

The Relationship between Celebrity Worship and Psychological Well-Being in Students of the Faculty of Psychology, Universitas Negeri Malang

Alwiyah Salsabila¹, Nur Eva², Rizka Fibria Nugrahani³

^{1,2,3} Department of Psychology, Faculty of Psychology, Universitas Negeri Malang

Article Information

Submitted date 13-03-2024
Revised date 05-04-2024
Accepted date 15-04-2024

Keywords:

celebrity worship;
psychological well-being;
college student.

Kata kunci:

pemujaan terhadap selebriti;
kesejahteraan psikologis;
mahasiswa.

Correspondence concerning this article should be addressed to Rizka Fibria Nugrahani, Semarang Street, No. 5, Malang, East Java, Indonesia 65145. Email: fibriarizka94@gmail.com

Abstract

This research is based on the fact that most students at the Faculty of Psychology, Universitas Negeri Malang, still have moderate and low levels of psychological well-being. Students, in this case, should be more focused on how they achieve an optimal level of psychological well-being, but there are still early adult individuals who have celebrity worship. When early adult individuals have celebrity worship, it will have a negative impact, such as anxiety, stress, and even depression, which leads to decreased psychological well-being. This research aimed to determine the description of celebrity worship and psychological well-being and the relationship between the two variables in the Faculty of Psychology, Universitas Negeri Malang students. Research data were collected using the short version of the Celebrity Attitude Scale (CAS) and Ryff's Psychological Well-Being (RPWB) Scale. The correlation coefficient value of the two variables is -0.012 , with a significance value of $.878$. The results stated an insignificant relationship with a negative correlation between celebrity worship and psychological well-being in students of the Faculty of Psychology, Universitas Negeri Malang.

Abstrak

Penelitian ini dilatarbelakangi oleh kenyataan bahwa sebagian besar mahasiswa Fakultas Psikologi Universitas Negeri Malang masih memiliki tingkat kesejahteraan psikologis sedang dan rendah. Mahasiswa dalam hal ini seharusnya lebih fokus pada bagaimana mencapai tingkat kesejahteraan psikologis yang optimal. Namun, masih terdapat individu dewasa awal yang memuja selebriti. Ketika individu dewasa awal melakukan pemujaan terhadap selebriti, maka akan menimbulkan dampak negatif seperti kecemasan, stres, bahkan depresi yang berujung pada penurunan kesejahteraan psikologis. Penelitian ini bertujuan untuk mengetahui gambaran pemujaan selebriti dan kesejahteraan psikologis serta hubungan kedua variabel pada mahasiswa Fakultas Psikologi Universitas Negeri Malang. Data penelitian dikumpulkan dengan menggunakan *Celebrity Attitude Scale* (CAS) and *Ryff's Psychological Well-Being Scale* (RPWB). Nilai koefisien korelasi kedua variabel sebesar $-0,012$ dengan nilai signifikansi sebesar $0,878$. Hasil penelitian menyatakan adanya hubungan yang tidak signifikan dengan korelasi negatif antara pemujaan selebriti dengan kesejahteraan psikologis pada mahasiswa Fakultas Psikologi Universitas Negeri Malang.



INTRODUCTION

College students are individuals who enter the emerging adulthood period. This period is a transition from adolescence to adulthood during which individuals are responsible for developing capacities, skills, and better character qualities and exploring individual identity in romance and career. At this

time, individuals are also unstable (Aisyiyah & Suprapti, 2021). The emergence of these problems will affect the decline in students' psychological well-being level (Eva et al., 2020).

Students need to have psychological well-being because stable psychological well-being in students will affect how they adapt and succeed in their academic demands (Aulia & Panjaitan, 2019). Nevertheless, there is still a prevailing occurrence of students experiencing low psychological well-being, as evidenced in several studies. According to Mariyanti (2017), 51% of Universitas Esa Unggul students have low psychological well-being. Students who migrate to Yogyakarta are also stated to have low psychological well-being, namely 47.8% (Pramitha & Astuti, 2021). In addition, it was also found that 38% of students at the Universitas Pendidikan Indonesia had low psychological well-being (Kurniasari et al., 2019). Meanwhile, multiple studies have proven that students in Malang City experience low psychological well-being. According to research conducted by Syukron (2017) at Universitas Muhammadiyah and Aulia et al. (2021) at the Universitas Negeri Malang, some students had low life goals.

According to Ryff (2013), there need to be six dimensions that support psychological well-being in individuals: self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal development. Ryff and Keyes (1995) also said that various factors, such as gender, socioeconomics, culture, and age, influence the formation of psychological well-being in individuals.

Widjaja and Ali (2015) said that most early adults have intense, obsessive, and compulsive feelings towards their favorite celebrities. This celebrity worship behavior should have decreased during early adulthood, but the study did not prove this. When idolizing artists is continuously carried out, it will foster intimacy with their favorite celebrities and will form celebrity worship behavior in them. Celebrity worship behavior in individuals in early adulthood should tend to decline because they are more focused on clarifying self-identity, achieving self-autonomy, and determining goals in life (Raviv et al., 1996).

