

## **THE ROLE OF MALADAPTIVE DAYDREAMING ON CELEBRITY WORSHIP SYNDROME**

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### **Abstract**

Celebrities significantly influence people's daily lives. The term "celebrity worship" refers to the practice of showing love, devotion, and adoration to a celebrity. However, celebrity worship syndrome has adverse effects on individuals that lead to psychiatric consequences. This study aims to investigate the role of maladaptive daydreaming on celebrity worship syndrome. A total of 184 early adults aged 18-33 years old in Indonesia who identify themselves as a fan of their favorite celebrities participated in this study. A quantitative approach was utilized to collect the data through an online survey on various social media platforms. Linear regression analysis was carried out, and the result showed that the hypothesis is accepted as maladaptive daydreaming positively predicted celebrity worship syndrome. The scores of maladaptive daydreaming significantly predicted 23.6% of the variance in celebrity worship syndrome. This finding contributes to the awareness of maladaptive daydreaming and offers a foundation for further research into celebrity worship syndrome and maladaptive daydreaming in Indonesian society.

**Keywords:** celebrity worship syndrome, celebrity worship, maladaptive daydreaming, parasocial relationship



## Abstrak

Selebriti secara signifikan mempengaruhi kehidupan masyarakat sehari-hari. Istilah "*celebrity worship*" mengacu pada perilaku menunjukkan cinta, kesetiaan, dan kekaguman kepada selebriti. Akan tetapi, *celebrity worship syndrome* dapat berdampak buruk pada individu yang mengarah pada konsekuensi psikologis. Penelitian ini bertujuan untuk menginvestigasi peran *maladaptive daydreaming* pada *celebrity worship syndrome*. Sebanyak 184 partisipan berusia 18-33 tahun di Indonesia yang mengidentifikasi diri mereka sebagai penggemar selebriti favorit berperan serta dalam penelitian ini. Pendekatan kuantitatif digunakan untuk mengumpulkan data melalui survei online di berbagai platform media sosial. Analisis regresi linier dilakukan untuk menganalisis data, dan hasilnya menunjukkan bahwa skor *maladaptive daydreaming* memprediksi 23,6% dari varians dalam skor total *celebrity worship syndrome*, menjadikan *maladaptive daydreaming* sebagai prediktor *celebrity worship syndrome*. Temuan ini berkontribusi pada kesadaran akan *maladaptive daydreaming* dan membangun landasan untuk penelitian lebih lanjut mengenai *celebrity worship syndrome* dan *maladaptive daydreaming* di masyarakat Indonesia.

**Keywords:** celebrity worship syndrome, celebrity worship, maladaptive daydreaming, parasocial relationship