

Adoration Euphoria in K-Pop: Influence Celebrity Worship to Psychological Well-Being in Early Adult Women

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Abstract

Background: One of the reasons someone has psychological well-being the low one is celebrity worship behavior or what is commonly known as celebrity worship. **Objective:** This study aims to determine the effect of celebrity worship on psychological well-being in early adult women K-pop lovers in Special Region of Yogyakarta. **Method:** This research uses a quantitative approach. The research sample consisted of 400 participants with the criteria being early adult female K-pop fans aged 18-25 who live in Special Region of Yogyakarta. Data analysis were carried out using multiple regression techniques to determine the existence of an influence of celebrity worship on psychological well-being. **Result:** Celebrity worship influences psychological well-being. Variable celebrity worship provides an effective contribution of 4.4% to psychological well-being. Dimensions of borderline-pathological tendency partially influence psychological well-being entertainment-social value and intense personal feelings do not affect psychological well-being. **Conclusion:** There is only one internal dimension of celebrity worship that influences the psychological well-being of K-pop-loving early adult women in DIY, and that is borderline-pathological tendency.

Keywords: Celebrity worship, Psychological well-being, Early adulthood, K-pop, Women

Abstrak

Latar belakang: Salah satu penyebab rendahnya kesejahteraan psikologis seseorang adalah karena perilaku pemujaan selebriti atau yang biasa disebut dengan celebrity worship. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh celebrity worship terhadap psychological well-being pada wanita dewasa awal pecinta K-pop di Daerah Istimewa Yogyakarta. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif. Sampel penelitian berjumlah 400 partisipan dengan kriteria wanita dewasa awal penggemar K-pop berusia 18-25 tahun yang tergabung berdomisili di Daerah Istimewa Yogyakarta. Analisis data dilakukan dengan teknik regresi berganda untuk mengetahui adanya pengaruh celebrity worship terhadap psychological well-being. **Hasil:** Celebrity worship berpengaruh terhadap psychological well-being. Variabel celebrity worship memberikan sumbangan efektif sebanyak 4.4% terhadap psychological well-being. Dimensi borderline-pathological tendency secara parsial berpengaruh terhadap psychological well-being entertainment-social value dan intense-personal feeling tidak berpengaruh terhadap psychological well-being. **Kesimpulan:** Hanya terdapat satu dimensi dalam celebrity worship berpengaruh terhadap psychological well-being



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pada wanita dewasa awal pecinta K-pop di Daerah Istimewa Yogyakarta, yaitu borderline-pathological tendency.

Kata kunci: Celebrity worship, Psychological well-being, Dewasa awal, K-pop, Wanita

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Development is seen as a series of changes throughout human life that begins at conception and will continue until old age. Santrock (2020) explains that the development process includes a range of growth and decline phases and is one of the important phases in early adulthood. Early adulthood, often referred to as emerging adulthood, is identified as a particularly dynamic stage, presenting unique challenges to each individual. During this transition period that connects adolescence and adulthood, individuals experience progressive changes in physical, cognitive, and psychological-emotional aspects. In this context, it is hoped that individuals can adapt to new lifestyles in response to the various developmental tasks faced. Santrock (2020) determined that early adulthood covers the age range between 20 and 30 years, in this age range individuals reach peak physical performance and maturity in cognitive and socioemotional dimensions. Individuals who enter the early adulthood phase will be faced with several developmental challenges involving choosing a life partner, achieving social roles, developing responsibility, achieving emotional independence, learning to build a married life with a life partner, responsibility for caring for children, and self-development as a citizen. a virtuous country (Putri, 2019).

Based on previous research, women are known to experience greater pressure than men in early adulthood. Previously, Hurlock (2015) stated that the life goals of women in their 20s focused on marriage, but Côté and Levine (2016) added that women in this period not only face the demands of getting married and starting a family, but also face expectations of achieving career success, achieving financial independence, building a strong social network, and ensuring housing ownership.

Putri (2019) stated that individuals who are in the early adulthood phase must complete their developmental tasks well to avoid the possibility of complex problems arising in the future and to achieve happiness in life. This thought was added by Fajriah & Darmawanti (2022), who emphasized that individuals who successfully carry out their developmental tasks optimally will achieve prosperity in their lives.

