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The Role of Fanaticism and Self-Control as Factors Influencing K-Popers' Aggressive Behavior and Its Impact on Mental Health

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Abstract: Literature Review of the role of fanaticism and self-control as factors influencing aggressive behavior of K-popers and its impact on mental health is a scientific article with the aim of analyzing whether fanaticism and self-control play a role in aggressive behavior and mental health. The research method used is a literature review with a descriptive qualitative approach, which aims to examine the results of previous studies on fanaticism and self-control as factors influencing aggressive behavior of K-popers and its impact on mental health. The results of this article are: 1) Fanaticism plays a role in aggressive behavior of K-popers, 2) Self-control plays a role in aggressive behavior of K-popers, 3) Fanaticism plays a role in the impact on mental health, 4) Self-control plays a role in the impact on mental health. Apart from these 2 exogenous variables that influence endogenous variables of aggressive behavior, there are many other factors including emotional regulation, anxiety, parenting style, frustration.

Keyword: Fanaticism, Self Control, Aggressive Behavior, Mental Health.

INTRODUCTION

The Korean popular culture phenomenon, or Korean Wave, has grown rapidly in Indonesia, particularly through Korean pop music (K-pop), which has created large fan communities on social media. Fans, or K-popers, interact intensively on digital platforms to share information, show support for their idols, and participate in fandom discussions. However, the intensity of social media use within fandom environments can also give rise to complex behavioral dynamics, including aggressive behavior in the form of verbal comments and online conflicts (Eliani et al., 2018).

One factor suspected of contributing to aggressive behavior on social media is fanaticism. Fanaticism refers to a strong emotional attachment and extreme loyalty to an object, such as a K-pop idol, which often triggers an emotional response when confronted with differing views. Previous research has shown a positive relationship between fanaticism and verbally aggressive behavior on social media among K-pop fans, with the intensity of fanaticism correlating with the aggressiveness of online comments (Eliani et al., 2018). Similar findings have been reported in other K-pop communities, demonstrating that fanaticism is a key driver of verbally aggressive behavior in digital spaces (Yasser et al., 2025).

In addition to fanaticism, self-control is an important psychological variable that can moderate an individual's aggressive tendencies. Self-control is defined as an individual's ability to regulate emotions and impulses, especially in situations that trigger highly emotional reactions. Research in Indonesia shows that low self-control can increase the likelihood of verbal aggression on social media, as individuals are unable to restrain impulsive responses to provocation or criticism (Mu'afiqoh, 2025).

The impact of this aggressive behavior is not limited to online social interactions but can also impact an individual's mental health. Intense social media use and involvement in online conflicts have been linked to negative psychological conditions, such as anxiety, stress, and decreased mental well-being in Indonesian adolescents (Winarko, 2024). This suggests that aggressive behavior fueled by fanaticism and low self-control is not merely a behavioral phenomenon but is also relevant to the field of mental health.

Based on these findings, this study aims to examine the role of fanaticism and self-control as factors influencing aggressive behavior among K-pop fans on social media and its implications for mental health. This research is expected to provide theoretical contributions to the fields of social psychology and health psychology, as well as serve as a basis for intervention and education efforts to promote healthier online behavior among K-pop fans.

This study aims to determine the role of fanaticism and self-control as factors influencing aggressive behavior and their impact on mental health. Based on the previously explained research questions, the Literature Review scientific article questions are as follows:

- 1) Does fanaticism contribute to aggression?
- 2) Does fanaticism contribute to mental health?
- 3) Does self-control contribute to aggression?
- 4) Does self-control contribute to mental health?

METHOD

The research method used was a literature review with a descriptive qualitative approach, which aimed to examine the results of previous studies on fanaticism and self-control as factors influencing aggressive behavior of K-Pop fans and their impact on mental health. Literature was collected from relevant national and international scientific journals through keyword searches such as fanaticism, self-control, aggressive behavior, K-Pop fans, and mental health. The selected articles were analyzed by identifying variables, methods, and key findings, then synthesized narratively. The results of the study showed that fanaticism is positively related to aggressive behavior, while self-control plays a role in suppressing aggressiveness, and the emergence of aggressive behavior can negatively impact fans' mental health (Putri & Rahmawati, 2022), (Kim & Kim, 2021).