Research by Maltby et al. (2001) shows that when individuals have celebrity worship, it is a sign of low psychological well-being. Engaging in celebrity worship activities continuously and for a long time will affect their relationships with others and reduce performance in education and work (Sansone & Sansone, 2014). Celebrity worship is a form of compulsive attitude in individuals towards their idols. The individual will exert efforts to include themselves in the idol's life so that sometimes it will carry over into his daily life (Maltby et al., 2003). Maltby et al. (2003) identified three levels of celebrity worship: social entertainment, intense personal feeling, and borderline pathological. Several factors influence celebrity worship in individuals, including age, close relationships, and social skills (Houran et al., 2005; McCutcheon et al., 2016).

Individuals who have celebrity worship will have both positive and negative impacts on them. The positive impacts of celebrity worship include increasing creativity in writing and increasing friendships (Boon & Lomore, 2001), as social entertainment and having a solid personal function (Sheridan et al., 2007), being motivated to succeed after seeing the spirit of their idol's struggle (Shofa, 2017) and developing self-identity by making their idols role models, namely imitating the positive lifestyle of the idol because they are considered idols who have abilities (Maltby et al., 2006).

On the contrary, the negative impacts of celebrity worship include reduced information processing skills in individuals who tend to be very fixated on the personal details of the celebrity's life (Martin et al., 2003), problematic internet use, often daydreaming maladaptively and increasingly desiring to be famous (Zsila et al., 2018), materialistic and compulsive in shopping (Reeves et al., 2012) and having a gambling addiction, detrimental to school and work performance, disrupting social relation-

ships and individuals' cognitive function because they tend to be very attached to their favorite celebrities so that it can disturb the cognitive work process due to the individuals' limited ability to focus on things other than their favorite celebrities (Lian et al., 2019).

There is a positive relationship between psychological well-being and celebrity worship that is proven in several studies. Azzahra and Ariana (2021) and Adiesia and Sofia (2021) found that almost all of the subjects in the studies who are K-pop fans fulfilled almost all dimensions of psychological well-being optimally, including self-acceptance, life goals, and personal growth.

Conversely, multiple prior studies have found a negative correlation between the two variables, indicating that persons with high celebrity worship tend to have lower psychological well-being. Aini (2019), Maltby et al. (2001), and Nurrohamah and Prakoso (2019) found that individuals with celebrity worship tend to have low psychological well-being when matched with individuals without celebrity worship. This is shown by indications of depression and anxiety that begin to appear because fans feel that they are unable to accept themselves, develop themselves, and determine long-term targets in their lives. This research aimed to determine the description of celebrity worship and psychological well-being and the relationship between the two variables in the Faculty of Psychology, Universitas Negeri Malang students.

METHODS

Research Design

This research uses a quantitative research design, which can be interpreted as one approach in research based on the ideological flow of positivism to examine a community or representation where the results of the research are shown in the form of numbers or statistics, which will later be used to prove a hypothesis that has been determined in the survey (Sugiyono, 2013). This research belongs to the type of correlation research. According to Azwar (2017), correlation research examines several things by examining the relationship between two variables using the correlation coefficient formula. The variables used in this research are celebrity worship and psychological well-being.

Population

The data was gathered from students who completed the research scale at the Faculty of Psychology, Universitas Negeri Malang. The number of students in the Faculty of Psychology class of 2019–2022 is 960. A sample was taken from this population to be used in the research. According to Arikunto (2002), when the research subjects are more than 100, the sample can be determined to be as much as 10–15% of the total population. Referring to this opinion, the sampling used in this research was 15% of the population, namely 144 students. This research will examine students of the Faculty of Psychology, Universitas Negeri Malang, which is divided into four batches so that researchers evenly divide the total 144 students for four batches, namely 36 students per batch, which are then rounded up to 40 students per batch so that the total number of samples taken for research is 160 students who are evenly distributed across four batches. The sampling technique used in this research is non-probability sampling. According to Sugiyono (2013), non-probability sampling is one of the sampling techniques that needs to provide an equal opportunity or possibility for a population to be sampled in research. Researchers will use purposive sampling techniques included in one of the non-probability samplings. Purposive sampling is one of the sampling techniques that uses specific considerations or criteria to determine the sample subject (Sugiyono, 2013). The criteria applied to the determination of samples in this research are: (1) having a preferred artist or idol of at least one celebrity; (2) being 18–25 years old; and (3) being an undergraduate student in the Faculty of Psychology, Universitas Negeri Malang, class of 2019–2022.

Instrument

This research involves the acquisition and compilation of research data. The research data is gathered by distributing measuring instruments to a specific population sample. This research uses instruments such as celebrity worship and psychological well-being scales. The celebrity worship scale used in this research is the short version of the Celebrity Attitude Scale (CAS) owned by Maltby et al. (2006), which was later adapted by Luthfi (2021). This measuring instrument consists of 22 items. The scaling method used in this instrument is a Likert-type scale with five response options, including (1) Strongly Disagree, (2) Disagree, (3) Neutral, (4) Agree, and (5) Strongly Agree. This measuring instrument measures three dimensions as follows.

1. *Entertainment Social*: This dimension shows that fans like their favorite celebrities because they can entertain and captivate them. If fans are at this stage, they find out more about their favorite celebrities and interact with other fans who also like these celebrities.
2. *Intense Personal*: In this dimension, fans feel a complex feeling, where they feel the intimacy between them and their favorite celebrities, making them obsessive. This makes fans want to know what their favorite celebrities are doing by following the latest updates on their personal information through social media or news.
3. *Borderline Pathological*: This dimension is the highest hierarchy of fans' feelings towards their favorite celebrities. In this dimension, fans have fantasies about their favorite celebrities. In addition, at this stage, fans become willing to do anything for their favorite celebrity, even if it involves violating norms and laws.

