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.

INTRODUCTION

Individuals currently live in a world where they are required to act or think quickly. This makes individuals faced with various stressors, either originating within themselves or caused by the environment. When an individual is unable to respond to the stress that occurs, it is possible that this will have a bad impact on their life. Therefore, every individual needs a way to deal with the stress they experience. Various causes of stress also produce different individual responses in dealing with stress. Individuals can fight, flee (flight), or even do nothing (freeze) (Harper F., 2019). When an individual experiences an unpleasant situation, the body can adapt by giving a warning, then providing resistance or endurance, and ultimately the body is in a very tired state.

Stress can greatly affect an individual's life if the individual does not have the ability to cope. The chosen coping can be adaptive which can enable the individual to effectively solve the problem, but it can also be maladaptive which can actually trigger prolonged stress. Therefore, it is important for individuals to find the right coping strategy for themselves to deal with stress. experienced (Yusuf, 2018).

According to Lazarus and Folkman (in Biggs, 2017) coping to deal with stress is divided into two types, namely problem-focused coping (PFC) and emotion-focused coping. Understanding coping is very important because when individuals do not know effective and correct coping strategies, then this cannot help individuals in dealing with their problems.

Stress felt by individuals can have positive or negative impacts. Negative stress is called distress, while stress that has a positive influence is called eustress. Erikson (in Berk, 2012)

states that the stages of the life cycle in early adulthood are intimacy vs isolation. Intimacy occurs when an individual develops an intimate relationship with someone they love and trust.

Emotional problems that occur in the early adulthood phase are the loss or low self-confidence of individuals resulting in venting on something that is not real (escaping), one of which is by watching anime which is the name for animation originating from Japan. Yokota (2013) states that watching anime can have psychological impacts such as imitating not only the appearance but also the behavior of the characters one likes.

The phenomenon of liking anime can then lead individuals to become fanaticism. When individuals experience fanaticism, they will adopt behaviors such as bonded relationships, loyalty, devotion, and feelings of love for something they like, namely anime characters.

Individuals who adopt fanatic behavior will feel that they have a close bond with their favorite anime characters, the level of attachment created is so great that it can encourage these individuals to have personal loyalty to their favorite anime characters by involving their personal feelings or emotions. Furthermore, individuals will have extreme belief in their favorite anime characters, these characters have a very special meaning for the individual and develop into the identity that the individual has. Therefore, individuals begin to have a desire to love which comes from the need to find things that are of value, care, make them enthusiastic and inspired. Individuals tend to look for love in relationships with their favorite anime characters.

Anime is a term for Japanese animated films and is an abbreviation of the word animation. Anime in Indonesia has emerged as soft diplomacy which is able to change the image of Japan that is acceptable to Indonesian society. The development of anime has had many positive and negative impacts, such as the increasing number of Indonesians who are interested in learning Japanese, while the negative impacts include watching too much anime, individuals tend to close themselves off from the real world. Apart from that, another impact is imitation. According to Yokota (2013), anime fans imitate not only their appearance, for example by doing cosplay, fans can also imitate the behavior and way of behaving of the favorite characters they watch. This act of imitation can be caused by the fact that most anime fans are carried away by their feelings, giving rise to empathy for the characters they like. This growing empathy then tends to give rise to fantasies which have an impact on delusions about the character one likes, one example is considering the character as a wife or what is usually called a waifu (Hobbs and Moss, 2013).

Compared to the adolescent phase, early adult individuals have more sophisticated and mature problem solving, especially in terms of planning (Skinner, 2007). However, compared to middle and late adulthood, early adult individuals still use less mature defense mechanisms such as passive aggressiveness and fantasy. Good defense mechanisms and also the level of openness of early adult individuals really depend on how they coped during adolescence, childhood trauma and also the support from the environment that early adult individuals received. Apart from the various things that have been mentioned, the individual's closeness to Sang.

Various studies state that most of the psychological impacts experienced by anime fans are behavioral impacts (Yokota, 2013). For example, subject AG who felt lonely felt that he had a "friend" with the presence of Luka as his wife (waifu). Subject YS tends to become more

confident when cosplaying characters he likes. NKP subjects tend to feel "relieved" when talking to their favorite characters, but the subjects still cut their arms.

