

Quality of Life of Adolescent (Korean Pop fans)

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Abstract— *One of the phenomena of idolizing celebrities in adolescents who are widely discussed in Indonesia is Korean Pop or K-Pop. Based on previous research, high level of celebrity worship is directly proportional to the decrease in quality of life. But the current phenomenon shows that adolescents who become K-Pop fans have a lot of positive effects instead. This study aims to see quality of life in adolescents who become celebrity worship of Korean Pop. Participants in this study were 640 adolescents (11 to 20 years old) who idolized K-Pop celebrities. Data retrieval uses purposive sampling and snowball sampling techniques. This study uses measuring instruments that is WHOQOL-BREF Indonesia version adapted from Purba (2016) to measure quality of life, and also the translated version of Celebrity Attitude Scale (CAS) from Maltby et al. (2006). The results of this study indicate that adolescents who become celebrity worship Korean Pop have relatively good quality of life (M=50.98-65.24) in each dimensions: physical health, psychological, social relations, and environment, even though they are at high level of celebrity worship. Factors such as positive influence from idolized celebrities and reasons from idolizing celebrities also influence the results in this study.*

Keywords: *quality of life, celebrity worship, Korean pop, adolescent*

I. INTRODUCTION

Quality of life is one of the topics that interesting to be studied. Not only experts, but individuals, communities, and governments trying to find and maintain ways to improve the quality of life along with the rapid development of the times [1]. The WHOQOL Group in The WHOQOL Group [2] defines quality of life as an individual's perception of his life in a cultural and belief

context and deals with their goals, expectations, standards and interests. This definition is a broad concept that is influenced by physical health, mental status, degree of independence, social relations, and relationships with prominent aspects of their environment. However, unfortunately, research on the quality of life for adolescents is still relatively small. Wallander et al. in Shek, Chan, and Lee [3] revealed that of the 20,000 published research articles, only about 13% discussed teenagers. Nonetheless in adolescence there were interesting changes for further research. These changes occur from changes in sexual function to abstract thinking processes [4].

Adolescence is a period of transition from childhood to adulthood which includes major changes in physical, cognitive, emotional, and social and influenced by socio- economic and cultural conditions [5]. In adolescent life, there is a trend phenomenon that continues to develop as times change. One trend that is closely related to adolescent life is music trends. In its development, music trends among adolescents have become more than just fond of music.

Culture, lifestyle, and the way to dress for popular music artists are also followed by adolescents as if the music artist is their ideal figure [6]. Yue and Cheung pointed out that making celebrities as role models is a natural part of adolescent development [7]. Adolescents will always look for an example that they find interesting and can make them get higher self-esteem [8].

This behavior is in accordance with one of the psychological constructs, that is modeling. Bandura argues that modeling is a learning process that involves observing a behavior and combining several observations of the behavior carried out by the model or figure who is considered an ideal figure [9]. Modeling of celebrities is

not only done by equating the style of dress or hairstyle. In a more extreme example, many adolescents are up to their daily habits, such as speaking style, language use during speech, to body gestures [10]. This modeling behavior is a behavior that can be found in the process of developing self-identity in adolescents. This is in line with Erikson's theory of the main tasks of adolescent psychosocial development, that is identity versus identity confusion [5].

In Indonesia alone the phenomenon of adolescents' preference for certain celebrities is no longer a new thing. One phenomenon that is quite interesting to study further is the phenomenon of Korean pop or better known as K-pop. Around 2011, the K-pop industry began to glance at the market potential in Indonesia [11]. A K-pop group, Super Junior, concert titled Super Show 4 in April 2012 is a great momentum that marks the explosion of K-pop fever in Indonesia [11]. This K-pop explosion became an extraordinary event for generations whose teenage years coincided with the entry of K-pop culture into Indonesia, which was around 2011 to 2012.

