



Duration of Listening to BTS Music with Psychological Well-Being in BTS Fans

Ester Kinny Pyghaiswati Allosau¹, Christiana Hari Soetjningsih¹

¹Faculty of Psychology, Universitas Kristen Satya Wacana

*Corresponding Author: Ester Kinny Pyghaiswati Allosau

E-mail: kinnypyghaiswati02@gmail.com



Article Info

Article history:

Received 16 February 2024

Received in revised form 16
March 2024

Accepted 28 March 2024

Keywords:

Duration of Music Listening

Psychological Well-Being

BTS

Army Indonesia

Abstract

This correlational quantitative research aims to determine the relationship between the duration of listening to BTS music and the psychological well-being of BTS fans in Indonesia (known as Army Indonesia). The study included 102 participants who have been fans for a minimum of 2 years, and data was collected using a Google Form provided by the researcher. The measurement tools used were an interval scale to assess the daily duration of listening to BTS music and the Ryff Psychological Well-Being (RPWB) scale to measure psychological well-being. The research results indicate a significant positive correlation between the duration of listening to BTS music and the psychological well-being of BTS fans in Indonesia, with an "r" value of 0.171 and a significance value of 0.043 ($p < 0.05$). This implies that the longer the duration of listening to BTS music, the higher the level of psychological well-being among fans, and vice versa. The duration of listening to BTS music contributes to fans' psychological well-being by 2,9%. In summary, this research suggests that there is a statistically significant positive relationship between the amount of time spent listening to BTS music and the psychological well-being of BTS fans in Indonesia, with longer listening durations associated with higher levels of psychological well-being.

Introduction

Music is an art form that uses sound, rhythm, melody, harmony, and vocals or instrumentals. The music combines these elements to express human feelings and emotions. Listening to music regularly has great benefits for physical and psychological well-being, such as relieving stress, and depression, improving mood, and having positive effects in relieving pain, reducing blood pressure, and treating insomnia. Music is considered an effective medicine for human physical and mental well-being (Särkämö et al, 2013). One example of music that has a positive effect, especially on the psychological aspect of the listener, is BTS music.

BTS is a boy group from South Korea that is currently at the peak of its popularity. BTS used their popularity to spread positive influence through the Love Yourself campaign and the Speak Yourself speech at the United Nations. BTS released an album entitled Love Yourself which invites listeners to love and respect themselves, which means having a condition where a person can act positively, focus on life goals, accept weaknesses and strengths, and live a fulfilling life. BTS has many songs that have deep meaning and raise social issues, such as self-love, struggle, and hope. Therefore, BTS music can have a significant positive influence on the psychological well-being of their fans, especially in Indonesia which has a large number of BTS fans (Khoshaba, 2012).

Several interviews conducted by researchers with BTS fans, also prove that there is a positive relationship between listening to BTS music and fans' PWB, such as the opinion of Lidya, who

is a BTS fan who has loved BTS for approximately 7 years. Lidya believes that listening to BTS music provides a feeling of happiness that is difficult to express, BTS presents music that motivates and provides positive enthusiasm. According to Dwi, who has been a fan for 10 years, when he feels depressed or stressed, BTS's music is a source of calm and provides deep relaxation. According to Retno, who is a teenage BTS fan, BTS' song lyrics raise social and personal issues, making her feel more connected to her feelings. Furthermore, there is an opinion from a BTS fan who is still a teenager named Fenny. Fenny believes that following BTS's journey from the beginning until now has inspired them to pursue dreams and work hard. According to Fatma, who is a Muslim BTS fan, the huge Army community provides a sense of unity and support, she feels she has new friends who understand her interests and hobbies. Next is the opinion of Angel, who is one of the admins of the Army community in NTT, that being a BTS fan has helped him develop social skills, especially in terms of interacting with other people in the Army community. In the opinion of Merbe, who is also the admin of the Army community in Kupang City, being involved in the BTS fanbase makes him feel like he has more roles and responsibilities that give meaning to his life. Next is the opinion of a 22-year-old BTS fan named Hanny, according to him BTS music talks about love, friendship, and personal growth which is an important guide in his daily life, then the opinion of an office worker named Eghy who has also followed BTS's journey since their debut In 2013, Eghy argued that attending a BTS concert was a profound experience and made her feel connected to thousands of other fans and happy. Furthermore, in Dinda's opinion, BTS has taught her to love herself and have self-respect, the positive messages in BTS songs help in forming a better self-perception. These opinions from BTS fans reflect various aspects related to PWB which include emotional experiences, motivation, relaxation, feelings of connection, social support, and personal growth.

