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CULTURE SHOCK WIDYATAMA UNIVERSITY STUDENT IN FOLLOWING LANGUAGE SCHOOL PROGRAMS IN JAPAN

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ABSTRACT

Culture shock is a term commonly used to describe someone's surprise, anxiety and frustration when faced with a culture that is different from the culture from which it originated, for example when migrating to a foreign country. This is very natural experienced by a migrant as a form of reaction to the loss of some or all of the signs in the culture that had been adopted. This study aims to determine the forms and symptoms of culture shock of Widyatama students during Japanese language school programs in Japan. The research method used is descriptive method that is to describe or describe a thing. The sample of this research is the writer himself who did the Japanese language school program in Osaka Gaigo Gakuin. In the end this study concluded that the authors experienced a culture of shock in the form of internal and external.

INTRODUCTION

International programs held by universities, colleges, and other institutions, provide opportunities for students to go and come bring different cultures and study together in the places they go. In Indonesia alone, more and more international programs are enabling foreign students to study in Indonesia. Vice versa, more and more Indonesian students are taking advantage of this opportunity to seek experience abroad that requires them to adjust to new languages and cultures.

Preparation before going to a place that is not yet known is very important what else to another country. Besides having to find out about the atmosphere, culture, and type of food of the place to be visited, it must also be able to

understand the language because language is a tool of human interaction.

Culture shock is also one of the challenges that cannot be avoided by individuals when entering a new environment. In a study by Oberg in Mulyana (2010) states that culture shock is caused by anxiety as a result of the loss of all signs and symbols that are common in everyday relationships. These signs include a thousand and one ways that are used to control yourself in dealing with everyday situations. Culture is like a compass for the direction of behavior that guides individuals' ways of thinking and feeling. When an individual is in a different culture, he will experience difficulties when the compass he uses does not show the same direction as the cultural compass where they previously lived.

Culture shock is also considered as one of the challenges in the context of intercultural communication. Especially in the era of globalization as it is today, where the world seems limitless and allows the meeting between one culture and another. In its development, globalization affects various fields in life, including education.

In this case, the writer is one of the students of the Japanese Language Study Program at Widyatama University who ventured to attend a Japanese language school in Japan. This is the first time the author has come to a country that has a very different climate from the country where the author lives, namely Indonesia. During his stay in Japan the author not only studied at a language school but also did arubaito (part time work).

Based on this explanation, in this study the writer will examine the forms and symptoms of culture shock that the writer felt when he joined the Japanese language school program in Japan.

METHODS

The method used by the author in compiling this research is to use descriptive methods that are descriptive or describe a thing. Describe and illustrate in this case can be in the true sense (literally), in the form of pictures, photographs obtained from field data or researchers explain the results of the study with pictures and can also mean to explain in words (Husnaini, 2009).

To validate some data, the writer also held a discussion about the preparation, constraints and benefits of participating in a Japanese language school program in Japan with several students who had participated in the activity.

Culture Shock

According to Oberg in Mulyana (2000), Culture shock is a mental illness suffered by an individual suddenly where the individual must move and live in a new environment. Culture shock arises because there is a sense of anxiety that results from the loss of a thing that has become a habit in the past environment. According to Oberg there are 6 characteristics of Culture shock:

1. Tension in psychological adjustment.

2. Feeling losing friends, status, social roles, and personal positions.
3. Feel afraid of the new culture.
4. Confused in the role, expected role, values, feelings, and self-identity.
5. Surprised, worried, even disgusted after realizing cultural differences.
6. Feeling impotence due to inability to adapt to new cultures.

Culture shock is a result of the loss of known cultural signs and symbols, making individuals experience anxiety, frustration, and feelings of helplessness (Chapdelaine, 2004). Searle and Ward in Chapdelaine (2004) states that culture shock refers to the number of adjustment demands experienced by individuals at cognitive, behavioral, emotional, social, and physiological levels when they are placed in different cultures.

Culture Shock Symptoms

In general, many define culture shock symptoms as syndromes, reactive states of pathology or physical deficits: individuals move to new and unfamiliar environments. Then develop negative psychological symptoms and some of these culture shock symptoms such as urination, drinking, eating and excessive sleep. Feelings of helplessness and a desire to continue to depend on individuals of their fellow cultures; angry / irritable, offended by trivial matters; overreaction to trivial diseases; until finally, a mounting desire to return home (Mulyana, 2010).

