An Exploration of the Relationship Between People's Excessive Star-chasing and Lack of Love in Their Original Families

Zetian Guan[1,a,*]

[1]*Department of Teaching Chinese to Speakers of Other Languages, Huaqiao University, Xiamen, Fujian, 361021, China*
a. 2198111011@stu.hqu.cn
*corresponding author

Abstract: This paper reviews the reasons for young people's idol worship, mainly due to the prevalence of generalized belief in idols, people's desire to improve their self-identity and ability through star chasing, the rich and convenient channels for star chasing provided by modern market and Internet technology, and analyzes the adverse effects of lack of love in the original family on individuals and the root causes of excessive star chasing among some teenagers. Lack of love will make individuals lose the ability to obtain love, and they will receive less care than children who do not lack love in their growth, so as to analyze the root cause of the need for everyone to be loved, so some children who lack love will transfer their emotions to unfamiliar images to get some love. Excessive star-chasing will have a serious negative impact on both individuals and society, so measures should be taken against it. Subsequently, through the concept of "remote intimacy" and "i.e. intimacy", it was concluded that excessive star-chasing cannot fully make up for the lack of love in the original family, although star-chasing can bring some love to admirers to a certain extent, but people also need care from the people around them in real life.

Keywords: star-chasing, idolatry, family of origin, lack of love, remote kinship.

1.   Introduction

With the development of the Internet, people have a more convenient way to obtain idol information, which is convenient for people to chase stars. The motivation of fans to worship idols is a major focus of today's society [1]. Idols have also had a great impact on the value construction and personalized development of the "star chasers" [2]. However, excessive or blind star-chasing behavior may pose potential risks to adolescents' physical and mental health, values, and social competence [3]. The lack of love in the family of origin can make a person lose the ability to have love. Since everyone has the need to be loved, and strange and distant characters can also become the object of emotional attachment, giving people a certain "sense of distant intimacy", which makes them likely to place their feelings on the idol of their lives, get the love of "fantasy", and inspire themselves to work hard and feel the warmth of life through this ideal emotional sustenance. The prevalence of the idol economy has made many people begin to have idolatrous behavior, and some people have excessive blind star chasing, what is the relationship between this phenomenon and the lack of love in the

original family is still less studied today, so there is enough research space to dig deep into the internal logical relationship between them. Through the study of this topic, we can gain an in-depth understanding of why some people have excessive idolatry, analyze their psychological problems, and find the right way to cultivate mental health, so that more such teenagers can go astray and find love and warmth in life.

2. The reason for the prevalence of idolatry among young people in life

2.1. Belief needs: the generalized concept of belief of idols

Starchasers derive their faith from idolatry. Idol is a generalized form of belief (it is different from folklore belief in folklore, that is, it refers to people's reproduction of inner spirit and the projection of belief by self-psychology). The behavior of star-chasing has a tendency to be entertaining in terms of objects, emotional expressions, and star-chasing behaviors. People express their emotional devotion to their idols in some activities and gradually develop attachment to their idols. Idols themselves have ideological connotations in the realm of ideas and practices. Ideology, on the other hand, originated from the religious belief of an individual or a group in the worship of idols. Koyzis considers all modern secular ideologies to be subspecies of idolatry, distinctively modern forms that are "rooted in the biblical category of idolatry." Idolatry is also a psychological culture embodied in the "psychological compensation mechanism" that young people have. It is interchangeable with role model education [4].

2.2. Self-worth needs: Achieve self-identity and promote self-improvement through idols

People will realize the recognition of self-worth through star chasing and promote the improvement of self-ability in all aspects. The development of human society is always accompanied by the improvement of people's self-knowledge and identity. It is universal. The characteristics of idols are mostly reflected in the self-projection of worshippers and the collective effect of the halo effect. Worship itself is also a complex and comprehensive psychology. People themselves have basic instincts and emotions, such as the instinct to run away and the emotion of fear. The emotion of "respect" is a quadrangle mixture, because "respect = surprise + obedience + fear + tenderness". People's admiration and reverence for idols are mixed with these complex and intricate emotions. Although it is a little one-sided to classify "worship" as only an emotion, and does not achieve the integration and unity of the mind, the main characteristics of this psychological phenomenon have also been relatively well analyzed. People's complex feelings about idols play a great role in the process of improving self-identity psychology [5].