RESULT AND DISCUSSION

Results

The results of this article based on problem background, objectives, and methods are as follows:

Aggressive Behavior

According to recent social psychology studies, aggressive behavior is viewed as social behavior directed at inflicting physical or psychological harm on another individual, and can manifest in various forms, such as physical aggression, verbal aggression, anger, and hostility. This approach reflects the definition frequently used in the literature on developmental psychology and aggression in adolescents and adults. A similar definition is also found in contemporary research, which defines aggressive behavior as an act intentionally carried out to harm another person, either physically or through words or actions that cause harm to the

other party. This definition aligns with the operational framework of aggression used in the Buss-Perry Aggression Questionnaire instrument in many modern psychology studies (Reis et al., 2025).

(Anggraini Rifani et al., 2023) states that aggressive behavior is behavior that acts with the aim of dominating or damaging objects or other people, physically or verbally, which can be harmful to others or to oneself. Baron & Branscombe, 2017, explain that aggressive behavior is a social behavior that is destructive and aimed at causing physical or psychological harm to others, either directly or indirectly. They added that aggression can manifest in various forms, from physical aggression and verbal aggression to anger and hostility, often influenced by situational, emotional, and cognitive factors. In modern social contexts, aggressive behavior also occurs frequently in online interactions, where individuals feel freer to express hostility without strong social controls.

(DeWall et al., 2016) view aggressive behavior as a behavioral response that arises from a failure of self-regulation and poorly managed negative emotions. They emphasize that individuals with low self-control tend to be more prone to expressing aggression when faced with provocation or frustration. Aggressive behavior, in this view, not only impacts the victim but also has the potential to harm the perpetrator because it is associated with psychological problems such as stress, anxiety, and mental health disorders.

According to Buss and Perry (1992), aggressive behavior consists of four main indicators:

- 1) Physical Aggression, which is behavior demonstrated through physical actions intended to harm or injure others, such as hitting, kicking, pushing, or damaging someone else's property.
- 2) Verbal Aggression, which is aggressive behavior expressed through words, both verbally and in writing, such as insults, cursing, threats, or making rude comments.
- 3) Anger, which is the emotional aspect of aggressiveness characterized by feelings of anger, irritability, explosive emotions, and difficulty controlling negative emotions.
- 4) Hostility, which is the cognitive aspect of negative attitudes toward others, such as hatred, suspicion, prejudice, and thoughts of harming others.

Aggressive behavior has been extensively studied by previous researchers, including: (Anggraini Rifani et al., 2023), (Reis et al., 2025), (Maryani, 2025), (Juita et al., 2025), (Isnaini et al., 2025), (Hardoni et al., 2025), (Yunalia & Etika, 2025), (Firdaus, 2024), (Hafizhah et al., 2025).

Mental Health

According to the World Health Organization (WHO, 2018), mental health is a state of well-being in which individuals are able to realize their potential, cope with normal life stresses, work productively and fruitfully, and contribute to their community. This definition emphasizes that mental health is not simply the absence of mental disorders, but rather a positive state encompassing emotional balance, the ability to function socially, and an individual's capacity to cope with the demands of daily life. Thus, mental health is closely related to quality of life, social relationships, and an individual's ability to adapt to the environment.

(Galderisi et al., 2015) define mental health as a dynamic state of internal balance that enables individuals to optimally utilize their emotional, cognitive, and social abilities to face life's challenges. In this view, mental health encompasses the ability to manage emotions, think rationally, establish healthy interpersonal relationships, and adapt to social change and environmental pressures. The authors emphasize that disturbances in any of these aspects can impact overall psychological well-being, thus understanding mental health as a multidimensional concept.

Mental health is a state of well-being in which an individual is aware of their own abilities, can cope with normal life stresses, can work productively, and is able to contribute to their community. Mental health is a psychological aspect that reflects an individual's emotional state, thoughts, and behaviors, which influence how they interact with themselves and their surroundings (Silviah, R, 2025).

According to Keyes (2016), there are three main indicators of mental health: a) Emotional Well-Being, characterized by positive feelings about life, such as happiness, life satisfaction, comfort, and the ability to enjoy daily activities; b) Psychological Well-Being, encompassing an individual's ability to accept themselves, have a purpose and meaning in life, demonstrate personal growth, make independent decisions, and have control over their environment; c) Social Well-Being, demonstrated by an individual's ability to function positively in social life, establish healthy relationships, feel accepted in the social environment, and have meaningful contributions and roles in society.