Calculations of the validity and reliability of this instrument have been carried out by Luthfi (2021). Items are declared valid if the p-value is less than .05 and the value of the r count is more than the r table. Using the total item correlation and a significance level of 5% from the r table, along with SPSS 18.0 for Windows, the validity coefficient values for all items range from .328 to .741. The r count is higher than the r table, and the p-value is .000, which is less than or equal to .05. Therefore, it can be concluded that 22 items on the CAS are considered valid. The reliability of this instrument has been previously calculated using Cronbach's alpha method with the help of SPSS 18.0 for Windows. According to Guilford's categorization, Cronbach's alpha value of .908 falls within the "very high" category.

The psychological well-being scale used in this research is the modified version of Ryff's Psychological Well-Being (RPWB) Scale by Eva and Bisri (2018). This scale calculates six dimensions: (1) self-acceptance, refers to an individual's ability to be able to accept themselves as a whole both in the present and in the past so that the individual will have a positive view of themselves and the life they will live; (2) autonomy, refers to an individual's ability to make choices or decisions without depending on others; (3) positive relationships with others, refer to an individual's ability to be able to foster positive relationships with others and is followed by feelings of warmth, care and trust in other people; (4) environmental mastery, refers to an individual's ability to be able to regulate the environment around him according to his wants and needs; (5) personal development, refers to an individual's ability to develop themselves and be aware of the potential that exists within them; and (6) life goals, refers to individuals' ability to understand their life goals, appreciate the time now lived and the time that has been passed and have targets in life to be achieved (Ryff, 2013). This scale consists of 18 items containing favorable and unfavorable items. The scaling method used in this instrument is a Likert-type scale with six response options. For favorable items, response options include (1) Strongly Disagree, (2) Disagree, (3) Slightly Disagree, (4) Neutral, (5) Slightly Agree, (6) Agree, and (7) Strongly Agree, while for unfavorable items, response options include (7) Strongly Disagree, (6)

Disagree, (5) Slightly Disagree, (4) Neutral, (3) Slightly Agree, (2) Agree and (1) Strongly Agree on unfavorable items.

Calculations of the validity and reliability of this instrument have been carried out by Eva and Bisri (2018). Items are declared valid if the value of the r count is more than the r table. Based on previous calculations, the validity value of this scale is .312, with the provisions of r count being more than the r table, so it can be stated that 18 items on the RPWB Scale are declared valid. The reliability of this scale has previously been examined using Cronbach's alpha coefficient formula, resulting in a value of .780. Guilford's categorization classifies the reliability of this scale as high.

Data Analysis

The data analysis applied in this research is the product-moment correlation analysis and linear regression technique. Correlation analysis is one of the many data analysis techniques that aim to determine the strength of the relationship between the two variables in research, which can later be seen from the magnitude of the correlation coefficient (Sugiyono, 2013). The product-moment correlation analysis technique was chosen to analyze whether or not there is a relationship between the independent and dependent variables to be measured. Before correlation analysis, researchers conducted assumption tests, namely normality and linearity tests. Linear regression analysis is a statistical method used to determine the linear relationship between an independent and dependent variable. This method is often used to predict or explain the dependent variable's values based on the independent variable's values.

RESULTS

Overview of Research Respondents

This research included a sample of 160 students, aged between 18 and 25 years, who have shown a liking for at least one celebrity or idol. The respondents' descriptions in this research encompass the age and gender of the research respondents.

Table 1.
Overview of Gender of Research Respondents

Gender	Frequency	Percentage (%)
Male	24	15 %
Female	136	85%
Total	160	100%

Based on Table 1, of the 160 respondents, the majority of respondents were female, with 136 respondents (85%) and only 24 male respondents (15%).

Table 2.
Age Overview of Research Respondents

Age	Frequency	Percentage (%)
18	11	6.9%
19	31	19.4%
20	47	29.4%
21	34	21.3%
22	30	18.8%
23	5	3.1%
24	2	1.3%
Total	160	100%

Based on Table 2, of the 160 respondents, most came from the 20-year age group, with 47 respondents (29.4%), while the fewest respondents came from the 24-year age group, with only two respondents (1.3%).

Descriptive Analysis

A descriptive analysis aims to present an overview of 160 respondents. The data presented in this descriptive analysis include mean, standard deviation, minimum score, and maximum score. The following table will explain a descriptive analysis of celebrity worship variables and psychological well-being variables.

Table 3.
Descriptive Analysis Results

Variables	Empirical Data					Hypothetical Data				
	N	Mean	SD	Min.	Max.	N	Mean	SD	Min.	Max.
Celebrity Worship	160	74.26	13.987	32	113	160	66	44	22	110
Psychology Well-Being	160	83.03	11.038	52	110	160	72	54	18	126

Table 3 shows that of the 160 respondents on the celebrity worship variable, there is an empirical mean value of 74.26, and the standard deviation value obtained is 13.987. From a total of 22 items, the minimum value of the respondents is 32, and the maximum is 113. The following is a categorization table of celebrity worship scores based on empirical data.

Table 4.
Celebrity Worship Score Categorization

Interval	Frequency	Percentage	Category
$X < 60.27$	23	14.4%	Low
$60.27 \leq X < 88.25$	118	73.8%	Medium
$88.25 \leq X$	19	11.9%	High

Based on Table 4 above, out of 160 respondents, 23 (14.4%) have low levels of celebrity worship, 118 (73.8%) have moderate levels of celebrity worship, and 19 (11.9%) have high levels of celebrity worship.

