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NEXUS BETWEEN MUSIC, HUMAN SOUL AND PERSONALITY FORMATION: CONTEXTS FROM A NIGERIAN PERSPECTIVE

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Abstract. Music is an important element in almost all societies of the world. Music is played almost everywhere that there is human endeavour. People opt to listen to music that resonates with them and appeal to their inner senses. Each individual has their own unique taste for music and preference for certain kind of music. Music is something that everyone enjoys listening to as it refreshes the soul and keeps the human mind active. It also helps to reflect the kind of personality that an individual has formed, is forming, or is likely to form due to the repeated exposures to certain music genres. This paper therefore intends to establish connections among music, the human soul, and the formation of human personalities through the influence of music. It is hoped that an understanding of this can help to identify the strength of music on the human personality and to be consciously aware of the kind of music individuals intentionally and unintentionally get exposed to. The paper also explores music preferences from the context of Nigerian music listeners and its implications on the context of their social interactions and personality development.

Keywords: *behaviour change, coping, dance, music, nexus, personality, preferences.*

Rezumat. Muzica este un element important în aproape toate societățile lumii. Muzica se cântă aproape peste tot unde există eforturi umane. Oamenii aleg să asculte muzică care rezonază cu ei și care face apel la simțurile lor interioare. Fiecare individ are propriul gust unic pentru muzică și preferință pentru un anumit tip de muzică. Muzica este ceva pe care toți îi place să îl asculte, deoarece împrăștează sufletul și menține mintea umană activă. De asemenea, ajută la reflectarea tipului de personalitate pe care un individ și-a format, își formează sau este probabil să se formeze din cauza expunerii repetate la anumite genuri muzicale. Prin urmare, această lucrare își propune să stabilească conexiuni între muzică, sufletul uman și formarea personalităților umane prin influența muzicii. Se speră că o înțelegere a acestui lucru poate ajuta la identificarea puterii muzicii asupra personalității umane și pentru a fi conștient de tipul de muzică la care indivizii sunt expuși în mod intenționat și neintenționat. Lucrarea explorează, de asemenea, preferințele muzicale din contextul ascultătorilor de muzică nigerieni și implicațiile sale asupra contextului interacțiunilor lor sociale și al dezvoltării personalității.

Cuvinte cheie: *schimbare de comportament, coping, dans, muzică, nexus, personalitate, preferințe.*

1. Introduction

Music is around us everywhere we turn. Whether shopping for groceries in a shopping mall, listening to the radio in the house or car, for outdoor advertising campaigns, in all our social functions, even when placed on hold when calling the customer care centres. Music is portrayed to us as being the 'soundtrack' of our lives, music fulfills some crucial functions – it relieves boredom, eases tension, alters one's mood, fights loneliness, evokes memories, help in how we deal with social issues, acts as avenues to express ourselves, and aids in the identification of who we are and where we fit within society [1]. Music can also help us organize our internal and social worlds, and may even direct our physical activities or celebrations [2].

Some argue that music is biologically embedded in us, or at the very least, has cultural utility [3]. Music is used to demonstrate the nature, quality and context of our cultural celebrations. The louder the music, the louder the excitement, and the more significant the celebration is. All cultural and traditional activities are accompanied by some form of music or the other such as weddings, naming, funerals, housewarming, chieftaincy, and indeed any other celebrations that gather people for an occasion. It is the lifeblood of the African cultural setup. Music thus is a medium that brings people together and which is used to promote a sense of community in various African cultures, and with particular emphasis on the Nigerian society.

The value that a person places on the music he/she is exposed to in his/her daily living depends on the purposes that such music has to him/her, as well as the degree to which he/she is engaged to the music, because such purposes could include but not limited to keeping company, helping to read or concentrate, used as a form of entertainment, used as an advertising tool, and a number of other sundry purposes. Music could be therapeutic, relaxing, exciting, appealing, informative, motivating, and avenues for soul-searching or discovery of personalities. Whatever an individual uses music for, it definitely will serve the purpose in the exact manner desired. Our personalities consist of who we are, outside and inside, what we do and how we cope with issues. It consists of the totality of our feelings, thoughts, and actions and how we process the information we get from the outside world.