Mental health has been extensively studied by previous researchers, including: (Ali, H et al., 2020), (Kurnia Agusman, S., 2022), (Vibriyanti, D., 2020), (Ridlo, I. A., 2020), (Iwanda et al., 2024), (Hudaniah, H., 2024), (Darisman et al., 2020), (Silviah, R, 2025), (Galderisi et al., 2015).

Fanaticism

According to Hayati et al., 2022, fanaticism is a very strong emotional attachment to a particular object, individual, or group, characterized by excessive liking, admiration, and loyalty. Fanaticism involves not only intense positive feelings but also a tendency for individuals to defend the object of fanaticism to an extreme degree, even when the object is criticized or negatively evaluated. This condition causes individuals to tend to ignore rational judgment and find it difficult to accept differing views. Therefore, fanaticism can influence a person's mindset, attitudes, and social behavior, including interactions on social media and in everyday life.

(Putri & Lestari, 2021) state that fanaticism is a form of excessive psychological involvement with a favorite object, demonstrated through intense attention, emotions, and behavior. Fanaticism differs from ordinary interest because it involves strong emotional drives, psychological dependence, and a tendency to sacrifice time, energy, and emotions to maintain closeness to the object of fanaticism. In the context of fandom, fanaticism is often associated with defensive behavior, conflict between fan groups, and individuals' difficulty controlling their emotional responses. Fanaticism is a belief or attitude characterized by absolute belief and loyalty to a particular group or idea, accompanied by a rejection of differing views. Fanaticism arises as a consequence of strong group solidarity, where individuals feel a sense of identity inherent in that group. In a state of fanaticism, individuals tend to rigidly and emotionally defend their beliefs, potentially leading to social conflict, intolerance, and aggressive behavior toward those perceived as opposing them. (Ayuna, 2023).

In (Hayati et al., 2022), fanaticism among fans is demonstrated through several key indicators, namely: 1) Excessive Emotional Attachment; 2) High Loyalty to the Object of Fanaticism; 3) Defensiveness and Rejection of Criticism; 4) Sacrifice of Time, Energy, and Emotions; 5) Difficulty Controlling Emotional Responses.

Fanaticism has been extensively studied by previous researchers, including: (Hayati et al., 2022), (Ayuna, 2023), (Putri & Lestari, 2021), (Asikin & Firmanto, 2025), (Utomo & Kristianingsih, 2025), (Khairani & Desky, 2025), (Fakhira, Misbach & Nurendah, 2025), (Ameliyany, Mirza & Marpaung, 2019), (Arifani, Rahma Dilla & Asiyah, 2025).

Self Control

(Putri & Ramdhani, 2020) explains that self-control is a psychological capacity related to an individual's ability to manage negative emotions, delay gratification, and control reactions to external stimuli that can trigger maladaptive behavior. Self-control not only functions as a barrier to negative behavior but also as an internal mechanism that helps individuals adapt to the demands of their social environment. In the context of social interactions and digital media, self-control plays a crucial role in preventing aggressive behavior, impulsivity, and interpersonal conflict.

Self-control is an individual's ability to regulate, direct, and control impulses, emotions, and behavior to maintain alignment with social norms and long-term goals. Self-control enables individuals to resist momentary, impulsive desires and replace them with more rational and adaptive responses. Individuals with good self-control tend to be able to consider the consequences of their actions before acting, thus ensuring their behavior is more focused and does not harm themselves or others. (Aini & Indrawati, 2018)

(Tentama & Zulfikar, 2018) explain that self-control is an individual's psychological ability to consciously manage thoughts, feelings, and actions to achieve desired goals. Self-control encompasses the ability to control negative emotions such as anger and frustration, regulate behavior to avoid impulsive behavior, and adapt to social conditions. In the context of social interactions, self-control plays a crucial role in preventing aggressive behavior, interpersonal conflict, and actions that harm oneself or others.

(Ghufron & Risnawita, 2016) defines self-control through three main indicators: 1) Behavioral Control: An individual's ability to control actions and behavioral responses to avoid impulsive behavior; 2) Cognitive Control: An individual's ability to manage thoughts and assess situations rationally; 3) Decisional Control: An individual's ability to choose the most appropriate course of action in accordance with values, rules, and long-term goals.