Psychological well-being or psychological well-being refers to a description of achieving one's psychological potential and the ability to accept oneself, both in terms of one's strengths and weaknesses. Individuals who achieve optimal psychological well-being can control their behavior, build positive relationships with other people, sustainably develop their potential, make good decisions, have life goals, and express personal feelings (Ryff C. D.,

2013). Essentially, psychological well-being highlights the effectiveness of an individual's functioning in living a life of happiness.

According to research from Putri (2019), the group of married early adults has psychological well-being which is higher than the group of unmarried early adults. Another study conducted by Baumann & Brooks-Cederqvist (2023) found that adults who live in dense urban environments have a decline in psychological well-being. One of the reasons someone has psychological well-being the low one is celebrity worship behavior or what is commonly known as celebrity worship (Rosida, 2019). Celebrity worship or celebrity worship is referred to as the obsessive and addictive behavior of fans to always be involved in the lives of their celebrity idols, to the point that it sometimes carries over into everyday life (McCutcheon & Aruguete, 2021).

According to Abraham et al., (2020), the intensity of glorification of celebrity figures should reach its peak during adolescence, and slowly decrease along with the individual's maturity process, especially when entering the early stages of adulthood. This is due to the assumption that at this stage individuals should have honed their identity, reached a level of independence, and experienced changes in interests and life goals (Hermadana, 2020). In early adulthood, individuals tend to focus more on developing their personal lives, so that celebrity worship behavior can fade.

Research conducted by Brooks (2021) regarding the relationship between age and celebrity worship behavior shows consistent results, namely that the level of celebrity worship will decrease with age. This phenomenon of celebrity worship is often observed among fans of K-pop or Korean pop music (Laksono & Noer, 2021). Cahyani and Purnamasari (2019) argue that fans' love for K-pop idols is based on their musical abilities and appearance, while Aoyagi (in Darfiyanti & Putra, 2012) states that the appearance of K-pop idols is often described as an ideal partner, who has become the trigger for the increasing number of K-pop fans who experience celebrity worship.

Based on research conducted by Abraham et al., (2020) and Azzahra and Ariana (2021) shows that behavior celebrity worship is easy to find in Indonesia. Etikasari (2018) in his study also shows that there is behavior celebrity worship which is high among teenage K-pop fans in Yogyakarta.

Research conducted by Fitriana (2019) regarding the self-control of teenagers interested in K-Pop revealed that participants who showed low levels of self-control tended to express significant attitudes toward worship. This low level of self-control was proven to have a significant impact on consumer behavior, indicated by participants tending to consistently allocate resources to obtain goods related to their idols, such as albums, lightsticks, and merchandise official from the idol.

Adiesia & Sofia (2021) found that individuals who worship their idols show a low level of social skills. These individuals experience feelings of loneliness, tend to feel more comfortable in solitude, and face difficulties in conveying feelings directly, so they tend to allocate more time to idol activities and feel more comfortable interacting through media with fellow fans. This research shows that research participants have intense personal tall one.

According to Maltby (2004), a person has values intense personal who has high will show a personality of neuroticism, a tendency to have behavior and attitudes that run away from reality or denial, are stressed, very emotional, tense, and tend to withdraw from the environment. Nurohmah and Prakoso (2019) found that there is a fairly close relationship between psychological well-being and celebrity worship in early adult woman. Psychological well-being is a fairly good predictor of celebrity worship in early adult woman. When early adult woman do celebrity worship, it will have a positive effect on their psychological well-being.

Based on the description above, it is known that early adult individuals are still found trapped inside celebrity worship, it is also known that celebrity worship will affect the level of psychological well-being of somebody. Therefore, this research aims to find out how it influences celebrity worship to psychological well-being in early adult women lovers of K-pop in Special Region of Yogyakarta.

Research Methods

Research design

This research uses a quantitative approach, the data in the research is in the form of numbers and analysis uses statistics (Sugiyono, 2017). This type of research uses correlational research, namely describing and measuring the degree or relationship between two or more variables or sets of scores using correlational statistics.

