

Self-Control and Aggressive Behavior in Adolescent Fans of Korean Pop (K-pop)

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ABSTRACT

Aggressiveness that occurs among adolescent fans of K-pop music is a worrying phenomenon, one of which is aggressive behavior. Aggressiveness is an action that is harmful, unpleasant and aims to hurt. This study aims to determine the relationship between self-control and aggressiveness in adolescent K-pop fans. This study involved 424 respondents with an age range of 12 to 21 years ($M = 6.88$ $SD = 2.493$). In this study, there are 6 criteria for being a K-pop fan. The sampling technique used was purposive and snowball sampling. Self control measurement with Self Control Scale and Aggression Questionnaire to measure aggressiveness. This research uses non-experimental quantitative methods with correlational research type. The data analysis technique using Spearman Rho shows that there is a significant negative relationship between self-control and aggressiveness in adolescent K-pop fans with a correlation value of $r = -0.452$; $p = 0.000 < 0.005$.

Keywords: *Self-Control, Aggressiveness, Adolescence K-pop fans*

1. INTRODUCTION

Globalization and technological advances are factors for the entry of South Korean culture which is often called the Korean wave to Indonesia. Korean wave or Korean wave is a term for the spread of South Korean culture globally throughout the world [1]. In Indonesia, the Korean wave affects people's lives a lot in the K-Pop music genre, fashion styles, ways of speaking and other things [2].

One of the most popular elements of the Korean wave in Indonesia is the K-pop music genre. The majority of K-pop music fans in Indonesia are adolescence. This is based on a survey conducted by Kumparan [3] to 100 K-pop fans. The result, about 57 percent of them are in their teens 12-20 years. Teenagers as K-pop fans usually do activities such as following updates about idol figures they admire, watching music videos or shows featuring their idols and following the idol's lifestyle, such as clothing models, hairstyles, shoes, and so on.

Remarkably teenagers scream hysterically when their idols come. Without even realizing in everyday life teenagers can cry when their idols have problems [4].

Teenagers as fans of K-pop cannot be separated from the developmental process during adolescence. Adolescence starting at the age of 11 to 20 years is a transition period from childhood to adulthood that involves changes in physical, cognitive, emotional, and social and is influenced by socio-economic and cultural conditions [5]. At this stage, adolescents are in the process of developing their own identity and emotional development. Commensurate with Erikson's theory of the main task of adolescent psychosocial development, namely identity versus identity confusion.

Identity vs identity confusion is the process of individuals finding out their identity, what they want to do in life, and where their life will lead in the future [5].

In this psychosocial process, adolescents can develop a negative self-identity, one of which is aggressive behavior. Aggressive behavior that is usually carried out by adolescents is also because at this time adolescents experience high emotional tension due to adolescent psychosocial processes [5].

Aggressive behavior is defined as behavior that is carried out intentionally to harm others with the motivation to avoid loss or avoid injury to oneself [6]. According to DeWall et al. [7] aggressive behavior brings enormous harm to individuals, groups, and society. There are three basic processes of aggressive behavior, namely instigation triggers the urge to attack (provocation). Impellance refers to a strong urge to attack when faced with a particular provocation in a given context (a trait of aggressive behavior), and inhibition refers to a situational factor that increases the likelihood that people will ignore an aggressive drive (a trait of self-control or self-control) [8].

According to Buss and Perry [9] aggressive behavior is grouped into physical aggression or physical aggression, verbal aggression or verbal aggression, anger or aggression in the form of anger is an individual's angry emotion, and hostility or aggression in the form of hatred or hostility.

Aggressive behavior is also carried out by teenage K-pop fans. Aggressive behavior is done to defend the idol. K-pop fans will always stand up for their idols. They must be protected. This causes teenage K-pop fans to attack other people on social media.

According to Meidita [10] hallyu culture in Indonesia has a negative impact, namely triggering fan wars that make them war of words because of differences in music tastes, hobbies, and others that often occur in cyberspace. Pertiwi's research [1] shows that fans who love their idols unconsciously behave excessively tend to be aggressive.

Aggressive behavior carried out by teenage K-pop fans occurred in 2017, dangdut singer Ayu Ting Ting was attacked by K-pop fans who were mostly teenagers with malicious comments on social media such as Twitter and Instagram. They attack because they feel that Ayu Ting Ting has offended their fandom or club [11]. Another case of aggressive behavior occurred in 2017, when the K-pop boy group GOT7 arrived at Soekarno Hatta Airport in Indonesia. Their fans greeted them by swarming their idols and trying to touch and pinch their idols [12]. An interview with a class XII student in 2019 regarding behavior as a K-pop fan stated that she had several times fought with haters on social media or even with her own friends when her idol was insulted [13].

This aggressive behavior of teenage K-pop fans can harm and annoy others, even their own idols. So that aggressive behavior like this must be inhibited or avoided so as not to harm others. Denson et. al. [8] stated that the factor that can inhibit aggressive behavior is self-control. According to Finkel and Campbell [14] self-control is defined as the ability to override certain responses or responses to harmonize with others.