Self-control has been extensively studied by previous researchers, including: (Putri & Ramdhani, 2020), (Ghufron & Risnawita, 2016), (Tentama & Zulfikar, 2018), (Aini & Indrawati, 2018), (Madjid, Fatimah & Tajuddin, 2024), (Habibah & Marsinun, 2024), (Abdullah, Hayati & Gismin, 2025), (Atina, Gutji & Sekonda, 2025), (Siregar, 2025), (Tarigan, 2025).

Discussion

Fanaticism plays a role in the aggressive behavior of Kpopers

Based on various studies in Indonesia, fanaticism has been shown to play a significant role in driving aggressive behavior, particularly verbal aggression, among K-Pop fans. Fanaticism is characterized by a strong emotional attachment to idols, excessive loyalty, and a tendency to defend idols without considering other perspectives. Research (Eliani et al., 2018) shows that fanaticism is significantly positively related to verbally aggressive behavior on social media. Fans with high levels of fanaticism are more likely to exhibit verbal aggression, such as insulting, mocking, or attacking others who are perceived as threatening the image of their idol or fandom. This verbal aggression often occurs as a form of group identity defense and an expression of negative emotions when idols are criticized or compared to other idols.

Furthermore, fanaticism does not act alone in influencing aggressive behavior, but interacts with other psychological factors. Research (Anshori et al., 2023) found that fanaticism, when combined with low self-control, significantly increases the tendency for verbal aggression in K-Pop fans. Fanatic individuals with low self-control are more prone to impulsive and emotional reactions when faced with inter-fandom conflict, especially in the digital space. This suggests that fanaticism can trigger aggression when individuals are unable to manage their emotions and behavior adaptively.

Social media serves as a primary platform for the expression of verbal aggression due to fanaticism. Research (Yasser et al., 2025) focusing on the Twitter platform found a positive relationship between fanaticism within K-pop fandoms and acts of verbal aggression. Twitter, as a fast, open, and minimally controlled medium, allows fanatic fans to express anger, provocation, and verbal attacks against other users, especially in the context of fan wars. High fanaticism leads fans to perceive fandom conflicts as a threat to their social identity, thus perceiving verbal aggression as a form of group defense and solidarity.

The results of these studies indicate that fanaticism plays a significant role in shaping aggressive behavior among K-pop fans, particularly verbal aggression on social media. The higher the fan's fanaticism, the greater their tendency to exhibit aggressive behavior when their fandom identity or idols feel threatened. Therefore, fanaticism can be understood as a psychosocial factor contributing to inter-fandom conflict, especially when not balanced with good self-control and emotional regulation skills.

This research aligns with research conducted by: (Yasser et al., 2025), (Anshori et al., 2023), (Eliani et al., 2018), (Ameliany, Mirza, & Marpaung, 2019), (Utomo & Kristianingsih, 2025), (Arifani et al., 2025), (Asikin & Firmanto, 2025), (Khairani & Desky, 2025).

Self control plays a role in the aggressive behavior of Kpopers

Self-control plays a crucial role in influencing aggressive behavior among K-Pop fans (K-popers), particularly in the context of interactions on social media. Self-control refers to an individual's ability to control emotional impulses, thoughts, and behaviors to maintain compliance with social norms. Research (Eliani, Yuniardi, and Masturah, 2018) indicates that low self-control among K-Pop fans is associated with increased verbal aggression, such as insulting, attacking, or spreading hate speech against those who criticize their idols. In situations of inter-fandom conflict, individuals with low self-control tend to react impulsively and emotionally without considering the consequences of their aggressive behavior.

Similar findings are supported by research (Anshori et al., 2023) that examined the influence of fanaticism and self-control on verbal aggression in college K-Pop fan students. The results indicate that self-control acts as a factor inhibiting aggressive behavior, whereby the higher an individual's self-control, the lower their tendency to engage in verbal aggression, even when they have high levels of fanaticism. Conversely, K-Pop fans with high fanaticism but low self-control are more prone to engaging in aggressive behavior, especially when faced with provocation or debate on social media.

