

Due to the global success of top artists like Big Bang, Girls Generation and BTS, K-Pop is prevalent worldwide and has become the most famous pop culture in Asia. As a result, millions of teenagers idolize these celebrities and dream of following their footsteps. Multitudes of aspiring youngsters try their luck by auditioning at well-known entertainment agencies such as YG Entertainment, SM Entertainment and JYP Entertainment.

However, becoming a pop star is not as easy as what we may imagine. First of all, you have to take singing, dancing, acting and even language classes to develop your professional abilities. Most of these trainees were still in school when they first started their intensive training. So you have to think about juggling academic studies and career-oriented training. For those who are students, their daily schedules could start as early as 5 am and end as late as 1 am the next day. These companies have something called “monthly evaluation”. They evaluate the trainees’ progress and performance at the end of each month. Hence, the trainees would have to rehearse twice as hard whenever monthly evaluations are near to avoid having their dreams crushed.

Moreover, good looks are extremely important to Korean celebrities. All of them must follow strict diet plans and limit their food intakes in order to maintain a certain weight. Their companies would even record your weight and body fat percentage to monitor your diet progress. In some extreme cases, the agency companies may require their trainees to have plastic surgeries at a very young age so that they can be more photogenic in front of the camera.

Therefore, when you watch K-Pop performances, even if you don’t like them, you should respect the hard work of the performers. They put their golden years in this career and keep training every day, enduring their pain beyond our imagination.