"Hallyu" or "Korean wave" is a term given to the spread of Korean pop culture globally in various countries in the world, including in Indonesia, or briefly refers to the globalization of Korean culture [12]. Based on a survey conducted by Kumparan [13] to 100 K-pop fans. As a result, around 57 percent of them are in their teens and early adulthood, 12-20 years. While 42 percent of fans are 21-30 years old, with one percent of them aged over 30 years. Based on the survey, it can be said that the majority of K-pop fans in Indonesia are teenagers and early adults.

Fans are individuals who enthusiastically enjoy something, such as singers, celebrities, or athletes. Fans come from Latin words, *fanaticus* which means crazy inspiration [14]. In Indonesia, K-pop loyal fans have grown dramatically, especially among high school students. The large number of fans makes them form a fan base or more often called fandom. Fandom usually uses social media to communicate with each other, they also have a routine agenda to meet each other in events such as gatherings, both on a small scale and large scale [15]. Small-scale gathering is generally attended by 20-70 K-Pop lovers, while large-scale gatherings can reach 200 people [16].

Activities that favor celebrities are a natural thing for adolescents, but can cause problems if they are too excessive so that obsessive behavior appears. In the phenomenon of K-pop fans, this obsessive behavior can be seen from buying a huge number of music albums or

idol merchandise, forcing yourself to always update the latest info about his idol through social media, and stay in the tent before his idol concert to get the front line. This extreme behavior is not only done by individuals, but also in a group. One of the most recent things happened was when K-pop fans attacked an Indonesia public figure who talked bad about K-pop celebrities by leaving rude comments on the public figure's social media [17].

If it continues, this obsessive behavior can develop into celebrity worship. Celebrity worship can be interpreted as a form of abnormal parasocial relations, where individuals become very obsessed virtually with one or more celebrities [18]. This obsession is demonstrated through individual behavior to always be involved in every celebrity's life, so that it is carried away in everyday life [18]. According to McCutcheon, there are three levels in the behavior of celebrity worship. The lowest level is called social entertainment, the middle level is called intense-personal, and the most severe level is called borderline pathological [18].

The lowest level in celebrity worship has social-entertainment value and includes behaviors such as, "My friend and I like to talk about the celebrities we like" or "I like to study the life history of my favorite celebrities." This level reflects the social aspects of celebrity worship. Stever in Maltby et al. [18] observed that fans felt attracted to their favorite celebrities because they had the ability to entertain and attract fans' attention. The intermediate level in celebrity worship is characterized by more intense feelings from fans. This level includes behaviors such as, "I feel my favorite celebrity is my soulmate" or "I think of my favorite celebrity over and over again, even though I don't want to think about it". This level reflects the intense and compulsive feelings of fans of the celebrities he likes [18]. Meanwhile, the most extreme level in celebrity worship can be exemplified through behaviors such as, "If I am lucky to be able to meet my favorite celebrity and they invite me to do something illegal, I will gladly do it". This behavior reflects the social pathology of individuals who experience cases of celebrity worship [18].

Research shows that the higher the level of celebrity worship, the worse the level of individual mental well-being. More specifically, individuals who have the highest level of celebrity worship, borderline pathological levels, have higher levels of anxiety and depression [14]. In addition to affecting mental health, a high level of celebrity worship is also directly proportional to the higher levels of individual negative feelings, such as higher negative emotions and stress. This also affects the lower life satisfaction of individuals [19].

But not all fans have obsessive behavior and

produce negative impacts. Many fans also use their fandom as a place for positive activities. One example of positive fan behavior is fundraising by one of the K-pop fandoms in Indonesia to help a child cancer foundation. Recently, several K-pop fandoms even united to mobilize donations for earthquake victims in Lombok. The donations collected have reached 10 million rupiah and used to buy aids for the victims [20].

Being a K-pop fan in reality doesn't always have a bad impact, especially for mental health. Some K-pop fans have recently admitted that listening to K-pop music helps them deal with the severe stress and depression they experience. The lyrics of K-pop songs make the fans feel there is someone who understands what they feel, some also say if the K-pop song lyrics become their motivation to continue to live their lives [21]. There are also fans who reveal that hearing and understanding the lyrics of K-pop songs makes them more confident and love themselves more [22].

