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### A CASE STUDY ON CULTURE SHOCK BY THAILAND STUDENTS IN PONOROGO

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#### *Abstract*

This research focuses on culture shock by Thailand students in Ponorogo with two aims: (1) to elaborate on the culture shock by Thailand students in Ponorogo. (2) to investigate the way of Thailand students in Ponorogo adjust their problem with Indonesian culture. This research used qualitative design, while the data were displayed in the forms of descriptive. The researcher took four Thailand students who are studying in Ponorogo. There are one student from Muhammadiyah University of Ponorogo (UMPO), two students from University Darussalam Gontor (UNIDA), and one student from Institute Agama Islam Negeri (IAIN). The researcher used interview and documentation as the instruments for collecting the data. The results showed that there were two problems on culture shock by Thai students in Ponorogo. The problems were: the problems about the cultural difference such as language, social manner, and religious life and the problems about life change such as food, transportation and emotion. Meanwhile, the way to adjust the culture shock in Ponorogo by Thai students were: learnt and understand more about host culture, accepted the cultural difference between host culture and their culture, participated in activities related with cultural difference such as summer camp. It helped them to fast adaptation in culture and language, and joined BIPA program (Bahasa Indonesia untuk Penutur Asing). That made them fast adaptation in Indonesia language and also fast adaptation with cultural difference.

*Keywords: Culture, Thai Culture, Indonesian Culture, Culture Shock*

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#### **INTRODUCTION**

In the era of globalization, the world has changed rapidly. There are many connections in this era such as travel, education, work, communication technology, etc. Because of that makes people move to another country and get new experience about cultures. Culture is one of the important parts that we must learn from people in different countries. The culture in each country is different, such as traditions, food, religion, attitudes, etc.

According to Spencer and Franklin, culture is an embody of foundational supposition and values, guidelines, beliefs, methods that are divided by a group of humans, and that influence each member's behavior and their understanding of the definition of another human's behavior. The differences of the culture for those who go abroad might be visible and might cause big chance when someone encounters into a new culture.

Furthermore, Indonesia has the difference culture such as language, food, religion, and leisure activities. Automatically, those differences would appear for foreigner who come from another country for instance, Thailand, Philippine and others country. As the result, when the foreigner meets those difference cultures they will face culture shock. Culture shock is a form of concern that outcomes from the loss of normally perceive and realize signs and symbols of society intercourse. (Hapsari,2013).

Nowadays. culture shock can happen to everyone. When they move to another country, they will be awake, aware of the culture of that country. Which is a feeling that is unfamiliar and new for them such as living, attitudes, and communication etc. This phenomenon is called culture shock. According to Littlejohn in Suryandari culture shock is a situation that will happen by people who move to one culture to another culture and they live with people which different language, food, clothes even value that belongs to people.

When living in a society that different culture from the original culture, Adaptation is a matter that people will face both in the context of tourism, work, marriage, business, education and school attendance. So that, People should study the culture shock of that country because cultural issues are really important and should be ready yourself to encounter new things for people who want to go abroad than reducing problems arising from differences making understanding and being able to adapt to the cultures of various peoples.

Based on the previous descriptions, the researcher is interested to analyze the culture shock by Thai students in Ponorogo. The title of this research is “A Case Study on Culture Shock by Thailand Students In Ponorogo”. Consequently, the researcher wants to investigate how definitely the fact of culture shock.

## **REVIEW RALATED LITRETURE**

### **Culture**

The word “culture” means universal and it has a lot of definition. when we are imagined about culture, what show directly in our thoughts include beliefs, clothes, foods, tradition, or the kinds of customs that people wear. Each expert who has learn about culture has different definitions of culture.