Table 3 on the psychological well-being variable shows that out of 160 respondents, the empirical mean value is 83.03, with a standard deviation of 11.038. From a total of 18 items, the minimum value of the respondent is 52, and the maximum value is 110. The following is a categorization table of psychological well-being scores based on empirical data.

Table 5.
Categorization of Psychological Well-Being Score

Interval	Frequency	Percentage	Category
$X < 71.99$	25	15.6%	Low
$71.99 \leq X < 94.07$	111	69.4%	Medium
$94.07 \leq X$	24	15%	High

Based on Table 5 above, out of 160 respondents, 25 (15.6%) have low levels of psychological well-being, 111 (69.4%) have moderate levels of psychological well-being, and 24 (15%) have high levels of psychological well-being.

Assumption Test

This research applies two stages of the assumption test. The first is a normality test, which is carried out to determine whether the research data is normally distributed. The normality test is applied by calculating the Kolmogorov-Smirnov formula with the help of SPSS Statistic 25 for Windows. The test results will be called normal if the significance value (p) is more than .05. The normality test results of the two variables in this research are presented in the table below.

Table 6.
Normality Test Results

Variables	Significance (p)	Conclusion
Celebrity Worship	.200*	Normal
Psychological Well-Being	.200*	Normal

* $p > .05$

Table 8 above shows that the significance value for both variables is .200, where the value is more than .05, which can be interpreted as normally distributed celebrity worship and psychological well-being data.

The second assumption test is the linearity test, which aims to test the linearity in the relationship between the independent and dependent variables of the research. The formula used in this research is the deviation from linearity formula with the help of SPSS Statistic 25 for Windows. According to Azwar (2013), when two variables in the research have a significance value (p) of more than .05, it can be said that they have a linear relationship. The results of the linearity test of the two variables in this research are presented in the table below.

Table 7.
Linearity Test Results

Variables	F	Significance (p)	Conclusion
Psychological Well-Being and Celebrity Worship	1.223	.190	Linear

Table 9 above shows that the significance value for both variables is .190, where the value is more than .05, which means a linear relationship exists between the psychological well-being variable and celebrity worship.

Hypothesis Test

After determining the assumption test on both research variables, a correlation analysis is carried out to determine whether there is a relationship between celebrity worship and psychological well-being. The correlation test in this research uses Pearson's product-moment formula with the help of SPSS Statistic 25 for Windows. If the significance value (p) is less than .05, it can be interpreted that there is a significant relationship between the two variables. However, if the significance value (p) has a val-

ue of more than .05, it can be said that there is no relationship between the two variables. The correlation test results in this research are presented in the table below.

Table 8.
Hypothesis Test Results

Variables	Correlation Coefficient (r_{xy})	Significance (p)	Conclusions
Celebrity Worship and Psychological Well-Being	-.012	.878	Negative relationship H0 accepted H1 rejected

Table 8 above reveals that the correlation test results obtained a significance value (p) of .878 ($p < .05$), which means that the celebrity worship variable is not significantly related to the psychological well-being variable in the population in this research. In addition, the correlation coefficient (r_{xy}) value is -.012, which states that the correlation in this research is included in the very low correlation category with a negative correlation direction; namely, if the celebrity worship variable is high, the psychological well-being variable is low and vice versa.

Table 9.
Linier Regression

ANOVA						
Model		Sum of Squares	df	Mean Square	F	p
H1	Regression	7.431	1	7.431	.060	.807
	Residual	19550.063	158	123.735		
	Total	19557.494	159			

Table 9 above reveals that the regression test results obtained a significance value (p) of .807 ($p < .05$), which means that the psychological well-being variable does not significantly influence the celebrity worship variable in the population in this research.

DISCUSSION

Overview of Celebrity Worship in Students of the Faculty of Psychology, Universitas Negeri Malang

Based on the above research results, it can be concluded that most students of the Faculty of Psychology, Universitas Negeri Malang, have moderate celebrity worship. Individuals with a moderate level of celebrity worship belong to the intensely personal feeling category, which is indicated by intense, obsessive, and compulsive feelings towards their idol artists (Maltby et al., 2006). Individuals in this stage also establish relationships by looking for other fans who can later be used to obtain new information about their idols, such as by joining a particular artist's fan club and group chats among fans (McCutcheon et al., 2002). The higher score of intense personal feelings can also cause depression and anxiety in a person (Maltby et al., 2001). Individuals in the intensely personal feeling stage also often fantasize about their idols and consider them their soulmates. The emergence of this fantasy leaves a space within them that can cause it to become a fantasy that seems true in real life (Laksono & Noer, 2021). In addition, the higher the stage of a person's celebrity worship, the higher their tendency to compulsively purchase merchandise (Reeves et al., 2012).

Several factors influence the level of celebrity worship in individuals, including gender (Raviv et al., 1996). Studies on the topic, including work by Raviv et al. (1996), have likely found that gender

plays a role in the level and nature of celebrity worship. For instance, they may have discovered that: (1) men and women may tend to admire different types of celebrities, for example, women might be more likely to idolize actors, singers, or fashion icons, while men might idolize athletes, business leaders, or political figures; (2) gender might influence the intensity of celebrity worship, with some research suggesting that women generally tend to engage in more intense forms of celebrity worship compared to men; (3) the reasons why individuals admire celebrities may differ based on gender, for instance, women might be more drawn to celebrities for their perceived warmth, empathy, or physical attractiveness, while men might be more interested in celebrities who embody qualities like success, power, or physical prowess; and (4) gendered portrayals of celebrities in the media may influence how men and women perceive and relate to them, where women may be more exposed to idealized images of female celebrities, leading to higher levels of admiration or identification, while representations of male celebrities may similarly influence men.