Sample or Population

The minimum sample population in this study was 399 respondents, this figure was obtained by calculating the Slovin formula from an unknown population size. The criteria for respondents in this research are female fans K-Pop aged 18-25 years who live in Yogyakarta Special Region Province, researchers distributed questionnaires online through social media networks such as Twitter, Instagram, group Telegram, group WhatsApp, and others, then the number of respondents was 400 people. Most research participants were aged 22 years with a total of 90 people (22.50%), the largest number of participants came from Sleman Regency consisting of 171 people (42.75%), and the largest participants were in the college student group with a total of 264 people (67.00%).

Data Collection Instruments and Techniques

Data collection in this research used a questionnaire online through Google form which is distributed through various social media platforms. The instruments used are the Celebrity Attitude Scale (CAS) Indonesian version with a reliability coefficient of $\alpha=0.865$ totaling 26 items and the Psychological Well-being Scale with a reliability coefficient of $\alpha=0.938$. There are 37 statement items.

Data analysis technique

The analysis techniques used include descriptive analysis, normality test, linearity test, and hypothesis testing. Descriptive analysis is intended to describe the objectivity of data obtained from the sample (Azwar, 2017). The normality test can be said to be normal if the significance value is more than 0.05 in the Kolmogorov-Smirnov non-parametric analysis test. The linearity test in this study uses a multicollinearity test, this is done to find out whether there is a high correlation between the independent variables or not in the regression model. The basis for making multicollinearity test decisions is that multicollinearity symptoms do not occur if the value tolerance is > 0.10 and the VIF value is < 10.00 .

The analysis in this research uses multiple regression tests. Multiple regression test, namely the number of predictor variables is more than one (Setiawati, 2017). This test was carried out to determine the influence of each dimension in the form of levels on the independent variable (celebrity worship) to the dependent variable (psychological well-being). The multiple regression test begins with the F test. Next, the analysis conclusion is obtained with the F test to test variations in the regression and residuals with the R Kreg/R Kres formula which will produce a calculated F (Setiawati, 2017). Then, the calculated F is compared with the F table of 5%. The entire data analysis process uses the SPSS ver. 23 statistics for Windows.

Results

This research was conducted to find out how it influences celebrity worship to the psychological well-being of K-pop-loving early adult women in Special Region of Yogyakarta. There were 400 participants in this research. The following is a description of the data from the research subjects:

Table 1. Respondent demographics based on age

No	Age	Amount	Present
1.	18 years old	32	8.00%
2.	19 years old	24	6.00%
3.	20 years old	54	13.50%
4.	21 years old	75	18.75%
5.	22 years old	90	22.50%
6.	23 years old	71	17.75%
7.	24 years old	28	7.00%
8.	25 years old	26	6.50%
Amount		400	100%

Based on table 1, it is known that most research participants were aged 22 years with a total of 90 people (22.50%), while the fewest participants came from the 19 year age group (6%). Based on Table 1, it is known that most research participants were aged 22 years with a total of 90 people (22.50%), while the fewest participants came from the 19-year age group (6%).

Table 2. Respondent demographics based on regional origin

No	Origin	Amount	Percentage
1.	Yogyakarta City	115	28.75%
2.	Sleman Regency	171	42.75%
3.	Bantul Regency	95	23.75%
4.	Kulon Progo Regency	7	1.75%
5.	Gunung Kidul Regency	12	3.00%
Jumlah		400	100%

Based on data from table 2, it is known that participants are spread across five regions in Yogyakarta Regional Province. The largest number of participants came from Sleman Regency consisting of 171 people (42.75%) and the lowest was from Gunung Kidul Regency consisting of 12 participants (3%).

Table 3. Respondent demographics by job

No	Job	Amount	Percentage
1.	Student	24	6.00%
2.	College student	264	67.00%
3.	Employee	37	9.25%
4.	Teacher	6	1.50%
5.	Freelance	6	1.50%
6.	Not yet working	21	5.25%
7.	Self employed	3	0.75%
8.	Others	35	8.75%
Amount		400	100%

Based on data from table 3, it shows that the largest participants were in the college student group with a total of 264 people (67.00%), in second place was the employee group with a total of 37 people (9.25%), and the least in the other groups were 35 participants (8.75%).

