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The Influence of J-Pop Music on Teenagers Emotions at the Chibicon Surabaya Event

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Abstract: The J-Pop music phenomenon among Surabaya teenagers shows a high level of consumption, both in the form of music, music videos (MV), and merchandise. J-Pop music generally presents positive messages and arrangements, so it can significantly influence the emotional state of teenagers. The most dominant effects include feelings of joy, enthusiasm, and optimism. In addition, J-Pop MVs are packaged with a distinctive visual style such as anime and various colours, which also strengthens this positive emotional experience. This study uses a descriptive qualitative approach involving 100 teenagers who attended the Chibicon event in Surabaya as a sample. The results of this study indicate that J-Pop music consumption contributes to improved mood and emotional regulation. which is healthier for teenagers.

Keywords: J-Pop Music, Emotional, Teenagers.

1. INTRODUCTION

Music is a universal form of artistic expression. Music serves not only as entertainment but also plays a crucial role in shaping the identity, mood, and emotional dynamics of its listeners. This phenomenon has accelerated the process of cultural globalization, including the spread of music from countries like Japan, South Korea, and the United States to Indonesia.

One music genre experiencing significant popularity growth in Indonesia is Japanese Pop (J-pop). In large cities like Surabaya, J-pop music is not only entertainment but also forms its subculture among teenagers. This is evident in the proliferation of J-pop fan communities, imitation of Japanese idol styles, and the formation of local groups adapting the concept of Japanese girl bands or idols. J-pop music is known for its catchy melodies and touching lyrics, with themes that often address emotional values such as friendship, life struggles, and love. This emotional power makes J-pop not just a cultural consumption, but part of the emotional experience of its listeners.

The phenomenon of J-pop music consumption among teenagers can be seen from various perspectives. For example, there's an increase in events themed around Japanese culture. Another phenomenon is that teenagers experience feelings of joy, happiness, enthusiasm, and other emotions when listening to J-pop. J-pop music not only influences teenagers' emotions through its melody and meaning, but it can also stimulate curiosity and interest in Japanese culture as a whole.

In JM White's statement, absolute adherents believe that only the sound of music produces meaning and emotional responses to change mood (mood/emotion) (JM White in Murrock & Higgins 2013).



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Several related studies also show that music can influence mood, trigger emotional memories, and even strengthen feelings that someone is experiencing. Therefore, it is important to understand the extent to which J-pop music, with all its melodic and lyrical characteristics, influences the emotions of teenagers in Surabaya.

Seeing the complexity of the relationship between J-pop music and changes in adolescent emotions, this study seeks to examine more deeply how J-pop music influences emotional changes in teenagers in Surabaya.

Given the increasing popularity of J-pop music and the emotional connection it creates among teenagers, it is important to further examine how J-pop music influences emotional states and its effects on teenagers in Surabaya. This study aims to understand the role of J-pop music in adolescent emotional changes and the effects it can have on teenagers in Surabaya. This research provides benefits in increasing knowledge about the influence of J-pop music on adolescent emotional changes, supporting the field of education as a learning medium, and strengthening the results of previous research. In addition, this research is expected to increase self-awareness of the influence of music on feelings, foster an appreciation for culture and music, promote emotional balance through J-pop, and foster expressive abilities in adolescents.

2. METHOD

This study uses descriptive qualitative research techniques that utilize human subjects for its research. The researcher serves as the key research instrument, and data collection techniques can be carried out through triangulation. Descriptive qualitative research is research that is used to describe a phenomenon, event, or incident that occurs in the field, and the researcher serves as the main instrument in data collection (Sugiyono, 2017). The data source used by the researcher was 100 respondents from visitors to the 2024 Chibicon Surabaya event. The respondents were those who attended the event, watched the music performance, and were aged 15-21 years.

Three data collection techniques were used in the study: a questionnaire distributed to 100 respondents, direct observation at the Chibicon event, and an interview with one of the respondents selected by the researcher, a student majoring in Japanese at UNESA. Two analytical techniques were used to obtain the results from the data. Pattern analysis, according to Miles and Huberman (1994), is a descriptive configuration or explanation drawn from the data.

