FOOD AND MUSIC PREFERENCES AS CORRELATES OF PERSONALITY TYPE AMONG UNDERGRADUATES FROM UNIVERSITIES IN ANAMBRA STATE, NIGERIA

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ABSTRACT

This study examined food and music preferences as correlates of personality type among Undergraduate students. A total of four hundred and forty (440) undergraduate students from Nnamdi Azikiwe University, Awka, Chukwuemeka Odumegwu Ojukwu University, Igbariam and Paul University, Awka participated in the study. The participants were selected using convenience sampling method while simple random sampling technique as used in the selection of faculties and levels used in the research. The ages of the participants ranged from 16 to 35 with a mean age of 25.5and standard deviation of .18741. The ten item personality inventory (TIPI) which consists of 10 items, developed by Gosling, Rentfrow and Swann (2003)and validated for use in Nigeria by Umeaku et al (2021) was employed for the study. Two hypotheses were used for the study. The first hypothesis stated that food preferences will positively and significantly correlate with personality type among undergraduate students. The second hypothesis stated that music preferences will positively and significantly correlate with personality type among undergraduate students. The study adopted Correlational design, while Pearson product moment correlation coefficient statistics was used to analyse the data collected. All the hypotheses were accepted. The first hypothesis which stated that food preferences will positively and significantly correlate with personality type among undergraduate students were accepted. The study showed that food preferences had a positive and significant correlation with extraversion personality type (r= .141, p< .01). The second hypothesis which stated that music preferences will positively and significantly correlate with personality type among undergraduate students were accepted. The study showed that music preferences had a positive and significant correlation with extraversion personality type (r= .111, p <.05). Based on the findings of this study, the researchers, therefore, recommend the need for Psychologists to consider the role of food and music preferences in relation to personality when designing interventions aimed at promoting healthy lifestyles and overall wellbeing of students.
Keywords: Food Preference, Music Preference, Personality Type

INTRODUCTION

The relationship between personality and various aspects of human behaviour has been an important area of research for decades. Personality is a complex concept that has been studied extensively in psychology. It refers to the unique set of characteristics, traits and patterns of behaviour that define an individual. There have been several arguments as to the degree to which personality can affect many facets of an individual's life. However, different theories have varied explanations for the formation and organization of personality, but they all concur

that personality influences behaviour. The word personality is from a Latin term "persona" meaning to speak through (mask) and can be seen as the origin of the word itself. In Greece and Rome, as in earlier times, actors wore masks when performing plays. Personality is a term often used to describe the unique pattern of thoughts, feelings and behaviours that define an individual's character. It is what distinguishes one individual from another and influences how they think, feel and act in different situations.

Personality can thus be seen as the dynamic organization within the individual of those psychological systems that determine his unique adjustment to his environment (Allport, 1937). Personality has a long history. It dates from the time of Greek physician Hippocrates (460-377 BC). In order to understand the behaviour of people in the organisational setting, we need to know the basic nature of personality. It is a psycho-social phenomenon, which analyses the cognitive features and presentation of individual in the society. It is that which makes individuals distinctively themselves.

Personality is determined in part by genes, as well as by cultural factors. Personality can also be described as a set of psychological characteristics that lead one to behave in meaningfully consistent ways (Schofield, 2012). Research has shown that personality traits can influence various aspects of a person's life, including their food preference.
Consequently, food preference is a variable of interest to this study. Food is any substance consumed by an organism for nutritional support. Food is usually of plant, animal, or fungal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth. Food is any edible or potable substance that can be taken into the body to sustain life, provide energy, and promote growth (U.S. Department of Agriculture, 2020).

The European Commission Directorate-General for Health and Consumer Protection (2003) also defined food as any substance or product, whether processed, semi-processed or raw, which is intended for human consumption and which contains nutrients such as carbohydrates, fats, proteins, vitamins, minerals and dietary fibre. The influence of food preference has been known to play a vital role in an individual's behavioural pattern which constitutes the individual's personality. The type of food an individual consumes affects their mood and personality. Consequently, several studies have shown that eating unhealthy or less nutritious food can lead us to anxiety, depression, mood swings, etc.

