

## Psychological wellbeing early adult korean pop fangirls

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### Abstract

Mental health is a state of well-being in which individuals are aware of their abilities, can cope with the normal stresses of daily life, can work productively or productively, and are able to contribute to their community. Individuals at the age from 20 to 40 years are called early adulthood. In the last two decades, South Korean popular culture has grown rapidly and expanded globally. Its existence which is accepted by the public from various circles has resulted in a phenomenon Korean Wave, one of which is the phenomenon in Korean Wave Korean pop music products or Korean-pop (K-pop). This study uses the study of literature (literature review) with data collection of articles, journals and books. The results showed that there was mental health (psychological wellbeing) in early adulthood for fangirls K-pop.

**Keywords:** Early adult, fangirls, Korean pop (K-pop), mental health.

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### Introduction

Mental health is a state of well-being in which individuals are aware of their abilities, can cope with the normal stresses of daily life, can work productively or productively, and are able to make a contribution to their community (World Health Organization, 2001; Bailey, 2015). Mental health can also be defined as the expression of emotions, and as a sign of successful adaptation to various demands. Mental health includes subjective well-being self-efficacy, perceived, autonomy, competence, intergenerational dependence and recognition of the ability to realize one's intellectual and emotional potential (World Health Organization, 2003). Maintaining mental health is more than just treating or preventing mental illness (Tennant et al., 2007). Adulthood is deemed appropriate to extend the individual-focused mental health model to integrate individual and social aspects (Berg & Upchurch, 2007). The important role of social factors in shaping mental health across the lifespan of adults certainly has implications for intervention, but it also encourages broad understanding of mental health towards the inclusion of social indicators of mental health such as interpersonal flourishing (Ryff & Singer, 2000).

For more than a decade, mental health disorders have been one of the top 10 causes of disability worldwide; The World Health Organization (WHO) estimates that more than 10% of the global disease burden is caused by mental health disorders, not physical health (Mezulis, 2016). During their lifetime, about half of people will experience a mental health disorder (Kessler et al., 2004). Although the overall rates of mental disorders were nearly identical between men and women, there were striking gender differences in the patterns of mental disorders. The concept of mental health is well developed in the psychological literature, and Carol Ryff has provided an excellent account of "happiness" which draws on Maslow, Rogers, Jung, and Allport's theories to develop multidimensional constructs of psychological well-being (Ryff, 1989). Emotional well-being and health are at the core of the mental health promotion

movement (see also Health Education and Health Promotion). A variety of activities have been suggested to improve mental well-being and health including, expressive activity and therapy, meditation, biofeedback, counseling, and psychotherapy.

Early adulthood is a period of search, discovery, establishment and reproductive period, which is a period full of problems and emotional tension, a period of social isolation, a period of commitment and dependence, changes in values, creativity and adjustment to a new lifestyle. As an individual who is already an adult, his roles and responsibilities are certainly getting bigger. Where have started to break away from dependence on others, especially from parents, both economically, sociologically and psychologically. They will strive to become more independent people again, every effort will be made so that they are no longer dependent on others.

In the last two decades, South Korean culture has developed rapidly and expanded globally. The rapid advancement of technology is one of the elements of the success of South Korean culture in spreading. Its existence received great attention from all over the world and was accepted by people from all walks of life, resulting in the phenomenon of the “Korean wave” which is also known as Hallyu. The Korean wave itself appeared in Indonesia in early 2002. The massive development of information technology brought about by globalization became the main factor that triggered the enthusiasm of the Indonesian people towards the Korean wave.

The Korean wave itself is synonymous with the world of entertainment, such as music, movies, dramas, and variety shows, which are well packaged in an interesting and meticulous way in presenting South Korean culture. The Korean wave that is in great demand and loved by early adulthood is Korean pop music. Korean pop music is often referred to as Korean pop (K-pop). K-pop was first popularized in the 2000s by boy groups such as HOT, NRG, Baby VOX and SES. The success of one of the South Korean products which is considered very successful in attracting audiences is K-pop. In 2012, where the music industry began to become a promising business, given the achievement of the high popularity of K-pop in various countries. K-pop is one that plays an important role for South Korea, both in Asia and the Middle East, Europe, America, Africa and others in the entertainment industry.

K-pop is a popular culture used by South Korea, not only from music, visual arrangements, choreography or dances performed by every singer in South Korea, becoming a selling point in itself, because indeed the purpose of K-pop is also a cultural invasion. K-pop has a mature and clear concept for idols. When a boy group or girl group in South Korea re-releases a new song which is usually called a comeback, of course, it is accompanied by a very clear and mature concept. In terms of costumes or stage clothes that will be worn while promoting the new song. Groups idol South Korean also released music videos that were packaged carefully and attractively. Not infrequently a music video has a storyline like a drama and has a relationship with the next music video or has a continuation from the previous story (sequel). With fashion unique and in accordance with the concept, the shooting location is also decorated in such a way that it produces a high-quality music video.

K-pop has its own unique style and manages to win hearts, especially women. In the world of K-pop, even though their work is unique, idols the most influential are those who break the stereotypes that people usually think of as part of mainstream K-pop content. According to research observers, K-pop songs usually carry the theme of love, heartbreak or parties. This is why idols of K-pop who compose songs with different themes are usually the focus of public attention.