It thus suggests that people may prefer certain kinds of music because the music types because such music satisfies some kinds of particular personality characteristics. As an example, some individuals will generally enjoy music that will encourage them to socialize and spend time with others while some others may prefer music that keeps them company and allows them to stay indoors or to concentrate on their work or study. The kind of music an individual chooses to complement his/her lifestyle and personality may then serve to gratify some physiological, emotional, social, and psychological needs. Music therefore shapes individuals' thoughts, as a connection to the human soul, for self-expression, and to find purpose, meaning and significance. This then has significant impacts on the development and maintenance of socially acceptable and relevant personalities.

The objectives of the study are the following:

1. To examine the connection between music and the human soul.
2. To examine the connections between the choice of music and various human activities.
3. To expatiate on the nexus of listening to music, identities, and the personalities of individuals who listen to music.
4. To establish the links between music preference and human personality.
5. To explain the use of music as a coping mechanism.

2. Materials and Methods

Exploratory analytical technique was employed in this study. This study made use of in-depth conceptual analysis of the subject matter through library sources, internet sources, journals, and others that are directly related to the subject under consideration as touching music, use of music, music preferences, and the nexus of music and the human personality and the influences involved. This was then done critically and was able to proffer an analysis of the matter to ensure objective conclusions.

3. Conceptual Clarifications

3.1. Music and the Human Soul

Music is the food of the soul. Music refreshes and energizes the soul. It makes you happy. It gives you joy undiluted joy, inexplicable joy. People that love music believe that it can soothe the soul because when people listen to music, it puts them in a relaxed mode and some level of conviviality and help to massage the soul when being weighed down with tiredness, stress, sorrows, and the likes.

Music is directly linked with the formation of personalities of individuals as well as the contents of one's soul in that as they go on with life in that they are directly and indirectly influenced by the kind of music they hear. Many individuals pay selective attention to who they listen to in terms of their music tastes, when, and why they listen to such music and musicians and they are likely well able to judge their emotional responses and how they react to the music they have been exposed to. Music listening is deep seated far beyond the surface as it connects with the soul of an individual and evokes deep-seated emotions within the individual. Music does to the human soul what only music can do. How do you explain people that sing in the bathroom, under the shower, or sing to relieve pressure, burden, or a depressive situation? In fact, music played sometimes indicates the kind of emotions that the listener is presently in.

As human beings, we all experience various emotions such as joy, anger, sadness, love, hate, happiness, and other feelings that show our affective side. We have diverse ranges of emotions that influence the way we act, react, what we say, and how we say them. Our emotions are triggered, influenced, and altered by a lot of things in our daily lives and in our interactions with people and situations around us, and one of those things is Music. Music possesses the potential to influence our moods, feelings, thoughts, and actions. Music is considered as a way of expression in which people choose to be free and creative in how they express themselves when the tune of the music hits. Our moods are affected not only by the music we like but also by just any music at all. While we welcome some tunes with excitement and joy, when we hear others, we may feel angry, irritated, or disturbed, still we may feel indifferent about certain kinds of music. It therefore suggests that individuals vary in what music they like and appreciate across a broad spectrum of music genres. An individual could also not get along with a song at a particular time, even though he/she likes the song and even has it on the playlist, because sometimes an individual may not just desire a particular song at a time, not because he/she hates the song, but that maybe it doesn't appeal to his/her mood, situation, or affect at that particular time.

Music has strong ties with emotion and can be very effective therapeutic tool. Music elicits strong emotion more consistently and frequently than other forms of art. Some of the positive benefits reported regarding the music and its impact in personality and behaviour includes the stabilization and regularization of heart rate, blood pressure and sleep cycles

including the boosting up of confidence and self-esteem [4]. Ahmad & Rana in their study observed that people think that they can take themselves out from sadness and sorrow by listening to music. They also posited that music refreshes the soul and keeps our mood high, people love listening to music and enjoy it [5].

Music possesses some strong level of effect on the hearer such that a genre of music can change an individual's mood from what it was before the music hit to a completely different mood. A person might be downcast due to certain life challenges, but that can change in an instant when a feel-good music bellows from the television or radio speakers, or from the car stereo. The kind of emotions that are therefore generated from people's experiences when they listen to specific music is then associated with the music such that there is a cognitive mapping that when next they feel in a certain way similar to their previous experiences, they feel that they have an idea of just the kind of music that will significantly improve their moods.