The relationship between food and personality has been studied extensively in recent years, with researchers exploring how different types of food can affect an individual's mood, behaviour and overall personality. There are several ways in which food can impact personality, including through its effects on brain chemistry, energy levels and overall health. One of the key ways that food has been known to affect personality is through its impact on brain chemistry. Certain types of food such as those high in carbohydrates or sugar, can cause a rapid increase in blood sugar levels, which can trigger the release of feel-good chemicals like dopamine and serotonin in the brain. This can lead to temporary feelings of happiness and wellbeing, which can in turn affect an individual's behaviour and personality (Castro-Ortiz. *et al,* 2019).

Conversely, foods that are low in carbohydrates or high in protein can have the opposite effect, leading to feelings of lethargy or irritability. In addition to its impact on brain chemistry, food

can also affect personality through its effects on energy level. Foods that are high in sugar or fat can provide a quick burst of energy, but can also leads to crashes later on, leaving individuals feeling tired and irritable. On the other hand, foods that are high in protein or complex carbohydrates can provide a more sustained source of energy, helping to maintain stable moods and behaviour over time. A diet that is high in fruits, vegetables and whole grains has been associated with a range of positive health outcomes, including reduced risk of chronic diseases, improved cognitive function, and better mental health.

These positive effects on health can in turn lead to more positive personality traits such as greater emotional stability, higher self-esteem and improved social relationships. However, food preferences are not the only factor that has been known to correlate with personality. Choice of music is another important factor that has been a cause for concern as to how it affects personality.

Music preference is another variable of interest to the study. Music is a core part of every culture and individual experience that it has long been believed to be connected to one's personality. Music, more than any other media, has strong ties to an individual's emotions because it communicates emotion, stirs memory, affects mood, and spurs creativity. Music can be seen as the process of combining form, harmony, melody, rhythm, and other expressive elements with sound. It refers to the art of arranging sounds in time to produce a continuous, unified, and evocative composition, as through melody, harmony, rhythm, and timbre (McGraw-Hill Dictionary of Music and Musicians, 2009). This definition emphasizes the importance of sound in music and how it can be used to create an emotional response. It also highlights the importance of structure and organization in music.

Music preference is another area of research that has been linked to personality. While the relationship between music and personality is complex and multifaceted, several key findings have emerged from research in this area. One of the most consistent findings is that music preference is linked to certain personality traits. Individuals who score high in the personality traits of openness to experience have been known to prefer that is complex music, unconventional and intellectually stimulating, such as jazz or classical music. In contrast, individuals who score high in the trait of extraversion tend to prefer music that is energetic, upbeat and danceable, such as pop (Rentfrow & Gosling, 2003).

Research has also shown that music can have a powerful emotional impact on individuals, and can even influence their mood and behaviour. Listening to sad music has been known to evoke feelings of melancholy or nostalgia, while listening to upbeat music can increase feelings of happiness and excitement. Similarly, music can influence behaviour, with some research suggesting that listening to aggressive or violent music can lead to increased aggression or risky behaviour. From the aforementioned, it can be deduced that food and music preferences are two factors that can correlate with the personality of an individual. However, there is a death of study examining the combined relationship of food and music on personality. Although, there seems to be a growing body of literature on the separate relationship of food and music on personality in the West, but not investigated in this part of the world. Therefore, this provides the rationale for this study.

Theoretical Framework
The Big Five personality traits, also known as the Five-Factor Model, are a widely accepted framework for understanding personality. The framework consists of five broad dimensions of personality: openness, conscientiousness, extraversion, agreeableness, and neuroticism. In this

section, we will explore how the Big Five personality traits can be used as a theoretical framework to understand the relationship between food and music preferences and personality. Openness to experience is a personality trait associated with imagination, curiosity, and creativity. Individuals who score high on this trait tend to be open-minded, adventurous, and interested in new experiences. According to Chamorro e'tal (2017), individuals who score high on openness tend to have more varied food preferences. This may be because individuals high in openness are more receptive to new experiences and more likely to experiment with different types of foods. In terms of music preferences, individuals high in openness tend to prefer music that is complex, unconventional, and emotionally challenging (Rentfrow & Gosling, 2003). They may be drawn to genres such as jazz, classical, and experimental music.