Age is also one of the factors that influence celebrity worship in individuals. The respondents used in this research were aged 18–25 and entering early adulthood. With increasing age, idolizing artists will decrease because individuals in early adulthood tend to focus more on how they are busy forming their self-identity, trying to be able to live independently, and focusing on making efforts to succeed in their life goals (Raviv et al., 1996). As they get older, individuals will also tend to have better self-control abilities so that they can control their lives so that they are not disturbed by celebrity worship activities, can prioritize what to do first, and can think carefully about everything such as purchasing merchandise (Utami et al., 2021). The level of education is also one of the many things that can influence individual celebrity worship. When someone does not take their education to a higher level, there will be a higher tendency for that person to engage in celebrity worship activities and vice versa (Hapsari & Sumaryanti, 2022). In addition, social skills are also one of the factors that influence individuals to engage in celebrity worship activities. Research conducted by Hermadana (2020) shows a significant negative relationship between social skills and celebrity worship, where the higher the social skills, the lower the celebrity worship, and vice versa.

According to Willis (in Maltby et al., 2001), when individuals in early adulthood do celebrity worship, it is done because it can be one of their ways to make celebrity worship activities an escape for those who do not yet have a self-identity, can foster motivation after seeing their favorite celebrities and celebrity worship activities carried out by these students are supported by problems in achieving the early adult development stage they face, namely the need for intimacy. Early adult individuals who fail to establish intimate relationships at their age are entering a period of isolation where they fail to get love and affection and cannot establish intimate relationships from their surrounding environment, so they develop parasocial relationships with their favorite celebrities (Shofa, 2017). Parasocial relationships developed by individuals who engage in celebrity worship are done to escape from life's realities, balance their deficiencies, and develop a self-identity that they feel has not been formed (McCutcheon et al., 2002).

Overview of Psychological Well-Being in Students of the Faculty of Psychology, Universitas Negeri Malang

This research indicates that most students at the Faculty of Psychology, Universitas Negeri Malang, have moderate psychological well-being. One of the factors that can affect the psychological well-being of the respondents of this research is the age factor. The respondents in this research were students aged 18–25 who entered the early adult development stage. Early adulthood is synonymous with the transition from adolescence to adulthood, where individuals at this time are more likely to experiment and explore (Hurlock, 2011). One of the characteristics of early adulthood is the occur-

rence of instability in individuals (Aisiyiah & Suprapti, 2021). Instability can occur due to the many explorations or experiments carried out by students in academics, work, and romance, so the many explorations carried out by students will result in instability in the individual (Arnett, 2000). From this instability in early adult individuals, it is not uncommon to cause anxiety, stress, or depression. This will affect psychological well-being in early adult individuals (Kurniasari et al., 2019).

Ryff (1989) states that several factors can affect individuals' psychological well-being, including social support, shown by channeling enthusiasm and helping fellow students. In addition, cultural factors also affect the psychological well-being of students, especially if these students come from out of town. The cultural differences that students have will provide a feeling of complementing each other by exchanging new information and providing enthusiasm to stay strong in facing the problems they are facing (Engrasia, 2021).

Psychological well-being is supported by six dimensions: environmental mastery, self-acceptance, positive relationships with others, self-autonomy, life goals, and personal development. According to Ryff (1989), when students master the environment well, they can respond to everything faced positively, especially when faced with a problem; they see it as a challenge and become motivated to overcome these problems. Self-acceptance is also one of the dimensions that support psychological well-being. Students who understand their strengths and weaknesses, rather than dissolving feelings of dissatisfaction with past events, rise to become better people (Ningrum et al., 2023). The next dimension that supports psychological well-being is positive relationships with others. When students can establish friendships and romantic relationships with others warmly and positively, this dimension can be fulfilled in students (Dyah & Fourianalistyawati, 2018).

Self-autonomy is also one of the dimensions that support psychological well-being where students can develop the right strategy to complete lecture assignments and manage time effectively, especially for students at the final level where they can target to complete the thesis on time (Nurchahyo & Valentina, 2020). Students should have life goals they want to achieve to understand what steps can support their life goals, especially for final-year students who must complete their thesis on time, which is a proud final achievement for students (Sary, 2022). Personal development is also one of the other dimensions that support psychological well-being in a person. In this dimension, students are expected to have the ability to develop their potential sustainably so that they can develop and change positively and, over time, they can realize a good improvement in themselves (Kurniasari et al., 2019).

Overview of the Relationship Between Celebrity Worship and Psychological Well-Being in Students of the Faculty of Psychology, Universitas Negeri Malang

Based on the results of the correlation calculation that has been carried out, there is an insignificant relationship with a negative direction between the celebrity worship variable and psychological well-being in students of the Faculty of Psychology, Universitas Negeri Malang, with a significance value of .878 and a correlation coefficient value of -.012. The correlation between celebrity worship variables and psychological well-being is weak and insignificant. The direction of the relationship between the celebrity worship variable and the psychological well-being variable is negative, where the higher the celebrity worship, the lower the level of psychological well-being and vice versa, so the hypothesis in this research is rejected.