3.2. Music and Human Activities

Often times, when people engage in physical activities such as hiking, running, workout sessions in the gym, driving, weightlifting, dancing, and other activities that require the use of physical strength like bricklaying, barbing, carpentry, welding, and the likes, they usually accompany them with music. This helps their overall performance in such activities. Music is also identified as an important leisure activity, one that people engage in for the fun, pleasure, excitement, and relaxation, it brings. People engage in it in order to reduce tension, calm stress, alleviate anxieties, reduce boredom, or simply just to take their minds away from the challenges that had experienced or are experiencing. People spend more time listening to music compared to a lot of other leisure activities (e.g., eating, hobbies) across situations [6]. This is in part because of the fact that one can be engaged in other things while listening to music throughout the duration of such activity. Music plays an important role in the lives of people the entire world, which is why many wonder what individual factors might influence musical preferences [7].

Also, music plays a critical role in many people's religious and spiritual lives, and their connections with spiritual tenets. Music helps in the conduct of many religions as it sets the tone for worship and creates the ambience needed for the conduct of diverse religious conducts and ceremonies. Music makes spiritual activities really emotional and deep-seated and helps the worshippers to connect to their inner selves and the higher force, that many times such feelings are almost inexplicable. In fact, many of the contemporary musicians owe their roots to their days in the choirs of their various churches as this was the platform where they cut their teeth in their adventure into the foray of music.

It sets the tone or mood for how an occasion will pan out. In our daily conduct, we can have an idea of the kind of activities going on by the kind of music being played, the tempo of the song, and even how loud the song is. There are different classes of music and these classifications have their specific times of play and corresponding usage. Each of these genres also have specific set of fans who prefer a genre over the other or reasons they can explain and for some they can't really find a real explanation of their music preference. A person's individual differences, including personality, can correlate with what type of music they like.

In some instances, the absence of music in various social gatherings can make the people who have attended to be apprehensive and somehow tense. It even makes people to begin to question whether the event was holding particularly if they are coming into the

venue of the occasion without any form of sound that will suggest that the activity is going on. For example, if a wedding reception was supposed to be held at 2pm, but for some reasons it didn't start at exactly that time, what is observed is that the band or DJ on standby in that occasion will be asked to start playing music, and this helps to calm frayed nerves down as it is also an indication that the event will soon start. Even in our residential areas, you can tell if a house is inhabited or not by the presence or absence of music from that house, having been on the lookout on that house for a while.

According to Vignaanth and Nochilu, music can bring out strong emotions and even sports teams are more likely to play hard rock or rap before a game because most people can figure out the reason behind those musical choices. Music is so influential on the brain that the type of music we listen to actually has the ability to change the way you think and look at the world. All over the world and all through the history individuals used music to express their internal sentiments, be it sad or happy [8].

The different genres of music that are available are the following: Hip-Hop, Jazz, Dancehall, Rock, Rap, Classical, Reggae, Disco, Punk, Heavy Metal, Country, Grunge, Rhythm and Blues (R&B), and Pop. There are music genres that are continent-specific that may not be classified as is obtainable in the Western Society. For Nigeria as a country, there are genres of music developed which are specific to the country: Juju, Fuji, Apala, Afrobeat, Highlife, Igbo Highlife, Afropop, Afrobeats, and Gospel. All these genres have specific sets of percussions, instruments, accompanies, tempo, timbre, and pitch that are unique to each genre. These

3.3. Music, Identity and Personality

According to the *uses and gratifications* approach [9, 10], people make different media choices depending on personal characteristics. Thus, music listeners gravitate to particular kinds of music because they have particular personality characteristics, issues, and/or needs that are either reflected in the music they choose or that the music satisfies. For example, adolescents' music preferences have been found to be related to issues of identity, dependence–independence, and separateness–connection.

In addition, young people use music as a medium of resistance to authority at all levels, use it to assert their identifications, personalities, and their approach to societal issues. They also use it to develop relationships with their peers, and to get involved in romantic entanglements. They learn a lot from music, in terms of the lyrics of the music, as well as the lifestyles and personalities of the musicians they adore and admire both overtly and covertly, and as well pick up diverse and wide pool of information that parents, schools, friends, and even their peers are not telling them.

We most of the time identify with music that speaks and resonates with us and what we like as individuals and what motivates us in our daily routines as we venture through our numerous activities. Music is an activity where the demands are adapted to the level of functioning of a person and that has positive influence on the feelings of an individual's identity. It helps to shape our approach to issues, awakens our conscience, improves our attention and concentration, and helps to stabilize our state of consciousness.