3. RESULTS AND DISCUSSION

3.1 Results

Based on data obtained. It identifies emerging trends in the data and groups them similarities in results or meaning. The second analytical technique is thematic analysis. Thematic analysis, according to Najmah et al. (2023), is a process for managing data by analysing, identifying, and reporting data in the form of conclusions and interpretations. In this technique, researchers must repeatedly read the data obtained to obtain accurate conclusions.

Questionnaire

The questionnaires were distributed to 100 teenagers, most of whom were filled out by teenagers aged 17-24. Fifty-nine percent of the questionnaires were completed by girls, and the remaining 41% by boys. The respondents also found that the teenagers listened to J-pop, as evidenced by the diagram below:

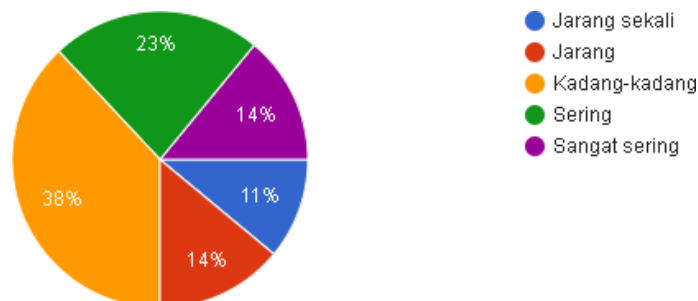


Figure 1. The percentage of frequency of teenagers listening to J-pop Music.

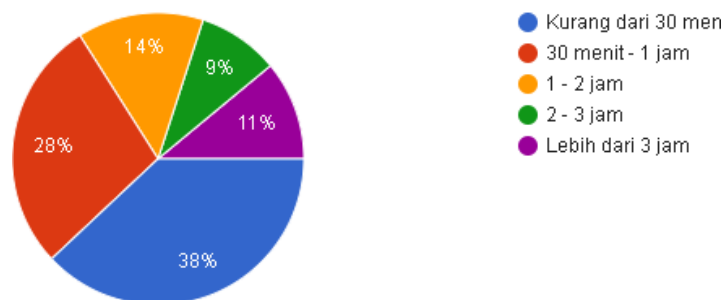


Figure 2. The percentage of the length of time teenagers listen to music every day

So, from the results above, it can be seen that teenagers tend to listen to J-pop music occasionally to very frequently, with listening intensity usually exceeding 30 minutes. From this, the effects experienced by teenagers when listening to music are mostly positive rather than negative. As many as 77% of respondents experienced positive effects, such as feeling happy, excited, calm, and relaxed. In contrast, negative effects were experienced by only 7% of respondents. The effects felt were sadness, and other negative effects were not experienced by respondents. The remaining 16% did not experience any particular effects when listening to J-pop music.

The risk of adolescents becoming addicted to J-pop music shows that most do not experience severe addiction effects when listening to J-pop. Consequently, few adolescents experience behavioural changes; only 39% of respondents reported changes in their behaviour. The changes they experienced were more positive, such as increased productivity, greater appreciation of time, greater relaxation, and increased self-confidence.

J-pop music can motivate teenagers to engage in activities they're already engaged in. This was felt by 52% of respondents, who reported feeling motivated to engage in activities after listening to J-pop. They can feel energised, inspired, and have a sense of calm when listening to J-pop. Some of the benefits teenagers can gain from listening to J-pop include:

1. Media for distribution or motivation for listeners.
2. Japanese language learning facilities

3. Delving into Japanese culture
4. It can be calming music and make listeners more focused on their activities.
5. Make the listener feel positive energy and be surrounded by positive energy.

There are also risks that can occur if teenagers listen to J-pop music. For example, listening to J-pop music that has deep meaning and listening to it for long periods can affect the listener's mental health. However, these effects also vary from person to person, and some listeners are not affected even though they listen continuously. Another impact can cause teenagers or children approaching adolescence to prefer J-pop music over foreign music, thus making them less familiar with their own culture, especially regional and national songs. Finally, there are no other effects if listeners can distinguish the good from the bad in listening to J-pop music.

Observation

The results of observations conducted over two days showed that the number of visitors on days 1 and 2 did not decrease or increase significantly. The venue area was crowded with demonstrators and appeared to be full, so many visitors were seen wandering around the mall looking for photo spots or simply strolling around. On the stage area, many visitors watched the talent performing, joining in the excitement by singing and cheering. The audience also often captured the atmosphere (excitement) in front of the stage and captured moments with friends and community members.