The results of this research are different from previous studies, namely research conducted by Ho (2023), which states that the higher the celebrity worship behavior, the higher the person's psychological well-being. Celebrity worship positively impacts fans, such as moving to open fundraisers for needy people and motivating them to improve in the future. When individuals join a fan club, it can also help them establish positive relationships with fellow fans and can be a medium to reduce daily

stressors (Maltby et al., 2001). Individuals who are members of fan clubs will also have high levels of trust and feelings of satisfaction with life when they feel accepted and appreciated for their celebrity worship behavior (Huang, 2010). In addition, celebrity worship behavior positively impacts the quality of life in terms of psychological well-being (Nawardi et al., 2020).

However, the results of this research are also in line with several studies that have been conducted previously. Research conducted by Aini (2019) found no significant relationship between celebrity worship and psychological well-being with a negative correlation direction, which means that the higher the celebrity worship, the lower the psychological well-being and vice versa. Another research by Parawangsa et al. (2023) also found no significant relationship between the two variables. Both studies have a relationship, but it is very weak or insignificant. According to both studies, this can happen because other variables can affect celebrity worship and psychological well-being.

Based on the studies mentioned above, celebrity worship is one of the variables that can affect the psychological well-being of students of the Faculty of Psychology, Universitas Negeri Malang. In this case, the psychological well-being of respondents in the context of this research needs to be sufficiently explained meaningfully through celebrity worship. Celebrity worship does not work well enough to explain psychological well-being problems in this research population. The respondents in this research are early adult individuals who, at this stage of development, begin to focus on building careers for the future, determining life goals, improving their quality of life, and establishing romantic relationships (Aisyiyah & Suprapti, 2021). Compared to individuals in adolescence, individuals in early adulthood tend to grow their self-control abilities. This can influence how individuals can prioritize things that are more important for future sustainability, such as responsibilities and obligations as early adults or students, rather than prioritizing activities related to celebrity worship (Utami et al., 2021). Each individual has a different level of celebrity worship, and perceptions of well-being also vary. Some individuals may be severely affected by celebrity worship, while others may be less affected, which could lead to varying results in studies. There may be mediating variables between celebrity worship and well-being that were not considered in the research, which can affect the relationship between the two variables.

CONCLUSION

Based on the research that researchers have conducted, there is an insignificant relationship between celebrity worship and psychological well-being in students of the Faculty of Psychology, Universitas Negeri Malang. Most respondents in this research are classified as having moderate celebrity worship and psychological well-being. The absence of a significant relationship in this research can occur because there are other factors that researchers need to examine.

REFERENCES

- Adiesia, K. P., & Sofia, L. (2021). Gambaran Celebrity Worship dan Psychological Well Being pada Wanita Dewasa Awal Penggemar Korean Pop. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(4), 886–899. <https://doi.org/10.30872/psikoborneo.v9i4.6826>
- Aini, T. N. (2019). *Hubungan Celebrity Worship dengan Psychological Well Being pada Remaja Penggemar Korean Pop di All Fandom Kpopers Malang* (Bachelor's thesis). Universitas Islam Negeri Maulana Malik Ibrahim, Malang. Retrieved from <http://etheses.uin-malang.ac.id/15518/>
- Aisyiyah, B., & Suprapti, V. (2021). Pengaruh Mindfulness terhadap Psychological Well-Being pada Emerging Adulthood. *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, 1(1), 359–369. <https://doi.org/10.20473/brpkm.v1i1.24846>