Music is thus a very important key to the development and maintenance of an individual's identity and personality because it offers an understanding of one's self, of others, of parents, peers, and the society in general. The experiences people have from their love of and interest in music generally, and certain music in particular, place them in cultural settings and dispositions which allows them to connect with events, issues, and perspectives that are

pertinent to them and their well-being in the society. It assists in shaping our preferences for certain things and loathe for others. It helps, particularly in adolescence, to create an impression of ourselves that we envisage, to project ourselves to something else other than ourselves, our families, and our friends. We are also able to initiate, develop and maintain social relationships with people who share the same music preferences as us.

It is also believed that individuals form emotional alliances with the artistes that they love and they exhibit these subconsciously as they are the first to buy their CDs, download their songs, stream their videos and buy tickets to go watch them at concerts. They also sometimes come to the defense of the artiste or his/her music whenever anyone tries to slight them or to make derogatory remarks about them and their music.

Musicians also act as role models to people of the younger generation either consciously or unconsciously. There are many people who are evidently very much influenced by the kind of music they hear and the lifestyles of the musicians they love. There are individuals who copy their dressing, manner of speaking, and dance moves in their own daily lives. Some practically idolize these musicians. Some go to the extent of having their pictures hung in their bedrooms. There are many others who are subtly changed or influenced who may not easily recognize or admit that they have been influenced by these artistes.

Personality explains the totality of an individual. His/her feelings, thinking, reasoning, actions, and reactions all resonates in the making of that individual. Those enduring and unique patterns that individuals express at various occasions and in various contexts thus define him/her and are the hallmarks of the personality of such individual. Because our personalities define who we are and what we like, it is therefore influenced by the kind of music we choose to listen to, and those we intentionally or intentionally choose to avoid, our personalities therefore are a reflection of our choices and preferences of music, musicians, and all that come with it.

It does suggest therefore that as we age, our music preferences could change or remain constant as we shuffle through the various existing and new genres of music. So as people grow, music tends to define them in some ways and is used as a platform for expression, communication, and motivation. However, no matter the degree of changes that may occur to our music tastes and preferences, we tend to have inclination towards some kind of music in particular because they carry more significance to us than others, and we share deep, soulful connections with them. That inclination could be due to the heartfelt lyrics, aggressive tempo, or the soft twang of the guitar. Anything we willingly incorporate into our lives could be considered a personality indicator, but most of us hold music a lot closer to our hearts than we do clothes, accessories, friends, or gadgets [4].

Music is a universal language and has a universal appeal. It sometimes transcends the language with which it was sung. An individual connects with his/her soul without necessarily considering the language used. You find that people move to the rhythms of songs that are not sung in their language. In fact, international superstar musicians go to countries and perform at very large concerts with crowds that do not even understand a thing from what they are singing. However, because of the appeal that music has, such becomes sold-out concerts with people feeling refreshed and energized. The contents of the music that musicians dish out could be seen as conforming to societal values or to change certain narratives within the society. It reinforces their listeners' ideals of how the society should be. It could be an instrument of inspiration, motivation, correction of societal vices, and advancement of societal causes. There are musicians who use their music as messages of

hope, of building better societies, of fighting the cause of the common man. So, there are musicians who use their music to promote such ideals for the growth and development of the society and as such followers of such also imbibe such positive attitudes. On the other hand, there are musicians whose contents promote civil disobedience, debasing of women, substance abuse, debauchery, and all kinds of societal vices, thereby encouraging people, mostly young people, to conform to these values and lifestyles and subtly creating a generation of individuals without a future, ambition, or life targets or people who are lawless, uncivil, and disobedient to parents.

The perceived value represented by music is transferred to the listener [11]. This means that there is the likelihood that individuals whose ways of life deviate from acceptable social standards find themselves connected and being appealed to by music which corroborates those lifestyles and promote deviant values and vice versa. This can be explained with the Social Learning Theory of Albert Bandura in the light that fans of a certain musician can pattern their behaviours on those of their favourite musicians that they adore and admire who can be referred to as their music idols. This indicates that those who idolize musicians who through their music promote debauchery, internet fraud, alcoholism, smoking and other antisocial vices consider them as role models either consciously following their behaviours or unconsciously paying attention to their lifestyles, and pattern their own lives after them because of the deep affection and admiration they have for them.