Culture is concerned on the whole route of our life, particularly in various customs, foods, tradition, beliefs. Thereby, each culture has a specific meaning in each aspect and ordinarily has a different meaning of culture. Furthermore Mahadi and Jafari(2012:231) states that culture is the whole of innate ideas and inherited, perspective, values, beliefs and knowledge, comprising or forming the shared basis Culture is an ambiguous concept, that consists spacious content for example sound, sight, value, tradition, smell, custom behavior and the process of thinking (Xia, 2009:97) Therefore, Rocher in (Mahadi and Jafari, 2012:231) states that culture is relations of idea and an emotional accepted by the most of human in a social.

### **Indonesian Culture**

Indonesia culture consists of language, food, habit, religious and so on. For language, most of Indonesian people use Melayu language.

Speakers of other languages who learn Indonesia language sometimes get difficulties and confusing in understanding Indonesian culture since they face culture shock (Hapsari, 2013). Then, for food most of Indonesian people has the taste of spicy food. For the religion Indonesian people is Muslim majority in the world. According to Forshee 90 percent of Indonesians that are Muslims, and including Hindu–Buddhism and native animism.

### **Thai Culture**

Thai culture consists of religion, food, social manner, language, transportation and so. For language, Thai people use Thai language to communicate in every day life. According to Campbell the Thai language is a tonal language that means that a word might have two or more distinct and quite unrelated meanings depending on the tone in which it is pronounced. For religion Thai people is Buddhist majority in the world. Supporting this idea, the national religion in Thailand are Buddhism that 95 percent of the population. (Nguyen,2008).

### **Culture Shock**

An encountering to new culture makes someone be a stranger in the new places. That people are an encounter with a phenomenon where they might experience anxiety. This phenomenon can convey to be stressed and surprised. The term "shock" is the feeling of suffering and distrust which exist in specific about a new culture from something they think about unacceptable. This situation is caused by people who will undergo differences in psychological and physical difficulty by a familiar surroundings to an unfamiliar. This phenomenon called culture shock. According to

Oberg in Pederson (1995: 1), culture shock is a word used to explain the concern and feelings (of strange, wierd and uncertainty.) People felt that when they have to work in a completely different cultural or social environment, for example go abroad.

According to Alder, 1987 (in J. Selmer) Culture shock means thought of as a deep learning experianced that lead to advanced degree of self-awareness and personal growth. Rather than being only a disease for which adjustment is the cure, culture shock is likewise at the very heart of cross-cultural learning experience. It is an experience in self-understanding and change.

### **Socio-Cultural Adaptation**

Psychologist John W. Berry said that socio-cultural adaptation has an outcome as follows:

- 1.Age is believed that have an effect on the systems of adjustment (Berry, 1997). As a rule, the systems from cross-cultural adaptation to a new society is easier for young people. However, Older people generally encounter more issue and complicated.
2. Gender means a variable element (Berry, 1997). Remarkably, a female might encounter risks more than man. However, the main point of this part depends normally on the differences that are the social status of a female about the two societies.
- 3.Education is presented as a positive element for adjustment to a new cultural surrounding (Berry, 1997). Generally, people that higher education, they might adapt faster with new circumstances and lower stress over their less educated.
- 4.Cultural difference refers to "The difference of two culture about language, religion and

etc."(Berry, 1997). Mainly, the different culture about the host country and origin culture people experience, the more complicated they discover.

5. Life change generally consists of habits, weather, food lifestyle, emotion and transportation (Berry, 1997). Mainly, as a people that living in a new country, somebody wants to work by themselves. They encounter more risk of being a barrier if their lifestyle is different from their own culture.

6. Social support means a social collaboration amongst individuals and the human living in the new surrounding (Berry, 1997), the social reaction consists of the connection to local people and the other countries.

#### **Adaptation strategies**

For Thai students, they have to adjust to a new culture. Consequently, they are able to succeed in dealing with a problem or difficulty with culture shock. Samovar, et al., (2010) states there have three adaptation strategies:

##### 1. Making individual contact to the Host Culture.

Making individual contact is a good way to adjust to a new culture and if they approach to host people, they understand easier and learn more about host culture.