Furthermore, social media magnifies the role of self-control in managing aggressive behavior among K-pop fans. The anonymous, fast-paced nature of social media, with minimal social surveillance, makes it easier for individuals with low self-control to express negative emotions in the form of verbal aggression. Research on verbal aggression within K-Pop fandoms on Twitter shows that individuals who are able to control their emotions and responses are less likely to engage in fan wars, even when faced with provocative comments (Yasser et al., 2025). This confirms that self-control serves as an important emotional regulation mechanism to prevent the escalation of conflict between fandoms.

Self-control plays a significant role in suppressing aggressive behavior among K-pop fans. Good self-control allows fans to manage their emotions, restrain aggressive impulses, and respond to conflict more rationally and adaptively. Therefore, strengthening self-control is a crucial factor in minimizing aggressive behavior among K-Pop fans, especially in interactions on social media, which are prone to triggering conflict between fandoms.

This research aligns with research conducted by: (Yasser et al., 2025), (Eliani, Yuniardi, dan Masturah, 2018), (Anshori et al., 2023), (Auliya, 2015), (Siregar, 2025), (Abdullah et al., 2025), (Maharani & Agustina, 2025), (Israfil & Fauzia, 2025), (Rahmadani & Fikry, 2025), (Tarigan, 2025).

Fanaticism plays a role in mental health

Fanaticism plays a significant role in the mental health of individuals, including fans of popular culture like K-Pop. Fanaticism is characterized by excessive emotional attachment, intense focus on a particular object, and a tendency to make an idol or group a central part of one's identity. In the context of mental health, fanaticism can have a dual impact. On the one hand, fanaticism can provide feelings of joy, emotional satisfaction, and a sense of belonging to a social group. However, at excessive levels, fanaticism has the potential to cause negative impacts such as emotional stress, anxiety, and difficulty controlling emotions. (Eliani et al., 2018) explain that strong emotional attachment to idols can trigger intense emotional reactions when individuals face criticism, inter-fandom conflict, or negative issues related to their idols, ultimately impacting emotional stability and psychological well-being.

High fanaticism can increase vulnerability to psychological distress because individuals tend to base their self-esteem and happiness on the idol's success or image. When expectations are not met, for example when an idol receives criticism or experiences a scandal, fanatic fans can experience feelings of disappointment, anger, and even excessive frustration. Research (Anshori et al., 2023) shows that fanaticism that is not balanced with self-control and proper emotional regulation can trigger prolonged negative emotions, such as anger and hostility, which can potentially disrupt mental health. This condition can exacerbate psychological stress, especially in adolescents and young adults who are still searching for their identity.

Furthermore, fanaticism also impacts mental health through the dynamics of social interactions on social media. Inter-fandom conflicts, cyberbullying, and fan-wars, which often involve fanatical fans, can increase levels of stress, anxiety, and emotional exhaustion. Individuals who become overly involved in these conflicts tend to have difficulty detaching themselves from negative emotions, thus disrupting their psychological well-being. Therefore, poorly managed fanaticism can be a risk factor for mental health, especially when individuals lack self-control, emotional regulation skills, and healthy boundaries between hobbies, self-identity, and personal life.

Fanaticism contributes to mental health in both positive and negative ways, depending on the intensity and the individual's ability to manage it. Moderate fanaticism can provide emotional support and a sense of community, while excessive fanaticism has the potential to cause psychological distress and impaired mental well-being. Therefore, it is important for individuals to have self-control and self-awareness to keep fandom involvement within healthy limits.

This research aligns with research conducted by: (Eliani et al., 2018), (Anshori et al., 2023), (Komarudin & Ismail, 2025), (Fitria, Natasha & Puspasari, 2024), (Komarudin & Ismail, 2022), (Putri & Nuryanti, 2023).

Self control plays a role in mental health

Self-control plays a significant role in an individual's mental health. Self-control is the ability to regulate emotions, thoughts, and behavior to remain adaptive in the face of environmental demands. Individuals with good self-control tend to be able to manage stress, suppress negative impulses, and maintain emotional stability. Research (Widiantari & Herdiyanto, 2018) shows that self-control is positively associated with mental health, with individuals with high self-control experiencing lower levels of stress and anxiety than those with low self-control. This confirms that self-control serves as a protective factor against psychological disorders.