Conscientiousness is a personality trait associated with self-discipline, responsibility, and goal-directed behaviour. Individuals who score high on this trait tend to be organized, reliable, and diligent. According to Chamorro and Furnham (2008), individuals who score high on conscientiousness tend to prefer healthy foods. This may be because individuals high in conscientiousness are more concerned with maintaining their health and well-being. In terms of music preferences, individuals high in conscientiousness tend to prefer music that is calming, relaxing, and reflective (Rentfrow& Gosling, 2003). They may be drawn to genres such as classical, blues, and folk music.

Extraversion is a personality trait associated with sociability, assertiveness, and enthusiasm. Individuals who score high on this trait tend to be outgoing, talkative, and energetic. According to Chamorro and Furnham (2008), individuals who score high on extraversion tend to prefer sweet and fatty foods. This may be because individuals high in extraversion are more likely to seek out pleasurable experiences. In terms of music preferences, individuals high in extraversion tend to prefer music that is upbeat, rhythmic, and energetic (Rentfrow& Gosling, 2003). They may be drawn to genres such as pop, hip-hop, and electronic dance music.

Agreeableness is a personality trait associated with kindness, empathy, and cooperation. Individuals who score high on this trait tend to be trusting, helpful, and compassionate. According to Schutz etal (2018), individuals who score high on agreeableness tend to prefer traditional and familiar foods. This may be because individuals high in agreeableness are more concerned with maintaining social harmony and conformity. In terms of music preferences, individuals high in agreeableness tend to prefer music that is upbeat, cheerful, and emotionally positive (Rentfrow& Gosling, 2003). They may be drawn to genres such as country, religious, and pop music.

Neuroticism is a personality trait associated with emotional instability, anxiety, and insecurity. Individuals who score high on this trait tend to be moody, anxious, and easily stressed. According to Macht and Simons (2000), individuals who score high on neuroticism tend to have more restricted food preferences. This may be because individuals high in neuroticism are more anxious and fearful, and therefore, more cautious about trying new foods. In terms of music preferences, individuals high in neuroticism tend to prefer music that is sad, melancholic, and emotionally negative (Rentfrow& Gosling, 2003). Individuals high in neuroticism tend to be more anxious and fearful, and may therefore be more cautious about trying new foods or music that they perceive as unfamiliar or potentially threatening. Chamorro e'tal (2017) found that individuals who scored low in neuroticism had more varied food preferences. It is possible that this same pattern may extend to music preference as well.

Overall, the Big Five framework provides a useful lens through which to examine the relationship between food and music preference and personality type. While there may be some individual differences in the specific types of foods and music that people prefer, these differences can often be understood in terms of the underlying personality traits of neuroticism, agreeableness, conscientiousness, openness, and extraversion.

Statement of the Problem
Food and music are two fundamental aspects of human experience that have been shown to impact our emotions, behaviour and cognition. This can be seen in studies explored by Chamorro and Furnham (2008) and Rentfrow and Gosling (2003) which stated that food and music preference correlates or has a relationship with personality type. Despite previous research on the topic, there are still some problems that remain. For example, previous research has mostly focused on the general population, and less is known about how food and music preference relate to personality among specific groups such as undergraduate students in Nigeria. If this work is carried out among undergraduate students in the southeastern region of Nigeria, it may provide insights into how food and music preference relate to personality among this specific group. This information could be used to inform interventions or programs that target undergraduate students, such as promoting healthy eating habits or incorporating music into academic or recreational activities that tend to influence students behaviour positively. It could also contribute to a better understanding of cultural differences in food and music preferences and how these relate to personality.

Purpose of the Study
The general purpose of the study is to deepen the understanding of how food and music preferences interact to shape human personality and to identify the underlying mechanisms driving these relationships. The main purpose of the study, however, is to investigate whether food, as well as music would correlate with personality type among undergraduate students.