Self-control is also important for a person's aggressive behavior. The stronger a person's self-control, the less aggressive behavior, including attacking and provocation behavior [15] [7]. Based on research on 270 adolescents in Banda Aceh showed a relationship between self-control with adolescent aggressive behavior. Adolescents with high levels of self-control are able to consider the consequences of their actions and can avoid aggressive behavior [16].

Another study of 150 adolescents also showed that there was a relationship between self-control and aggressive behavior. His research using Averill's theory found that behavior control and decisional control had a significant negative effect on adolescent aggression behavior, meaning that the lower the score for the behavioral control and decisional control aspects, the higher the aggressive behavior of a person, on the contrary, the higher the score for behavior control and decisional control, the higher the score for behavior control and decisional control. low a person's aggressive behavior [17].

Self-control according to Tangney, Baumeister, and Boone [15] can be measured based on 5 dimensions, namely: 1) self-discipline (self-discipline), assessing individual discipline in doing something; 2) deliberate/non-impulsive (non-impulsive actions or actions), assessing individual tendencies to take non-impulsive actions; 3) healthy habits (healthy lifestyle), assessing the individual's healthy lifestyle; 4) work ethic (work ethic), assessing individual ethics in carrying out daily activities; 5) reliability, assessing the individual's ability to handle a task.

Based on the description of these symptoms, the authors are interested in knowing the relationship between self-control and aggressive behavior in adolescent K-pop fans. The

writer assumes that adolescent K-pop fans have a tendency to behave aggressively and self-control has a relationship with this aggressive behavior. Thus, this study aims to determine the relationship between self-control and aggressive behavior of K-pop fans.

2. METHOD

The characteristics of the participants are: a) adolescents with an age range of 12 to 21 years; b) male or female; and c) there is a limit to the criteria, namely that participants are considered fans if they meet 3 of the 6 criteria as fans. Six criteria for categories as fans are: 1) looking for information about favorite idols, 2) having goods or merchandise from favorite idols, 3) watching content from favorite idols (such as: video performances, music videos, songs, variety shows), 4) participate in or create events about favorite idols, 5) watch favorite idol concerts, 6) join fan communities.

This study is a quantitative study using correlational methods with the aim of knowing the relationship between self-control and aggressive behavior in adolescent K-pop fans. The research procedure was carried out by collecting data through a questionnaire in the form of a google form link to measure the two variables, namely the self-control scale variable and the aggression questionnaire given to young K-pop fans.

The self-control measuring instrument is a measuring instrument designed by Tangney et al. [15] and has been translated into Indonesian by Leono [18]. This measuring instrument consists of 5 dimensions and has 25 valid statements. The first dimension is self-discipline ($\alpha = 0.633$), the second dimension is deliberate/non impulsive ($\alpha = 0.760$), the third dimension is healthy habits ($\alpha = 0.666$), the fourth dimension is work ethics ($\alpha = 0.561$), and the fifth dimension is reliability. ($\alpha = 0.525$).

Questionnaires were distributed to the research sample totaling 424 teenage K-pop fans. The sampling technique is purposive sampling and snowball sampling. Furthermore, correlation testing was conducted using the Spearman Correlation technique to determine the relationship between self-control and aggressive behavior of K-pop fans.

3. FINDING AND DISCUSSION

The participants in this study were mostly female ($n = 401$) (94.6%), including the category of late teens 19-21 years ($n = 210$) (49.5%), education currently S1 ($n = 180$), fans K-pop for more than 3 years ($n = 242$) (57.1%), searching for information about their idol for more than 3 hours ($n = 194$), owning K-pop goods or merchandise ($n = 400$) (94.3%), watching content K-pop ($n = 422$) (99.5%), watching K-pop concerts ($n = 344$) (81.1%) , community participation ($n = 332$) (78.3%) and more participants in this study who did not attend the event K-pop ($n = 348$) (82.1%).

The results of the study stated that there was a negative relationship between self-control and aggressive behavior

in adolescent K-pop fans which means the higher the self-control, the lower the aggressive behavior, and the lower the self-control, the higher the aggressive behavior. The results of this study are in accordance with Dewall's [7] statement that self-control has a very important role in a person's aggressive behavior. Therefore, adolescents who have self-control can inhibit or avoid aggressive behavior in their environment [8]. The results of this study are also supported by previous research conducted by Auliya and Nurwidawati [19] which found that there was a negative relationship between self-control and aggressive behavior in high school students. Furthermore, research from Sentana and Kumala [16] also states that self-control is associated with low aggressive behavior. This is because self-control can regulate and direct one's behavior in a better direction when negative impulses occur. The difference between this study and previous research is the location of the study, the number of research subjects, and the criteria for research participants.