2.3. The influence of the market and the media: The platform provides enough convenience for people to chase stars

The vast development of the consumer market and the developed high technology of the Internet have made people's star-chasing life rich and colorful. Idol worship is a common social phenomenon among young people, and in the era of social media, idols have a leading significance to young netizens in various fields such as social life, consumption performance, and self-identity. The Internet is a platform with novel forms, rich resources, rapid dissemination and interactivity, and also brings new opportunities for the path of role model education. The cultural industry and social media technology have flourished in a highly prosperous social context, allowing idolatry to take on new forms of expression. In the society of "avoiding the sublime" and "dissolving grand narratives", the information of various media is generally characterized by pan-entertainment, which can easily make the young generation fall into the wave of consumerism and begin to worship all kinds of false

illusions created by the media. Teenagers' star-chasing behavior is also susceptible to the manipulation of the platform's commercial capital, and fan groups are also known as "fan consumers", and relevant surveys show that most star-chasing users have kryptonite behavior [4].

3. The root cause of excessive star-chasing due to lack of love

3.1. Serious consequences caused by lack of love:

3.1.1. Lack of ability to obtain love

Someone once said that if a person lacks love, her life will be doomed to tragedy, because many people also play character. In family and love, lack of confidence and security, it is difficult to relax and enjoy a relationship, it is difficult for them to deal with anything with a rational attitude and a normal mentality, and they are also very sensitive and "do" in character, which will make the people close to them and those who love them farther and farther away from themselves. Psychologist Wu Zhihong said: "The more people lack love, the more they will fall into this logic - I want to show my bad and bad side, and you still love me, then it proves that you love me [6]. "Lack of love can make a person's personality extreme. Some people lack the healthy love in the family, so they are very entangled in their hearts, afraid of intimacy, and afraid to show their true feelings. Over time, they have a very pessimistic and fragile character, this kind of inferiority, timidity and anxiety makes a person more unsocial, disappointed in the world, but idols are the only characters who can make them feel warm, and the only emotional comfort that allows them to connect with the world through the Internet.

3.1.2. The opportunity to obtain love is gradually decreasing

Love, like money, will flow to the place where it is not lacking, it will always go to the person who does not lack love, will not love himself, will not express love and emotions to others reasonably, will only make us trapped in love, but it is difficult to be loved [6]. Children who lack love in their original families often do not have the ability to love and be loved, resulting in them rarely being able to make friends on campus, having disputes with classmates, and not knowing how to deal with them, and even in society, they will lose more opportunities to be loved because of character defects and other problems, resulting in people who lack love are more lacking in love, and people who have love are surrounded by love. Today, we are still aware of the fact that those around us who lack love will become less and less loved [6]. And everyone has a need to be loved. In life, some people have a strong, obsessive attachment to their favorite celebrity [7], because using idols as emotional sustenance is the only low-cost way to get some love.

3.2. Star chasing is of great significance to those who lack love:

3.2.1. Unfamiliar characters can also become emotional sustenance

Adolescence is a time when the quest for personal identity begins to become progressively important, so having a significant impact on social change can be of great significance to them as media personalities [8]. In addition, many people will take these unfamiliar images as their emotional comfort. Although they are unknown, idols can indeed bring strong motivation to a person under certain conditions. Today's idols are also mainly aimed at satisfying the emotional needs of the public, and are unique cultural products. They are engaged in "emotional labor" related to each other with their fans. In the two-way emotional investment between idols and fans, the role playing of idols and the structure of human society and society become very important, because it guides the emotions and behaviors of the fan group. In interactions, idols often skillfully use forms such as participating

in variety shows, holding meet-and-greets, or socializing in the media, and making intimate remarks to release "fan benefits", which allows fans to conclude some unilateral "intimate relationships" with idols through their brains and their own secondary creations. By participating in the support activities, they also strengthened their emotional connection with their idols. In his mirror theory, Lacan explains that the Other plays a key role in the construction of self-knowledge. Fans will project their ideals and beautiful expectations and fantasies on idols, and shape them into the other in the mirror image and the concrete form of beauty, which is essentially the possibility for fans to find self-identity and self-realization in idols, and then be able to obtain emotional value [9]. Even today's virtual idols also have the role of emotional sustenance, and the idol worship ecology of "digital natives" has made "idol virtualization" possible, and has also prompted young people to establish a connection with a special form of idol in the online world. In recent years, training idols have grafted with fan groups through various platforms, and have demonstrated rich commercial and cultural values in various scenes [4]. The emotional connection between idols and fans embodies the trend of virtualization of intimate relationships. It seems that people do not need to interact face-to-face with each other to establish imaginative intimacy [9].

3.2.2. Everyone has the need to be loved

In the philosophical category, love is a cosmic law and erotic character; In religion, love has a universal norm and value. In Christian philosophy, love is understood as God and the ultimate value [10]. Maslow's Pyramid of Needs also points out that after satisfying physical and safety needs, people will look for higher needs, such as social needs, respect needs, and self-actualization. In summary, the ultimate happiness of human beings has the following four points: to be loved and appreciated; The happiness of being valued and needed, these four kinds of happiness run through a person's life, and people will strive to pursue it at any time [11]. The love that parents give to their children is the most likely positive resource to be tapped when children are in trouble, which stems from the greatest nourishment of children by a happy family. People who are unhappy in their original family will always have a need for love, but there is no correct way to get love. When there is a lack of love, there is no motivation to do anything. Therefore, they will encourage themselves with the help of their idols, and when their idols have fan benefits or other interactive activities, they will feel recognized and motivated by their idols, and they will get precious love, which will be full of motivation.