Table 4. Categorization of variables *celebrity worship*

Categorization	Frequency	Percentage
Low	62	15.50%
Medium	284	71.00%
High	54	13.50%
Total	400	100%

Based on table 4, it can be seen from the variables celebrity worship most were found to be in the medium category with a total of 284 people (71%). In the second order there is a low category with a total of 62 respondents (15.50%). While in the high category there are 54 people (13.50%).

Table 5. Categorization of variable dimensions celebrity worship

Categorization	Frequency	Percentage
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Entertainment-social dimention		
Low	60	15.00%
Medium	258	64.50%
High	82	20.50%
Intense-personal		
Low	57	14.18%
Medium	285	70.90%
High	58	14.43%
Borderline-pathological dimention		
Low	66	16.42%
Medium	276	68.66%
High	58	14.43%

Based on this categorization, the level is also known celebrity worship in this research are in categories Intense- personal feeling.

Table 6. Categorization of variables psychological well-being

Categorization	Frequency	Percentage
Low	68	17.00%
Medium	268	67.00%
High	64	16.00%
Total	400	100%

Based on table 6, it can be seen from the variables psychological well-being Most were found to be in the medium category with 268 people (67%).

Table 7. Categorization of variable aspects psychological well-being

Categorization	Frequency	Percentage
Self accepting		
Low	69	17.25%
Medium	276	69.00%
High	55	13.75%
Positive relation with others		
Low	71	17.75%

Medium	257	64.25%
High	72	18.00%
independence		
Low	60	15.00%
Medium	281	70.25%
High	59	14.75%
Environmental control		
Low	63	15.75%
Medium	292	73.00%
High	45	11.25%
Purpose of life		
Low	53	13.25%
Medium	299	74.75%
High	48	12.00%
Self-development		
Low	71	17.75%
Medium	245	61.25%
High	84	21.00%

Based on table 7, all aspects of the variables psychological well-being is in the medium category.

Based on the results of the normality test, it shows a significance value of 0.200 ($p > 0.05$). So it can be concluded that the data in this study falls into the normal category. Then, based on the results of the multicollinearity test in table 11, it shows all the values tolerance >0.10 and a VIF value <10.00 , meaning that the multicollinearity test in this study is acceptable. This indicates that there are no symptoms of multicollinearity from the independent variable to the dependent variable. After obtaining the prerequisite test results, the hypothesis test is then carried out.

Table 8. F test

Model	F	Sig.
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Regression	6.010	0.001
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Based on the results of the F test, it can be seen that the calculated F value is 6.010 with a significance value of 0.001 where $0.001 < 0.005$, so the regression model is acceptable. It means variable celebrity worship have a simultaneous effect on the variables psychological well-being.

Table 9. Testing Partial Regression Values

Dimension	Sig value	t value
Entertainment-social	0.222	1.224
Intense-personal	0.804	-0.248
Borderline-Pathological	0.001	-3.357

Based on decision making, the regression test can be accepted if the significance value (sig.) is < 0.05 . Sig value. on dimensions entertainment-social of 0.222 ($0.222 > 0.05$), sig value. Dimensions intense-personal of 0.804 ($0.804 > 0.05$), and the sig value. Dimensions borderline-pathological shows a value of 0.001 ($0.001 < 0.05$). This means regression testing on dimensions borderline-pathological acceptable because it can influence psychological well-being. Meanwhile dimensions entertainment-social and intense-personal not affect psychological well-being.

Table 10. Coefficient of Determination Results

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.209	0.044	0.036	12.818

Based on the SPSS Model Summary output, it is known that the coefficient of determination or R Square is 0.044 or 4.4%, this shows that the effective contribution of the variable celebrity worship to psychological well-being by 4.4%.

Table 11. Effective Contribution of Each Dimension

Dimension	Beta	corelation	Effective contribution
Entertainment-social	0.073	0.026	0.001898
Intense-personal	-0.018	-0.09	0.00162

Borderline-	-0.202	-0.198	0.039996
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Based on the data above, the dimensions can be known borderline-pathological tendency has a maximum effective contribution of 3.99%, dimension entertainment-social value of 0.189%, and dimensions intense-personal feeling amounting to 0.162%.