In some instances, there are individuals who copy the mien of their favourite artistes and use it in their own lives. There are some who would dress like their favourite musicians. In these days of social media, there are some people who are blind followers of their favourite artistes and who go as far as threats and cyber-bullying on anyone who make defamatory or derogatory comments about their choice artistes. They defend them as though their lives depend on it, or as though they get paid for such staunch defense.

4. Music Preference and Personality

It is quite impossible for a person to be an avid fan of all genres of music, and as such he/she will choose specific genres of music that meet certain needs and fulfills specific purposes for a person. So, it is succinctly put that an individual will have a range of preferences on the types of music they are comfortable listening to. Music preference therefore is the liking of certain music at a specific time. According to Rentfrow and Gosling, four music preference groups were identified which were analyzed to match some personality traits that may be possessed by those who prefer one type of music over another and the following classification was identified:

- Intense and Rebellious: includes rock, alternative, and heavy metal music.
- Upbeat and Conventional: includes country, soundtrack, religious, and pop music.
- Energetic and Rhythmic: includes rap/hip-hop, soul/funk and electronica/dance music.
- Reflective and Complex: includes blues, jazz, classical, and folk music [6].

The diagram below explains the possible personality traits that are associated with these preferences. It is opined here that if you know the music preference of an individual, you may be able to identify the kind of person they are likely to be. This music taste-based personality analysis is a pointer to match the kind of personality that individuals possess to the kinds of music they prefer to listen to. Those who have personality traits that are connected with their open mindedness and political liberality, and that are creative and intellectual are those who would have a strong inclination for classical music, jazz, and folk.

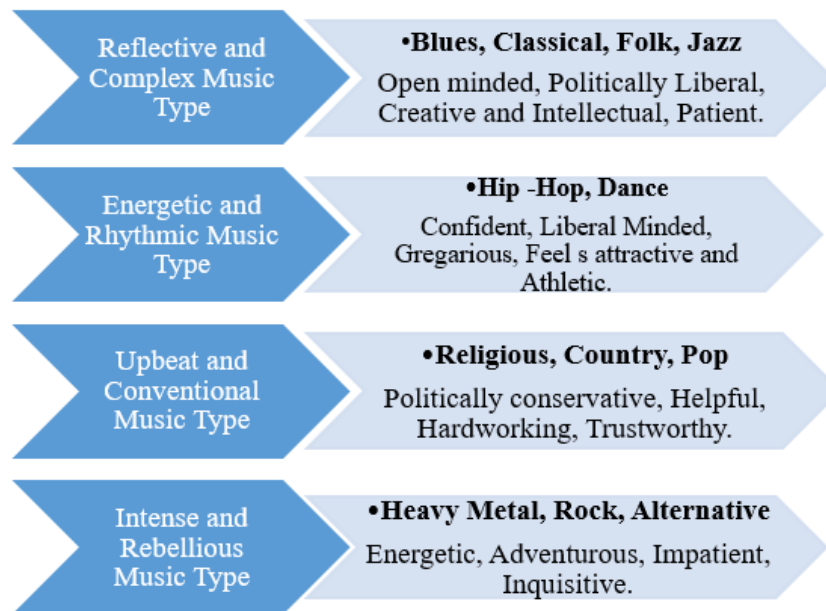


Figure 1. Music types and personality traits.

This means they enjoy Reflective and Complex music, and usually have a creative knack about themselves, quite open individuals who equally explore a lot through their imaginations.

The kind of music associated with the Energetic and Rhythmic music type is that which allows or influences their fans to be confident, outspoken, liberal minded, and gregarious. These are individuals who feel athletic and live on the quickness of situations as well as quickness of thoughts and thought processes. It can be inferred that people who enjoy energetic music like hip-hop, rap, dance, and soul music are more likely to be expressive in their thoughts and actions. These are individuals who are confident on themselves and their abilities to navigate complex social situations, because they are gregarious and feel attractive to themselves and to others within their social circle or spheres of influence.

People who prefer Upbeat and Conventional music type are considered to be politically conservative, helpful, trustworthy, and hardworking. It is adjudged that when one is studying or working, feel-good music and soft tempo music might be a worthy companion. When music is played in the background, it can help extroverts to focus, but may not be so comfortable to introverts. When weightlifters are busy working out in the gym, motivational music, particularly those that have rhythms and patterns are their best bets because they could actually be basing their work-out on the tempo of the song. Those who run however may not move faster with very pacy songs, nor slow tempo songs. They will choose music that will upbeat and energetic, that will not make them feel tired and easily stressed out.