Based on the explanation above, researchers have not found any research that describes the use of anime as a coping strategy in reducing stress. Therefore, researchers are interested in conducting research on, "The depiction of stress and coping strategies in early adult individuals who are fans of favorite anime characters".

THEORETICAL BASIS (ADD THEORY OF FANATISM)
STRESS
Stress can be experienced by anyone regardless of age or gender. Lazarus stated that initially the term stress referred to a very severe difficulty or suffering. (Gaol, 2016).

Cannon (in Yusuf, 2018) states that stress can be interpreted as the body's response to something. This response is called fight or flight. Flight occurs when the brain gives a warning that something is happening and the individual decides to do something. Fight is a state where our body responds and decides to face the problem at hand [Nagoski, 2019].

STRESS MODELS
There are three types of stress models, namely: stimulus model stress, response model stress, and transactional stress (Lyon, et al., 2012).
a. Stress stimulus model
   According to Staal (in Biggs, 2017), the stress stimulus model is an environmental situation felt by a person that occurs because of a stressor. According to Thoits (in Gaol, 2016), there are three types of stressors, namely: events that occur in a person's life (life events), namely events that cause a person to fail to adapt to extreme events. Chronic tension, namely events that cause stress and occur repeatedly in a person's life. The third is problems that occur in individuals' daily lives (daily hassles), namely events that occur in everyday life.
b. Stress response model
   Helye then developed General Adaption Syndrome which has three important stages, namely, alarm or danger sign, resistance or resistance, and exhaustion or fatigue. (Lyon, 2012).
c. Transactional model of stress
   The figures who developed theory using the transactional model were Richard S. Lazarus and Susan Folkman in 1984.

The first stage of assessment (primary appraisal) is carried out when individuals begin to experience an event and begin to assess the influence of the stress (Lyon, 2012). Lazarus and Folkman divide initial assessments into unrelated (irrelevant), beneficial (benign-positive), and stressful.

The second assessment (secondary appraisal) is a process of determining which coping strategy will be chosen to deal with stress that occurs in the individual. Lazarus and Folkman (1984), divided these coping strategies into two parts, Problem-Focused Coping and Emotion-Focused Coping.

COPING
Lazarus (1984) states that coping stress is a change in behavior and way of thinking that occurs continuously as an individual's effort to overcome internal and external demands which are considered a burden or something that exceeds the individual's resources.

Forms of Coping Strategies

Lazarus and Folkman (1984) stated that forms of coping consist of Problem-Focused Coping and Emotion-focused Coping (Biggs, 2017).

Problem-Focused Coping (PFC)

Coping strategies that focus on how to solve problems. According to Ninno (in Maryam, 2017), Problem-focused coping is:

a. Planful problem solving (making efforts to change the situation).
b. Confrontational coping (reacting to a situation).
c. Seeking social support (seeking social support).

Emotion-Focused Coping (EFC)

This strategy is carried out by carrying out various efforts whose aim is to modify emotional functions. Forms of emotion-focused coping, namely:

a. Positive reappraisal (giving a positive assessment).
b. Accepting responsibility (emphasis on responsibility).
c. Self-controlling (self-control).
d. Distancing (distance).
e. Escape avoidance (avoid).

FANATICISM

According to Robles (2013), fanaticism is unconditional obedience that is full of passion, enthusiasm for something excessively, stubbornly, and indiscriminately. Fanaticism is characterized by dogmatic thinking, intolerance towards differences and the desire to impose one-sided views, increased self-esteem and a feeling of power.

Fanaticism according to Seregina, Koivisto, and Mattila (2011) is an important phenomenon in modernism, marketing, as well as personal and social reality. Concepts that are close to fanaticism are customer brand relationships, loyalty, devotion, love and attachment. People can be fans of anything and the term can be applied to an infinite number of subjects. Additionally, fans can be attracted to the object of their fanaticism to varying degrees of intensity.

