

Potential Risks and Countermeasures of Star-Chasing on Adolescent Behavior

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Abstract: With the prosperity of the entertainment industry and the widespread penetration of social media, star-chasing has become a common phenomenon among teenagers. Teenagers' worship and pursuit of stars not only reflects their pursuit of beauty and role model effect, but also reflects their emotional sustenance and social needs. However, excessive or blind star-chasing behavior may bring a series of potential risks, which may have a negative impact on the physical and mental health, academic performance, values and social skills of adolescents. This paper deeply analyzes the potential risks of star-chasing on teenagers' behavior, and on the basis of this, puts forward corresponding countermeasures and suggestions, aiming at guiding teenagers' rational star-chasing and promoting their healthy growth.

1. Discussion on the status quo and reasons of star chasing

1.1 Role model effect

The education that young people receive in the process of growing up emphasizes learning from example. This method is characterized by influencing students' psychology with vivid and specific typical images. Example is the silent language, and this silent language is often more powerful than the spoken language, which helps them to develop good moral character and behavior habits. Under this educational background, teenagers are easily influenced by the role model effect. The so-called role model effect refers to the effect that a representative advanced figure can produce in the process of influencing and inspiring people. This kind of education mode may encourage teenagers to look to public figures when looking for role models, especially those stars who have made remarkable achievements in their respective fields. They may imitate the behaviors, values, and lifestyles of celebrities in hopes of achieving personal growth and success in this way.

While stars are usually carefully built to show a good and outstanding image, this image includes talent, appearance, personality, success stories and so on are important factors to attract teenagers. Young students have large plasticity and strong imitativeness, and with vivid and specific stars as examples, they are easy to be specifically infected and easy to follow the pace of stars.

1.2 Media promotion

With the development of economy and the increase of personal disposable income, people have

more resources to support their favorite stars, such as buying related commodities, attending concerts and so on. The popularity of the Internet and social media has made it easier to follow celebrities. Fans can easily get the latest updates from stars and interact with the global fan base. Media and commercial institutions promote and promote stars through advertising, entertainment programs, news reports and other channels, which often create a positive image of stars and emphasize their talent, efforts and personality charm, thus guiding teenagers to worship and love stars. The popularity of the Internet and social media provides teenagers with a fast way to obtain information about stars and a platform to interact with stars, and also promotes the formation and growth of fan groups. They can follow celebrities' latest news, work releases and daily life in real time through platforms such as Weibo, Douyin and Kuaishou. This kind of instant access to information makes it easier for teenagers to be attracted to celebrities, and thus produce star-chasing behavior.

1.3 Construct Self

When "self-construction" becomes the core driving force for teenagers to chase stars, their behavior will show a deep psychological needs and the pursuit of self-growth. In the process of chasing stars, teenagers often project their personal experiences, emotional states and psychological needs onto the stars they chase. They may see echoes of themselves in a star's upbringing, personality traits, or career achievements, and this resonance prompts them to look more deeply at and admire that star. By following the stars, teenagers establish a connection with the stars psychologically, as if they realize the identity of self-worth on another level. Teenagers are at a critical stage of self-identity, and they explore and affirm their values, interests and life goals by following stars. They may see in celebrities the kind of person they want to be, or use the example of a star to inspire them to aspire to higher goals. In the process of chasing stars, teenagers constantly think and reflect on their values and lifestyles, so as to gradually clarify their self-identity. Faced with the pressures and challenges in life, teenagers sometimes feel lost and helpless. Star-chasing becomes a way for them to escape from reality by paying attention to the lives and works of stars to temporarily forget their troubles and troubles. Under the aura of stardom, they can find a solace and strength to face life's challenges with spiritual strength.

1.4 Social needs

In the process of self-construction, adolescents are eager to find their own community and sense of belonging. Following stars provides them with an opportunity to join the fan community and share their love and support for stars with like-minded people. Following stars can provide teens with a sense of social identity, where they can find others with similar interests and values to their own, thereby gaining a sense of belonging and social support. In the fan community, they can communicate with each other, share information, participate in activities, and thus feel the recognition and acceptance of each other. This sense of belonging not only fulfills their social needs, but also allows them to feel part of something larger, thus fulfilling the social needs of adolescents.

Teenagers can interact with celebrities through comments, likes, retweets and other ways, join fan groups, and share and discuss topics about celebrities with fans around the world. This interaction strengthens teenagers' sense of identity and belonging to the star. In fan groups, teenagers are easily influenced and infected by other fans, forming common values and star-chasing behaviors. This group effect has further promoted the development of teenagers' star-chasing phenomenon.

