups aged 16-25 and 26-40.

A research conducted on “Music Preferences and Personality in Brazilians” by (Herrera, Quadros, & Lorenzo, 2018) aimed at analysing the relationship between musical preference and type of personality in a large group of Brazilian young and adult participants. The results indicated four main findings: (1) the musical listening of the participants was limited to a reduced number of styles, mainly Pop music and others; (2) the Brazilian context supposes a determining aspect in the low preference of non-Brazilian music; (3) there is a positive correlation between most personality types analysed and the Latin, Brazilian, Classical and Ethnic musical styles. A negative correlation between these types of personality and the consumption of Rock music was observed; (4) musical preferences are driven not only by personality but in some cases, they are also driven socio-demographic variables.

A research conducted on “A study of personality factors and Music preference, Involvement, and Use among Youth” by (Smith, 1989) focused on the determining a relationship exists between the music preferences, level of music involvement, and music uses among young people and the personality dimensions of internality, norm-acceptance, and sense of self-realization and psychological integration. An Investigator-developed instrument was used to assess subject’s music preferences, level of music involvement, and uses of music. A one-way MAOVA indicated that both males and females who are less involved in music tend to be more norm-accepting and more introverted than those who are highly involved in music. Females preferring soft rock music tend to be more norm-accepting than those preferring either hard rock or nonrock music. Results indicated that young people use music primarily as an adjunct to other activities and, secondly, as a way of improving or altering their mood state.

It was concluded that there appears to be a relationship between listener personality and music preferences, level of music involvement, and major uses of music among young people; but the relationship is a complex phenomenon.

A study on “Music preferences and personality among Japanese university students” by (Brown, 2012) investigated the personality profiles and general music genre preferences of 268 Japanese college students. Six dimensions and 24 facets of personality and 12 music genres were assessed. Results indicated, openness (to experience) and particularly the facet of “aesthetic appreciation” were associated with a preference for “reflective” music (jazz, opera, classical, gospel, enka), while one extraversion facet (sociability) was associated with the preference for pop music. Other personality dimensions were less consistently associated with musical preferences.

RESEARCH METHODOLOGY

To study the preference of music, researchers used the music preference scale. The questionnaire consists of two variables:

1. Independent Variable: 18 types of situations Workout, Morning way to work etc.
2. Dependent Variable: 27 types of music preferred by individuals in different situations are scored. The preference is scored on EDM, Acoustic, etc.

Sample

In the study, A sample of 40 undergraduate students studying B. A/B. Com/B.B.A course were taken. The sample consists of 19 boys & 21 girls from Pandit Deendayal Petroleum University. Students belonged to an Urban Socio-Economic Background. The sample was taken on random bias.

Description of Tool

The ‘Music Preference’ scale is a projective method developed to measure the music preferred by people in different situations.

There are various types of music with the advancement of the technology. 27 types of music are taken to understand the preference of music in 18 types of different situation, an individual face in day to day life.

- 1) Acoustic: It is a music that solely or primarily uses instruments that produce sound through acoustic means, as

opposed to electric or electronic gadgets.

2) Electronic Dance Music (EDM): It is an umbrella term for a panoply of musical styles that emerged in the mid-1980s.

3) Bollywood Retro: It is Hindi cinema songs sung by different male and female singers for the films of the year 1950- 1980s.

4) Bollywood: The Hindi cinema songs which includes different types of classical, rap or melodies songs of the films of 1990 till date.

5) Cringe Pop: It is genre of pop music accompanied by music and music videos which are described as so bad that the one cannot stop watching it. The music is annoying, yet viral.

6) Country: It is American popular music having roots in the folk music of south east and cowboy music of the west. It is simple in form and harmony and typified by romantic or melancholy ballads accompanied by string instruments.

7) Devotional: Largely known as Bhajan, it is music in which is sung as a prayer to the God or devotee of God (i.e., Mira, Narsingh Mehta)

8) Folk: It is music which is influenced by the community and/or society.

9) Fusion: It is a musical genre that developed in the late 1960s combined with jazz harmony and other styles like funk, rock, rhythm and blues.

10) Heavy metal: With roots in blues rock and psychedelic/acid rock, the bands that crated heavy metal developed a thick, massive sound characterised by highly amplified distortion

11) Hip Hop: It is a culture based music consists of a stylized rhythmic music that commonly accompanies rapping, a rhythmic and rhyming speech that is chanted.

12) Indie: It is independent music known as "Indie music" or "Indie" produced independently from major commercial records label or their subsidiaries, process that may include an autonomous, do it yourself approach.