Figure 3. Condition in front of the stage

The image above shows the enthusiastic audience interaction in front of the stage. Observations showed the audience was more interactive and enthusiastic when the singer performed a song popular with Japanese fans. As the singer and audience sang along, the event appeared lively and friendly.

Interview

This interview was conducted with Erika Selphie Damayanti, a 23-year-old Japanese language student from UNESA. This interview was conducted to fulfil the research objectives. The results of this interview also serve to strengthen the research on the influence of J-pop music on the emotional changes of adolescents in Surabaya.

In the interview there is some information, namely:

- The interviewee has been familiar with J-pop music since 2020 and occasionally listens to J-pop music, with a need to

learn Japanese.

- J-pop music can change a respondent's feelings depending on the type of music they listen to. While J-pop can be uplifting, the lyrics of J-pop songs don't convey any motivation or inspiration.
- The interviewees have experienced sadness when listening to J-pop music, and have been obsessed with certain J-pop music, affecting their daily lives. However, they don't feel pressure or anxiety.
- J-pop music can restore your mood and be a companion in some situations.
- J-pop music does not influence the social life of the informant.
- The influence of J-pop music on the interviewees was more likely to be positive. And in the future, J-pop music could become a learning tool for the interviewees.

3.2 Discussion

From the interview results, it can be concluded that J-pop music can change a person's emotions, due to its energetic or melancholic meaning or melody, which allows someone to feel the meaning conveyed in the music created. J-pop music can change someone to be a more positive or negative influence, depending on how the music is used in the daily life of adolescents. If used for positive means, it will also have a positive impact on them, conversely, if used for negative means, it will hurt them. Therefore, it is beneficial for adolescents to be able to sort out J-pop music used for positive things and avoid negative ones.

Emotional Boundaries

The emotional boundaries referred to in this study are the limits for measuring the extent to which emotions are studied. Sometimes, a person needs to evoke emotions for specific reasons, such as evoking happiness to lift their spirits. Generally, music can evoke emotions in listeners, including sadness, joy, and anger. However, music can also affect the listener. Therefore, the researchers only examined the effects of listening to J-pop music, without further examining the lasting effects of listening to J-pop.

Psychology of music

Initially, researchers considered music to be a separate domain. This was because traditional domains had previously been characterised as affective, psychomotor, and cognitive. However, from a psychological perspective, activities involving music, specifically cognitive and perceptual, do not require a theoretical approach. Djohan's (2009) book contains several sections explaining the relationship between music and psychological factors. The book explains the relationship between music and emotions.

In his book, Djohan explains how music is inextricably linked to emotion. Judging by the history of music's development, it can be seen that music is associated with two primary functions: the *nemeis function*, which in Greek means imitation and transformation from the external to the internal. And the cathartic function, which means purification of the soul through emotional experiences. Music, believed to be a means of expression, uses emotion as an unavoidable parameter. These reasons explain how music has historically and continues to be linked to emotion.

Hypothesis

The results of the researcher's hypothesis demonstrate several findings obtained from respondents and interviews. According to respondents and informants, J-pop music can influence emotional changes during an event. This can be seen in the lively audience at J-pop performances. Several factors can be observed, including the shouts of the audience singing along with each other, and the enthusiastic dancing and performing in front of the stage.

Several emotional effects were also observed when respondents and informants listened to J-pop music. The most common emotional effects were excitement, happiness, calmness, and playfulness. The questionnaire and interview results did not indicate any negative effects on respondents or informants, but only positive ones. This aligns with the researchers' observations, which showed that visitors experienced more positive emotions than negative ones when J-pop music was played.

4. CONCLUSION

This study concludes that J-pop music cannot directly influence emotional changes in adolescents, as most adolescents don't listen to it continuously. This prevents adolescents' emotions from changing rapidly when listening to J-pop. J-pop music can make listeners feel energised and is suitable as a companion while studying, working, or doing other activities.

There are several things that J-pop music fans, especially teenagers, should pay attention to. Teenagers can benefit positively from listening to J-pop. These impacts can include using J-pop as a learning tool, a companion for studying or activities, as Japanese language practice, and developing singing talent, particularly in Japanese.

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