Research Questions
1.   Will food preferences correlate positively and significantly with personality type among undergraduate students?
2.   Will music preferences correlate positively and significantly with personality type among undergraduate students?

Hypotheses
1.   Food preferences will positively and significantly correlate with personality type among undergraduate students.
2.   Music preferences will positively and significantly correlate with personality type among undergraduate students.

METHOD

Participants
A total number of Four hundred and Forty (440) participants (sample size) drawn from the population of undergraduate students from universities in Anambra State namely Chukwuemeka Odumegwu Ojukwu University, Igbariam, Nnamdi Azikiwe University, Awka and Paul University, Awka.
The sample consisted of one hundred and ninety-three (193) males and two hundred and forty-seven (247) females. The respondents were aged between 16-25 years and 26-35 years with the

mean average of 25.5 and standard deviation of .18741. The number of participants in the schools selected includes one hundred and seventy-five (175) students of Nnamdi Azikiwe University, Awka, one hundred and thirty five (135) students of Paul University, Awka and one hundred and thirty (130) students of Chukwuemeka Odumegwu Ojukwu University, Igbariam; all in Anambra State.

Number of participants from different undergraduate levels according to the study are selected, Level 1 (Year 2 undergraduates) which consisted of two hundred and twenty (220) participants and Level 2 (Year 3 undergraduates) which also consisted of two hundred and twenty (220) participants. Also number of participants in the faculties selected include Ninety eight (98) participants for Agriculture, ninety eight (98) participants for Bioscience, Ninety nine (99) participants for Law, Forty five (45) participants for Management science and hundred (100) participants for Social sciences.

The brief measure of personality questionnaires was developed by Gosling e 'tal (2003) and has been validated for use in Nigeria by Umeaku e 'tal, (2021). The instrument consists of five subscales which include Extroverted, Enthusiastic, Critical, Quarrelsome, Dependable, Self-disciplined. It consists of a total of ten (10) items, which 2 items describing each trait. It also employs a responses pattern such as 1 = disagree strongly, 2 = disagree moderately, 3 = disagree a little, 4 = neither agree or disagree, 5 = agree a little, 6 = agree moderately and 7 = agree strongly. In the instrument, five (5) items are reversed (items 2, 4, 6, 8, and 10) and are reversed during scoring. Scores range between 1 to 7.

Each of the personality traits has a norm score for interpretation of the score obtained from the data. The norm value for male and female vary according to age. The reliability coefficients reported by Gosling e 'tal (2003) was a Cronbach alpha internal consistency of .92 and a convergent validity of .411. However, the instrument was validated in Nigeria Umeaku e 'tal, (2021). Cronbach Alpha and split-half reliabilities were adopted as the standard tools for testing the hypotheses. The results indicated that TIPI has construct validity at 627** (p<.001) significant level.

On concurrent validity, the five domains of TIPI concurred with the five domains of the forty-four-item Big-Five Personality Inventory at 271**,.419**,.436**, .163** and .251** (p<.001) significant level. On discriminant validity, the five domains of TIPI discriminated with Neuroticism domain of the SCL 90 except the Emotional Stability domain at -.428**, -.243**, -.047, .447** and -.505** (p<0.01) significant level. Finally, on reliability, TIPI is reliable within the acceptable protocol with Cronbach Alpha of 0.71 and Split-Half of 0.76, as validated for use in Nigeria by Umeaku e 't al. (2021).

The research study made use of 3 universities from Anambra State in Nigeria, namely Nnamdi Azikiwe university, Paul university and Chukwuemeka Odumegwu Ojukwu university. Undergraduate students to be used for the research was selected from five faculties, they were randomly selected from the pool of faculties in the listed universities. Selection was done by simple random sampling. Hence, the researchers wrapped pieces of paper which were written in the names of different faculties. The process of "Yes", "No", "No" was used in which the first wrapped paper picked being the "Yes" was selected while the second and third wrapped papers being the "No's" were discarded. This process was repeated until five (5) faculties were randomly chosen, namely; Faculty of Social Sciences, Biological Sciences, Agriculture, Law and Management Sciences respectively.

