

The Science Behind Your Taste in Music

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There's apparently a science behind the the music you prefer.

There is a reason why the high anticipation level of when the part of a song you think is "the best!" is, to your friend, mediocre *at best*.

It turns out, we start to create our personal taste for music at the age of 10.

"Your music taste... is almost completely solidified by your teen years. Most of this time, especially around age 12, we listen to whatever our friends are listening to in order to place ourselves into a specific social circle," [Elite Daily reports](#).

During this time, your brain is easily influenced by the music your parents, siblings and friends listen. Depending on those tunes, you will acquire a deep meaning for certain songs, shaping your permanent music taste.

Neuroscientist Daniel Levitin says it's possible to expand musical tastes as an adult, but, "if we had relatively narrow tastes in our developing years, this is more difficult to do because we lack the appropriate schemas, or templates, with which to process and ultimately to understand new musical forms."

Twenty is not necessarily the cut-off age for your music exploration, but by this time you've pretty much structured your likes and dislikes.

"Researchers estimate that by this age, we've become less open-minded, and our neural circuits become almost fully structured based around our experiences, leaving little wiggle room for new associations," according to [Elite Daily](#).

Emotions also contribute to what kind of music you listen to. Depending on your emotional state, will determine the song you decide to play.

[Elite Daily reports](#) that the correlation is so strong your brain imitates that emotional state, which reflects in the song selection.

And there's the reasoning behind why some people enjoy blaring speakers every time Britney Spears comes on the radio.



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