

CULTURE SHOCK EXPERIENCED BY FOREIGN STUDENTS IN MAKASSAR

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Abstract

This research discussed about Culture Shock Experienced by Foreign Students in A Case Study in Makassar. The aim of this research is to find out the steps of culture shock according to Oberg and extended by Gullahorn & Gullahorn (1963), experienced by Foreign Students in Makassar. This research used the qualitative method. In collecting data, the researchers used the interviews as an instrument of the research with four respondents who have been staying in Makassar. The researchers found that there are six processes of culture shock experienced by foreign students. Such as the honeymoon phase, culture shock, recovery phase, adjustment phase, honeymoon at home, and the last reverse culture shock. The result of this research showed that two foreign students could complete four stages of culture shock and the rest of the students showed that they could complete six stages of culture shock.

Keywords: Culture Shock, Foreign Students, process, experienced

Abstrak

Penelitian ini membahas tentang Culture Shock yang dialami oleh mahasiswa asing dalam sebuah studi kasus di Makassar. Tujuan dari penelitian ini adalah untuk mengetahui langkah-langkah culture shock menurut Oberg dan dikembangkan oleh Gullahorn & Gullahorn (1963), yang dialami oleh mahasiswa asing di Makassar. Penelitian ini menggunakan metode kualitatif. Dalam pengumpulan data, peneliti menggunakan wawancara sebagai instrumen penelitian dengan empat responden yang telah tinggal di Makassar. Peneliti menemukan bahwa terdapat enam proses culture shock yang dialami oleh mahasiswa asing, yaitu fase bulan madu, culture shock, fase pemulihan, fase penyesuaian, bulan madu di rumah, dan terakhir reverse culture shock. Hasil penelitian ini menunjukkan bahwa dua mahasiswa asing berhasil menyelesaikan empat tahap culture shock, sementara mahasiswa lainnya menunjukkan bahwa mereka dapat menyelesaikan enam tahap culture shock.

Kata kunci: *Culture Shock, Mahasiswa Asing, Proses, Pengalaman*

A. INTRODUCTION

People who live far away from home are prone to the phenomenon known as "culture shock." It is the stage where a person is in an unfamiliar situation and starting to feel the effects of different food, behavior, language, and social standards. When people move from their original place to a new one due to differences in language, way of life, or religion, cultural conflicts can emerge. Changes like this may result in tension, the development of communication barriers, and the establishment of alienation sentiments that may increase anxiety in the person (Maizan, 2020). In the 1950s, Oberg introduced the concept of culture shock to literature. This is a scenario in which a group of individuals who are assimilating into a new culture experience sensations of bewilderment and disorientation (Furnham & Bochner, 1986). Although being exposed to different cultures can be advantageous, it can also be stressful and even dangerous for a visitor or newbie. An unusual setting may make the group feel confused, anxious, or depressed (Furnham and Bochner, 1986).

According to Xia (2009), culture is a broad term that includes a variety of elements, such as sight, scent, sound, value, custom, tradition, conduct, and way of thinking. Language, art, knowledge, morals, beliefs, laws, conventions, and other aspects of a

society's daily existence are all parts of culture. It implies that a group of people's knowledge and traits, including their language, music, art, and religion, make up their culture. Every region has its own distinct culture, whether it comes to everyday customs and fashion. The distinction is not limited to states; it also extends to a single nation with disparate cultures, customs, and languages.

Responses to a foreign culture are different, studies and experience have demonstrated that the adjustment process involves several phases. Levine & Adelman (1993), Jandt (1998), Pavese, Bohlmann & Gladding (2003), and Thomas (2001) have all identified the stages of culture shock as early euphoria, aggravation and hostility, progressive adjustment, acceptance, and integration. It's possible for the newcomers to feel early euphoria and delight in their experiences. They could experience some issues, but they typically accept them as a necessary part of being new. Furthermore, Schneider (2005) discloses that throughout the euphoria stage, people are having a great time and everything is fine. People are initially enthralled with everything in a foreign culture.