2. Current situation of teenagers' star-chasing

2.1 Younger Age

With the popularity of mobile Internet and the development of social media, the channels for teenagers to contact and understand stars have become more convenient and diversified. This makes more and more teenagers start to chase stars, and there is a trend of younger age. Many teenagers begin to pay attention to stars in primary school or even earlier, forming their own idolatry psychology. This kind of culture has great appeal to teenagers, for teenagers, they are younger, less discerning, and their ideas are easily covered by the single and narrow instrumental value of the rice circle.

Teenagers are in a critical period of physical and mental development, and they are facing various pressures from family, school and society. Facing the pressure of study, the teenagers who are deeply under the pressure of study need an emotional outlet, and the food circle chasing stars provides them with an emotional outlet and a channel for the release of pressure. In the process of chasing stars, they can release their emotions, so as to relieve their inner anxiety and unease, which leads to the popularity of young teenagers chasing stars.

2.2 Organization

With the rise of the rice circle culture, star-chasing behavior has gradually become organized and professional. Some entertainment enterprises and professional fans participate in it, forming an organized circle, and the division of labor is clear. Today, star-chasing culture has formed a relatively stable community organization, which often has clear rules and goals, and members support and encourage each other to complete certain tasks that enhance the appeal of stars. Teenagers often join these organizations in the process of chasing stars, and participate in various support activities and social media discussions with like-minded fans, forming a strong collective power and cohesion in which "big fans" publish tasks and "student fans" perform tasks, which is the basic operation routine. However, due to their limited ability, most young fans are influenced by "fan opinion leaders" and will unconsciously echo and support their views and follow their instructions. In addition, it is worth being vigilant that some fan organizations will force fans to conduct economic investment, ranking control and evaluation, which brings huge psychological pressure to teenagers. In this highly organized group, the emotional mobilization of "big powder" and the binding power of the community make teenagers constantly trapped in it.[1]

2.3 Not supported

Some families support the attitude of teenagers chasing stars, and even use it as a way to educate their children, but most parents because of the age and age gap with their children, parents generally believe that this enthusiasm for chasing stars is irrational, and even a waste of time and money, resulting in parents are difficult to understand the behavior of teenagers chasing stars, resulting in many contradictions and problems. Parents often hold a conservative or worried attitude towards teenagers' star-chasing behavior, they may worry that their children are excessively addicted to the virtual world, ignoring the importance of real life, giving up their studies and causing their grades to plumb, which is not good for their children's personal growth. Therefore, they may not support their children's star-chasing, or even try to stop their children's behavior. Because of this generation gap, communication and understanding barriers may arise between parents and teenagers. Parents may not understand the motivation of their children's star-chasing, thinking that it is just a childish behavior; Teenagers, on the other hand, may feel that their parents are too conservative and

restrictive and do not understand their own needs and pursuits. When this contradiction reaches a certain extent, it may lead to family conflicts. Teenagers may feel frustrated and disappointed by their parents' disapproval, while parents may feel angry and disappointed by their children's rebellious behavior. This contradiction will not only affect the family atmosphere, but also may have a negative impact on the growth of children.[2]

3. Potential risks

With the popularity of social media and Internet platforms, teenagers' star-chasing behavior is becoming more active, but it also brings many potential problems that need to be paid attention to. The popularity of fan economy is also fueled by individualism and consumerism. On the one hand, excessive star-chasing may cause teenagers to neglect their academic and social life, affecting their physical and mental health and all-round development; On the other hand, some unhealthy star-chasing behaviors may also have a negative impact on teenagers' values and behavior habits. In addition, the negative news and bad behavior of some stars may also have a bad influence on teenagers.

3.1 Create a virtual moral image

The virtual moral image created by the star is easy to mislead the moral judgment of the teenagers. Stars often present a carefully packaged and polished image in front of the public, which often has a gap with the real situation. Due to the lack of enough life experience and judgment, young people are easy to be confused by this virtual image, thus misleading their moral concepts. They may mistakenly believe that they can ignore their inner moral character as long as they look good and speak well. Secondly, excessive pursuit of virtual moral images may lead to teenagers' neglect of reality. In the process of pursuing idols, teenagers often pay too much attention to the external image and surface achievements of stars, while ignoring their own growth and development in real life. They may be addicted to the world of idols, and even some teenagers may take irrational behaviors such as blind forgiveness in order to maintain the image of idols. In addition, the virtual moral image may also lead to the cognitive deviation of the real world. Since stars often present a perfect image in front of the public, there is often a gap between this image and the real world. If young people are exposed to this virtual image for a long time, they may have a biased cognition of the real world, and believe that the real world should also be as perfect as the star shows, which will lead to their disappointment and dissatisfaction with the real world, affecting their mental health and growth.[3]