Based on the negative and positive effects of the phenomenon of K-Pop fans that have been presented, questions arise about the effect on quality of life of adolescents who become K-pop fans. World Health Organization establishes four major dimensions of quality of life which are then published in WHOQOL-BREF. The four dimensions are physical, psychological, social relationships, and environment [23]. Physical health consists of aspects of energy and fatigue, pain and discomfort, and sleep and rest. The second dimension, psychological, consists of five aspects, namely bodily image and appearance, negative feelings, positive feelings, self esteem, and thinking, learning, memory, and concentration. The third dimension, social relations has three aspects, namely personal relationship, social support, and sexual activity. While the fourth dimension, environment, has seven different aspects, including financial resources, freedom, physical safety and security, health and social care, home environment, opportunities for acquiring new information and skills, participation in and opportunities for leisure, physical environment, and transport.

If reviewed based on previous research, adolescents who become celebrity worship celebrities have lower mental well-being and have an effect on decreasing quality of life [19]. But the current phenomenon shows that many adolescents who are celebrity fans, especially K-pop, claiming that idolizing K-pop idols help overcome mental health problems that they experience and make them more confident [21] [22]. Therefore, aspects of the quality of life of adolescents who are K-pop fans need to be examined further.

But research in the field of psychology about the quality of life of adolescents is currently more about physical and mental health. Therefore, the concept of quality of life is more measured in adolescents who experience problems physically and mentally, such as being obese [23], are transgender [24], receiving donor liver [25], has ADHD [26], and is a cancer patient [27]. This shows the need for research on adolescents with more diverse problems, one of which is like celebrity worship. So, this study aims to see quality of life of adolescents who become celebrity worship of K-Pop.

II. RESEARCH METHOD

A. Research Participants

The participants of this study were adolescents who idolized K-Pop celebrities. Participants were obtained using purposive sampling and snowball sampling method. Data collection is done using online questionnaire (e-form) and physical questionnaire. Data from physical questionnaire were collected at fans gathering and some high schools. While the online questionnaire distributed through social media such as Twitter and Instagram.

A total of 640 participants between 11 to 20 years old ($M= 17.42$, $SD= 1.97$), an age criteria of adolescent based on Papalia and Martorell (2014), completed the questionnaires. Among the sample of this study, there were 622 (97.2%) female participants and 18 (2.8%) male participants. Most of the participants is resided outside Jakarta, such as in Bandung, Yogyakarta, Serang, etc. (43.6%). Their educational background is elementary school 0.2%, junior high school 6.7%, senior high school 42.0%, vocational high school 7.5%, Diploma 1 (D1) 0.2%, Diploma 3 (D3) 1.3%, Diploma 4 (D4) 0.3%, Undergraduate student (37.7%), and medical co-ass student 0.3%.

B. Measuring Instruments

The measuring instrument used to measure the quality of life is the World Health Organization Quality of Life-BREF (WHOQOL-BREF), a short version of the WHOQOL-100, which developed by WHO [28]. This study used the version which has been adapted in Indonesian and revised by Purba in 2016 [29]. WHOQOL-BREF consists of 26 items, 2 items measure individual quality of life and health in general, and 24 items measure the four dimensions of quality of life: physical health ($N= 7$), psychological ($N= 6$), social relations ($N= 3$), and environment ($N= 8$). Each item is scored in a scale of 1 to 5 then transformed into a linear scale between 0 and 100. Before the invalid item was deleted, the Cronbach's α in physical health dimension was 0.661 ($N=7$), after deleting the invalid item the Cronbach's α for physical

health was 0.738 (N=6). There's no invalid items for psychological, social relations, and environment dimension, so there's no item being deleted. The Cronbach's α s were 0.734 for psychological, 0.648 for social relations, and 0.846 for environment.