13) New-Age: The use of various types of instruments to create music which is often used for meditation or serenity

14) Indian Classical: The singer sings on pure musical scale

15) Jazz: Jazz is a music genre that originated in African American communities of New Orleans, United States, in the late 19th and early 20th centuries, and developed from roots in blues and ragtime.

16) Pop: Pop music is a genre of popular music that originated in its modern form in the United States and United Kingdom during the mid-1950s.

17) Pop Rock: Pop music is rock music with a lighter, smoother approach that is more reminiscent of commercial pop music.

18) Punjabi: It is a folk song in which the rhythm and beat of the songs is fast paced.

19) Rap: A style of popular music, developed by disc jockeys and urban blacks in the late 1970s, in which an insistent, recurring beat patterns provides the background and counterpoint for rapid, slangy, and often boastful rhyming patter glibly intoned by a vocalist or vocalists.

20) R&B: A kind of pop music of black origin with a soulful vocal style featuring much improvisation.

21) Rock: A form of popular music which evolved from rock and roll and pop music during the mid and late 1960s. Harsher and often self-consciously more serious than its predecessors.

22) Semi classical: Music of relating to, or being a work that in style or form falls between the classical and popular genres. A classical composition that enjoys popular appeal because of modern elements.

23) Soul: This music is created to soothe the mental energy and relax the mind

24) Soundtrack: Music accompanying and synchronized to the images of a motion picture, book, television program or video game.

25) Western Classical: Music composed during the late 18th and early 19th centuries, characterized by the development of the sonata by such composers as Mozart.

26) Blues: Blues is an African-American music that traverses a wide range of emotions and musical styles.

27) Love: Compositions and songs mainly expressing emotions of attraction towards someone or oneself.

The above-mentioned music is preferred by individual in 18 different types of situations like: Work out situations, Way to work in the morning, Depressed, Stressful, waiting in a queue, break up, reading a book, learning for an exam, Party, Happy, Relaxing or meditation, Returning from work in the evening, Anger, Cooking, Long drive, Bathing, Social gathering, Music prone to irritation or disgust.

RESULTS & DISCUSSION

Music Preference in Workout Situation

Table 1 *Most and Least Preferred Genres in Workout Situation*

Workout Situation (Most Preferred)		Workout Situation (Least Preferred)	
Genre	Percentage	Genre	Percentage
Rock	27.50%	Hip-Hop	7.50%
EDM	22.50%	Bollywood Retro	5%
Pop	12.50%	EDM	5%
Heavy Metal	7.50%	Love Songs	5%
Bollywood	5%		
Hip Hop	5%		

From Table 1 it can be observed that the genre of music preferred the most by subjects while working out is Rock at 27.50% followed by EDM at 22.50% followed by Pop at 12.50%. The least preferred genre of music is Hip-Hop by majority at 7.50%.

Music Preference While Going to Work in the Morning

Table 2 *Most and Least Preferred Genres while commuting for Work (Morning)*

Way to Work (Morning) (Most Preferred)		Way to Work (Morning) (Least Preferred)	
Genre	Percentage	Genre	Percentage
Rock	22.50%	Pop Rock	7.50%
EDM	20%	Bollywood Retro	5%
Pop	20%	New-Age	5%
Acoustic	15%		
R&B	7.50%		
Love	5%		
Bollywood	5%		

From Table 2 it can be observed that the genre of music preferred most in the situation of while driving to work by subjects is Rock at 22.50% followed by EDM and Pop 20% followed by Acoustic at 15% and the least preferred genre of music by majority is Pop Rock at 7.50%.

Music Preference in Situation of Depression

From Table 3 it can be observed that the genre of music most preferred in this situation by subjects is Acoustic at 17.50% followed by Bollywood & Pop at 10% followed by EDM at 7.50% and the least preferred genre was Indie, Jazz & Western Classical at 2.50%. This data reveals that soft & simple music is preferred rather than loud & fast music in situations of sadness.

Table 3 Most and Least Preferred Genres in Situation of Depression

Depressed (Most Preferred)		Depressed (Least Preferred)	
Genre	Percentage	Genre	Percentage
Acoustic	17.50%	Indie	2.50%
Bollywood	10%	Jazz	2.50%
Pop	10%	Western Classical	2.50%
EDM	7.50%		
Heavy Metal	5%		
Bollywood Retro	5%		

Music Preference in Stressful Situations

Table 4 Most and Least Preferred Genres in Stressful Situations

Stressful Situation (Most Preferred)		Stressful Situation (Least Preferred)	
Genre	Percentage	Genre	Percentage
Pop	17.50%	Love Songs	5.00%
Acoustic	10%	EDM	2.50%
Bollywood	7.50%		
Jazz	7.50%		
Rock	7.50%		
Cringe Pop	7.50%		
EDM	7.50%		

From Table 4 it can be observed at the genre of music most preferred in stressful situations by subjects is Pop at 17.50% followed by Acoustic at 10%. In Table 4 the least preferred genres were Love & EDM at 5% and 2.5% respectively.