The phenomenon of culture shock can affect everyone, even students studying far from home in a new place. Suryandari's (2012) study, "Culture

Shock Communication of University Students from Out of Madura," indicated that culture shock occurs frequently, which is compatible with this. Every time travelers travel to a foreign nation. People who suffer from culture shock are either unable to adjust to their new environment or have not found physical and mental comfort. International students have a range of challenges pertaining to their cultural backgrounds, perspectives, languages, social settings, attire, food, and lifestyle choices.

B. LITERATURE REVIEW

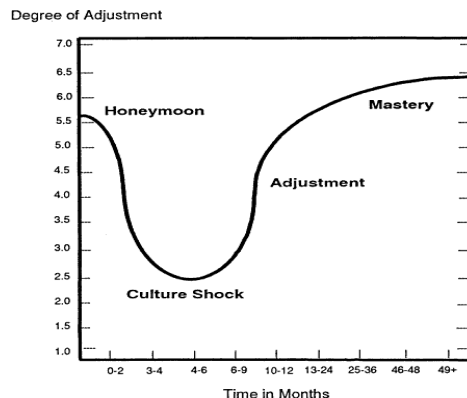
1. Culture Shock

An accumulation of cultural bumps can result in culture shock, and it can happen in phases. Everyone who experiences culture shock goes through these processes however, the intensity of the stress and the time it takes to recover are quite varied. Culture shock can be defined in a plethora of ways. In the part that follows, we shall examine a few of them. Though Cora Dubois coined the word in 1951, literature anthropologist Kalvero Oberg was the first to apply it in the 1960s cross-cultural context. Oberg states that "people transported abroad experience anxiety as a result of losing all familiar signs and symbols of social interaction" (Shioshvili, 2012:5). People with depression tend to avoid social situations, show little or no interest in anything outside of their

home culture, withdraw from others, bemoan their exhaustion, and sleep excessively. This is particularly true if they don't have any friends or family in their native nation who may serve as a social support system for them (Oberg, 1960; Winkelman, 1994). Additionally, according to Kohls (2001:91), the term "culture shock" refers to the reactions to the psychological disorientation that most people experience when they relocate to a new culture for a lengthy period.

2. U-Curve by Oberg

This theory holds that people often begin their journey in good health. The introduction of a new culture may even improve their wellbeing a little. Later, when they adjust to the unfamiliar culture, their sense of wellbeing deteriorates. After that, as adolescents develop coping mechanisms, they start to feel more positive about themselves and their surroundings. A well-known variation of this theory was put forth by Oberg (1960) in his study of culture shock. According to him, there are four phases that travelers go through: the honeymoon stage, the crisis and recovery phases, and the adjustment phase, which is when the traveler uses the least amount of energy. Gullahorn and Gullahorn (1963) extended the U-curve into a W to symbolize the reintegration phase at home, during which individuals are expected to mostly replicate their adjustment overseas.



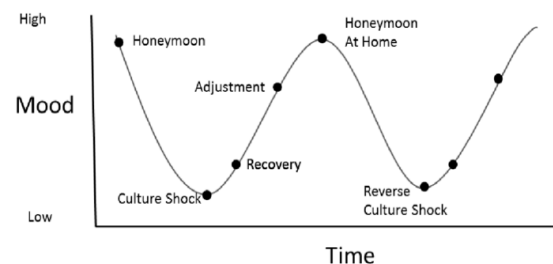
(Nash, 1991)

Plotting of the U-Curve of Cultural Adaptation resulted from research demonstrating that most people who go outside of their native culture adjust to a new culture in comparable ways. People usually start at a high position, experience a period of decline or despair before things level off, go through an important "recovery" stage, and then end up very much where they started, which is why it's called a "U-Curve".

The honeymoon phase, sometimes referred to as the first assignment period, is succeeded by the adjustment and cultural shock phases, and lastly, the mastery phase. There are four stages to the expatriate and their accompanying family's adjustment, which takes place over time. The honeymoon period is marked by feelings of excitement and amazement as the reality of the relocation sinks in, but feelings of discontent and disillusionment quickly follow.