The BTS song lyrics themselves also contain messages to love yourself more. Research conducted by Rinanda (2022) explains that the lyrics in the song "Answer: Love Myself" suggest listeners to be at peace and love themselves, which is explained in the interpretation of the lyrics. the second verse of the song where the lyrics of the song say "Loving yourself is harder than loving someone else, just admit that you set standards too hard for yourself. The difficulties in your life are part of you, so let's forgive yourself now. Our journey in life is still long, don't give up because after winter passes, spring will come." The meaning of lyrics of this BTS song expresses the importance of loving ourselves, being honest with ourselves, and accepting our shortcomings as part of ourselves. Research conducted by Axcell Nathaniel and Amelia Wisda Sannie shows that the album Love Yourself: Tear has a moral message about the environment, personal habits, and religion (Fitroh, 2019). The lyrics of the song "Magic Shop" also convey the meaning of the importance of believing in our dreams and healing trauma and fear before realizing these dreams in semiotic analysis research on mental health disorders in the lyrics of BTS song Magic Shop conducted by Verisa (2022). BTS music can have a positive influence on listeners. An example of the positive influence of BTS music is the experience of an autistic child from Mexico who felt happy after listening to the songs "Fake Love" and "Epiphany" which contain meanings about being honest with yourself and loving yourself (Kusuma et al., 2012).

According to Ryff (1989), psychological well-being or psychological well-being is an individual's ability to accept themselves, have positive interpersonal relationships, be independent in facing social pressure, control the environment, have a purpose in life, and explore one's potential sustainably. This illustrates good and positive psychological function. Psychological well-being has 6 dimensions, namely: self-acceptance, positive relationships with other people, independence, mastery of the environment, life goals, and self-development. The first dimension is a positive attitude towards oneself, the second dimension is the ability

to relate positively to other people, the third dimension is independence, the fourth dimension is the ability to control the environment, the fifth dimension is awareness of the purpose of life, and the sixth dimension is the ability to develop and explore one's potential (Ryff, 1989).

Listening to BTS music can have a significant impact on the psychological well-being of BTS fans. BTS music can help fans identify themselves, deal with their emotions, strengthen their social relationships, provide motivation and inspiration, and entertain them (Rinanda, 2022). BTS's music can also provide fans with a sensory experience and aesthetic appreciation. Therefore, listening to BTS music can be a source of positive psychological well-being for their fans. However, it is important to remember that psychological well-being is the result of complex factors and music is only one aspect of it (Rinanda, 2022). Music has been known to have a major influence on an individual's psychological well-being. Several previous studies have found that music can influence mood, emotions, and overall psychological well-being, BTS fans often feel emotionally connected to the music and lyrics they create. The duration of listening to BTS music can be an important factor in influencing the psychological well-being of BTS fans in Indonesia, and can provide fans with a more complete music experience, and can provide better psychological well-being (Rokhmah & Pertiwi, 2020).

Based on the description that has been presented, this research will link the duration of listening to BTS music and psychological well-being. The difference with previous research is that the participants in this study were fans of BTS (Army Indonesia) and the independent variable was the duration of listening to music specifically BTS music. Another reason is that not many previous studies have tested this topic.

Methods

This study uses a quantitative approach. with a correlational design or strategy to determine the relationship between the duration of listening to BTS music and PWB among BTS fans in Indonesia. Participants in this research were 102 BTS fans in Indonesia (Army Indonesia) with the minimum criteria of having been fans for 2 years obtained using an accidental sampling technique. Test the hypothesis using the Pearson Product Moment correlation technique. The two variables are declared to have a relationship if the significance value is smaller than 0.05 ($p < 0.05$). Before the correlation test, an assumption test is first carried out, namely 1). The normality test uses the Kolmogorov-Smirnov test. The distribution of data in research is said to be normally distributed if the significance value is greater than 0.05 ($p > 0.05$); 2). The linearity test uses the ANOVA test. The two variables are said to have a linear relationship if the significance value of the F difference is greater than 0.05 ($p > 0.05$).

Results and Discussion

Research Scene Orientation and Research Data Collection

This research was conducted from 13 October to 17 October 2023. This research was carried out by sharing the Google Form questionnaire link via various social media, namely Instagram, Twitter, TikTok, and WhatsApp. The research was able to reach its target quickly due to excellent participation from the Army Community in Indonesia, both in responding to being a participant and helping to distribute the questionnaire link.