4. The Evils of Excessive Idolatry and Its Preventive Measures

4.1. Blindly chasing stars affects personal physical and mental health

In the environment of consumerism, young people's choices of idols have become more secular, diverse, and popular, and idol worship has also led to extreme behaviors due to lack of management, such as bankrupting families for the sake of stardom, abandoning their studies, and even serious incidents of self-harm and endangering family and social harmony. There are also some teenagers who ignore their own spending power in order to chase stars and fall into irrational consumption, for example, some "fans" raise funds to buy albums to help artists rush sales, and do not hesitate to "advance funds" [12]. "

When a person devotes all his emotional sustenance to a certain idol, he is likely to spend a lot of money to chase stars, and there is irrational behavior of distorting the facts for the idol's "personality collapse", and with the deeper emotion of idols and organization members, teenagers may also indulge in the virtual online world and cannot extricate themselves, and ignore the studies and interpersonal relationships in real life. People will also blindly follow the herd due to the filter of "fans", which will lead to the problems of individual cognitive narrowness and lack of judgment

ability, and have a great negative impact on the cognitive level of the overall and healthy development of young people [12].

Due to the intelligent push function of big data, teenagers tend to only focus on their areas of interest and are constantly pushed relevant information. Therefore, they are more likely to come into contact with the information content that is consistent with their original concepts and values, and ignore the content that is not appropriate and does not care about them. Although this kind of communication can enhance adolescents' sense of self-identity, simple and repeated messages are very harmful to adolescents with weak judgment, because it will affect the expansion of their cognitive dimension. Idol culture has also led to the over-dependence of some young people on idols, which will make their emotional investment in idols enter the level of "madness" [12], which will lead to the gradual emergence of values alienation, consumerist tendencies, spiritual emptiness and other problems among college students, which will bring huge risks and challenges to the shaping of college students' values, which need to be solved urgently [13].

4.2. Blindly chasing stars affects social order

The phenomenon of idol generalization among young people has brought new challenges to the mainstream ideological security of the Internet, and at the same time highlighted the practical difficulties in the construction of Internet culture and role model education, and the dilemma of various role model education, such as serious media hype, inappropriate propaganda and remarks, and "media idol propaganda and miscellaneous" [4].

The group identity in idol culture has also been extreme, which is reflected in the fact that it is centered on the expression of one's own circle of emotions, and turns a blind eye to any group that has a contrary perception of the group, and even begins to attack fans to abuse each other, step on insults, humiliate and slander, malicious marketing, spend money on "data" and other irrational chaos emerge in an endless stream. For example, in the 2021 program "Youth with You 3", there were incidents of fans buying designated dairy drinks to pour milk and swiping tickets in order to support idols, and in the 2023 National Diving Championships, fans angrily denounced the referee for pressing points and attacking the referee himself and his family members. These are all typical cases in the chaos of idol culture. Teenagers should not interfere with social order by irrational behavior because of the wrong direction of mass sentiment. Some young people not only vent their emotions but also criticize morality, and if they lose the ability to judge and discern common sense and mainstream morality, it will seriously affect the establishment of good behavior [12].

4.3. Overall solutions

In view of the disadvantages of excessive star-chasing on the physical and mental health of teenagers, a series of measures should be taken to prevent and control them. School teachers should give full play to the main function of classroom education, increase the practical and leading role of ideology and politics, and especially devote more energy to the building of teacher ethics and the cultivation of professional ability of class teachers and ideological and political teachers. In addition, media literacy courses should be carried out according to the characteristics of adolescents to improve their judgment of new media and moral awareness on the Internet [12].

As a parent, we should deeply analyze the reasons for children's excessive star-chasing, and objectively look at the phenomenon of "idol culture", and at the same time strengthen our own self-cultivation, set a correct example for our children, and always pay attention to children's psychological needs to meet their emotions. Star chasing, as an eternal topic for young people, is completely unavoidable in adolescence. They place their emotions on their idols in order to seek spiritual satisfaction that is lacking in reality. If parents pay more attention to their children's mental

health, create a relaxed and warm family environment, respect their children's emotions, and actively communicate with their children on an equal footing, so that children can feel love and warmth, they can weaken their transitional emotional dependence on idols [12].

Yue Xiaodong proposed the concept of "idol transformation education" (ITE), which repeatedly mentioned that it is necessary to construct a healthy role model education model based on the internal psychological mechanism of teenagers, and from the perspective of media platforms, establish a correct concept of role models and innovate education channels, which can effectively enhance the conceptual guidance of mainstream values on young college students [4].

