


**CULTURAL SHOCK AND PSYCHOLOGICAL ADJUSTMENT OF THAI
 STUDENT AT ENGLISH DEPARTMENT IN UNIVERSITAS
 MUHAMMADIYAH MAKASSAR**

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ARTICLE INFO	ABSTRACT
<p>Article history: Received: October 7, 2022 Revised: October 10, 2022 Accepted: November 4, 2022 Published: November 30, 2022</p> <p>Keywords: Thai Students Cultural shock Psychological adjustment</p>	<p>This study aims to find out kinds of Culture shock for Thai student of universitas Muhammadiyah Makassar and the obstacles of the psychological adjustment of Thai student. The subject in this study were 3 people of Thai students at English Department in universitas Muhammadiyah Makassar. The research methodology used descriptive qualitative method. The technique of collecting data was interview with 5 questions that talking about cultural shock and psychological adjustment. The findings of this research according to the observation made by the researcher on the 3 informants that on that have been describe previously it is known that cultural shock experienced are daily language factors, social factors, and cultural factors. The obstacle of psychological adjustment of Thai students there are several factors, namely psychal condition, language, culture and environment.</p> <p style="text-align: right;"><i>This is an open access article under the CC BY-SA license.</i></p> 
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INTRODUCTION

People who are unfamiliar with the new culture are said to be experiencing "culture shock." Culture shock, according to Cameron & Kirkman (2009), is the phenomenological transformation a person goes through when they are unable to use the familiar culture they were raised in to engage with, comprehend, or explain something in their new cultures. Culture shock, a phenomenon people experience when living in a cultural context that is distinct from their own culture in an effort to adapt to the new environment, was first described by anthropologists by the name of Oberg in 1960. According to Furnham and Bochner, culture shock occurs when a person is unable to exhibit conduct that is consistent with the social and cultural norms in the new context because they are unfamiliar with them (Hajriadi, 2017: 21). In a new situation, this expression conveys a desperate lack of direction,

the feeling of not knowing what to do or how to do it all, and an inability to discern what is proper or inappropriate.

A cognitive process known as culture shock is involved in adjusting to changes in a new environment. The active process, which has affective, behavioral, and cognitive components, is the person's response in feeling, behaving, and thinking in response to new cultural influences. (Ward, 2001). As a result, the person who is experiencing culture shock must interact with the host culture in order to feel comfortable. The effects of culture shock may include homesickness, loneliness, depression, and uncertainty due to language barriers, time zone changes, adjusting to the local cuisine, etc.

As foreign students, they have fantastic opportunities to live and study abroad. They can amass a great deal of experiences, treasure a great deal of precious moments, and grow more independent. Additionally, acclimating to a new context enables students to have a deeper understanding of the social and intellectual standards in their current setting. On the other hand, leaving home to get a degree abroad can be challenging. Their daily habits are no longer pleasant due to the nutritional, astrological, and cultural changes. Self-adaptation can be challenging for certain people, even those who are well prepared to deal with cultural differences. International students are unable to adapt to the surroundings, social mores, and behavior of the new country by using their own cultures as a guide.

A person may suffer culture shock when they come into contact with a society that is different from their own. This condition is marked by worry as well as feelings of shock, bewilderment, and restlessness. This emotion is brought on by cultural differences and difficulties adjusting to new cultures. Food, clothing, prices of items, and other areas of daily living can be subject to culture shock. The consequences are more severe when the cultures are more disparate.

A person's psychological adjustment, according to Sunarto and Hartono (1998), is an endeavor to attain goals in themselves and their surroundings. Additionally, Sunarto and Hartono describe People who are judged capable have the capacity to learn from experience, are realistic and objective, don't show excessive emotion, don't show improper protection mechanisms, and don't show personal frustration. Adjustment, according to Mustafa Fahmi, is a dynamic process that aims to change a person's behavior in order for these behavior changes to result in a better connection between the person and their environment.

According to Scheneiders (in Susanto, 2018), psychological adjustment is a process that comprises mental responses and adjustments in effort to meet needs and effectively resolve tension, dissatisfaction, and conflict. Additionally, it leads to a healthy coexistence between needs and the standards or requirements of their environment. the internal adjustment. To meet environmental demands, there must be a process of change that addresses needs and successfully settles disagreements, frustrations, and tensions. People are said to be able to adapt well when they can respond to obligations and problems in a responsible, successful, fulfilling, and healthy way. In order to achieve a balance between their internal and external demands, a person must make an effort to manage change when they are in their environment. This is what is meant by psychological adjustment.

