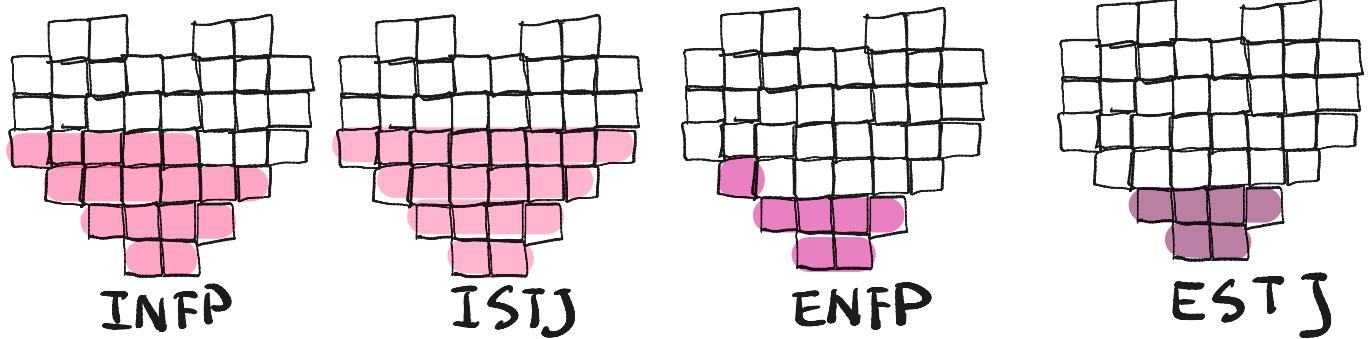


MUSIC Listening Hours and Happiness Across Personality Types



1 square = 1 hour of listening



represent Mood (0-5 scale).

Different personality types experience happiness from music in different ways. Introverted types (INFP, ISTJ) may listen to music for longer periods, while extroverted types (ENFP, ESTJ) experience shorter but more energetic listening sessions.