In the third stage, people start to acclimate and pick up new cultural norms. People progressively adapt to the new culture in the last level, mastery, to perform better. As part of the pre-departure preparation programs, it is important to inform expatriates about these phases in order to adequately prepare them for the emotions they will probably experience. Since it is the most common reason provided for expats to return home before the end of their contractual tenure, the expatriate family deserves special consideration.

B. U-Curve by Oberg and extended by Gullahorn



Source: Based on the U-curve (Oberg 1960) and extended by (Gullahorn & Gullahorn, 1963)

Oberg does not, however, go into detail about what occurs prior to the honeymoon period. He does contend that the perspectives and sense of humor of the foreigners are some of the crucial elements in the phase of gradual adjustment. According to Gebhard, a researcher in the subject of education, the stages of pupils' adaption include the following: preparing to depart, first impressions, first encounters, and increased interaction. The remaining

three are adaptability and cultural shock (Gebhard, 2010). The pupils follow a non-linear progression through the phases and frequently skip or return to an earlier phase.

C. METHODS

The researchers have taken the data source from an interview with foreign students, in this case the researchers have a friend who is student from abroad and the researchers asked this friend to find several foreign students randomly to be interviewed.

In analyzing data, the researchers identified, classified and analyzed the data based on the theory of cultural adjustment based on the U- curve (Oberg 1960) and extended by Gullahorn & Gullahorn, 1963).

D. RESULTS

Based on the data of 4 foreign students who came from the United States :

Honeymoon

This phase is experienced by foreign students from the first moment of moving to a new environment. During this phase, foreign students continue to feel happy and enjoy these conditions. Foreign students have not had any problems with new environment.

a. Hospitality

Some Foreign Students experienced honeymoon phases because of the

hospitality, and they say Makassar people are very friendly. It was shown by the bold datum below.

“In here i can be more relational, people care about friendship and connection” (Foreign Student 1)

“People in Makassar are very welcoming, like people invite me into their home even they don’t know me like family, and also like saya jalan kaki dan ibu-ibu mengatakan oo foto fotoo halo mister i love you” (Foreign Student 2)

The bold data above showed that the Foreign Students feel the excitement because of hospitality in Makassar

b. Food

The bold datum below showed that food Makassar involved the honeymoon phase.

“The Food, still like really wanna try the food wherever i got here, and my favorite is Bubur Manado” (Foreign Student 3)

“I was really excited to try the coffee and the food” (Foreign Student 1)

The bold datum above showed that Culinary is involve in honeymoon phas\

2. Culture Shock

This phase is negative case that was faced by the foreign students when their own country was different from

the new country. In this phase, the foreign students faced some problems that make them not available in the new environment.

a. Language

The datum below showed that foreign students experienced the culture shock because of different language of host culture.

“But there is various to that not know the language, not always being with translator, so i cannot do what i really want it to do” (Foreign Student 4)

“When i’m talking to one person and i have to focus very hard because i still have to translate in my head and it’s difficult” (Foreign Student 2)

The datum above showed that the Foreign Students involve the language as their culture shock in Makassar City

b. Religion

The bold datum below showed that Foreign Students experienced the culture shock because of the Religion

“The mosques, they do like call to pray, that’s the first weird thing cause i was awake and i had jet lag and i need to sleep early and wake up early, so i heard it and i never heard it before” (Foreign Student 2)

The datum above showed that the Foreign Students involved the religion as their culture shock.

c. Social Habit

The datum below showed that Foreign Student experienced the culture shock about the different social habit.

“There are people who kinda laughing at you just because of your nose or just because you are different, that bother me at first” (Foreign Student 1)

The datum above showed that the foreign students experienced the culture shock about social habit in Makassar.

3. Recovery Phase

In this phase, the Foreign Students began to resolve and learned about the differences culture in the host culture

a. Language

The bold datum below showed that the Foreign Student experienced the recovery phase, and began to learned and understood about the language of the host culture

“I hear from many different people that Indoensian language is easy to learn but for me there is easy part but still difficult” (Foreign Student 4)

The datum above showed that the Foreign Students can change the way to life in new country

b. Social Habit

The datum below showed that Foreign Students experienced the recovery phase about local people habit.