Also levels in the stated faculties to be used were done by simple random sampling. The process just like the former was done by wrapping papers of already written levels whereby the first paper picked which signified the "Yes" format was chosen while the second paper which signified the "No" format was discarded. The levels selected for the 3 aforementioned universities were Level 1 (Year 2 undergraduates) and Level 2 (Year 3 undergraduates). Convenience sampling method was used in the selection of participants in the aforementioned faculties\levels, data collected was four hundred and forty (440) participants drawn from the aforementioned five faculties. One hundred and seventy five (175) participants was gotten from Nnamdi Azikiwe University, Awka, while one hundred and thirty five (135) participants was gotten from Paul University, Awka and one hundred and thirty (130) participants was gotten from Chukwuemeka Odumegwu Ojukwu University, Igbariam. With the gotten data from field work, coding and analysis was further made for the research.

RESULTS

Table 1: Table of Means, N and Standard Deviation for Food Preferences and the Five Domains of Big-Five

Food Preferences		Openness	Conscientious	Extroversion	Agreeableness	Neuroticism
Rice	Mean	11.6224	12.2762	6.7832	10.9685	9.8042
	N	286	286	286	286	286
	Std. Deviation	2.19666	2.42587	2.87918	2.79141	2.79413
Beans	Mean	11.7662	11.5649	7.7273	10.7208	9.3636
	N	154	154	154	154	154
	Std. Deviation	2.64153	2.33452	3.65912	2.44012	3.08447
Total	Mean	11.6727	12.0273	7.1136	10.8818	9.6500
	N	440	440	440	440	440
	Std. Deviation	2.35991	2.41563	3.20176	2.67352	2.90318

Table 2: Table of Means, N and Standard Deviation for Music Preferences and the Five Domains of Big-Five

Music Preferences		Openness	Conscientious	Extroversion	Agreeableness	Neuroticism
Religious	Mean	11.8341	12.2183	6.7729	11.5895	10.2096
	N	229	229	229	229	229
	Std. Deviation	2.37466	2.32368	3.02489	2.28017	2.69823
Afro Beat	Mean	11.4976	11.8199	7.4834	10.1137	9.0427
	N	211	211	211	211	211
	Std. Deviation	2.33682	2.50063	3.35140	2.85630	3.00049
Total	Mean	11.6727	12.0273	7.1136	10.8818	9.6500

Table 3: The Table of Tested Hypotheses showing Food and Music Preferences as correlates of Personality Type

	1	2	3	4	5	6	7
Food Preferences	1						
Music Preferences	.049	1					
Openness to Experience	.029	-.071	1				
Conscientiousness	-.141**	-.082	.335**	1			
Extroversion	.141**	.111*	.015	-.135**	1		
Agreeableness	-.044	-.276**	.155**	.449**	-.372**	1	
Neuroticism	-.072	-.201**	.150**	.169**	-.143**	.206**	1

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

From the analyses above interpretations are made;

1.   Food preferences is seen to positively and significantly correlate with the personality type - Extraversion ($r = .141$, $p < .01$). The mean for food preferences (i.e. rice and beans) was 6.78 and 7.72 respectively. This means that beans correlates more with Extraversion.

2.   Music preferences is also seen to positively and significantly correlate with the personality type - Extraversion at ($r = .111$, $p < .05$). The mean for music preferences (i.e. religious music and afro beat) was 6.77 and 7.48 respectively. This means that afrobeat correlates more with Extraversion.

The pearson-r table above shows the summarized results of the tested hypotheses:

1.   The first hypothesis which stated that food preferences will positively and significantly correlate with personality type was accepted. It showed that food preferences had a positive and significant correlation with the personality type -Extraversion ($r = .141$, $p < .01$).

2.   The second hypothesis which stated that music preferences will positively and significantly correlate with personality type was also accepted. It showed that music preferences had a positive and significant correlation with the personality type - Extraversion ($r = .111$, $p < .05$).

Discussion

The study examined food and music preferences as correlates to personality type among undergraduate students. The first hypothesis which stated that food preferences will positively and significantly correlate with personality type among undergraduate students were accepted. Findings from the results show that food preferences have a positive and significant correlation to the personality type -extraversion.