Participant Characteristics

Participants in this research are BTS fans in Indonesia and have been fans for at least 2 years

Table 1 Demographics of Research Participants

| No | Participant Classification | Information | Frequency | Percentage |
|----|----------------------------|-------------|-----------|------------|
|----|----------------------------|-------------|-----------|------------|

| | | | | |
|--------------|---------------|------------------------------------|------------|--------------|
| 1. | Age | Teenage (16 - 19 years old) | 17 | 16,7 % |
| | | Early Adulthood (20 -29 years old) | 71 | 69,6 % |
| | | Adult (≥ 30 years old) | 14 | 13,7 % |
| Total | | | 102 | 100 % |
| 2. | Long time fan | Early (2 years) | 14 | 13,7 % |
| | | Long (3 - 5 years) | 48 | 47,1 % |
| | | Sangat Lama (≤ 6 years) | 40 | 39,2 % |
| Total | | | 102 | 100 % |
| 3. | Origin | NTT | 54 | 52,9 % |
| | | Bali | 1 | 1 % |
| | | Jawa Timur | 7 | 6,9 % |
| | | DIY | 1 | 1 % |
| | | Jawa Tengah | 22 | 21,1 % |
| | | Jawa Barat | 5 | 4,9 % |
| | | DKI Jakarta | 2 | 1,9 % |
| | | Lampung | 1 | 1 % |
| | | Kepulauan Riau | 1 | 1 % |
| | | Riau | 1 | 1 % |
| | | Sumatera Utara | 1 | 1 % |
| | | Papua | 1 | 1 % |
| | | Sulawesi Selatan | 3 | 2,9 % |
| | | Sulawesi Utara | 1 | 1 % |
| | | Sulawesi Barat | 1 | 1 % |
| Total | | | 102 | 100 % |

Based on Table 1, it can be seen that the age of most participants (69.6%) is in the 20-29 year age range, then the number of years they have been a fan of most participants (47.1%) is in the 3-5 year range, and the origin of most participants (52.9%) come from East Nusa Tenggara.

Descriptive Analysis Results

Descriptive statistics results

Based on empirical data, from Table 2 it can be seen that the mean of variable X (duration of listening to music) is 197.75 (SD = 217.873), the mean of variable Y (PWB) is 57.26 (SD = 9.158). Furthermore, the minimum score for variable (Duration of Listening to Music) = 20 and maximum = 780, and the minimum score for variable Y (PWB) = 28 and maximum score = 72.

Table 2. Descriptive Statistics Results of Duration of Listening to BTS and PWB Music

| Variable | N | Min. | Max. | Mean | Std. Deviation |
|--------------|-----|------|------|--------|----------------|
| Duration (X) | 102 | 20 | 780 | 458,23 | 236.703 |
| PWB (Y) | 102 | 28 | 72 | 57,26 | 9,158 |

Categorization of duration of listening to BTS music

Based on Table 3, the majority (43.1%) of participants had the duration of listening to BTS music in the high category.

Table 3. Categorization of the duration of listening to BTS music

| Category | Interval | N | Percentage |
|----------|---------------------------|----|------------|
| High | 528 minutes - 780 minutes | 44 | 43,1 % |
| Medium | 274 minutes - 527 minutes | 41 | 40,2 % |
| Low | 20 minutes - 273 minutes | 17 | 16,7 % |

| | | |
|--------------|------------|--------------|
| Total | 102 | 100 % |
|--------------|------------|--------------|

PWB categorization

Based on Table 4, the majority (69.6%) of participants had PWB in the high category.

Table 4. PWB Categorization

| Category | Interval | N | Percentage |
|-----------------|----------------------|------------|-------------------|
| High | $52,5 \leq X$ | 71 | 69,6 % |
| Medium | $37,5 \leq X < 52,5$ | 29 | 28,4 % |
| Low | $X < 37,5$ | 2 | 2 % |
| Total | | 102 | 100 % |

Assumption Test Results

Normality test

Based on Table 5, it can be seen that variable X shows KS-Z of 0.179 with a sig value = 0.000 ($p < 0.05$), it can be concluded that the data for variable X is not normally distributed, while variable Y is 0.075 with a sign value = 0.187 ($p > 0.05$), it can be concluded that the data for variable Y is normally distributed.