“But I feel some familiarity with the people in makassar, because like my hometown they like to have long conversations about random stuff, they always like to meet and talk with someone over food” (Foreign Student 3)

The datum above showed that the Foreign Students can adjust the way to life in new country especially about local people habit

4. Adjustment

In this phase, the Foreign Students enjoyed all the differences and difficulties of new culture in new environment

a. Food

The bold datum below showed that Foreign Students experienced the adjustment phase, they understood the Indonesian language

“Yah, i just go to market and eat vegetables, and my favorite is an Apple, because sometimes food in here is too oily and it’s not good for me” (Foreign Student 1)

The bold datum above showed that the foreign student can change life and being comfortable in new country

b. Weather

The bold datum below showed that Foreign Students experienced the Adjustment Phase, they can adjust with the heat in Makassar

“I really don’t like the heat, but I can learn to live with it” (Foreign Student 3)

“Now i like study with hot” (Foreign Student 2)

c. Language

The bold datum below showed that Foreign Students experienced Adjustment phase. They understood about the language in Makassar

“So now i know some basic words like how do i get somewhere, i know how the money works” (Foreign Student 2)

“I have to make the choice to look at the different way, like i have to switch from being upset that i don’t know the language to make me fluent into the language” (Foreign Student 4)

The bold datum above showed that Foreign Students can adjust themselves about Indonesian language

5. Honeymoon at Home

In this phase, the Foreign Students will experienced about Honeymoon at Home when the foreign students back to their origin place because the foreign students have lived in Makassar for a long time

a. Social Habit

The bold datum below showed that Foreign Students experienced Culture Shock at Home, they feel different

about the social habit in their hometown.

“People independen how they treat one another, it cam be distancing one another, you respect each other privacy but it feels lonely as well” (Foreign Students 1)

6. Reverse Culture Shock

In this phase the Foreign Students will experienced how they Reverse the Culture Shock in their origin place after spent a long time in Makassar

a. Social Habit

The bold datum below showed that the Foreign Student experienced how to Reverse Culture Shock about social habit in their origin place

“The things i like to do is what i did before when i came to Makassar, there are different things that i would do more routinely that I enjoy like running, i would run in a farm close to where i live early in the morning when the sun rises, and i like to go biking with my dad, go to the lake with my dad” (Foreign Student 1)

The bold datum above showed that the Foreign Student experienced Reverse Culture Shock about Social Habit in their origin place

1. Culture Shock experienced by Foreign Students : A Case Study in Makassar

a. Honeymoon Phase

According to Ward (2001:81), the primary stage emphasizes the primary responses of interest.

Based on the findings, the author found that there were three parts of honeymoon phase demonstrating that Foreign Students encountered this stage when they entered Makassar at the primary time. Such as the people's hospitality, infrastructure, and food, as follow:

1) Hospitality

Datum 1 showed that Foreign Students 1 and 2 experienced the honeymoon phase, they met with some kind and friendly people

2) Food

Based on the data, the foreign students 3 dan 1 experienced the honeymoon phase about the food, they describe about the culinary in Makassar

b. Culture Shock

This stage is the moment of culture shock where one encounters obscure and negative angles.

1) Language

Language barriers are a major problem for migrants when they are in a modern culture. Foreign students as newcomers in Makassar face communication difficulties, one of which is language barriers and this is experienced by Foreign Students 4 and 2, they have

found it difficult to communicate in conversations with local people.

2) Religion

In this case, foreign students experienced a crisis phase because for the first time they found that there was a country that was quite strong about religion and the majority in Indonesia were Muslim, so foreign student 2 experienced the mosques in Makassar that called people to pray at five in the morning but he still wanted to sleep because he had jet lag but the call to prayer made him wake up at that time.

