
CULTURAL SHOCK EXPERIENCED BY INDONESIAN STUDENTS IN GERMANY

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Abstract

Culture shock involves a powerful, transformative process that takes place at both the individual and societal levels as important cultural forces are clashing. This article provides an account of the impact that culture shock has on individual identity and invites reflection on the social implications of culturally diverse encounters. A theoretical framework represented by the stages of culture shock developed by Paul Pedersen (2018) is described, and examples from the author's personal and professional experiences are used as illustrations. In the effort to learn more about ourselves and the dynamic world in which we live, the author suggests that becoming more aware of and sensitive to the experience of culture shock can facilitate the development of expanded, more inclusive identities.

Keywords: *Culture, Culture Shock*

Introduction

Social psychologist Edgar Schein (2010) defined culture as a pattern of shared basic assumptions learned by a group as it solves its problems of external adaptation and internal integration which has worked well enough to be considered valid and, therefore, to be taught to new members as the correct way to perceive, think, and feel in relation to those problems. (p. 18)

Pucsa (2018) culture shock is a powerful social transformation reaction that results at both the individual and societal levels when important cultural forces collide. for instance, define culture shock as the response that an individual may have in a new country; the person may feel confused and disoriented, and every aspect of life may be difficult.

Culture shock has an impact on several outcomes, one of which is adaptation. Research has shown that culture shock can either minimize or prolong the adaptation period of an individual in his or her new cultural environment (e.g., Zhou, Jindal-Snape, Topping, & Todman, 2008), depending on the emotional, psychological and/or physical stresses and difficulties associated with culture shock (Ward, Bochner, & Furnham, 2001). However, it is not clear in the literature how intercultural capabilities can mitigate culture shock to bring about faster adaptation and adjustment. This study

aims to address the gap in the literature by looking specifically at how cultural intelligence (CQ), as an intercultural capability, can assist individuals in managing culture shock and bring about faster adaptation. This study also aims to explore the role of CQ in the relationship between reverse culture shock and adaptation. Reverse culture shock has been defined as somewhat similar to culture shock although the focus is on the stresses and challenges associated with moving back to one's own home culture after one has sojourned or lived in another cultural environment (Gaw, 2000).

Culture shock involves a powerful, transformative process that takes place at both the individual and societal levels as important cultural forces are clashing. Culture shock has an impact on individual identity and invites reflection on the social implications of culturally diverse encounters.

Culture shock is frequently experienced, normal, and unavoidable. According to the United Nations High Commissioner for Refugees (2017) annual global trends report for 2016, 65.6 million people are displaced worldwide, one person flees every 3 seconds, and over half of the world's refugees are children. We hear about the global displacement and migrant crises and increasing anti-immigrant sentiment in host countries. Many people who are thrown into such circumstances have little or no experience with other cultures and are unprepared. Most of the time they are relocated into alien cultures with little or no choice. To all of this we can add the preceding traumatic experience of war and/or famine. Individuals are not equipped, especially in the earliest stage of the transition, to manage and cope effectively with these novel situations and unfamiliar patterns of interaction.

Method

In this approach, the researcher creates a picture complex, scrutinizing words, detailed reports of respondents' views, and conducting studies on Creswell's natural situations (Afriani, 2009). Bogdan and Taylor (Afriani, 2009) suggest that qualitative methodology is a research procedure that produces descriptive data in the form of written and spoken words from people. In qualitative research, researchers used an instrument in the form of an interview questionnaire to interact with Indonesian students who were studying in Germany.

There are estimated to be more than a million students and scholars attending institutions of higher education abroad (Hayes 1998; Taylor 2005). The quality of the psychological, sociocultural and educational experiences of this large group of people is important, not least in promoting global intercultural understanding. It is no surprise that the literature has been concerned with students' adaptation problems.

Students in a culture different from their own have to contend with novel social and educational organisations, behaviours and expectations – as well as dealing with the problems of adjustment common to students in general. This is difficult enough when the newcomer is aware of the differences in advance, but even more difficult when the newcomer is unaware and falsely assumes that the new society operates like their home country.