RESULTS AND DISCUSSION

Symptoms and Forms of Internal Culture Shock

From the results of the author's experience that intrapersonal influences in individuals, including communication skills, experience in cross-cultural settings, social skills and individual character traits (tolerance or independence are far from the family as important people in their lives who play a role in the support and supervision system) true effect on the occurrence of culture shock in individuals. The following forms and symptoms of culture shock felt by the author.

Table of Symptoms and Forms of Internal Culture Shock

Forms of Culture Shock	Symptoms Caused by Culture Shock
Culture shock as nostalgia.	The author feels homesick, friends, and familiar experiences in Indonesia.
Culture shock as disorientation and loss of self control.	The loss of things that are considered familiar. Disorientation causes fear, anxiety, depression, and feeling hopeless.
Culture shock as dissatisfaction with language barriers.	Lack of communication or difficulty in communication can frustrate feelings of alienation.
Culture shock as loss of habits	The author is unable to do many of the

and lifestyle.	activities previously enjoyed: this causes anxiety and feelings of loss.
Culture shock as a difference.	The difference between culture in Japan and culture in Indonesia.
Culture shock as perceived value difference.	The differences in things that exist in Indonesia and Japan are difficult for the writer to accept.

The author concludes that in general individuals who do not have cross-cultural experience and lack factual information about the environment and the area where they are exposed will be susceptible to culture shock due to lack of information provision and preparation of strategies while in the area which can then affect the internal of the individual.

Symptoms and External Forms of Culture Shock

Culture shock occurs more quickly if the two cultures are very different, this includes:

1. Religious differences become one of the inhibiting factors in self-adjustment, although the problem is not too big because the writer does not really question and respect each other's beliefs. When working, of course, working with Japanese people, the author has talked about the fasting month and sharing about fasting, at the end of the conversation there is one shain saying, "if in Japan have been drinking / eating alone because in Japan there is no God", the writer was immediately silent, smile and respect because of differences in belief.
2. The author came to Osaka in March, and when it was in Osaka in winter, the writer had prepared mentally that the weather would be cold but never thought it would be very cold until the skin is dry, chapped lips. In addition, the writer has a cold allergy, this makes the writer likes to remain in the room and turn on the warmers in winter.
3. Education, the first day arrived in Japan, the writer feels happy and can't wait to start a new life in Japan. But when starting learning in a language school, the writer feels disappointed with the learning system, because the material taught has been studied by the author at Widyatama University. The purpose of the writer to study in Japan also instantly disappeared from within the writer.
4. Language, many writers experience misunderstanding caused by language, first when at work and second when at school. Language becomes an obstacle for writers because it not only conveys in Japanese, but also must understand it correctly, if it is not done properly there will be a miscommunication between the speaker and the recipient.
5. During the author's stay in Japan, the problem is not the environment of the Japanese people but association with Indonesian people living in Japan, the writer feels uncomfortable with some Indonesians while living in Japan because there are some differences that cannot be accepted by the author. The author also decided to move the apartment from the school dormitory, and decided to live alone, after living alone at first the writer felt comfortable, but this is what makes the writer feel the loss of communication and lack of

socialization so more often stay in the room than hanging out with others. Fortunately, the writer meets with people who care about the writer and can help the writer pass that time.

6 Habit is one of the factors that shape a character. The author is familiar with online motorcycle taxis, owning private vehicles, and other facilities in Indonesia, but when arriving in Japan all of those facilities cannot be felt. While in Japan if you want to go anywhere you have to use public transportation, bicycles, even on foot. In addition, the many rules that exist in Japan make writers overwhelmed, such as separating moerugomi and moenaigomi rubbish and throwing it on certain days, not crossing the road other than on zebracross, when red traffic lights may not cross, may not ride when using a bicycle, when going to break a contract must be done one month before termination of the contract or will be subject to fines, strict work rules, plus monotonous daily activities resulting in boredom.

7. Lack of preparation, preparation is very important when going to a place, whether for a long time or a short time. The author is very lacking in preparation when going to do this language school program, both food preparation, clothing, medicine, money to electronic devices.

CONCLUSION

Based on the analysis above, it can be concluded that culture shock will be experienced by every student who goes overseas but culture shock that occurs in each individual is different regarding the extent to which culture shock affects his life. From the experience of the culture shock writer, the author did not cause permanent feelings of despair in his studies at Widyatama University.

The symptoms and forms of internal culture shock experienced by the author are related to the author's feelings such as feeling homesick, frustrated, afraid, feeling alienated and lonely. While the external symptoms and forms experienced are related to the social environment, behavior, customs, religion, education, habits, norms in society, and language. The level of success in overcoming the problem of culture shock is very dependent on the effort and sincerity of each individual in upholding the original purpose of going abroad.

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