Maltby et al. [30] developed Celebrity Attitude Scale (CAS), a measurement tool used to measure the level of celebrity worship. CAS is a Likert scale format with 1 being equal to "strongly disagree" to 5 being equal to "strongly agree". CAS consists of 34 items, assessing three dimensions of celebrity worship: Entertainment Social (7 items; e.g., "It is enjoyable just to be with other who like my favorite celebrity"), Intense Personal (13 items; e.g., "The successes of my favorite celebrity are my successes too"), and Borderline Pathological (6 items; e.g., "I have frequent thoughts about my celebrity even when I don't want to"), the rest of the items can be considered as filler items to distract the participants for the purpose of this study.

The measurement was originally in English then translated in Indonesian by a sworn translator. This study also did a try out to make sure the measurement had good realibilities after being translated. Before the invalid item was deleted, the Cronbach's α s in the Entertainment Social was 0.639 (N= 7), after deleting the invalid item the Cronbach's α s for Entertainment Social was 0.670 (N= 6). In Intense Personal, before the invalid items were deleted, the Cronbach's α s was 0.706 (N= 13), after deleting the invalid item the Cronbach's α s for Intense Personal was 0.765 (N= 12) and for Borderline Pathological the Cronbach's α s was 0.706 (N= 6), because there's no invalid item being deleted in this level.

III. RESULTS AND DISCUSSION

A. Research Results

Life quality variables are measured using WHOQOL- BREF measuring devices and only produce scores from four dimensions of quality of life, so there is no score total or combination of four dimensions. Scores generated from the four dimensions of quality of life are raw scores so that they need to be transformed first on a scale of 0-100 according to WHOQOL-BREF score scoring: Introduction, administration, assessment, and generic versions of assessment (1996). Referring to the use of the scale, the hypothetical mean of quality of life is 50. After the calculation, empirical mean for each dimension of quality of life are in between 50.98 - 65.24. The empirical mean for physical health dimension is 50.98, for psychological is 57.45, for social

relation is 55.71, and for environment is 65.24. Based on the research data that has been obtained, the assessment of the quality of life variables can be seen in table 1.

TABLE I. PARTICIPANT'S QUALITY OF LIFE

Quality of Life Dimension	<i>Entertainment Social</i>	<i>Intense Personal</i>	<i>Borderline Pathological</i>
	Physical health	66.74	63.89
Psychological	59.05	59.15	55.24
Social relation	57.58	55.74	54.88
Environment	67.16	64.97	65.00

This study uses categorization based on scores from a scale of 0-100 which is then interpreted using criteria that refer to Nisfianoor [31]. The four categories are low, moderate, good, and excellent. The overview of categorization for participants' quality of life score in each dimension can be seen in the following table.

TABLE II. CATEGORIZATION FOR PARTICIPANTS' QUALITY OF LIFE SCORE IN EACH DIMENSION.

Score	Category
0-25	Low
26-50	Moderate
51-75	Good
76-100	Excellent

This study also gave an overview of participants' quality of life based on celebrity worship levels. For participants who were in the level of Entertainment Social (N= 226), environment dimension had the highest mean (M= 65.22) and the lowest mean was in the physical health dimension (M= 51.16). Participants who were in the level of Intense Personal (N= 192) had the highest mean in the environment dimension (M= 65.74) and the lowest mean in the physical health dimension (M= 52.22). Participants who were in the level of Borderline Pathological (N= 222) also had the

highest mean in the environment dimension ($M= 64.84$) and the lowest mean in physical health dimension too ($M=49.73$). The detailed results of the overview of participants' quality of life based on celebrity worship level can be seen in the following table.

TABLE III. PARTICIPANTS' QUALITY OF LIFE BASED ON THE CELEBRITY WORSHIP LEVELS

Dimension	Min.	Max.	Mean	Std Deviation
Physical health	6.00	81.00	50.98	11.75
Psychological	6.00	94.00	57.45	14.86
Social relation	0.00	100.00	55.71	17.12
Environment	0.00	100.00	65.24	13.80

Celebrity Worship Level Enter

B. Discussion

Based on the results obtained in this study, participants who are fans of K-Pop celebrities have good quality of life on the four dimensions of quality of life. This result is in accordance with the current phenomenon, which is many adolescents who are celebrity fans, especially K-pop, claiming that idolizing K-pop idols make themselves better, especially in terms of mental health [21][22]. The psychological dimensions in this study also proved to be the second dimension that had the best results among other dimensions of quality of life. Because according to the phenomena that occur, the results of this study are not in accordance with previous studies regarding celebrity worship. Based on previous research, adolescents who become celebrity worship of celebrities are said to have lower mental well-being and have an effect on decreasing quality of life [19].