So I decided to write an interview in the form of a questionnaire which I would share with the participants. There are 2 Indonesians who live in Germany, namely Lewi A Nainggolan who has been living in Germany for 3 years and Lamtiar Magdalena Simbolon. All participants were asked to fill out a questionnaire regarding the Culture Shock they experienced while in Germany. The emergence of pros and cons while adapting to other people's environments. We also talked about Indonesian culture which cannot be done in Germany.

In this study, data sources were obtained through a questionnaire containing questions about culture, how long lived in Germany, the feelings experienced when they were first in Germany. And a question about Indonesian Culture that Germans cannot imitate. As well as telling about Culture Shock in Germany and the difference with Indonesia experienced by Indonesian students in Germany. Participants in this study were two Indonesian students living in German.

Table 1 Demographic Informations of the Participants

	LEWI. A NAINGGOLAN	LAMTIAR. M SIMBOLON
Gender	Female	Female
Age	24 Years Old	25 Years Old
Domicile city	Köln, Germany	Frankfurt, Germany
Sojourn Dates	August 2019 - May 2021	August 2019 – Now

Lewi A Nainggolan is an Indonesian student (24) was born in Batam 08. Januar 1997, now she has an internship in Social division in Köln. Previously, Lewi participated in Au-pair for 2 years with Lamtiar M Simbolon was born in Jakarta December, 06 1995. Same like Lewi, previously she participated in Au-pair for a year and currently she has an internship in Hospital (Frankfurt).

Discussion

The first is Lewi A Nainggolan did an internship at Cologne. Previously he was an Au-pair participant. He first came to Germany in August, 2009. When he first came to the data he was so excited that he didn't believe he was already in Germany. Seeing all things that have never been seen and felt before, especially in terms of weather and culture. And also armed with a little knowledge about the German state is quite helpful in adjusting.

During her stay in Germany she tried to open up and communicate as well as pay attention to how communication habits in general and started trying to adapt these habits is very helpful in adapting to German people. Extensive knowledge of the outside world is also very helpful to add to the topic of conversation with very knowledgeable Germans. According to Lewi, Indonesian culture that cannot be done in Germany is the culture of visiting without prior notification. Germans are used to making appointments in advance. If you can, avoid the culture of eating with your hands because they will think it is very unhygienic.

The Culture Shock that Lewi had experienced was seeing Germans not allowing guests to enter the house before the promised hour (personal experience at Gastfamilie's house). At that time, guests who arrived before the appointed hour were not allowed to enter and were only told to wait outside. Then it is the custom of parents in Germany who are arguably not strict in disciplining their children who sometimes act too far (based on personal experience). Because it is strictly forbidden to commit physical violence to children, unlike in Indonesia.

According to Lewi, the cultural differences between the Germans and the Indonesians can be seen in terms of quite different manners. Germans often greet people they meet even though they don't know each other. The culture of being on time is very different from Indonesia, which is not familiar with being on time.

Second, Lamtiar M Simbolon she is currently doing an internship in the city of Frankfurt. She was very touched when he knew that he was coming to Germany for the first time, and finally she could go abroad without spending a lot of money. While living in Germany, according to Lamtiar, adapting is not easy, because of new cultures and so on. But slowly, everything happened with the intention and effort that was done.

Just like Lewi, according to her, Indonesian culture that should not be imitated in Germany is tardiness. In Germany, if you are not on time, especially in your field of work, you will be expelled

from that job. And According to her, the Culture Shock she had experienced was hugging when she met even though she had just met her once. Then the difference between Indonesian and German culture is the way of life and mindset.

Conclusion

It can be concluded that Culture Shock can be felt by anyone and wherever they are. Even in our own country, we can feel Culture Shock when we go overseas. Then this study can underline the importance of adapting in other countries. It can be seen from the experiences of Levi and Lamtiar how they still open up and try to be accepted in other countries. From their experience we also get knowledge and motivation about Culture Shock. And it gives us encouragement so that we don't be afraid when we go to another country as long as we can learn to adapt.

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