3) Social Habit

In this case, the foreign students experienced culture shock phase about social habit in Makassar because this was his first time visiting another country to study and one of the strange think is he feels different when he spend time alone in library or in the park for studying or reading a book, there are some people around him say that it is weird if you go anywhere just by yourself and sitting alone, but he feels it is normal even enjoy about it

c. Recovery Phase

Recovery is the stage in which people try to comprehend the culture of their new environment and adapt their habits to it. According to Ward (2001:81), healing includes crisis resolution and cultural learning.

1) Language

The researcher found that there was resolution and cultural learning

experienced by foreign students to solve their problems, in this case foreign student 4, he joined a learning institution that focused on learning Indonesian but he still found it difficult to understand Indonesian.

2) Social Habit

In this case, several foreign students felt different when they first came to Makassar because their hometown was not as crowded as Makassar, but after several months of living in Makassar, they finally started to feel comfortable slowly. For example, foreign student 3 felt that there were several things that reminded him of his hometown, such as talking about random things and chatting with someone while eating.

d. Adjustment

During the adjustment phase, individuals can enjoy and accept the majority of issues. Ward (2001:81) explains that it reflects both enjoyment and functional effectiveness.

1) Food

The foreign student as newcomer of course they have to get used to the food in the host country, this foreign student feels that some foods in Makassar are too oily and he thinks it is not good for his health and then they start to go to market and buy some vegetables and some fruits

2) Weather

Foreign students feel that they are used to and comfortable with the weather in Makassar. Based on data from Foreign Students 3 and 2, they felt that at first they did not really like the hot weather, but in the end they were able to adapt.

3) Language

When foreigners know the language of the host country, they will be easier to adjust to the new environment. Foreigners can connect and enjoy talking to people in the host country because they know a little bit of Indonesian. Based on the data of foreign students 2 and 4, they can adjust slowly about the language.

e. Honeymoon at Home

Kartoshkina (2015) stated that although returnees may face challenges related to reverse culture shock, they still generally feel happy about returning home and can find ways to readjust to their home culture.

1) Social Habit

In this part after the foreign students spend many times in Makassar, they are going back in their origin place but there are several things feel strange again, foreign student 1 claim that people in America are too independent how they treat one another and it can be distancing but sometimes it feels lonely as well because in Makassar it's easier to make friendship

f. Reverse Culture Shock

Reverse culture shock refers to the process of acclimating, reacculturating, and reintegrating into one's native culture following a prolonged stay abroad.

1) Social Habit

In this case the foreign students start to feeling comfortable in homeland after try to adapt, especially about social habit foreign student 1 claim that he prefer to do the things like running and biking in a farm close to home while waiting the sun rises and he does it with his father

2) Weather

Based on the data foreign students also cited weather as a factor influencing their adjustment in this case, the weather in Makassar is quite hot but on the other hand in their hometown there is a winter season so in this case so there is quite a noticeable difference about weather, then foreign student 2 claim that when she back in hometown it was much cooler than Indonesia even in the summer at night the temperature get cold, so for the first month she always wearing sweater.

E. CONCLUSION

Based on the findings and discussions, the researcher concludes : The honeymoon phase is the initial period of discovery of Makassar City's culture in a new setting, filled with joy and

wonder at the city's hospitality, food and cultures.

The second phase, which includes the unfavorable aspect event, is called the culture shock phase. The cultural differences caused a crisis moment known as "culture shock" among foreign students. For example, language, weather, religion, traffic, and social habit

The third phase, known as the recovery phase, offers the capacity to adapt to a new environment by handling crises and learning from experiences similar to those of outsiders. For example, language, social habit, weather, food, etc.

In this stage is the adjustment stage, during which the individual enjoys fully engaging in a novel setting like what outsiders have experienced. For example, food, weather, language, cultures, etc

Honeymoon at home phase is about when the foreign students are coming back to their hometown after spend many times in overseas place where they already feel comfortable about many aspects but finally they got to back to hometown and there are several factors feel strange again even those are from hometown but they need to adapt again about the social habit, language, weather, and infrastructure

Reverse Culture Shock

In this last part is about reverse culture shock phase, this part talks about when the foreign students have got comfortable in their hometown after going through all the phases and trying to adapt again in hometown about many aspects there are like weather, food, social habit, and cultures.

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