Conversely, low self-control can increase vulnerability to mental health problems. Individuals who struggle to control their emotions and impulses are more susceptible to psychological distress, emotional exhaustion, and anxiety disorders. Research (Ridfah et al.,

2020) found that low self-control is associated with increased psychological stress and decreased mental well-being in adolescents and young adults. The inability to manage emotions effectively makes individuals more vulnerable to prolonged negative emotions.

In the context of social interaction and social media use, self-control also plays a crucial role in maintaining mental health. Individuals with good self-control are able to limit involvement in conflict, avoid impulsive behavior, and manage emotional responses to social pressure. Research (Anshori et al., 2023) shows that self-control acts as a protective factor, not only reducing verbally aggressive behavior but also helping individuals manage negative emotions that can impact mental health. Individuals with high self-control tend to have better psychological well-being even in stressful social situations.

Overall, self-control plays a crucial role in maintaining mental health by helping individuals regulate emotions, cope adaptively with stress, and prevent excessive psychological distress. Good self-control contributes to psychological well-being and emotional stability, while low self-control can be a risk factor for mental health disorders. Therefore, developing self-control is an important aspect of mental health promotion and prevention efforts, especially in adolescents and young adults.

This research aligns with research conducted by: (Anshori et al., 2023), (Ridfah et al., 2020), (Widiantari & Herdiyanto, 2018), (Riyansyah, R., 2024), (Erlangga, A. D., 2025), (Karmila, D., & Pramanita, R. Y., 2025), (Benardi et al., 2025).

CONCEPTUAL FRAMEWORK

Based on the problem formulation, theoretical studies, relevant previous research and discussion of the influence between variables, the framework for thinking in this article is obtained as below.

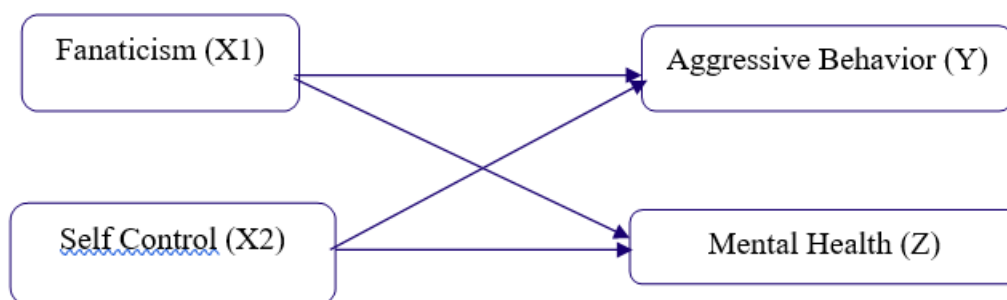


Figure 1. Conceptual Framework

- And there are many other factors that influence Aggressive Behavior (Y), including:
- a) Emotional regulation : (Yusuf & Kristiana, 2018), (Mawardah & Adiyanti, 2014), (Cahya et al., 2025), (Hanifa, 2024), (Maulina et al., 2025), (Fachridatul & Hartati, 2025), (Baiduri & Widyorini, 2025), (Purnawan & Situmurang, 2025).
 - b) Anxiety : (Abdillah & Nabila, 2025), (Rehman et al., 2025), (Sari et al., 2025), (Utami, T. W, 2019), (Tazkiyah, N., & Silaen, S. M. J., 2020).
 - c) Parenting Style : (Dewi & Susilawati, 2016), (Warouw, Posangi, & Bataha (2019), (Maryam & Sulistiyaningsih, 2023), (Nopiana et al., 2025),
 - d) Frustration : (Nugroho & Reza (2022), (Yuspita, Alini & Zurrahmi, 2025), (Inshani, S. A., & Nasution, F. Z., 2023), (Sitohang, F., 2022), (Sriwahyuningsih, Yusuf & Daharnis, 2016).

CONCLUSION

This study aims to determine whether aggressive behavior and mental health are factors that influence fanaticism and self-control. Based on the article's questions, the following conclusions can be drawn from this study: 1) Fanaticism plays a role in the aggressive behavior of K-pop fans, 2) Self-control plays a role in the aggressive behavior of K-pop fans, 3) Fanaticism plays a role in the impact on mental health, 4) Self-control plays a role in the impact on mental health.

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