Research has found that most of these K-pop fans are teenagers in high school and college students (Puspitasari & Hermawan, 2013). However, Cahyani & Purnamasari (2019) stated that in reality there are still many early adult individuals who still worship certain idolized celebrities and even make them role models in various ways. Based on other research findings, it is stated that 75% of early adult individuals have a strong attraction to celebrities in their lives, mostly to k-pop, movie stars, and many other figures (Boon & Lomore, 2001; Rosida, 2019).

Based on the explanation above, this research was conducted with the aim of assessing the psychological well-being of early adult k-pop fangirls.

**Method**

The method used in this research is literature *review*, which is a literature search and research by reading various books, journals, and other publications related to the research topic, to produce an article regarding a particular topic or issue (Marzali, 2016). The main purpose of the literature review is to find out more about research variables, classify things that are necessary and not to be done, synthesize and gain new perspectives and find correlations between variables (Jonathan, 2006). The data collection technique was carried out by collecting books, articles, journals with the main search being done through Google Scholar, Taylor, Francis Outline, Springer Link, Emerald Insight.

**Results and Discussions**

There are 6 journal titles from the year (2019-2021) that are considered relevant and in accordance with the mental health criteria of early adulthood for fans of Korean pop (K-pop). A total of 6 of these studies are considered to provide clear information regarding the research procedure from the research location, participant description, and research design. The contributions of the 6 journals can be presented in table 1.

Table 1 <Summary of Literature Review>

No.	Author	Research title	Research Findings
1.	Elliott, M & Morgan, G. (2010)	Religion, Health, and Psychological Well-Being	The results indicate that people who identify as religious tend to report better health and happiness, regardless of religious affiliation, religious activities, work and family, social support, or financial status.
2.	Yunira, F. N., & Hendro, P. (2019).	The relationship between psychological wellbeing and celebrity worship on members of EXO's fanclub in Bandung	Based on the results of research that has been done, the correlation coefficient is -0.504, which means that there is a fairly close negative relationship between psychological wellbeing and celebrity worship in EXO Fansclub members in Bandung. So it can be said that Psychological well-being is a fairly good predictor of celebrity worship among members of the EXO Fansclub in Bandung.
3.	Dyana, P. K. S. D., & Komang, R. I. (2019).	Image of celebrity worship on early adult K-pop fans in Bali	Based on the results of the study, it was found that the four research respondents were involved in celebrity worship and were between the entertainment-social stage and a little intense-personal stage, namely the supportive idolization stage.
4.	Indah, L., Zaharuddin & Sarah, A. (2021).	Celebrity worship in early adulthood K-pop fans in Palembang	Based on the research findings that the Celebrity Worship descriptions of the three subjects display a form of obsessive love behavior towards the preferred K-pop idol, display the forms of the subject's love for the preferred K-pop idol, and irrational worship of the preferred K-pop idol.
5.	Mauliddita, S. A., & Atika, D. A. (2021)	Psychological well-being of early adult K-pop fans who perform celebrity worship	Based on the results of the correlation test, it is known that celebrity worship has a significant positive correlation with Psychological Wellbeing and tends to have sufficient strength ( $r(1200) = 0.34; p = 0.00$ ).
6.	Sandy, A. G, Risa. A , & Adinda, Azmi, L. (2021)	K-pop fangirl psychological dynamics	Subjects consider their K-pop idols as a mood booster, support system and also a mood generator.

The findings of this study become an interesting discussion where previous studies related to celebrity worship that only focused on negative aspects, especially negative affect, found a positive relationship between the two. However, in this study, which focused more on positive affect, it also found a positive relationship. In this case, it becomes a new explanation whether positive and negative affect are two different poles on the same continuum or vice versa there are two different dimensions that stand alone (Vázquez et al., 2009). However, if positive affect and negative affect are contrasting and relatively independent dimensions (Bradburn, 1969; Vázquez et al., 2009) as has also been demonstrated by several previous findings (Vázquez, 2000a: Vázquez et al., 2009), then it would be appropriate and interesting to study the specific benefits that the presence of positive influences can contribute to health conditions.

## Conclusions

The development of the phenomenon of appreciation for K-pop celebrities which is getting bigger every year is not matched by research that explores aspects of psychological well-being as a whole related to its relationship to behavior celebrity worship, so a positive psychological approach also needs to be considered to see this phenomenon. Through this, we can get a broader psychological explanation from the other side than just looking at poor mental health conditions from the symptoms and disorders that celebrity fans have who worship celebrities. Psychological well-being itself is conceptualized as a combination of positive affective states such as happiness (hedonic perspective) and being able to function optimally and effectively both individually and in social life (eudaimonic perspective) (Deci & Ryan, 2008; Winefield et al., 2012).

Furthermore, Ryff (2013) who developed a psychometric model of the concept of psychological well-being since the early 1980s explained that psychological well-being is a convergence of several frameworks of positive functions that are presented with a theoretical foundation to produce a multidimensional model of well-being. In the convergence of the framework, the dimensions include a broad area of health including positive evaluation of self and past life (self-acceptance), a sense of continuing growth and development as an individual (personal growth), belief in a meaningful life purpose (purpose in life), ownership of quality (positive relationships with others relations with others), the capacity of individuals to effectively manage their lives and their (environment environmental mastery), and a sense of self-determination (autonomy).

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