Individuals who like Intense and Rebellious music type whose types of music preferences revolve around heavy metal, rock, and alternative are those who live for the adrenaline rush that such music provides. This is reflected in their personalities as energetic, adventurous, fun seeking, inquisitive (always wanting to know more about themselves, others, or situations and circumstances) and impatient (quick to act, respond, judge). Their music preferences suggest a music taste that matches their desires and life concerns.

Arising from the foregoing, it therefore suggests that individuals will prefer music types that have good matches with their personalities, music that resonates with who they are and their abilities, motivations, strengths, potentials, and weaknesses as the case may be.

Individuals will be positively connected with music that carries significance for them, as a reflection of their journeys of the past, a picture of what they are going through in the present, and an indicator of what they are going to be, or where they are going to in the future. People therefore associate with certain musicians and styles of music because they see themselves in their songs, or have a strong bond with the musician, which are usually of an emotional nature because those songs appeal to their reasoning, sense of judgement, and persona.

In order to situate the conversation into a Nigerian context, it is to say that all these kinds of music patterns are available in Nigeria and played by various musicians. In fact, many musicians combine a good number of genres efficiently as their own unique brand of music. However, the discussion of music types did not necessarily cover the specific kinds of music genres that can only be found in Nigeria, it is expected that the display of personality traits as a result of certain kinds of music in Nigeria will be dependent on the nature of the music. As such, the Nigerian music has some beats and rhythm similarities with those that have been described as forming music preference groups, hence the personality traits of people will hinge on what appeals to each individual based on their preference and will be similar to those already discussed in Western genre styles.

Arising from this narrative is the description that people who prefer Juju music are the high-rank societal figures who are business and traditional elites. Fuji music is most enjoyed by artisans, bus drivers, and those who engage in some of physical activity for most of their working day as the tempo of Fuji is upbeat and fast, keeping them energized and active. Afropop and Afrobeats, which is a blend of African percussions with the Western Hip-Hop is mostly enjoyed by the youths and adolescents who feel that such music appeal to their time more in that this genre uses new slangs, colloquial language, and modern-day expressions which resonates more with this class of individuals.

Afrobeat is seen as the bastion of societal values and to fight oppression, injustice, and all manner of societal vices. The music is seen as the consciousness music that keeps both the government and governed in constant flux of societal engagement of what is right and ideal for a prosperous society. Apala is enjoyed by the old folks who socialized in the years before and after Nigeria's independence and some of the music that formed the foundation of Nigerian traditional ceremonies, festivals, nightlife, and celebrations. Gospel is appreciated and upheld by people who would not want to associate with some of the previously identified genres in the classification that they are worldly and not as soul-lifting or inspirational as desired. Nigeria is country of people that are truly religious and so the people who prefer this genre of music appear pious, eternity-conscious, or as a way creating an in-group and out-group differentiation.

It should however be pointed out that the description of the categories of individuals that love a certain genre of music is not cast in stone and an attempt to box people into some kind of subsets. Most Nigerians are actually eclectic in their choices of music. You can find that, for example, someone that likes Juju music could also like Gospel, or Afropop. The hedonistic value and essence of music makes an individual take pleasure in different kinds of music. It allows for individuals to have a potpourri of music choices to enjoy and appreciate.

From the Nigerian music space, it can be deduced that Nigerians' music preferences are determined by one or a combination of the factors such as: parents' love for a certain genre, the kind of music accessible during formative years, the occupation of an individual, the kind of music that one's friends like, one's religion, one's socio-economic status, the neighbourhood in which one grows up, and the school or trade learning centre one attends.

Another striking thing in the Nigerian music space is that you never can tell the quality of music that will catch the limelight and breakout or increase the profile of the musician. There have been scenarios where the content of certain music did not pass across a conscious societally-benefitting message, but such songs by sheer providence just takes over and is heard from one street corner to the other, from one radio station to other. It speaks to the unpredictability and sometimes unconventional nature of the Nigerian music space. It is super eclectic and has diverse interest catchments that are driven by the personalities of the musicians and more importantly by the personalities of those who consume these works of music.

