

ABSTRACT

K-Pop has become a global phenomenon, with its popularity continuing to grow worldwide. According to a survey conducted in Indonesia by the Korean Foundation for International Cultural Exchange; MCST (South Korea) in 2019, 59% of respondents considered K-Pop to be very popular in their country. K-Pop has been found to have positive psychosocial outcomes for fans, including increased happiness, self-expression, and social connectedness. Mental health is very important to adolescents. According to Centers for Disease Control and Prevention (CDC), A state of emotional, psychological, and social well-being known as mental health influences our thoughts, feelings, and behaviors as well as how we respond to stress, interact with others, and make decisions. The phenomenon of idolization is especially characteristic of adolescents. The objects of idolization come from various domains of life such as sport, entertainment, music, etc. The purpose of this study is to determine whether adolescents understand about positive mental health and the positive side of idolization. This study uses a qualitative method with a phenomenological approach and uses Social Cognitive Theory (SCT) alongside with Cognitive-Behavioral Theory (CBT). The results of this study covers at a variety of good mental health approaches, Using both CBT and SCT Theory combined, both methods emphasize how crucial it is to use a variety of approaches, such as idolization to improve mental health and create deep relationships within communities of interest.

Keywords: Idolization, Mental Health, K-Pop.