In addition, previous research also said that the higher the level of celebrity worship, the worse the level of individual mental well-being. More specifically, individuals at borderline pathological level had higher level of anxiety and depression [14]. These results are not

in accordance with the results of this study which proves that fans at borderline pathological level have good psychological well-being conditions. This can happen because not all fans at this level really do extreme and obsessive behavior on their idols. Most fans only think about the behavior but don't necessarily do it in real life.

In addition, good psychological well-being for participants at borderline pathological level can also be caused by the influence of the K-Pop celebrities they idolize. This is related to the psychosocial development of adolescents, that is the search for identity and also related to modeling constructs. The process of making celebrities as role models is closely related to modeling theory that can be found also in the process of finding one's identity. This also affects the high psychological well-being of adolescents even though they are at the level of borderline pathological. Because celebrities who are used as role models have a positive influence, the results of the modeling process are also positive, so that it doesn't adversely affect the quality of adolescents' lives, especially for their psychological dimension. This is also supported by participants' statements in this study regarding the reasons they idolize K-Pop celebrities.

The reasons underlying teenagers becoming fans of K-Pop celebrities are very diverse. In this study, as many as 90 participants had reason to like K-Pop celebrities because they can inspire them to be better. While as many as 67 participants like K-Pop celebrities because they are considered capable of providing motivation or encouragement. If K-Pop celebrities are considered able to provide motivation to face identity crisis, then it is not possible to achieve the results of a good quality of life.

Meanwhile, this study used a quality of life measuring instrument with 26 questions. On one item there is a question, "How satisfied are you with your sexual life?". During the data collection process in the field, many teenagers did not understand the meaning of the question. Most of them are teenagers who are still in junior and senior high school. In addition, this study also requires qualitative aspects such as interviews with participants during data collection. It is intended that the results obtained further illustrate how quality of life in adolescents.

IV. CONCLUSIONS AND SUGGESTIONS

Based on the results of research on the quality of life of adolescents who become Korean Pop celebrity worship, it can be concluded that adolescents who become Korean Pop celebrity worship in general have a good quality of life in all four dimensions of quality of life,

namely physical health, psychological well-being, social relations, and the environment . If seen based on statistical calculations regarding the dimensions of participants' quality of life, it can be concluded that the environmental dimension is a dimension which is perceived to have aspects that are the best in terms of the other three dimensions. Meanwhile, if the participant is viewed from the level of celebrity worship, social entertainment, intense personal, and borderline pathological, the environmental dimension is still the dimension that is perceived to have the best conditions among the other three dimensions.

Suggestions for further researchers to pay more attention to the items in the quality of life measurement tools that discuss sexual activity to be adapted to better suit the subjects to be studied. Then, researchers also suggest that for further research it is better to use qualitative methods and refer to the WHOQOL-100 measurement tool because the WHOQOL-BREF measuring instrument only measures the quality of life in general and can make further observations to eliminate the factors of faking good or faking bad in research . Suggestions for adolescents, namely to be able to sort out which behaviors are reasonable in idolizing someone, as well as which behaviors have entered the obsessed stage. Because obsession behavior not only endangers idolized celebrities, but can endanger yourself. In addition, in idolizing teen celebrities can know the limits to which a fan can participate in the life of his idol. There are personal things that a fan should not ignore just because they idolize a celebrity. Although the results of this study indicate that the level of borderline pathological has a good quality of life, but it does not rule out the possibility if done in the long run, will adversely affect the quality of one's life.

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