3.2 Forced Consumption

Teenagers often invest a lot of emotion and time in the process of chasing stars. They interact with idols through social media, fan groups and other ways to share information and dynamics of idols. At the same time, they will also carry out consumer behavior, such as buying idols' albums, peripheral products, attending idols' concerts, etc., to express their love and support for idols. But some fan groups have the phenomenon of moral kidnapping, forcing fans to make financial investments, the so-called "krypton gold." Teenagers often do not have a stable source of income, but they are willing to spend a lot of money to buy idols' albums, peripheral products, concerts, etc. This pressure makes some teenagers without economic ability are also forced to participate in star chasing activities, and even appear in order to chase stars and produce family conflicts and social problems.

Nowadays, young people's star chasing increasingly show that they spare no effort to hit the list

and control the evaluation of the star, and the extreme phenomenon of normal spending money on idols, and excessive star chasing has also brought economic burden. Whether online or offline, whether on or off campus, they do not love to study and love stars, and spend their living expenses on making lists and voting. This consumption behavior not only puts economic pressure on the family, but also can lead to financial difficulties and even illegal ways to obtain money.

3.3 Academic Conflict

Due to the excessive pursuit of stars, teenagers spend less time on their studies. Teenagers will stay up late to watch their idols live, participate in fan discussions or make aid items, resulting in a poor mental state in class the next day. In class, they may be distracted by remembering a certain part of their idol, resulting in missing important knowledge points explained by the teacher. After class, they may ignore the completion of their homework because of their admiration for stars, or cope hastily, resulting in poor learning results. With the decline of learning time and learning quality, teenagers' academic performance will gradually decline, and finally they may be unable to continue their studies because of the lack of sufficient knowledge reserves, or it is difficult to maintain continuous learning motivation because of the lack of good study habits. All these will have a negative impact on their future study and career development. In addition to the decline in academic performance, excessive star-chasing will also affect the personal development and growth of teenagers. Most star-chasing teenagers will ignore their own interests, hobbies and talents because they pay too much attention to idols, resulting in limited personal development.[4]

3.4 Cyber violence and community conflict

The bad atmosphere in the star-chasing group, such as the tearing of the rice circle, Internet violence, etc., is easy to have a negative impact on the young people whose values have not yet formed. In the process of chasing stars, there are often disputes and conflicts between fans because of their love for idols, competition for resources, maintenance of images and other reasons. These disputes often escalate into cyber violence in the form of reporting, mutual tearing, human flesh searching, and online abuse. In recent years, after the commercial operation of star chasing culture, there have been many new ways to play, such as ranking, control evaluation, and grabbing resource positions. These activities have intensified the competition between fans and led to increasing antagonism between communities. Minors have relatively low judgment, and they are often easily attracted by these activities and invest a lot of time and energy. In the process of competition, they may take extreme measures, such as malicious attacks on other fans or idols, which will cause more serious social conflicts.

Some criminals take advantage of young people's star-chasing psychology to commit fraud, extortion and other illegal acts by pretending to be fans or idol workers. These acts not only cause financial losses to the victims, but can also have a serious psychological and social impact on them. At the same time, these criminals may also use platforms such as social media to spread false information or maliciously attack others, further aggravating cyber violence and community conflicts.

4. Countermeasures

4.1 Educational guidance

Schools and families should jointly shoulder the responsibility of education and guidance, educating teenagers to understand the essence of celebrity worship and the importance of rational

fandom. Together, they can shape teenagers' rational fandom view. Classroom education can help teenagers understand the efforts and sacrifices behind celebrities, and instill correct values and worldviews. Schools can also organize relevant themed activities, where students can independently discuss the pros and cons of celebrity worship, and how to achieve rational fandom. We need to encourage children to participate in other beneficial activities to cultivate diverse interests and avoid excessive obsession with celebrity worship.[5]

Parents should pay attention to their children's star-chasing behavior, communicate with their children, and understand their ideas and needs. On the basis of understanding the child, parents can give appropriate guidance and advice, and work with the child to develop a reasonable schedule to ensure that the child has enough time for learning, rest and entertainment. In terms of chasing stars, parents can set a certain time limit to avoid children being overly addicted to chasing stars and affecting their study and life.

4.2 Model spirit

We need to encourage young people to pay attention to stars who embody positive energy and positivity, take them as examples, and learn from their admirable spiritual qualities. We need to publicize stars who are not only successful in the performing arts, but also contribute to public welfare and charity, and guide young people to form correct moral concepts. The image of the star role model must be true and credible, any role model is a member of the social collective, it is impossible to be perfect, can not artificially exaggerate, raise, provide some people do not eat the fireworks, no seven feelings and six desires of the character image, to objectively and comprehensively show all of its growth process, to truthfully reflect its real noble ideological character. Only in this way can we objectively set up a good example for the healthy growth of teenagers.