Table 12. Regression Line Coefficients

Dimension	Coefficients
Constant	113.169
Entertainment-social value	0.290
Intense-personal feeling	-0.032
Borderline-pathological tendency	-0.637

The formula for the multiple linear regression line equation is $Y = a + bX_1 + bX_2 + bX_3 + e$. By the table above, the multiple regression equation can be described as follows, $Y = 113.169 + 0.290 - 0.032 - 0.637 + e$. This explains that the value of the constant a in this study is positive 113.169, meaning that if all the independent variables which include Entertainment-social value (X_1), Intense-personal feeling (X_2), Borderline-pathological tendency (X_3) have a value of 0 percent or has not changed, so the self-acceptance value is 113,169. The bX_1 coefficient value is positive 0.290, meaning there is a positive influence on Entertainment-social value to psychological well-being, while the coefficient bX_2 (-0.032) and coefficient bX_3 (-0.637) have negative values meaning that the dimensions Intense-personal feeling and Borderline-pathological tendency negative towards psychological well-being.

Discussion

This research was conducted to find out how it influences celebrity worship influences on psychological well-being of K-pop-loving early adult women in DIY. Based on the results of the hypothesis test, it is known that the calculated F value is 6.010 with a significance value of 0.001, where $0.001 < 0.005$, so the regression model is acceptable. It means variable celebrity worship has a simultaneous effect on the variable's psychological well-being. Meanwhile, the effective contribution found was 4.4%, this is known based on the results of the coefficient of determination or R Square value of 0.044 or 4.4%, which means the effective contribution of the variable celebrity worship to psychological well-being by 4.4%. These findings indicate that the hypothesis is accepted, where celebrity worship influences psychological well-being in early adult women who love K-pop in DIY. These results are by research conducted by Maltby et al., (2004), which stated that there was an influence celebrity worship on psychological well-being.

In more detail, based on the t-test results, the sig value is known. on dimensions entertainment-social value of 0.222 ($0.222 > 0.05$), sig value. the intense-personal feeling dimension is 0.804 ($0.804 > 0.05$), and the sig. dimensions borderline-pathological tendency shows a value of 0.001 ($0.001 < 0.05$). This means regression testing on dimensions borderline-

pathological acceptable because it can influence psychological well-being. Meanwhile dimensions of entertainment-social and intense-personal psychological well-being. Meanwhile, for the effective contribution of each dimension, namely, dimensions borderline-pathological tendency has a maximum effective contribution of 3.99%, dimension entertainment-social value of 0.189%, and dimensions intense-personal feeling amounting to 0.162%. Also found in the direction of the regression line for the dimensions entertainment-social value positive 0.090, meaning the higher the value entertainment-social value it will get lower psychological well-being. Meanwhile, dimensions of intense-personal feeling (-0.032) and borderline-pathological tendency (-0.637) show the direction of the regression line is negative, which means the higher the value of intense-personal feeling and borderline-pathological tendency it will get lower the psychological well-being of individuals. This is obtained from the results of the multiple regression equation, namely, $Y = 113.169 + 0.290 - 0.032 - 0.637 + e$.

This finding is from a study conducted by Rosida (2019) which states that the higher the level of celebrity worship the more it will affect lower levels of psychological well-being. The borderline-pathological tendency is the highest level of celebrity worship, where at this level individuals are willing to do anything for their celebrity idols even if they break the law. Individuals at this level tend to have uncontrolled and irrational thoughts and behavior. Individuals become too focused on the lives of their celebrity idols so they forget their function which then results in low levels of psychological well-being.

This research shows that the level of entertainment-social value and level of intense personal feeling show no effect on psychological well-being. Entertainment-social value is the lowest level of celebrity worship, where interest in celebrities is limited to a source of entertainment, individuals at this level tend to conform to social norms and avoid reality. Individuals who are at this level are still categorized as normal because they are still aware of their function so they do not have an influence on their low-level psychological well-being in individuals, on the other hand, individuals can reduce stress levels because they are entertained by their idol celebrities. This is by research conducted by Azzahra & Ariana (2021) which shows a positive influence of entertainment-social value to the psychological well-being of individuals.

