



## Process of Student Adaptation of Culture Shock

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### Abstract

Cultural differences may result in culture shock for those engaged in intercultural contact. The student is one example of a student who has encountered culture shock as a result of his or her decision to study in Makassar. The purpose of this research is to ascertain the method by which students adjust to culture shock and the difficulties faced throughout the process.

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## Introduction

Intercultural communication refers to communication that takes place in the presence of cultural differences such as language, values, traditions, and habits. A person experiences culture shock, particularly while living in a new cultural setting. This is referred to as cultural shock.

In 1960, a Canadian anthropologist called Calervo Oberg coined the phrase "cultural shock." Culture shock is a term that refers to the situation that occurs when people live in a cultural context that is unlike to their own in an attempt to adapt to the new environment. Culture shock is characterized by emotions of worry and uncertainty about what to do and how to do it as a result of a person's loss of social signals and symbols. Culture shock is often used to refer to the phenomena that occurs when someone joins a new culture. This new culture does not have to be a foreign nation; it may also apply to a new religion, educational institution, work environment, or even a new family. cultural shock is described as culture shock. Individuals will feel surprise when they start a new life with a different environment, location, and habits than in their prior existence. This is a frequent occurrence when a person has lived in a location for an extended period of time and has developed an affinity for the local culture.

The most straightforward illustration of culture shock is the multicultural character of university students. Each institution attracts students from a variety of locations, both inside and beyond as well as from within and outside the region. The development of the culture shock issue precipitates the emergence of the student adjustment problem, or what is colloquially referred to as the adaptation process. Adaptation is the effort done by each person to adjust to the new environment's circumstances, as well as for pupils. After choosing to leave the old environment and enter the new one, issues linked to the new environment's sociocultural circumstances will gradually arise. These issues undoubtedly need answers, which can only be attained via the adaptation process. Each student's adaption process to culture shock is undoubtedly unique.

## Communication Across Cultures

Discussions on intercultural communication are inextricably linked to the concept of culture (culture). Communication and culture are not two distinct ideas; rather, they are inextricably

linked. "It should be emphasized that the study of intercultural communication may be understood as a study emphasizing the influence of culture on communication.

Culture and communication are inextricably linked and dynamic. Communication is at the heart of culture, since culture develops via communication. However, the culture that is established has an effect on how its members communicate.

Intercultural communication is defined in a variety of ways by communication professionals. Intercultural communication, as defined by Samovar and Porter, happens when people of one culture communicate with members of another culture. Intercultural communication, more specifically, is the interaction of individuals whose cultural perceptions and symbol systems are markedly different in a conversation.

Intercultural communication is the exchange of information between individuals from diverse cultural backgrounds, such as ethnic groups, ethnicities and races, and socioeconomic classes (Dong et al., 2008). Intercultural communication is defined as the sharing of information between people from diverse cultural backgrounds.

Intercultural communication happens when circumstances such as language, values, traditions, and habits reveal cultural differences (Liu et al., 2014). Another definition of intercultural communication is the process by which one person transmits signals to another via certain channels to another person who comes from a different cultural background and produces particular consequences. Intercultural communication provided above, it can be stated that intercultural communication refers to a communication process that highlights the communicators' cultural origins (Penbek et al. 2012; Samovar et al., 2014).

### **Intercultural Communication's Nature**

Individuals acquire the norms of communication culture throughout their formative years. Cultural patterns are implanted into the neural system via social and educational processes and become ingrained in an individual's personality and conduct. Individuals acquire such patterns via a process called enculturation (Valente, 2011).

The term acculturation, or acculturation or culture contact, refers to the social process that occurs when a group of people with a shared culture are exposed to elements of a foreign culture in such a way that the elements of the foreign culture are gradually accepted and processed into the shared culture without destroying the shared culture's personality.

Cultural interaction or acculturation events often result in cultural changes and developments in the local community, which may create a variety of issues, both good and bad (Van et al., 2013). Deculturation is one of the outcomes of acculturation. Deculturation is the development of new cultural components in response to changing circumstances. Elementes de comunicación intercultural (Kumaraswami, 2016).

The verbal process encompasses both how we communicate with others and how we think internally (interpersonal communication). When communicating, nonverbal processes result in the usage of nonverbal signals such as body language, tone of voice, expressions, and physical distance. Non-verbal communication signs have varying meanings in various cultural contexts.

Misunderstandings may occur because we often believe that there are commonalities between all human beings on the planet that make communication simple (Mauranen, 2006). Indeed, the modes of adaptation to biological and social requirements, as well as the values, beliefs, and attitudes prevalent in our environment, vary significantly across cultures. Because there is no one reference point for this knowledge, we should approach each intercultural interaction

uniquely by determining what factors influence the perception and communication meanings held by the cultural groups with whom we are interacting.

The difficulty with language use occurs when someone focuses only on one meaning of a word or phrase in a new language, regardless of its connotation or context. Individuals from many cultures live a variety of sensory worlds. They see, hear, and feel just what they deem significant. Stereotypes obstruct communication because they distort an objective assessment of a stimuli. Stereotypes develop as a result of being firmly established as myths or real facts in one's society, and they sometimes serve to justify biases.

Another impediment to understanding people from other cultures is the tendency to evaluate, accept, or reject the words and behaviors of other individuals or groups prior to comprehending the ideas and emotions expressed by that individual or group. A person is said to be skilled and competent in intercultural communication if they are able to overcome a variety of current difficulties, such as concern or anxiety, while dealing with others from different cultures.