Table 5. Normality Test Results

| Variable | KS-Z | Sig. | Information |
|-----------------|-------------|-------------|--------------------|
| Duration (X) | 0,179 | 0,000 | Abnormal |
| <i>PWB</i> (Y) | 0,075 | 0,187 | Normal |

Linearity Test

Based on Table 6, the results of F difference = 0.724 and a significance value of 0.700 ($p > 0.05$), it can be concluded that variables X and Y have a linear relationship.

Table 6. Linearity Test Results

| | F Different | Sig. | Information |
|---------------------------------|--------------------|-------------|--------------------|
| Deviation from Linearity | 0,724 | 0,700 | Linear |

Hypothesis Test Results

Based on Table 7, the correlation coefficient (r) is 0.171 with a significance value = 0.043 ($p < 0.05$) using Spearman Rho (1-tailed) which means there is a significant positive relationship between variables X and Y. The longer the duration of listening to BTS music, the longer the duration of listening to BTS music. The higher the fan's PWB level, and conversely the shorter the duration of listening to BTS music, the lower the fan's PWB level. The hypothesis in this research is accepted. The effective contribution of variable X to variable Y is 2.9%

Table 7. Correlation Test

| Variable | r xy | Sig. | Information |
|-----------------------|-------------|-------------|--------------------|
| Duration - <i>PWB</i> | 0,171 | 0,043 | $p < 0,05$ |

The research results show that there is a significant positive relationship between variables. These results are in line with the results of research from Yasmin & Fardani (2020) which states that ARMY makes Love Yourself a way to accept themselves, appreciate themselves more and what they have in their lives, enjoy life to be happier, more confident, and motivate them to achieve their dreams and aspirations, and continue to do positive things. Based on research results by Rubin (2021), music created by idol groups contributes to personal growth,

can improve mood, can provide a feeling of calm, and can be a motivation for fans. Ghazwani (2019) also added that idol groups that value the existence of fans make their fans feel close to their idols, where their familiarity and closeness are built through the music or songs they create and perform which can be a motivation for fans.

The research results show that there is a positive relationship between the duration of listening to BTS music and PWB among BTS fans. This means that the more time spent listening to BTS music, the better the fan's PWB or psychological well-being. Based on the results of this research, it can be explained the relationship between the duration of listening to BTS music and PWB among BTS fans, listening to BTS music can provide a positive emotional experience. BTS songs contain deep messages of self-love, inviting listeners to believe in themselves, make peace with the past, and accept themselves. Self-confidence is an important part of self-love that brings positive energy to relationships with others. BTS's lyrics describe everyday feelings and actions, sending inspiring messages to listeners (Rinanda, 2022). This is in line with the PWB aspect, namely self-acceptance and life goals, as well as PWB factors, namely, BTS as social support and BTS song lyrics which encourage individuals to evaluate life experiences by viewing every experience from a positive side to continue moving forward.

The duration of listening to BTS and PWB music for most of the participants was in the high category, which means that participants showed a high level of happiness and a sense of self-satisfaction, where the longer they listened to BTS music, the happier the participants felt and had a high level of self-acceptance so that participants were satisfied with their lives (Komarudin et al., 2022). The research results show that the majority of participants are in the high category, which also means that the participants have a high level of resistance to stress because BTS music can function as a tool to overcome feelings of anxiety or stress in their fans. Participants also felt better about themselves and had a greater sense of control over their lives. The long duration of listening to BTS music can stimulate personal growth in participants such as learning about Korean culture or positive values through BTS songs. This is also a strong reason for the good social relations of BTS fans, by having the same hobbies then Being an ARMY can strengthen social relations among ARMYs and abroad (Dinningrum et al., 2022).

The contribution of variable involvement with BTS music and the individual's life context, as well as other variables related to music besides the duration of listening to BTS music such as self-identification with the group, the type of music chosen, and the way fans interact with music, as well as musical tastes (Hertiar, 2022).

The results of this study can support literature that highlights the role of music in influencing psychological well-being. Music has long been recognized as a tool that can influence emotions, mood, and stress. These findings suggest that BTS music may have a positive effect on fans in terms of PWB. This positive relationship reflects the strong emotional connection between fans and BTS's music (Lee et al., 2021). Music can often be a vehicle for conveying messages, emotions, and values that are relevant to fans.