Intense-personal feeling which is a deep medium-level celebrity worship based on the regression results also shows that it does not affect psychological well-being. Individuals at this level begin to show intensive and compulsive feelings towards celebrities, individuals begin to show obsessive behavior because they have seen the celebrity as someone they consider close to the point of forming a parasocial relationship. No influence was found on intense personal feelings on psychological well-being possibly because the individual's quality of life is in the good category, this is by a study conducted by Nawardi, Sahrani, and Basaria (2020) reporting on the quality of life of individuals who exhibit behavior celebrity worship also has psychological well-being good.

Ideal behavior celebrity worship This will peak in adolescence and disappear into early adulthood. This is in line with the tasks of early adult individuals in establishing relationships

with certain social groups, doing work, getting married and building a family, taking care of the household, and raising children (Monks, 2021). Whereas celebrity worship tends to give rise to parasocial relationships between fans and celebrity idols, even conflicts and bullying among fans, obsessive behavior towards idols is not in line with the duties of early adult individuals.

Variable test results celebrity worship to 400 early adult women in DIY known level celebrity worship is at the medium level, this shows that most of the participants are at the level intense-personal feeling, while based on dimensional categorization of variables celebrity worship, it is known that all dimensions are at a medium level, namely in dimensions entertainment-social as many as 258 respondents (64.50%), dimensions intense-personal 285 respondents (70.90%), while in dimensions borderline-pathological as many as 276 respondents (68.66%). Behavior that is still found in celebrity worship in early adulthood is to the study conducted by Cahyani & Purnamasari (2019). Another study revealed this behavior is the result of low psychological well-being and indications of psychological problems, the impact of the individual's failure to adjust or face the pressures of life (Aini, 2019).

Categories of intense personal feelings or Intense-personal feelings on the scale of glorification of celebrities reflect the behavior of fans who routinely experience thoughts about their idol celebrities, even when they don't mean to do so. At this level, fans express feelings of high intensity, where the manifestation of love they show towards their idols tends to be very excessive. They try to constantly follow activities, news, and detailed information about their idols, which indicates that at this level fans tend to show obsessive behavior toward their idol figures (Brooks, 2021).

Maltby (2004) mentions someone who has values and intense personal feelings those who are high will show a personality of neuroticism, a tendency to have behavior and attitudes that run away from reality or denial, are stressed, very emotional, tense, and tend to withdraw from the environment. Adiesia & Sofia (2021) also found that there is a positive correlation between behavior celebrity worship with withdrawal behavior from the environment. In contrast, Aini's (2019) research, shows that intense personal feelings do not show any negative relationship to psychological well-being. Nawardi, Sahrani, and Basaria's (2020) study reports on the quality of life of individuals who exhibit behavior of celebrity worship and also have psychological well-being the good one. The same results were also found in research conducted by Azzahra and Ariana (2021). The findings in this study showed that 284 respondents (71.00%) had a level celebrity worship and are in the category of intense-personal feeling. However, based on the results of the hypothesis test it is known intense- personal feelings do not influence psychological well-being. This is the reason why the effective contribution to this research is small, namely 4.4%.

Based on this situation, according to Dewi and Indrawati (2019), the participants involved are likely to be at a new level of celebrity worship that is supportive idolization where fans only consider these idols as idols on stage and have their own lives, this level is between levels entertainment-social value and intense-personal feeling, at this level, fans also realize that the idol is not a priority in life and realize the reality of life and responsibilities at his age.

So, idolizing behavior or celebrity worship doesn't have too much of an impact on psychological well-being.

The findings in this research are also not in line with research conducted by Maltby (2003) which states that one of the factors that influence the emergence of behavior celebrity worship is the level of education. Based on the data obtained, even though the majority of participants had a high educational background, the level of celebrity worship is still at the medium level and there are still 13.50% that are in the high category.

Although it does not have a significant impact on psychological well-being, high levels of intense personal feelings can arise because individuals see their celebrity idols as a source of mere entertainment. It is known that the image of K-pop idols, who are portrayed as ideal couples, is the trigger for the increasing number of K-pop fans who experience celebrity glorification. In addition to providing entertainment, K-pop idols not only fulfill entertainment functions alone but also provide special services to their fans, creating a significant sense of comfort for fans. (Cahyani & Purnamasari, 2019).