### **Adaptation to Culture**

Every person who moves into a new environment through a period of adjustment known as adaptation (Kim, 2017). The term "adaptation" refers to an attempt to adapt to one's surroundings, particularly its culture. Cultural adaptation is a lengthy process of becoming used to and eventually comfortable in a new environment (Wang, 2006). Every stranger in a new environment must overcome every obstacle in order to function. As a result, adaptation is a process of encountering stress, adjusting, and developing.

When a person is removed from his or her house, removed from the location that has been designated as "home," removed from the environment in which he or she grew up, and removed from the behaviors that have become second nature, that person will surely recognize or will fail to learn certain things. Fresh ones in order to live. When someone is removed from their comfort zone for an extended period of time, such as at college, there occurs a transfer of values known as cultural adaptation.

The stages involved in the process of cultural adaptation are as follows: four phases plus a planning phase. The planning phase occurs while an individual is still in his original state and prepares everything from physical to mental endurance, as well as his communication abilities for use in his new life. This phase occurs when a person has been in a new place for an extended period of time and is adapting to the culture and surroundings. This is the stage during which a person retains a high level of enthusiasm and curiosity and is passionate about the new environment in which they will live. Individuals may feel alien, homesick, and alone, but are lulled by the locals' friendliness toward foreigners. This is the stage at which the passionate enthusiasm and curiosity give way to frustration, irritation, and an inability to act because the actual reality does not live up to the expectations set at the start of the stage.

This is the readjustment stage, during which a person begins to create different strategies for adapting to their current circumstances. A person starts the process of resolving the problem they encountered during the frustrated phase. This settlement is characterized by a process of readjustment in which an individual adjusts to new circumstances, such as acquiring the local language and culture.

The last step is the route that a person follows in order to alleviate his pain. At this point, the individual has many options, including: a) Flight, which occurs when an individual cannot tolerate his surroundings and is unable to adapt more than he has already done. b) Fight, referring to those who join a new environment and culture and are first uncomfortable, but strive to survive and confront everything that makes them uncomfortable. c) Accommodation,

which is the stage during which an individual attempts to enjoy his new environment; initially, the individual may feel uneasy, but he is aware that entering a new culture will inevitably cause some tension, and thus attempts to compromise with the situation, both externally and internally. d) Full involvement, which occurs when an individual begins to feel at ease in their new surroundings and culture. There is no longer any concern, fear, or pain, and the frustration experienced before may be overcome.

Culture shock is a phenomenon that occurs when people relocate to a cultural setting that is unlike to their own in an attempt to adjust to the new environment (Kim & Gudykunst, 2005; Ward et al., 2020). Culture shock is defined by an individual's uneasiness, as well as uncertainty about what to do and how to do it, as a result of his loss of signals and symbols in social interactions. Essentially, culture shock is a collision of perceptions produced by the person's use of perceptions based on internal variables (cultural values) acquired in a new context with cultural values that he does not comprehend (Morris et al., 2015). While Furnham and Bochner defined culture shock as when an individual does not identify new social and cultural norms, he is unable to exhibit conduct according with the new environment's standards of behavior.

Culture shock is a dynamic in the process of cross-cultural adaptation that may alter the way individuals communicate and behave (Kim, 2017). Being in the middle of cultural differences may generate emotions of discomfort, resulting in poor engagement and communication. Culture shock is often used to refer to the experience of entering a foreign culture (which is identical to a country). The new cultural context in issue might be a new religion, an entirely new educational institution, a completely new job environment, or a newly formed extended family via marriage. Communication encounters with individuals from diverse cultural backgrounds often result in dissatisfaction. Individuals may experience discomfort and unfamiliarity while interacting with members of the new cultural milieu they have entered (Cushner & Brislin, 1995). Culture shock also manifests differently in various individuals and at different periods.

### **Culture shock-related factors**

Individuals often feel anxiety of social differences when they move to a new location. This dread causes him to feel uneasy when confronted with new scenarios, locations to live, and circumstances. He will have a sense of alienation from others around him.

Technology also has a significant role in the development of culture shock issues. Individuals are fearful about being unable to keep up with technology advancements in their new location, and therefore experience dread. To do this, he must think critically about technology advancements and be able to adapt them to his life.

Geographical variables are similar to the area's geographical characteristics, such as variations in weather and regional geography, such as coastal and mountainous regions. This results in health issues for the person. A civilized culture's language is reflected in its language. Individuals experiencing culture shock often list language as one of their greatest concerns when relocating to a new location. . Particularly if he arrives from an area or location with a lower economic level than (Pasztor & Bak, 2020). his current one. To that end, he will work diligently to increase his income in order to survive in a new location. Adapting to new traditions is challenging for a newcomer, since people often suffer culture shock, particularly regarding customs. Religion is seen as one of the impediments to people adjusting to a new location of living. Individuals have their own dread of religion, which is a highly fragile distinction that cannot be reconciled easily.

## Conclusion

The adaptation process that the students underwent throughout the five stages of cultural adaption demonstrates that each student encountered unique circumstances during each phase. Language issues, food flavor, city safety, geographical circumstances, social style, expense of living, and homesickness all contribute to the development of culture shock among dissatisfied students. Then, as the last phase passed by students, the resolve phase demonstrates that all pupils choose to live and continue to confront the challenges inherent in their new surroundings. Thus, all pupils will be able to adjust to their new cultural surroundings. The phases of students' acclimation to culture shock in Makassar are likewise inextricably linked to difficulties. There are obstacles that originate inside the informant, such as the informant's quiet and timid personality, which prevents the informant from initiating communication with new individuals he encounters, often feels homesickness, and is fearful of mixing with new people. Additionally, there are some who originate from the environment, such as language and cultural variables, which are already firmly attached, preventing informants from completely adopting the host culture.

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