Music Preference in Situation of Waiting in a Queue

Table 5 Most and Least Preferred Genres in Situation of Waiting in a Queue

Waiting in a Queue (Most Preferred)		Waiting in a Queue (Least Preferred)	
Genre	Percentage	Genre	Percentage
Rock	7.50%	Blues	2.50%
Bollywood	5%	Rock	2.50%
Pop Rock	5%		

From Table 5 it can be observed that the most preferred genre by the subjects while waiting in a queue is rock music at 7.50% followed by Bollywood music and then followed by Pop Rock. In Table 5 the least preferred genres were Blues & Rock at 2.50%.

Music Preference in Situation of Breakup

The Table 6 shows that in situations of a breakup the most preferred genre by subjects is Pop which is 15% followed by Acoustic which is 10% and the least preferred was rap at 2.50%.

Table 6 Most and Least Preferred Genres in Situation of Breakup

Breakup Situation (Most Preferred)		Breakup Situation (Least Preferred)	
Genre	Percentage	Genre	Percentage
Pop	15%	Rap	2.50%
Acoustic	10%		
EDM	5%		
Bollywood Retro	5%		

Music Preference in Reading Situations

Table 7 Most and Least Preferred Genres in Reading Situation

Reading Situation (Most Preferred)		Reading Situation (Least Preferred)	
Genre	Percentage	Genre	Percentage
New-Age	20%	Indie	5.00%
Jazz	5%		
Acoustic	5%		

While reading the most preferred genres were New-Age at 20% followed by Jazz at 5% followed by Acoustic at 5%. The least preferred genres were indie at 5%.

Music Preference in Learning Situation

Table 8 Most Preferred Genres in Learning Situation

Learning Situation	
Genre	Percentage
New-Age	25%

When it came to learning some skill or material the genre preferred most by the subjects was New-Age as they said it helped them stay calm and focus.

Music Preference in Situation of Relaxation/Meditation

Table 9 Most Preferred Genres in Situation of Relaxation/Meditation

Relaxing/Meditating Situation	
Genre	Percentage
New-Age	32.50%
Pop	7.50%

When asked what genre of music was most preferred by the subjects while either relaxing or meditating 32.50% reported that listening to New-Age music helped them relax and rejuvenate whereas 7.50% preferred listening to pop to relax at the end of the day.

Music Preference in Party Situations

Table 10 *Most and Least Preferred Genres in Party Situation*

Party Situation (Most Preferred)		Party Situation (Least Preferred)	
Genre	Percentage	Genre	Percentage
EDM	35%	EDM	5%
Rock	20%	Jazz	5%
Bollywood	15%	Pop	5%
Pop	12.50%	Devotional	5%
Punjabi	5%	Country	5%

Music preferred in parties was mostly upbeat and energetic. EDM was the most preferred genre at 35% followed by rock at 20% followed by Bollywood at 15%. Pop stood at 12.50% and Punjabi stood at 5%. All these genres have fast rhythms which the subjects reported gave them an adrenaline boost.

Music Preference in Situations of Happiness

Table 11 *Most and Least Preferred Genres in Situations of Happiness*

When Happy (Most Preferred)		When Happy (Least Preferred)	
Genre	Percentage	Genre	Percentage
Pop	30%	Hip-Hop	7.50%
Rock	15%	Bollywood Retro	5%
Bollywood	7.50%	EDM	5%
Love	7.50%	Love Songs	5%
Blues	5%		
Acoustic	5%		

When asked what genre of music the subjects preferred the most when they were happy a majority of 30% reported listening to pop followed by 15% for rock and 7.50% for Bollywood and Love Songs, followed by 5% for Blues & Acoustic.

Music Preference while Returning from Work in the Evening

Table 12 *Most and Least Preferred Genres while Returning from Work (Evening)*

Returning from Work (Evening) (Most Preferred)		Returning from Work (Evening) (Least Preferred)	
Genre	Percentage	Genre	Percentage
Pop	17.50%	Rap	2.50%
Bollywood	7.50%		
Heavy Metal	5%		
Indie	5%		
Jazz	5%		
Rock	5%		

The genre of music preferred most by the subjects while returning from work at the end of the day was pop at 17.50% followed by Bollywood at 7.50%. Heavy Metal, Indie, Jazz and Rock all stood at 5%. The least preferred genre was Rap at 2.50%.