Several previous studies have shown high self-control in adolescents. However, this study shows that young K-pop fans have moderate self-control. This is in line with research conducted by Zahri and Savira [20] which resulted in a moderate level of self-control. This study is consistent because of the similarity in age of the study participants. This shows that self-control does not always show a high value. The author also suspects that the reason for self-control in this study is moderate because there are other variables or factors that can influence self-control and aggressive behavior in adolescent K-pop fans but are not included in this study, one of which is conformity. Moderate self-control means that participants in this study are still able to control themselves against their aggressive behavior but the possibility to carry out aggressive behavior is also still there due to social urges or pressure. This is in line with Palinoan's research [21] that conformity to the group will affect adolescent aggressive behavior because it is influenced by social norms.

The results of the research on aggression behavior show that K-pop fans have low aggression behavior, but the verbal aggression dimension has a higher value than the other dimensions. This is because the participants in this study 95% were women. This finding is in line with the research conducted by Saputra et al. [22] that women tend to carry out aggressive behavior in the form of anger and hatred. Sari's research [23] also shows that women tend to engage in verbal, passive and indirect forms of aggression, compared to men.

Further findings, in this study, there was no significant difference between the self-control of adolescent K-pop fans when viewed based on adolescent age. The author suspects that the reason there is no difference in self-control in terms of age is because in this study 50% were late teens who probably already had good self-control. This is in line with the theory of Risnawita and Ghufroon [24] which says age affects self-control. Hurlock's opinion [25] also says that the older a person gets, the higher his self-control will be. Based on the results of research on the aggressive behavior of K-pop fans and their teens, there is also no difference between aggressive behavior based on their

teenage years. This is not in accordance with the research conducted by Setiowati et al. [26] that early adolescence has aggressive behavior in the medium category and 15.53% in the high category. Rice's theory [27] also says that ages 13 to 18 are more vulnerable. In this study, the authors suspect that the reason there is no difference in aggressive behavior in terms of age is because in this study 50% were late teens who may have been able to reduce aggressive behavior.

Furthermore, based on the results of research on the self-control of adolescent K-pop fans and gender, there is no significant difference in self-control in terms of gender. This is contrary to the theory of Gottfredson and Hirschi [28] which states that there are differences in the level of self-control between men and women. Men have a lower level of self-control than women, so they are often found to do negative and deviant actions. The author suspects that the reason there is no difference in self-control of adolescent K-pop fans in terms of gender is because the level of self-control of men and women in this study tends to be the same and the number of participants in this study is disproportionate because adolescent male fans are only represented by 23 participants, while there were 401 female fan teenagers.

Meanwhile, in this study, it was found that there was a significant difference between the aggressive behavior of adolescent K-pop fans' hospitality in terms of gender. The results showed that male hostility or anger was greater than female. This is in accordance with the research of Casper et al. [29] that boys are generally more aggressive than girls. This finding is also in line with Taylor's opinion [19] that men are more likely to display aggressive behavior in their daily lives than women.

Further findings show that there is no difference between the dimensions of aggressive behavior of K-pop fans in terms of community participation. This is not in accordance with Cavell's theory [26] that several factors cause aggressive behavior, namely peer or group, and community. The reasons why adolescents follow their group decisions are fear of not having friends, fear of being alienated, and fear of opposing group decisions. Adolescents will do anything including deviant actions to be involved as members of a group [30]. The author suspects that the reason there is no difference in the aggressive behavior of adolescent K-pop fans in terms of participation in the community, is because the level of aggressive behavior in adolescent K-pop fans in this study is relatively low.

This study has weaknesses that need to be addressed in future research. Regarding the concept used, the author only looks at age, gender and peer or group environment. While on the other hand, other influencing factors are ethnicity, family socioeconomic status and conformity. The number of participants is not balanced between men and women, so the data obtained is not representative. In addition, the measuring instrument for the variable of aggression behavior used contained several inaccurate sentences, so that the results did not represent the participants well.

4. CONCLUSIONS

Based on the results of the data obtained and processed, several conclusions can be concluded. First, there is a negative and significant correlation between self-control and aggressive behavior in adolescent K-pop fans. This shows that the higher the self-control, the lower the aggressive behavior in adolescent K-pop fans. Second, the lower the self-control, the higher the aggressive behavior in adolescent K-pop fans.

The study has several limitations that could be improved to provide better data. Future research can also review a number of other factors that can influence aggressive behavior, such as genes, family, ethnicity and family socioeconomic status, provocation, conformity, learning processes and environmental influences.

For teenagers, K-pop fans are expected to be able to apply the concept of self-control in daily life, so that it can reduce aggressive behavior in K-pop fans. In addition, self-control also has a positive effect on human psychological functioning which certainly has benefits for teenagers who are fans of K-pop.

In research, the dimensions of emotional stability or neuroticism have a significant relationship. Based on this, one way to reduce the spread of internet addiction is to maintain mental health, or stress from individuals. Several studies have revealed that the internet is a coping medium when stressed. Keeping you from stress can be quite effective in avoiding internet addiction. There are other things that can be done for coping with stress besides using the internet, such as exercising, gardening and other things that don't use the internet.

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