- Arikunto, S. (2002). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Jakarta: PT Rineka Cipta.
- Arnett, J. J. (2000). Emerging Adulthood: A Theory of Development From the Late Teens Through the Twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Aulia, M. F., Wahyu, A. M., Anugrah, P. G., Chusniyah, T., & Hakim, G. R. U. (2021). Tujuan Hidup sebagai Prediktor Kesejahteraan Psikologi pada Generasi Z. *Seminar Nasional Psikologi dan Ilmu Humaniora (SENAPIH)*, 1(1), 413–423.
- Aulia, S., & Panjaitan, R. U. (2019). Kesejahteraan Psikologis dan Tingkat Stres pada Mahasiswa Tingkat Akhir. *Jurnal Keperawatan Jiwa*, 7(2), 127–134. <https://doi.org/10.26714/jkj.7.2.2019.127-134>
- Azwar, S. (2013). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2017). *Metode Penelitian Psikologi*. Yogyakarta: Pustaka Pelajar.
- Azzahra, M. S., & Ariana, A. D. (2021). Psychological Wellbeing Penggemar K-Pop Dewasa Awal yang Melakukan Celebrity Worship. *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, 1(1), 137–148. <https://doi.org/10.20473/brpkm.v1i1.24729>
- Boon, S. D., & Lomore, C. D. (2001). Admirer-Celebrity Relationships Among Young Adults: Explaining Perceptions of Celebrity Influence on Identity. *Human Communication Research*, 27(3), 432–465. <https://doi.org/10.1111/j.1468-2958.2001.tb00788.x>
- Dyah, A. S. P., & Fourianalistyawati, E. (2018). Peran Trait Mindfulness terhadap Kesejahteraan Psikologis pada Lansia. *Jurnal Psikologi Ulayat*, 5(1), 109–122. <https://doi.org/10.24854/jpu74>
- Engrasia, C. (2021). *Dukungan Sosial Sebagai Prediktor Kesejahteraan Psikologis Mahasiswa Rantau* (Bachelor's thesis). Universitas Negeri Malang, Malang. Retrieved from <https://repository.um.ac.id/196570/>
- Eva, N., & Bisri, M. (2018). Dukungan Sosial, Religiusitas, dan Kesejahteraan Psikologis Mahasiswa Cerdas Istimewa. *Prosiding Seminar Nasional Psikologi Klinis 2018*, 101–112. Malang: Universitas Negeri Malang.
- Eva, N., Shanti, P., Hidayah, N., & Bisri, M. (2020). Pengaruh Dukungan Sosial terhadap Kesejahteraan Psikologis Mahasiswa dengan Religiusitas sebagai Moderator. *Jurnal Kajian Bimbingan dan Konseling*, 5(3), 122–131. <https://doi.org/10.17977/um001v5i32020p122>
- Hapsari, D. J. R., & Sumaryanti, I. U. (2022). Hubungan Celebrity Worship dengan Problematic Social Media Use pada Penggemar BTS di Kota Bandung. *Bandung Conference Series: Psychology Science*, 2(1), 92–98. <https://doi.org/10.29313/bcsp.v2i1.523>
- Hermadana, H. (2020). Keterampilan Sosial dengan Pemujaan Selebriti pada Penggemar K-Pop Dewasa Awal. *Psikoborneo: Jurnal Ilmiah Psikologi*, 8(3), 462–471. <https://doi.org/10.30872/psikoborneo.v8i3.5364>
- Ho, F. (2023). *Hubungan antara Celebrity Worship dan Psychological Well-Being pada Dewasa Awal Penggemar Korean Pop* (Bachelor's thesis). Universitas Tarumanagara, West Jakarta. Retrieved from <http://repository.untar.ac.id/38883/>

- Houran, J., Navik, S., & Zerrusen, K. (2005). Boundary Functioning in Celebrity Worshipers. *Personality and Individual Differences*, 38(1), 237–248. <https://doi.org/10.1016/j.paid.2004.04.014>
- Huang, C. (2010). Internet Use and Psychological Well-Being: A Meta-Analysis. *Cyberpsychology, Behavior, and Social Networking*, 13(3), 241–249. <https://doi.org/10.1089/cyber.2009.0217>
- Hurlock, E. B. (2011). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan* (5th ed.; Ridwan Max Sijabat, Ed.; Istiwidayanti & Soedjarwo, Trans.). Jakarta: Erlangga.
- Kurniasari, E., Rusmana, N., & Budiman, N. (2019). Gambaran Umum Kesejahteraan Psikologis Mahasiswa. *Journal of Innovative Counseling: Theory, Practice, and Research*, 3(02), 52–58.
- Laksono, A. P., & Noer, A. H. (2021). Idolaku, Sumber Intimacy-ku: Dinamika Celebrity Worship dan Tugas Perkembangan Dewasa Awal Pecinta Kpop. *Jurnal Psikologi*, 17(2), 139–156. <https://doi.org/10.24014/jp.v17i2.12837>
- Lian, B., Aruguete, M. S., Huynh, H., McCutcheon, L. E., & Murtagh, M. P. (2019). Is Gambling Addiction Related to Celebrity Addiction? *SIS Journal of Projective Psychology and Mental Health*, 26(2), 87–96.
- Luthfi, D. A. S. (2021). *Pengaruh Harga Diri terhadap Celebrity Worship pada Penggemar K-pop Dewasa Awal di Kota Malang* (Bachelor's thesis). Universitas Negeri Malang, Malang. Retrieved from <https://repository.um.ac.id/199018/>
- Maltby, J., Day, L., McCutcheon, L. E., Houran, J., & Ashe, D. (2006). Extreme Celebrity Worship, Fantasy Proneness and Dissociation: Developing the Measurement and Understanding of Celebrity Worship Within a Clinical Personality Context. *Personality and Individual Differences*, 40(2), 273–283. <https://doi.org/10.1016/j.paid.2005.07.004>
- Maltby, J., Houran, J., & Mccutcheon, L. E. (2003). A Clinical Interpretation of Attitudes and Behaviors Associated With Celebrity Worship. *The Journal of Nervous and Mental Disease*, 191(1), 25.
- Maltby, J., McCutcheon, L. E., Ashe, D. D., & Houran, J. (2001). The Self-Reported Psychological Well-Being of Celebrity Worshipers. *North American Journal of Psychology*, 3(3), 441–452.
- Mariyanti, S. (2017). Profil Psychological Well Being Mahasiswa Reguler Program Studi Psikologi Semester 1 di Universitas Esa Unggul. *Jurnal Psikologi: Media Ilmiah Psikologi*, 15(2), 45–50. <https://doi.org/10.47007/jpsi.v15i2.20>
- Martin, M. M., Cayanus, J. L., McCutcheon, L. E., & Maltby, J. (2003). Celebrity Worship and Cognitive Flexibility. *North American Journal of Psychology*, 5(1), 75–80.
- McCutcheon, L. E., Gillen, M. M., Browne, B. L., Murtagh, M. P., & Collisson, B. (2016). Intimate Relationships and Attitudes Toward Celebrities. *Interpersona: An International Journal on Personal Relationships*, 10(1), 77–89. <https://doi.org/10.5964/ijpr.v10i1.208>
- McCutcheon, L. E., Lange, R., & Houran, J. (2002). Conceptualization and Measurement of Celebrity Worship. *British Journal of Psychology*, 93(1), 67–87. <https://doi.org/10.1348/000712602162454>