Not everyone is impacted by culture shock in the same manner; some people may have temporary discomfort from it, while others may experience long-term effects.

Additionally, because English is a foreign language in the majority of countries, employing foreign languages may make it harder for international students to communicate. Communication is therefore a crucial component of cultural diversity. "Language proficiency can also be a significant component of international students' social abilities," as Constantine, Okazaki, and Utsey (2004) stated (cited from Baier, 2005 p.38-39). Language ability is crucial since it allows for effective interaction and the avoidance of misunderstandings.

The issue of culture shock leads to the problem of student adjustment, often known as the adaptation process. Even Thai students make an effort to adjust in order to blend in with all aspects of the new surroundings. After deciding to leave the old context and enter the new one, issues related to the sociocultural conditions in the new environment will gradually begin to arise. Without a doubt, these problems require answers, which the adaptation process offers. There is little doubt that each student reacts to culture shock in a different way.

RESEARCH METHOD

The descriptive qualitative method was employed in this study. Based on Sugiyono (2010), who claims that descriptive qualitative research is. It indicates that the data was gathered using words rather than numbers.

The descriptive technique, according to Nazir (1988), is a method that looks at the current situation of human groupings, an item, a group of circumstances, a way of thinking, or a class event. The goal of this descriptive study is to make a methodical, factual, and accurate description or painting of the facts, qualities, and relationships between the phenomena under study.

While Sugiyono (2005) claims that the descriptive method is a technique used to report or interpret study findings, it does not draw any more generalizations. The descriptive technique, according to Whitney (1960), is the pursuit of facts with the appropriate interpretation.

RESULT AND DISCUSSION

Culture shock, according to Furnham and Bochner, occurs when an individual is unable to exhibit behavior that is consistent with the social and cultural norms of the new context (Hajriadi, 2017: 21). When adjusting to a new environment, discomfort is a culture shock reaction that is related to an inability to cope with the loss of familiar cues in the environment, which results in a longing reaction to the place of origin. Culture shock can manifest as anxiety, confusion, boredom, and a feeling that one does not fully understand the new context in which one is living. Three of the informants in this study were found to have communication problems, which made a person feel anxious and insecure in social situations.

Immigrants frequently experience culture shock, which they describe as being surprised by the cultural, linguistic, social, and other differences. International students are therefore obviously required as a result.

Diverse disturbances from the effects of culture shock that immigrants experience in foreign places cause many problems, especially for international students. Culture shock is a reaction experienced by immigrants when they move to another area or environment with socio-cultural conditions different from their place of origin. In Makassar, if the person is unable to get relief right away, they may continue to have problems like loss of humor brought on by sensitive or unpleasant feelings, which may eventually affect how they behave in daily life.

Students from Thailand encounter challenges when attempting to communicate with residents of the area who speak Makassar as their first language. Students from Thailand attempted to adapt and gradually learn Makassar as a solution to this issue. Because they are exposed to Makassar language every day, they gradually become acclimated to it and start to comprehend what their Makassar-speaking pals are saying. using the Makassar dialect. Additionally, despite having a variety of anxiety, concern, and stress-related emotions, they are driven to try to solve the issues that develop as a result of these cultural differences, both out of a desire to feel secure in a new setting and a desire to further their knowledge must be morally upright as well.

Here is the findings based on the interviews of Thai students:

1. Various kinds of culture shock experienced by Thai students.

According to the study's findings, the informants often experienced feelings of unease, restlessness, anxiety, and panic when they first arrived in Makassar City.

Since incoming early-semester international students engage in preliminary cross-cultural experience or movement, early-semester students run the risk of experiencing culture shock.

An individual simply encounters situations that have the potential to shock, discomfort, and unwarranted brief anxiety in the individual, shattering their sense of self and cultural identity, when they enter Makassar culture, which is visibly unique from the same originating culture. Due to this circumstance, the majority of overseas first-semester students may experience mental and physical problems.

When someone interacts with a different culture, they may experience culture shock, which is characterized by uneasiness and feelings of surprise, perplexity, and anxiety brought on by cultural differences and difficulty in acclimating to a new environment. Culture shock can affect daily activities like how people dress, how they speak, how much things cost, and more. The consequences are more severe when the cultures are more disparate. Individuals who have recently moved to a new environment frequently experience this.