##### 2. Learning about the Host Culture

Learning about the host culture is a great way to prepare for those who want to go abroad and also learn as much as possible about host culture, for example learning about host culture from guidebooks, discussing with people who has a cultural face, and watching from YouTube about host cultural from that country.

##### 3. Participating in Cultural Activities

The great way to learn about a new culture is to join to be a part of activities, for example Thai

students attend to social activities, summer camp and cultural events. However, they have to try out of their comfort zone and learn new things from the host country.

#### **RESEARCH METHODOLOGY**

This research used qualitative design, while the data were displayed in the forms of descriptive. The researcher took four Thailand students who are studying in Ponorogo. There are one student from Muhammadiyah University of Ponorogo (UMPO), two students from University Darussalam Gontor (UNIDA), and one student from Institute Agama Islam Negeri (IAIN). The researcher used interview and documentation as the instruments for collecting the data.

Data analysis is the procedure to perform and analyze the collected data. Data analysis is the procedure of discover and arrange the data systematically achieved from interviews, field notes, and documentation, by organizing data, describing, synthesizing, arranging, selecting, and making conclusions. Therefore, the data are clearly to understood by themselves and others (Sugiyono, 2017:335). Moreover, researcher uses Sugiyono's theory to analyzing the data.

#### **FINDING AND DISCUSSION**

Based on the result from interview, there are three point connected to the cultural difference such as language, social manners, and religion. Thai students face problem in communication and disorientation. Anyway, most of subjects try to adjust and some subjects keep away from that problem. Cultural difference describes "how dissimilar the two cultures are in language, religion etc." (Berry, 1997).

Moreover, there are three points connected to the life change such as food, transportation system and emotion. Anyway, most subjects try to adjust and some of them try to avoid it. Moreover, they try to adapt with traditional in Ponorogo. Life change usually includes food habits, weather and life style (Berry, 1997:).

Thailand students had to adjust to a new culture. Therefore, they could handle with culture shock. Samovar, et al (2010) state that there are three adjustment strategies: Making individual contact to the host Culture, learning about the host culture and participating in cultural activities.

Thailand students could ask for helping to their friends and teachers to help them when they got a problem in communication and made a relationship with the Indonesian people. They had some activities such as a vacation with teacher and students. It was the best way for them to help themselves in adjusting to a new environment.

Based on the documentation of Thailand students in Ponorogo that they participated in cultural activities such as Thailand students joined BIPA program to learn and understand more about culture and language, Thailand students participated in summer camp 2017 program at Muhammadiyah University Purwokerto, Thailand students participated in the first ethic Galuh University summer camp 2018 and Thailand students summer camp and launching Indonesia language for foreigner (BIPA) 2018 at Universitas Muhammadiyah Ponorogo. According to Samovar (2010:402) states participating in cultural activities are the best tip to learn about a new culture and to be an active participant in that culture, such as foreign

students can attend social activities and cultural events. Therefore, they should try to step out into comfort zone and get involved in the local community to become fully immersed in a new culture. So, Thailand students joined activities related to cultural difference, they got fast adjustment with the new culture.

Moreover, Thailand students joined BIPA program (Bahasa Indonesia untuk Penutur Asing) that help them to know and understand more in cultural difference. Especially, help them to fast adaptation in language. According to Samovar (2010:402) states learning about the host country as much as possible is good preparation. It is a great way to learn about the host culture, such as making an effort to learn the culture through information, travel forums, guidebooks, and consulting with a person who has cultural experience.

## CONCLUSION

The results showed that there were two problems about culture shock by Thai students in Ponorogo. The problems were: the problems about the cultural difference such as language, social manner, and religious life and the problems about life change such as food, transportation and emotion. Moreover, the way to adjust the culture shock in Ponorogo by Thai students were: learnt and understand more about host culture, accepted the cultural difference between host culture and their culture, participated in activities related with cultural difference such as summer camp. It helped

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