Music Preference in Situations of Anger

Table 13 Most and Least Preferred Genres Situations of Anger

When Angry (Most Preferred)		When Angry (Least Preferred)	
Genre	Percentage	Genre	Percentage
EDM	12.50%	Heavy Metal	2.50%
Pop	7.50%		
Rock	7.50%		
Heavy Metal	5%		
Bollywood	5%		
Acoustic	5%		
Rap	5%		

When feeling aggressive or angry the most preferred genre of music was EDM at 12.50% followed by Pop and Rock at 7.50% followed by Bollywood, Acoustic and Rap at 5%. The least preferred genre was Heavy Metal at 2.50%.

Music Preference while Cooking

Table 14 Most Preferred Genres while Cooking

While Cooking (Most Preferred)	
Genre	Percentage
Pop	10%
Bollywood Retro	7.50%
EDM	5%
Bollywood	5%

While Cooking food the genre most preferred was pop music at 10% followed by Bollywood retro at 7.50% followed by EDM & Bollywood at 5%. It can be inferred from the data that fast rhythmic music and Easy to sing genres helped avoid boredom while cooking food.

Music Preference During a Long Drive

When going for long drives the most preferred genre of music according to the subjects was pop at 27.50% followed by EDM & Bollywood Retro at 10% followed by Bollywood, Indie, Love at 7.50% followed by Acoustic & Rock at 5%. The least preferred genres were Pop, Punjabi, R&B & Acoustic.

Music Preference while Taking a Bath

While Bathing some people preferred to listen to music whereas some didn't for those who did EDM was the most preferred genre at 20% followed by at 17.50% followed by Rock, Bollywood Retro & Bollywood at 5%. The least preferred genre was also EDM in this situation.

Music Preference in Social Gatherings

In General, Social Gatherings other than parties, the most preferred genre of music was Bollywood Retro and Punjabi at 7.50% followed by Acoustic, EDM, Bollywood, New-Age at 5%.

Table 15 Most and Least Preferred Genres during a Long Drive

Long Drive (Most Preferred)		Long Drive (Least Preferred)	
Genre	Percentage	Genre	Percentage
Pop	27.50%	Pop	2.50%
EDM	10%	Punjabi	2.50%
Bollywood Retro	10%	R&B	2.50%
Bollywood	7.50%	Acoustic	2.50%
Indie	7.50%		
Love	7.50%		
Acoustic	5%		
Rock	5%		

Table 16 Most and Least Preferred Genres while Taking Bath

While Bathing (Most Preferred)		While Bathing (Least Preferred)	
Genre	Percentage	Genre	Percentage
EDM	20%	EDM	2.50%
Pop	17.50%		
Rock	5%		
Bollywood Retro	5%		
Bollywood	5%		

Table 17 Most and Least Preferred Genres in Social Gatherings

Social Gatherings (Most Preferred)		Social Gatherings (Least Preferred)	
Genre	Percentage	Genre	Percentage
Bollywood Retro	7.50%	EDM	2.50%
Punjabi	7.50%		
Acoustic	5%		
EDM	5%		
Bollywood	5%		
New-Age	5%		

Genres of Music found Irritating/Disgusting

When it came to the genre of music people found Irritating/Disgusting it was found that cringe pop was rated the highest with a 12.50% majority followed by EDM and Bollywood at 10%, Followed by Heavy Metal at 7.50% Followed by Pop, Rap, Rock & Love at 5%.

Does the Music you Listen to Affect your Mood?

When asked if the music preferred affects their mood 87.50% subjects responded yes it does affect their mood 5% said No it doesn't and 7.50% said sometimes it affects sometimes it doesn't.

Table 18 Genre of Music perceived as Irritating/Disgusting

Irritating/Disgusting	
Genre	Percentage
Cringe Pop	12.50%
EDM	10%
Bollywood	10%
Heavy Metal	7.50%
Pop	5%
Rap	5%
Rock	5%
Love	5%

Table 19 Impact of Music on Mood

Music affect Mood		
Yes	No	Sometimes
87.50%	5%	7.50%

Table 20 Does the Music you Listen Complement your Mood?

Music Complement Mood		
Yes	No	Sometimes
40%	25%	35%

Does the Music you Listen to Complement your Mood?