There are many different aspects of Makassar's culture that influence Thai students' decisions about where to study, as well as the city's atmosphere and the culture it promotes to draw students from outside the area. Students are outside due to

environmental and cultural reasons that exist. Makassar is a place where residents and students alike feel at home.

Based on their responses, the three informants indicated that the everyday language aspect contributed to their feeling of cultural shock. The use of language reveals a sophisticated culture. Language difficulties are frequently cited as one of the main challenges to settling in a new location by those who are experiencing culture shock. Language is not something that should be taken lightly. It is natural for culture shock to develop when a language is not fully understood or even mastered. The individual feels uneasy due to the difference in situation and language since they do not comprehend and are perplexed by the language used by the majority of those around them.

The person has discomfort as a result of this fear whenever they are exposed to novel situations, a new place to reside, or an unfamiliar setting. He was unaware that misperceptions about the distinctions that occur might often cause people to feel isolated from those around them. People claim that when they first arrived in Makassar, they felt different than they did before. The person acknowledged that he had no idea what to do when he got to Makassar. In addition, people frequently cry when they miss their family back home and don't feel like being in the heart of a crowded city. People are not accustomed to the contrasts in their surroundings, which is why this is the case. There is a chance that such circumstances will give rise to beliefs that people who have recently relocated to a new environment that is unfamiliar to her will frequently feel depressed, restless, and lonely; this is what will cause culture shock for international students, leading to a number of reactions that may interfere with individual immigrants. Culture shock can, at the absolute least, leave one feeling uneasy, anxious, and depressed.

The social factors. Cultural distinctions, according to Hall (1981), are all personal representations, conceptions, and ideas that people use to portray themselves, interpret themselves, and comprehend and receive facets of societal life. People who have recently entered a new culture and are unsure of what to do or how to proceed in it may experience culture shock because they are unsure of what is compatible with the surroundings and what is not.

Based on the findings of the research mentioned above, One might infer that when they enter a new environment that is different from their home environment, a person might experience culture shock. If this happens, the person could feel anxious, restless, uneasy, and bewildered in the unfamiliar surroundings. A case of culture shock will also result from the language barrier.

The everyday language factor, the social factors, and the cultural factor are what Thai students experienced as culture shock.

2. The obstacles to the psychological adjustment of Thai students.

A smooth social contact between people can be achieved by employing a global language of communication. Language and cultural differences will be important

variables when it comes to adjusting to and talking with others in the community regarding issues of cultural diversity (Johnson, 2000). Additionally, after leaving their previous culture, the individual transitions to a new one. As a result, the process of adjustment and interpersonal connection is essential in the social sphere of society. Individual approaches to recognizing and understanding cultural differences can vary widely.

Mental acceptance or rejection of different cultures is greatly influenced by an individual's capacity to adapt to a new culture. Communication and individual social adjustment are necessary, especially with Thai or Makassar students who are other international students.

Speaking with students about their social lives and how they think, adapt, and engage with others to create meaning is crucial. As a result, each person has a unique strategy for overcoming obstacles to their self-concept and ability to interact.

The process of experience and adjustment of Thai pupils in interacting, according to Rom Harre (1979), makes all minds, themselves and society, about the issues that can produce socio-cultural conditions between one individual and another (West, 2012).

Based on observations made by researchers on three informants, culture shock can have an impact on self-adjustment. Physical condition, language, culture, and environment all have a role in how well Thai students react psychologically to culture shock.

CONCLUSION

Due to the influence of their national and cultural origins, Thai students at Universitas Muhammadiyah Makassar encounter difficulties interacting and speaking with one another. Based on the findings of the research mentioned above, it can be deduced that a person may experience culture shock when they enter a new setting that differs from their home environment. If this occurs, the individual may feel worried, restless, uncomfortable, and lost in the new environment. Moreover, the language barrier will also result in a case of culture shock. Thai students face culture shock due to daily language, social, and cultural challenges.

According to observations made by researchers on three informants, culture shock can have an impact on how well people adjust to their surroundings. Physical condition, language, culture, and environment all have a role in how well Thai students respond psychologically to culture shock.

Thai pupils' acclimation process The psychological adjustment of Thai students to culture shock is influenced by a number of elements, including physical condition, language, culture, and environment, according to observations conducted by researchers on three informants.

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