Aspect of Fanaticism

The aspects of fanaticism according to Seregina, Koivisto, and Mattila (2011) are creating a belief and understanding in the form of relationships, loyalty, devotion, love and so on.

a. Relationships, namely the desire for connection and bonds between people and objects that are the basis for building and maintaining relationships. In fanatical relationships, the level of attachment is truly great, attachment is even said to be one of the characteristics of fanaticism. An attitude becomes an attachment because it is connected to memories, experiences, behavior and other people.

b. Loyalty, namely a form of loyalty that is driven by emotion. Its characteristics give fanaticism the ability to always provide a positive experience and overall satisfaction with something one likes.

c. Devotion, which involves extreme faith, implies a kind of religious fervor with elements of holiness. The object of devotion has a very special meaning for the individual and tends to represent the individual's status and even identity. The bonds created from such devotion can convey very strong connections and emotions such as love and passion.

d. Love, namely the desire to love which comes from the need to find things of value, care, feel excited and inspired. Because love is an important part of fanaticism, love can also be used to describe the relationship between idols and their fans.

RESEARCH METHODS

The approach taken in this research was a qualitative method in the form of a case study. This is because this research has case study characteristics such as focusing on individuals/subjects, rich in descriptive explanations and studied in a natural context bound by space and time (Herdiansyah, 2015). Subjects were selected using a non-random sampling method specified in purposive sampling, namely a selection method based on the characteristics of the subject in accordance with the objectives of the research to be carried out.

The criteria set are, anime fans and have favorite characters, use anime as a way to deal with stress, men and women in early adulthood with an age range of 18-40 years, and also live in Jakarta.

RESULTS AND DISCUSSION

Thois (in Gaol, 2016) states that there are three types of stress stimulus models, namely life events, chronic strain, and also daily hassles. The three subjects experienced transitions in life events. Subject AG lost trust in himself and others because of the problems he faced on campus. Meanwhile, YS experienced something traumatic due to her parents' divorce, her father leaving without saying goodbye, losing emotional communication with her mother, losing her boyfriend, and also losing her grandfather who had replaced her father as someone YS trusted. Furthermore, the subject of NKP had various traumatic events in his life when his life changed from being a well-to-do person to living barely, then his mother just talked, got angry with herself and just locked herself in a dark room. Apart from that, NKP also has the habit of doing self-harm by cutting, namely slicing the wrist with a sharp cutter. Traumatic events in life events that are not handled properly then result in chronic strain, namely chronic stress. When stress becomes chronic, even small triggers that occur in daily life (daily hassles) such as traffic jams, problems at the office or on campus, will directly affect the day or can cause an unstable mood and fatigue.

On the AG subject, the alarms that are a source of stress are office and college problems. AG's reaction to stress is flight and freeze. Meanwhile for YS, the problem that causes prolonged stress is the loss of loved ones. YS gave a flight response. In the NKP subject, the alarm is the emergence of conditions at home such as economic problems and also the instability of his mother's mental health, plus problems at college, causing NKP to issue a flight response by liking anime, which cannot solve the problem, only defends himself from inner stress just a temporary time.

In the resistance stage, AG and YS, both experienced stomach problems and insomnia. In NKP, stomach problems do not occur, but NKP also experiences insomnia which turns him into.

In the transactional stress response, subjects AG, YS and NKP experienced trauma which resulted in stress that greatly affected their lives in carrying out daily activities. A positive assessment of the situation when stress does not occur so that the three subjects tend to blame God and the situation that ultimately appears stressful (stressful). Secondary appraisal, the three subjects chose emotion-focused coping by choosing to vent their stress on anime.

Description of Stress Indications

In terms of emotional, physiological, behavioral and cognitive aspects, the three subjects experienced the same thing, namely anxiety, worry easily and also feeling inadequate.

Description of Coping Stress

The forms of coping with stress according to Lazarus and Folkman (1984) are problem focused coping (PFC) and emotional focused coping (EFC). In subjects AG YS, and NKP, PFC was not performed and all three subjects performed EFC. The three of them prefer to vent their emotions by fantasizing with their respective favorite characters. In subjects AG and YS, both of them made purchases that were considered quite uncontrolled to fulfill their emotions. In the NKP subject, merchandise purchases were not made too much because the subject admitted that he did not have enough money to buy them. Subjects AG, NKP and YS distanced themselves by avoiding friends and their environment when they were stressed, and also ran away by choosing to like an unreal figure to vent their emotions.

The coping used by the three subjects was emotion-focused coping, but all three only used two types of emotion-focused coping, namely distancing and escaping. Using standing and escaping for a long period of time will only make the subject not focus on solving the problem. This is because the emotion coping used is of the mal-adaptive type. For example, when the three subjects had problems they could watch anime all day without eating, not practicing religion, not doing activities regularly, not being responsible for their duties and only focusing on temporary emotional outlets. (Aldwin, 2007).

