

CHAPTER I

INTRODUCTION

1.1 Background of the research

Culture is an unique thing which makes people being a different person to one and another person. Different countries or places also made a different culture. Furthermore, culture is one of social system and it is made from by society or a group of people in it. In line with it, (Spencer-Oatey, 2012) stated. “Culture is closely related to people's habits that regulate behavior based on ways of life, beliefs, and policies that are shared by a number of people.” That is why culture has a lot of varieties in the world and it is quiet difficult to identify.

In this modern era, many people went to overseas to accomplish their studies for higher stage of study either highschool, bachelor degree, until PhD degree. However, a lot of them experienced some culture shock. Culture shock happens when people went off to somewhere else that has different culture and language. According to (Belhadi et al., 2016), “People going overseas having some psychological and physical shift because of the unfamiliar environment. In a clear way, those students experience a common phenomenon, so called “culture shock”. Whoever can catch Culture shock everytime they step their feet into different countries or different places at the first time. This can happen anytime if you step your feet into new places and you feel a different environment. This case is a natural phenomenon and you can learn a lot of new things for a month or more to cure your culture shock.

From culture shock, people may feel weird with your new environment, new places, new culture. People may feel uncomfortable with a new thing and the worst is people feel homesick stressed out or even people want to go homeland as as soon as as possible. Because culture shock is more than unfamiliar with their foods or social norms.

On the other hands, (Belhadi et al., 2016) writing entitled “People’s Democratic Republic Of Algeria Ministry of Higher Education and Scientific Research” This researcher's main goal is to identify the factors causing culture shock to develop coping strategies and make it easier for individuals to adjust to their new environment. In this study, the researchers used both qualitative and quantitative methods to analyze data collected through interviews and questionnaires.

Besides, (Islah, 2014) writing “An analysis Of The Culture Shock Experienced By Indonesian Students Community In Hamburg Germany” This researcher is examining and describing the culture shocks experienced by Indonesian students living in Hamburg, Germany. The study focuses on identifying the causes of culture shock and proposing solutions. It utilized a descriptive qualitative research design, with interviews conducted as the main instrument for data collection. Five Indonesian students residing and studying in Hamburg were interviewed to gather their insights and experiences.

Furthermore, (Arifin, 2013) writing “Culture Shock And Indonesian Students Of Al-Azhar University In Cairo, Egypt” researcher more focus on gaining an insight into the factors contribute to culture shock for Indonesian students during their period in Al-Azhar University and how these students deal with culture shock. This study will also identify what kind of new culture which is shocking for them.

Based on the above research result, the researcher did not find out about the step and the stage about culture shock. In this research, the researcher will find out about the step and the stages of culture shock and also how to deal with it. And the subject of this research are people who have finished their study at IRO or exchange students program. This research is quietly important for those who got culture shock and the reader will recognize about the step by step and the stages about culture shock, also how to deal with it.

1.2 Research Questions

The following research questions are below

1. Why do people experience culture shock when study abroad?
2. What kind of step and how to deal with culture shock?

1.3 Research Objectives

The following research objective are below

1. Find out why do people study abroad and why they got culture shock
2. Finding what kind of step also how to deal with culture shock

1.4 Scope and Limitation

The scope of this research is trying to find out about what is culture shock and also how to deal with it. And the limitation of this research is people who study abroad especially for UMM students.

1.5 Research Significance

The researchers hope this research may provide new information that can help people especially to students during their study abroad so they can avoid culture shock and live among it by adapting with their new environment. Theoretically, this research helps people to know what is culture shock also how to deal with it so they will have a preparation to study or work abroad in the future. Practically, people who study or work abroad can face their culture shock problems with their skills by reading this research. In addition, the researcher hopes that this research is useful to give further information as a reference for subsequent researchers who held similar research and might come in handy for lecturers when they undertake study abroad for higher education or encouraging and brief their students before undertaking study abroad programs.

1.6 Definition of Key Terms

To help people understand certain terms better, the researcher explains what they mean by providing definitions:

1. *Culture* is unique thing which make people being different from another. Culture has a wide meaning and complex to define, it was discussed by a large of number of sociologist and anthropologist, culture also categorized into two types: big “C” culture and small “c” culture (Belhadi et al., 2016).
2. Culture shock

In this research, culture shock is used as main problem in this research. People may feel sick or missing their homeland during having an experience of culture shock phenomenon. Based on (Islah, 2014), there is always having a chance to get culture shock acute illness. Because it is defined as a term used to describe the anxiety and feelings. Such as surprise, disorientation, confusion. It is not only focus on psychological feeling but also about physical distress.