When asked if the music preferred is complimenting their mood or not 40% responded yes, the music they prefer to listen to complements their mood 25% responded no it doesn't complement their mood and 35% responded it complements sometimes.

Does the Music you Listen to Increase your Work Efficiency?

Table 21 Impact of Music on Work Efficiency

Music affecting efficiency		
Yes	No	Sometimes
52.50%	10%	37.50%

When asked whether music helps improve efficiency while working 52.50% responded yes it does help improve their efficiency whereas 10% responded No it doesn't and 37.50% responded it helps sometimes.

Is the Music you Listen to and the Music you Play Similar?

Table 22 *Impact of Music Learning on Music Listening*

Music and instrument		
Yes	No	Sometimes
17.50%	15%	67.50%

The subjects were asked if they played any instrument and if they did is the music they listen to and play similar to which 17.50% responded yes, they play an instrument and the music preference is similar to what they play 15% responded saying no, the music they listen to is different from the music they play and 67.50% responded they don't play an instrument.

Does Music Preference affect Loneliness?

Table 23 *Music's Impact on Loneliness*

Music affecting Lonely		
Yes	No	Sometimes
65%	17.50%	17.50%

The subjects were asked whether the music they listen to when they are feeling lonely help them feel better or not 65% subjects responded yes it does whereas 17.50% subjects responded it doesn't and 17.50% subjects responded sometimes it does.

Does Music Preference affect Depression?

Table 24 *Music's Impact on Depression*

Music affecting Depressed		
Yes	No	Sometimes
47.50%	17.50%	35%

The subjects were asked whether the music they listen to when they are feeling depressed help them feel better or not 47.50% subjects responded yes it does whereas 17.50% subjects responded no, it doesn't and 35% subjects responded sometimes it does.

Is Music Preference based on Moods?

Table 25 *The Impact of Mood on Music Preference*

Change in Mood	
Yes	No
85%	15%

When asked whether the music preference of subjects keeps changing according to their moods 85% responded yes it does whereas 15% responded no, it doesn't.

CONCLUSION AND IMPLICATIONS

The results from the above study revealed that on their way to work in the morning Rock music is the most preferred genre whereas the least preferred genre is Pop Rock. In situations where, one is feeling depressed the most preferred genre of music is acoustic and the least preferred genres are indie, jazz and western classical. In stressful situations the most preferred genre is pop whereas the least preferred genre is love songs. In situations such as waiting in a queue the most preferred genre of music is rock whereas least preferred genre of music is blues and rock. In situations of breakup the most preferred genre of music is pop and the least preferred genre of music rap. In situations of reading a book the most preferred genre of music was New-Age whereas the least preferred genre of music was indie.

In situations of learning there was no least preferred genre as music wasn't preferred much while learning but for those who did use music New-Age music was the most preferred genre of music. In situations of Relaxation & Meditation again not everyone preferred listening to music but for those who did the most preferred genre of music was New-Age. In party situations the most preferred genre of music was EDM whereas there was no one least preferred genre jazz, pop, Devotional & country were some of them. When happy people preferred pop music the most whereas the least preferred genre was love songs.

When returning from work the most preferred genre of music was pop and the least preferred genre of music was rap. In situations where, one is angry the most preferred genre of music was EDM whereas the least preferred genre of music was heavy metal. While cooking the most preferred genre of music was Pop whereas the least preferred genre was Bollywood. During a long drive the most preferred genre of music was Pop whereas least preferred genre of music was Pop, Punjabi, R&B & acoustic. While taking a bath the most preferred genre of music was EDM.

In social gatherings other than parties the most preferred genres of music were Bollywood Retro & Punjabi whereas least preferred genre was EDM. In the Genres of music that were deemed irritating/disgusting the highest rated was Cringe Pop whereas the least rated was Love. When asked the does listening to music affect their mood most of the subjects replied yes. When asked do they listen to music that complements their mood 40% replied yes. When asked does the music they listen to increase their work efficiency 52.50% said yes it does. When asked if the preference of music they play on their instrument is similar to the music they prefer to listen 67.50% replied no. When asked does the music they listen to help if they're feeling lonely to which 65% said yes. When asked does the music they listen to help if they're feeling depressed to which 47.50% said yes it does. When asked does their music preference change according to their mood 85% responded yes it does.

This research can be beneficial for (a) event organizers planning to host an event where music plays a major role (b) Radio companies, Radio jockeys & Disc Jockeys to select their playlist according to different situations and different durations of the day (c) For further studies on music and how it can improve efficiency in work (d) Record Labels to understand the genre of music being preferred by people (e) Music Application Developers to understand the daily trends in music preference.

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