A limitation of this kind of research is the potential for selection bias. Participants who have chosen to take part in this study may already have high levels of PWB because they are BTS fans who are actively involved in listening to this group's music. This may influence the results of the study and result in conclusions that do not apply to the wider population. This study may also find it difficult to determine a strong causal relationship between the duration of listening to BTS music and PWB. Other influences such as social, cultural, and environmental factors can also influence participants' PWB. The findings from this study may only apply to the population of BTS fans in Indonesia, then there is the possibility that there are other variables

not measured in this study that could influence the results. For example, factors such as physical health, environmental stress, or social support can influence PWB. This research may rely on self-report data from participants. This can give rise to the potential for subjective bias or a “favorable will” effect where participants may be inclined to provide answers that the researcher deems desirable.

Conclusion

Based on the research results, it can be concluded that there is a significant positive relationship between the duration of listening to BTS music and PWB. The longer the duration of listening to BTS music, the higher the fan's PWB level, and conversely the shorter the duration of listening to BTS music, the lower the fan's PWB level. Variable X (duration of listening to BTS music) contributed 2.9% to variable Y (PWB). Variable X (duration of listening to BTS music) and variable Y (PWB) for most participants were in the high category.

Results from the study may provide a basis for practitioners to consider the use of BTS music in supporting psychological well-being. These findings may also serve as a starting point for further research. It is worth further investigating why BTS music specifically has a positive impact on fans' PWB. Whether it is the message in the lyrics, the style of the music, or the relationship with the group members plays a significant role in this influence. Apart from the duration of listening to BTS music, other variables such as self-identification with the group, the type of music chosen, and the way fans interact with the music can influence PWB. Thus, future research could consider these factors. Future researchers are also advised to measure the length or duration of listening to music more accurately. Longitudinal research designs that allow for long-term monitoring will help understand the development of PWB over time. A comparison study with a control group that does not listen to BTS music could provide a deeper understanding of the specific impact of BTS on PWB. In addition, a deeper analysis of mediating and moderating variables as well as considering social factors and the context of fans' lives is also very important. Using a comprehensive PWB measurement instrument and considering various factors that can influence PWB will enrich this research. Moreover, generalizing the results to a wider population and different cultures may provide deeper insight into the global impact of listening to BTS music on PWB. With a comprehensive approach and robust data, this research will provide a deeper understanding of how BTS fans perceive the influence of the group's music on their psychological well-being.

References

- Fitroh, D. R. M. (2019). Pesan moral dalam lirik Lagu Beyond The Scene (BTS). *UIN Sunan Ampel Surabaya*, 8(5), 55.
- Ghazwani, S. A. (2019). *Fanatisme Fandom Army (Adorable Representative Mc For Youth) Terhadap Boyband Korea Selatan, Bangtan Sonyeondan (Bts) Di Surabaya* (Doctoral Dissertation, Universitas Airlangga).
- Khoshaba, D. (2012, March 27). *A seven-step prescription for self-love*. Psychology Today.
- Kusuma, A., Purbantina, A. P., Nahdiyah, V., & Khasanah, U. U. (2020). A virtual ethnography study: Fandom and social impact in digital era. *Etnosia: Jurnal Etnografi Indonesia*, 5(2), 238-251. <https://doi.org/10.31947/etnosia.v5i2.10898>
- Lee, S. H., Choi, S., & Kim, H. W. (2021). Unveiling the success factors of BTS: a mixed-methods approach. *Internet Research*, 31(5), 1518-1540. <https://doi.org/10.1108/INTR-12-2019-0507>

- Rinanda, A. (2022). *Analisis Pesan Self Love Dalam Lirik Lagu Answer: Love Myself Produced By BTS (Analisis Semiotika Ferdinand De Saussure)* (Doctoral dissertation, Universitas Islam Negeri Sumatera Utara).
- Rokhmah, A., & Pertiwi, P. (2020). The effect of K-pop music on the psychological well-being of Indonesian BTS fans. *Journal of Musicology*, 1(1), 41-53.
- Rubin, S. (2022). Strong experiences with music (SEMs) as experienced by ARMY. *Diambil kembali pada*, 1.
- 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>.
- Särkämö, T., Tervaniemi, M., & Huotilainen, M. (2013). Music perception and cognition: development, neural basis, and rehabilitative use of music. *Wiley Interdisciplinary Reviews: Cognitive Science*, 4(4), 441-451. <https://doi.org/10.1002/wcs.1237>
- Verisa Rizky Amara. (2022). *Analisis semiotika gangguan kesehatan mental pada lirik lagu BTS Magic Shop*. Fakultas Komunikasi dan Informatika, Universitas Muhammadiyah Surakarta.