At the same time, we should inspire young people to find the beauty in their surroundings, to identify role models close to them, and to be adept at finding the connections between these role models and their own lives, thereby helping young people to close the perceived distance between themselves and their role models. We should guide young people to learn the fundamental spirit of these role models, rather than simply imitating their specific words and deeds in form. We should also help young people to integrate the values of their role models into their daily lives and transform these values into practical actions.

4.3 Strengthening supervision

Government departments should strengthen the supervision of the entertainment industry, standardize the order of the entertainment market, introduce relevant policies to regulate the entertainment circle and fan culture, and strictly review and check the entertainment programs and advertisements endorsed by celebrities to ensure that the content is healthy and positive, and meets the requirements of social morality and laws and regulations. The review process should focus on whether there is vulgar, violent, pornographic and other bad information in the programs and advertisements, and whether it involves misleading and false publicity. We need to establish and improve the supervision mechanism of online platforms by the relevant authorities, conduct real-time monitoring and review of content on online platforms, and prevent the spread of bad information and extreme speech. We need to strengthen the accountability of online platforms by enforcing laws and regulations, and punish platforms that publish bad information in violation of these, also publicly exposing them. We will intensify efforts to crack down on cyber violence, investigate and punish individuals or organizations that use online platforms to engage in malicious attacks, abuse, and rumor-mongering. Authorities should strengthen the management and

supervision of star talent agencies and fan groups, formulate relevant regulations and standards, standardize their operations, ensure the healthy and orderly development of fan culture, and protect the legitimate rights and interests of young people.

4.4 Media Responsibility

As the main channel of information dissemination, the media should play a correct role in guiding public opinion, avoid over-hyping the private lives of stars, and should pay more attention to the artistic achievements and social contributions of stars. This helps teenagers form a healthy star-chasing concept and shift their attention to the talent and quality of the stars. At the same time, the media plays an important role in shaping social values. By positively reporting the inspirational stories and positive images of stars, the media can guide teenagers to form a correct concept of star-chasing. These reports can show stars' talent, hard work and fighting spirit as well as their contributions to social welfare activities, and inspire young people to be upward and good. At the same time, the media can also invite stars to participate in public welfare activities and charitable causes, so that they can become ambassadors of positive energy. In addition to reporting positive phenomena, the media should also strengthen the criticism and exposure of bad star-chasing behaviors. These behaviors may include family conflicts caused by excessive star-chasing, academic neglect, blind consumption and so on. By reporting these negative cases and making an in-depth analysis of them, the media can enhance teenagers' moral awareness and social responsibility, and guide them to establish correct values and outlook on life.

4.5 Self-awareness

Educators should teach young people to learn to think independently and critically, not to blindly follow the trend, and not to be easily swayed by external public opinion. Teenagers are encouraged to rationally analyze and evaluate the behavior and speech of celebrities, to screen and distinguish information, and to form their own independent opinions. They should regularly review and reflect on their own behavior and way of thinking, learn to look at issues from multiple perspectives, read diverse information, and understand different viewpoints and positions. They should not be easily fooled by appearances.

We need to guide teenagers to realize the limitations of the emotional projection onto the virtual star image, and to understand that stars are just ordinary people who also have their own shortcomings. While chasing stars, they should also pay attention to their inner world and develop their personal interests and hobbies. With the help of others, adolescents can understand their own interests, values, abilities, and limitations, thus forming a clear self-perception. This helps them stay rational in the process of chasing stars and not be swayed by the outside world. They should also engage in in-depth discussions with friends, family, or teachers to share their views and ideas, and constantly improve and refine their way of thinking from the feedback of others. They should learn to regulate their emotions, not be controlled by the joys and sorrows in the process of chasing stars, calmly face various situations, and maintain inner peace and stability.

5. Conclusion

Star-chasing is a common phenomenon among teenagers. In the process of chasing stars, teenagers often project their emotions, dreams and expectations onto stars, thinking that stars are perfect and unassailable. However, such blind worship may lead to the deviation of teenagers' cognition of the real world, which in turn affects the construction of their values. In order to the healthy growth of teenagers, teenagers should be guided to pursue stars rationally, both respecting

their interests and hobbies, and ensuring their healthy growth. Through such guidance, let young people learn to think independently, form healthy values, and gain real growth and harvest in the process of chasing stars.

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