

## OVERVIEW OF STRESS AND STRESS COPING STRATEGIES IN EARLY ADULT INDIVIDUALS WHO PERFORM FANATISM FOR ANIME CHARACTERS IN JAKARTA

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### ABSTRACT

This research was conducted to see how the description of stress and coping strategy in young adult fans of favorite anime character in Jakarta. The objectives in this research are (1) to find out the stress description in young adult fans of favorite anime characters, (2) coping strategies used in young adult fans of favorite anime characters. This research was conducted using a qualitative method using case study and then use method of depth interview and observation with non-random sampling technique. Based on data analysis in this research, it was found that the three subjects used an emotion-focused coping strategy, namely distancing and escaping avoidance which actually had an impact on increasing stress levels in each individual. This is because the subject vent their emotions by watching anime for hours and even days, without seeking solutions to the problems itself.

**Keywords:** Stress, Coping Stress Strategy, Young Adult and Anime.