This is in line with Zickgraf e't al. (2019) who conducted a research study on the relationship between food preferences and personality. The study aimed to investigate whether there is a relationship between food preferences and personality traits. The researchers hypothesized that individuals with certain personality traits would have specific food preferences. The

personality traits were assessed using the Big Five Inventory (BFI) that measured five dimensions of personality: openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. The results of the study showed that there was a significant relationship between food preferences and personality traits. Individuals who scored high on openness to experience tended to prefer exotic foods such as sushi and spicy foods. Those who scored high on conscientiousness tended to prefer healthy foods such as fruits and vegetables. Individuals who scored high on extraversion tended to prefer fast food and sweets. Those who scored high on agreeableness tended to prefer comfort foods such as pizza and pasta. Finally, those who scored high on neuroticism tended to prefer sweet foods. Overall, the study provides evidence for the influence of food preferences on personality traits. The findings suggest that individuals with certain personality traits tend to have specific food preferences. This information could be useful in developing personalized dietary interventions based on an individual's personality profile.

Also, Wansink e 'tal (2003) conducted a study titled "What we eat in America: Personality-dependent variations in American food consumption" published in the journal appetite in 2004 to investigate the relationship between food preferences and personality traits. The study analyzed the food preferences and personality traits of over 1,000 American adults and found significant associations between certain food choices and personality traits. The study found that people who scored high on measures of openness to experience tended to prefer exotic and ethnic foods.

These individuals were more likely to try new foods, enjoy different flavours, and seek out unique culinary experiences. They were also more likely to enjoy spicy foods, herbs, and seasonings. On the other hand, those who scored high on measures of conscientiousness tended to prefer healthy and low-fat foods. These individuals were more likely to be health-conscious, watch their weight, and make an effort to eat a balanced diet. They were also more likely to avoid foods high in fat, sugar, and calories. The study also found that people who scored high on measures of neuroticism tended to prefer comfort foods. These individuals were more likely to turn to food for emotional comfort and were drawn to foods that provided a sense of familiarity and security. Additionally, the study found that people who scored high on measures of extraversion tended to prefer social foods. These individuals were more likely to enjoy eating out, trying new restaurants and sharing meals with friends and family. Overall, the study suggests that our food preferences are influenced by our personality traits. By understanding these associations, researchers and health professionals can develop more effective strategies for promoting healthy eating habits and reducing unhealthy food choices.

The second hypothesis which stated that music preferences will positively and significantly correlate with personality type among undergraduate students were also accepted. Findings from the result show that music preferences have as a positive and significant correlation to the personality type - extraversion. This result is in line with Rentfrow and Gosling (2003). They are two psychologists who conducted research on the relationship between music preferences and personality. Their study aimed to investigate whether people's music preferences could be used to predict their personality traits. The researchers conducted a series of studies using self-report questionnaires, in which participants were asked to rate their music preferences and complete personality assessments. The studies involved a diverse range of participants, including college students, adults from the general population, and individuals from different cultures.

The results of the study showed that there was a significant correlation between music preferences and personality traits. For example, individuals who preferred classical music tended to score higher on measures of openness to experience and intellect. Those who preferred heavy metal or hard rock tended to score higher on measures of extraversion and lower on agreeableness. Gosling and Rentfrow (2003) also found that people's musical tastes could be used to predict their behaviour in certain situations. For example, individuals who preferred rap or hip-hop were more likely to engage in risky behaviours such as drug use or unprotected sex. The researchers also found that people's musical tastes could change over time as they aged or experienced different life events. For example, individuals who had experienced a traumatic event were more likely to prefer sad or melancholic music. Overall, Gosling and Rentfrow's research suggests that people's musical preferences can provide valuable insights into their personalities and behaviour.

