

## THE RELATIONSHIP BETWEEN BINGE-WATCHING BEHAVIOR AND PSYCHOLOGICAL WELL-BEING IN EARLY ADULTHOOD DURING THE PANDEMIC COVID-19

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### ABSTRACT

This study aims to determine the correlation between binge-watching behaviour and psychological well-being in early adulthood during the COVID-19 pandemic. The research approach used is a quantitative approach by distributing questionnaires to 506 respondents with the criteria of an average early adult aged 18-40 years, male or female, domiciled in JABODETABEK and having watched TV series episodes on a regular basis or more intensively (several episodes in one session) on DVD, USB, SVOD, or streaming devices, over the last six months. The research instrument used to measure the binge-watching variable was Binge-Watching Engagement and Symptoms Questionnaire, while the psychological well-being variable was measured by the Psychological Well-Being Scale. The statistical analysis used to test the hypothesis is the product moment correlation test. The results showed that,  $r\text{-count} > r\text{-table}$ ;  $-0.288 > 0.088$  with a significant value of  $p = 0.00 < 0.05$ , which means that there is a correlation between binge-watching behaviour and psychological well-being in early adulthood during the COVID-19 pandemic.

**Keywords:** Covid-19, Early Adulthood, Binge-Watching, Psychological Well-Being.