Test results on variables psychological well-being to 400 early adult women in DIY known level psychological well-being is at a moderate level. This is shown by the results of research which shows that 268 or 67% of people have this level of psychological well-being, while 68 people (17%) were at a low level and 64 people (16%) were at a high level. According to the categorization of aspects of the psychological well-being variables, all aspects are in the medium category, namely in the aspect of self-acceptance there are 276 participants (69%), in the aspect of positive relationships with other people there are 257 people (64.25%), in the aspect of independence there are 281 participants (70.25%), in the aspect of mastery of the environment there are 292 people. (73%), the life goals aspect numbered 299 people (74.75%), while in the personal development aspect, the number of participants was 245 (61.25%).

The results of this research are in line with another study conducted by Rahama and Izzati (2021) regarding the relationship between social support and psychological well-being for employees, a correlation coefficient of 0.443 ($r=0.433$) was found. This can be interpreted as meaning that there is a relationship between social support and psychological well-being. Another study conducted by Pramitha (2018) on the relationship between psychological well-being and loneliness in students who migrated to Yogyakarta showed a high level of psychological well-being the low reached 47.8%. By several results of this research, it can be seen that many factors can influence height low psychological well-being of someone.

Although according to the F test, it was found that there was an influence of celebrity worship on psychological well-being, based on the t-test only dimensions borderline pathological tendency only those that influence the variable's psychological well-being, this is possibly due to the presence of other variables not covered in this study. The level of psychological well-being in a person is influenced by other factors and celebrity worship just be one of them. Krieger (in Elnagar, 2017) states that quality of life also influences psychological well-being.

The level of education also influences the level of psychological well-being. In this research, it is known that most of the participants involved were students, some were high school/vocational school graduates or had completed college education, and there was only one participant who was an elementary school graduate. This is the opinion of Riyanto (2017), who found that along with an increase in education level, an increase in scores on dimensions such as autonomy, environmental mastery, personal growth, positive relationships, life purpose, and one's self-acceptance was also observed.

Conclusion

By the research that has been carried out, it is concluded that there is only one internal dimension of celebrity worship that influences the psychological well-being of K-pop-loving early adult women in DIY, and that is borderline-pathological tendency. This research found a negative influence between borderline-pathological tendency with psychological well-being, this shows that individual who has celebrity worship at high levels will have low psychological well-being the low.

The research results show the level of celebrity worship in early adult women, and K-pop lovers in DIY is in the category of Intense personal feeling or medium level. Additionally, the level of psychological well-being was also found to be in the medium category. Meanwhile, donations are effective celebrity worship to psychological well-being amounted to 4.4%, while the other 95.6% were influenced by other factors. These other factors include factors that can influence the level of psychological well-being of a person, including age, gender, socio-economic status, culture, marital status, coping, quality of life, and level of education.

Suggestion

Based on the findings from this research, the researcher would like to provide several suggestions that can become a basis for developing research in the future. For future researchers, it is recommended to expand the scope of the subject and research area to provide a more detailed and detailed picture. Further understanding can be gained by exploring the positive influence of behavior celebrity worship, the correlation intimacy with celebrity worship, or the impact of celebrity idolization on mental health. Apart from that, it is recommended to review the measuring instruments Celebrity Attitude Scale (CAS) to adapt to the Indonesian context.

Parents, who are adult individuals with more mature cognitive capacities compared to adolescents and children, are expected to better understand the impact of celebrity worship. This aims to ensure that parents have a higher awareness of the admiring behavior that may be carried out by their children, to prevent it from being excessive, and the potential for this behavior to occur in celebrity worship.

K-Pop fans, in the context of idol behavior, should remember that not all idol behavior has a negative impact. However, we need to be careful if this behavior is carried out excessively, because it can potentially harm human functioning, such as decreasing

psychological well-being. Therefore, it is hoped that K-pop fans, especially adult individuals, can think rationally and act according to healthy boundaries in expressing their idolization. It is also hoped that mutual reminders between individual adult K-pop fans can become a joint effort to avoid the behavior of celebrity worship, especially among teenagers and children around them.

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