Also, North (2010) a renowned psychologist conducted extensive research on the relationship between music preferences and personality. In his 2010 study, he explored the influence of music preferences on personality traits such as openness, extraversion, and emotional stability. North's study involved over 36,000 participants from all over the world who completed an online survey that assessed their music preferences and personality traits. The survey included questions about their favourite genres of music, how often they listened to music, and their emotional responses to different types of music. The results of North's study showed that people's music preferences were strongly linked to their personality traits. For example, individuals who preferred classical music tended to be more introverted and have higher levels of openness to experience. On the other hand, those who preferred heavy metal or rap were more likely to be extraverted and have lower levels of emotional stability. One interesting finding from North's study was that people's emotional responses to different types of music were consistent across cultures. For example, sad or melancholic music was universally associated with feelings of sadness or nostalgia regardless of cultural background. Overall, North's research provides valuable insights into the relationship between music preferences and personality traits. By understanding these connections, psychologists can better understand how people use music as a means of self-expression and how it can impact their emotional well-being.

Implications of the Study

The present study has been able to show that food preferences will positively and significantly correlate with personality type (Extraversion) among undergraduate students, and that music preferences will positively and significantly correlate with personality type (Extraversion) among undergraduate students. This study has educational implications by providing insights for psychologists on how food and music preferences could influence behaviours among undergraduate students. Also the study could stimulate further research on the relationship between food and music preferences on personality types among undergraduate students. This could help to deepen our understanding of human personality and behaviour.

Suggestion for Further Studies

Based on findings from the present study, the following suggestions were made by the Researchers.

1.   Suggestions are made for future researchers to replicate the present study as there is a depth of knowledge to be gained on this subject matter among individuals, in Nigeria to be précised.

2.   Suggestions are made for future researchers to increase the sample size of the research so that findings can be generalized to a larger population.

3.   Also suggestions are made for future researchers to emphasis on other various preferences or choice related to both independent variables.

Conclusion

The study investigated the topic food and music preferences as correlates of personality type among Undergraduates of universities in Anambra State, Nigeria. Two hypotheses were tested in the research and they include first, that food preferences will positively and significantly correlate with personality type among undergraduate students. The second hypothesis stated that music preferences will positively and significantly correlate with personality type among undergraduate students.

The first hypothesis which stated that food preferences will positively and significantly correlate with personality type among undergraduate students were accepted and was seen to correlate with the personality type – extraversion. Also the second hypothesis, which stated that music preferences will positively and significantly correlate with personality type among undergraduate students were accepted and was seen to also correlate with the personality type – extraversion.

With this, it can be deduced that undergraduates are drawn more to food and music preferences that correlate with the personality type - extraversion. This could be due to the vibrant nature or desire of young undergraduates to fit in among peers or to socialize with age groups in order to feel among, which at times could lead to display of risky behaviours just to fit in. With this it can be noted that a different population e.g (civil servants, market traders etc) with the same research study could produce a different result due to the changes in environment.

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APPENDIX I

TEN ITEM PERSONALITY INVENTORY (TIPI)

Demographics

Age: 16 -25 [ ]   26-35 [ ]

Gender: Male [ ]   Female [ ]

Level: 2 [ ]   3 [ ]

Faculty: Agric [ ]   Bio [ ]   Law [ ]   Mgt [ ]   Social Sc. [ ]

Campus/School: Paul [ ]   NAU [ ]   COOU [ ]

Food Preferences: Rice [ ]   Beans [ ]

Music Preferences: Religious [ ]   Afro Beat [ ]

Instructions: The following are a number of statements which indicate how people see or feel about themselves. It is not a test, so there are no right or wrong answers. Please read each statement carefully and tick the appropriate number to the right of each statement to indicate how the statement has described how you feel about yourself.

The numbers stand for:

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

S/N	ITEM	1	2	3	4	5	6	7
1	I see myself as; Extraverted, enthusiastic.							
2	I see myself as; Critical, quarrelsome.							
3	I see myself as; Dependable, self-disciplined.							
4	I see myself as; Anxious, easily upset.							
5	I see myself as; Open to new experiences, complex.							
6	I see myself as; Reserved, quiet.							
7	I see myself as; Sympathetic, warm.							
8	I see myself as; Disorganized, careless.							
9	I see myself as; Calm, emotionally stable.							
10	I see myself as; Conventional, uncreative.							