- Nawardi, L., Sahrani, R., & Basaria, D. (2020, May 20). *Quality of Life of Early Adults that Become Celebrity Worshipers*. 695–700. Atlantis Press. <https://doi.org/10.2991/assehr.k.200515.114>
- Ningrum, E. D. C., Istiqomah, & Linsiya, R. W. (2023). Peran Psychological Well-Being terhadap Personal Growth Initiative pada Mahasiswa yang Sedang Menyusun Skripsi. *Proceeding Series of Psychology*, 1(1), 29–44.
- Nurchahyo, F. A., & Valentina, T. D. (2020). Menyusun Skripsi di Masa Pandemi? Studi Kualitatif Kesejahteraan Psikologis Mahasiswa. *Seminar Nasional Psikologi dan Ilmu Humaniora (SENAPIH)*, 1(1), 136–144.
- Nurrohamah, Y. F., & Prakoso, H. (2019). Hubungan Psychological Well Being dan Celebrity Worship pada Anggota Fanclub EXO di Bandung. *Prosiding Psikologi*, 5(1), 181–186. <https://doi.org/10.29313/v0i0.14280>
- Parawangsa, K. I., Hasanah, M., & Sholichah, I. F. (2023). The Relationship Between Psychological Well-Being With Celebrity Worship in K-pop Fans Using Twitter. *Journal Universitas Muhammadiyah Gresik Engineering, Social Science, and Health International Conference (UMGESHC)*, 2(1), 127–137. <https://doi.org/10.30587/umgeshic.v1i2.5114>
- Pramitha, R., & Astuti, Y. D. (2021). Hubungan Kesejahteraan Psikologis dengan Kesepian pada Mahasiswa yang Merantau di Yogyakarta. *Jurnal Sosial Teknologi*, 1(10), 1.179-1.186. <https://doi.org/10.59188/jurnalsostech.v1i10.211>
- Raviv, A., Bar-Tal, D., Raviv, A., & Ben-Horin, A. (1996). Adolescent Idolization of Pop Singers: Causes, Expressions, and Reliance. *Journal of Youth and Adolescence*, 25(5), 631–650. <https://doi.org/10.1007/BF01537358>
- Reeves, R. A., Baker, G. A., & Truluck, C. S. (2012). Celebrity Worship, Materialism, Compulsive Buying, and the Empty Self. *Psychology & Marketing*, 29(9), 674–679. <https://doi.org/10.1002/mar.20553>
- Ryff, C. D. (1989). Happiness Is Everything, or Is It? Explorations on the Meaning of Psychological Well-Being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>
- Ryff, C. D. (2013). Psychological Well-Being Revisited: Advances in the Science and Practice of Eudaimonia. *Psychotherapy and Psychosomatics*, 83(1), 10–28. <https://doi.org/10.1159/000353263>
- Ryff, C. D., & Keyes, C. L. M. (1995). The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. <https://doi.org/10.1037/0022-3514.69.4.719>
- Sansone, R. A., & Sansone, L. A. (2014). “I’m Your Number One Fan”—A Clinical Look at Celebrity Worship. *Innovations in Clinical Neuroscience*, 11(1–2), 39–43.
- Sary, R. D. N. (2022). *Hubungan Antara Psychological Well Being dan Stres Akademik pada Mahasiswa Tahun Terakhir Fakultas Psikologi Universitas Negeri Malang* (Bachelor’s thesis). Universitas Negeri Malang, Malang. Retrieved from <https://repository.um.ac.id/265244/>

- Sheridan, L., North, A., Maltby, J., & Gillett, R. (2007). Celebrity Worship, Addiction and Criminality. *Psychology, Crime & Law*, 13(6), 559–571. <https://doi.org/10.1080/10683160601160653>
- Shofa, M. (2017). *Gambaran Psikologis Celebrity Worship pada Dewasa Awal: Studi Kasus Mahasiswa Penggemar Korean Pop* (Bachelor's thesis). Universitas Islam Negeri Maulana Malik Ibrahim, Malang. Retrieved from <http://etheses.uin-malang.ac.id/9315/>
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Syukron, M. A. (2017). *Hubungan Penghargaan Diri (Self Esteem) dengan Penyesuaian Diri pada Mahasiswa Rantau di Kota Malang* (Bachelor's thesis). Universitas Muhammadiyah Malang, Malang.
- Utami, F. R., Rozali, Y. A., & Sitasari, N. W. (2021). Hubungan Kontrol Diri dengan Celebrity Worship pada ARMY BTS Dewasa Awal. *Psychommunity Seminar Nasional Psikologi Esa Unggul*, 1(1), 43–53.
- Widjaja, A. K., & Ali, M. M. (2015). Gambaran Celebrity Worship pada Dewasa Awal di Jakarta. *Humaniora*, 6(1), 21–28. <https://doi.org/10.21512/humaniora.v6i1.3294>
- Zsila, Á., McCutcheon, L. E., & Demetrovics, Z. (2018). The Association of Celebrity Worship With Problematic Internet Use, Maladaptive Daydreaming, and Desire for Fame. *Journal of Behavioral Addictions*, 7(3), 654–664. <https://doi.org/10.1556/2006.7.2018.76>