5. The Use of Music as a Coping Mechanism

There is the belief that emotions are regulated through the music we listen to, in that it provides a means of temporary escape from certain thoughts and feelings, which enables individuals to release pent up emotions, such as anxiety and anger [12]. It is also identified that listeners of selected genres of music specifically chose those genres or musicians in order to elicit different effects and evoke diverse emotions within themselves, such that they use music as a diversion from stress and as coping mechanisms for individuals to such extent as using the music to be able to handle the myriads of challenges confronting them, and as a source of social support in the journey of life. A demonstration of such can be exemplified in how people use music when driving. It is succinct to pose here that when people drive on a long stretch of road, or even across the city, either alone or in the company of friends or associates, they usually have music played in the background. The undertone here is that the music will help them to feel calm and relaxed and not really feel the rigours the extent of the journey as it were or the situations surrounding such commuting.

Listening to music is a complex process that can be explained in terms of coping behaviour. It relies on levels of processing including sensory, physiological, behavioural, and cognitive ones, and depends both on hereditary and learned factors [13]. It thus means that we can perceive music as both a threat or opportunity, based on the perspective of the fellow listener to music at a point in time. When good and relatable music are being played, they appear to us as opportunities because we are interested in those music, particularly when they appeal to us. However, when we are faced with music that we do not find pleasure in, it becomes a threat, in that it constitutes an unwanted disturbance to us intruding into our private spheres and can be a sort of inconvenience or violation to us given the loudness of the sounds and the discomfort it brings.

Music produces for us the mental operations to be able to deal with life, issues, challenges, and circumstances in terms of helping to recognize our strengths, analyse our potentials, choosing the songs that accentuates our personalities, using songs to interpret our situations, and exploring avenues to resolve myriads of the life challenges with the aid of music. This therefore point to the roles music play in helping individuals use it as a coping mechanism as they listen to and reflect on the music and specific musicians they are attached to and that they prefer out of the lot.

In a study by North, Hargreaves & Hargreaves on the use of music as a means through which one's mood can be manipulated, the participants listened to music that was deemed positive and uplifting as well as music considered 'annoying' to determine if the music affected their emotional state [14]. Positive and uplifting music was found to have produced

positive and uplifting emotional states, while music that were annoying produced in people, agitated and annoyed states, among the participants that were selected for the study.

The way a person constructs his/her self-view relates to the kind of self-esteem they possess and this is the building block of how they carry themselves, comport themselves, as well as act and react to physical, physiological, social, mental, and emotional situations. Self-esteem is raised when an individual receives praise, succeeds, feels appreciated by another, or other events that are associated with relational admiration [15], and it is lowered when individuals face rejection, criticism, setbacks, and oppositions, particularly in evaluating the kinds of relationships they hold with other people.

Music thus plays a vital role in helping to shape the self-esteem of individuals, because the more exposed an individual is to a music, the more it affects his/her consciousness of the society, and a greater awareness of himself/herself and the limits of his/her capacities and capabilities. By subscribing to a particular music genre, one is able to claim an identity, express a view on who they are or might be, and what the world is to them [16].

It also helps them to be able to cope with what life throws at them without being weighed down by the troubles and challenges of life. Music shifts one's attention to something lighter, futuristic, positive, and goal-oriented. So rather than mope at life, music helps an individual to reset his/her expectations and to forge ahead as hopefully and optimistic as possible. Music thus helps the individual to cope believing that hope is not lost, that things are going to be better, and that there will be light at the end of the tunnel.

Therefore, the development of listening strategies and listening habits are typical cases and can be considered as acquired ways of coping with the sounds. This explains the selection of music on the basis of needs in particular situations, where music can be used to modify both the internal and external environment by acting as a biological reinforcer with psychophysiological, neurochemical, and hemodynamic effects [17]

6. Conclusions

The kind of music that we listen to is a pointer to the window to our soul. It also reflects to an extent the values, attitudes, and the feelings that we experience. Exposure to positive quality music can thus promote greater self-exploration, validation, and to have a positive outlook towards life. The power of music to induce positive emotions may be the reason why individuals prefer certain kind of music and listen to it over and over again. Music has the capacity to be used to enhance well-being, reduce stress, and help to shape the human personality to be able to cope with the challenges that life has to offer. Music is one of the strongest forces in the world that unites people irrespective of any form of social classification and strata distribution. It keeps the world safe and, on its feet, and indeed every member of this planet. Music makes us who we are. Music makes the world beautiful. Music thus shapes who we are and the kinds of relationship with others around us, our friends, families, and the musicians themselves, and is therefore has a strong influence on the development and maintenance of our personalities as we navigate this world independently or in the company of others.

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