The stress experienced by the three subjects occurred due to various kinds of traumatic events in their lives, which then became chronic stress. Apart from the subject having relationship problems with humans, this is also due to relationship problems with the Creator. The three subjects did not carry out their obligations as Muslims at all, such as praying and reciting the Koran. It can be concluded that the three subjects did not apply one form of emotion focused coping, namely positive re-appraisal or a positive re-appraisal of what happened in their lives. Positive re-appraisal is very necessary in human life so that people do not have prejudice against Allah SWT so that individuals do not consider what happens in their lives as a heavy burden that cannot be faced or resolved.

Description of Fanaticism

Chaplin (2009) states that fanaticism is an attitude that is full of excessive enthusiasm for an aspect of view or cause. This causes individuals or groups to have excessive belief or understanding of something and will remain firm in that understanding even though other people consider it to be something unusual.

In all three subjects, they made the anime characters they liked important in their lives, namely as husbando (husband) and waifu (wife) even though the people closest to them said this was an exaggeration.

Seregina, Koivisto and Mattila (2011) stated that fanaticism has 3 aspects, namely: Relationship, Loyalty, Devotion and Love.

Relationships are the desire for connection and bonds between people and objects that are the basis for building and maintaining relationships. In fanaticism, the level of attachment is truly great and often exceeds the ordinary level. The three subjects showed how much they love this anime character by making him someone special in their life, namely wife and husband.

Fanatical loyalty is different from ordinary loyalty, namely repeat purchases due to emotional motivation. In all three subjects, their love for anime characters was shown by purchasing items

related to the characters they loved even though the prices were quite expensive, so they were willing to set aside their income and reduce their daily food rations and other things.

Devotion in fanaticism has a very special meaning and even identity. The bonds created by devotion convey dd and very strong emotions, such as love and passion. The devotion of the three subjects to their anime characters is to be loyal to only one character that they have designated as husbando or waifu.

Love in fanaticism is a form of loyalty because loyalty is an important part of fanaticism, which then describes the fan's relationship with the anime characters themselves. in all three subjects, loyalty to the characters they love cannot be doubted because they said in the conversation that they had, their love for their characters exceeded their love for real people, and assumed that their waifu or husbando would not hurt or betray them and would be loyal forever to them.

CONCLUSIONS AND SUGGESTION

This research shows that in general the three subjects have three models of stress, namely life span, chronic strain and also daily lack. The three subjects had problems when they were in the early adulthood transition period, then this became acute stress, thus affecting the subjects' daily lives. The three subjects also chose the same type of coping strategy, namely emotion-focused coping, namely distancing and avoiding avoidance. These two types have the characteristic of running away from problems rather than looking for a solution to the problems they are facing. The three subjects tend to prefer to spend their time watching anime, have favorite characters who encourage them and also tend to be consumptive.

The difference between the three subjects is that each has its own way of expressing interest in anime characters. Subject AG used an anime character as a friend to vent his emotions by making the character his waifu (wife), while subject YS used his favorite character as a reinforcement for his emotions by doing cosplay. On the subject of NKP, making his favorite anime character as an outlet for emotions to prevent the desire to cut from getting stronger.

The fanaticism that occurs in the three subjects is due to experiences that cause them to no longer be able to trust ordinary people in general. They consider the character they choose as husband (husband) or waifu (wife) to be an image to show that they have a special attachment in terms of relationship, loyalty, devotion, and also love, where the subject considers that the subject chooses this character as something special. special in their lives because it is based on a belief that the character will not hurt, judge, or demean the subject as an individual.

SUGGESTION
Theoretical Suggestions
a. Further research will be carried out on other phases of development, for example children and adolescents.
b. It is also hoped that future research can dig deeper into the consumer culture of anime fans in Jakarta. This is because there are lots of events that hold Japanese festivals every year in Jakarta.

Practical Advice
a. For families to further improve the mental well-being of all members by chatting with the children about what they have watched so far.
b. Individuals who feel they have a problem should immediately ask for help or seek social support from friends or the closest environment such as family or professionals.

c. Individuals who feel stressed are expected to seek as much positive information as possible about the problems they are experiencing.

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