In response to the chaos of social networks caused by excessive star chasing, the government should improve the corresponding policies, actively play the regulatory function of the market, focus on the socialist core values orientation of literary and artistic works, and regulate the activities of fans, establish and improve the guidance system for fans, reduce violence and extremism, and online platforms should also advocate the establishment of idol evaluation mechanisms, abandon the unhealthy trend of "traffic first", guide diversified aesthetics, and avoid the negative impact of data fantasy [12].

In addition, the platform should also adhere to the guidance of the main ideology in the new era, give full play to the effective leading role of the media, give full play to the cohesion of idols, promote the promotion of mainstream culture, and awaken the emotional and value resonance of young people [12].

As a celebrity, you should also establish a good sense of morality, use excellent works to attract the attention of fans, enhance social recognition, and fully demonstrate the guiding role of role models, establish a good public image, and lead fans to care for society and others through public welfare behaviors [12].

5. Whether chasing stars can really make up for the "missing love"

The strong emotional connection between idols and fans has made the idol industry more and more prosperous. The establishment of a new type of intimate relationship based on the imagination of cyberspace also means the realization of the pathologic social relationship between the two, and has also become an important foundation for contemporary idol culture [9]. What idols and role models have in common is that they have a strong personality and a noble spirit that can attract attention, which can also be a key factor in shaping the identity of young people. Idol role models and teenagers are connected by a strong spiritual and emotional bond. According to the cultural status quo of young people, it is very meaningful to actively explore peer role models and civilian idols, break the binary model of teaching and being taught in role model education, and establish a long-term mechanism for young people to learn from role models and become role models [4].

In addition, the lack of remote kinship is a great psychological factor for teenagers to be obsessed with an idol. The so-called sense of remote intimacy refers to the long-term obsession of young people with highly idealized and perfect idol role models in their hearts and the special emotional attachment that gradually arises. Compared with the ethereal and unrealistic emotion, it also refers to the intimate connection and emotion constructed by the communication and contact between teenagers and the people around them in real life, which mainly arises between teenagers and their families, teachers, and peers. Compared with the communication mode of remote intimacy without return, that is, intimacy can allow both parties to communicate face-to-face, which has a high degree of interaction. Visible ways of communicating with each other can also create negative and uncomfortable emotional experiences, while people have positive and beneficial emotional feelings. As a high incidence stage of daydreaming, adolescence is in the process of preliminary exploration of the real world, which cannot satisfy their curiosity about the future world, and the idols in close proximity in reality cannot

have a perfect height to meet their requirements, so those unattainable and perfect idol images will bring them irreplaceable fantasy experiences [5].

At the same time, this is also the need for teenagers to satisfy their vanity and self-absorption, and teenagers are infinitely looking forward to the unknown world, and are no longer satisfied with the material conditions of reality, nor are they satisfied with the worship of relatives, friends and teachers in reality, but pursue a more distant sense of public idols, and the influence of public figures has also been greatly enhanced with the weakening of the acute sense The public also has a strong leading role in the psychological growth of young people at present, and the plasticity, dependence, imitation and other characteristics of teenagers, There are also high requirements for the establishment of a healthy image of public idols [5].

It can be seen that the emotional experience brought by the moderate satisfaction of chasing stars and the feeling of remote intimacy can indeed make people feel a little love to a certain extent, but this cannot replace the emotional communication experience that emotions bring to people. Every teenager needs to establish a healthy emotional relationship with friends, relatives, and teachers in life, which is often not cultivated through emotional connection with distant idols. Therefore, excessive star-chasing cannot make up for the lack of love in the original family and the lack of care in real life. If teenagers fall into the trap of excessive idolatry, they should consciously learn to make a lot of friends, communicate actively, and pay more attention to their relatives and teachers, and gradually lead them to devote themselves to the social and emotional establishment in reality, so as to gradually weaken their excessive emotional dependence on idols and better integrate into the life around them.

6. Conclusions

Using idols to get love has become a low-cost and healing way, so some people who lack love and crave love will devote themselves to idols. Although this can play a certain positive role in the star chaser, after all, "remote kinship" cannot replace the love given to people by "that is, kinship". The prevalence of entertainment chaos and the immaturity of young people's values will also make some people with extreme personalities overly blindly chase stars, and the gains outweigh the losses. They should establish a correct understanding of idols, and should devote more to the life around them to get a sense of intimacy than to get a sense of intimacy, gain more love from reality and replace the love that fantasy idols bring to themselves, and get out of the trap of blindly chasing stars. The study still has some limitations, such as the need for empirical data or larger-scale research, and its future research direction can start with the field of "cross-cultural research on idolatry or longitudinal research on the impact of idolatry on personal development".

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