

The Adaptation Process of Rantau Students at Universitas Negeri Jakarta (UNJ) in Facing Culture Shock

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Abstract

Culture shock is a condition experienced by a person when they feel afraid, anxious, and overly worried about the new environment they are facing. Students often experience culture shock, especially when they have to migrate outside their home areas to carry out their education. The purpose of this study is to find out how the adaptation process of overseas students of the Communication Studies study program at the State University of Jakarta in facing culture shock. The research method uses a descriptive qualitative approach where the informants of this research are seven overseas students of Communication Science UNJ class of 2020 who come from outside the island of Java, namely Medan, Riau, Tidore, Jambi, Padang, and Papua. The results obtained from this study are that overseas students experience a honeymoon phase, which is having a high curiosity and curiosity about the new atmosphere and environment they will live in, then they feel a phase of frustration which is the point of the *culture shock* phase, namely feeling unfamiliar and also frustrated. Then enter the third phase, which is readjustment where they begin to be able to accept and adapt to a new culture and environment. In the end, they go through a phase of resolution where they have a high sense of tolerance and try to make themselves comfortable with the new culture and environment.

Keywords: Cultural Shock, Adaptation Process, Rantau Students

INTRODUCTION

Culture Shock It is a condition in which a person feels fearful, anxious, and overly worried about a new environment. The fear, anxiety, and worry occur because of the loss of the symbol of familiarity due to the differences that exist in the new cultural values that are being faced. *Culture shock* can affect other people's feelings such as excessive fear, withdrawal from the environment, feeling worthless, and ongoing stress. (Chafsoh, 2020)

Culture shock It is often experienced by students, especially for those who come from outside the city because of cultural differences which is a big problem for them. According to Primasari (in Fitroni & Supriyanto, 2020) These cultural differences can cause pressure so that they experience *culture shock* for regional students. These problems forced them to quickly adapt to a new life on campus.

In Constitution No. 20 of 2003, education is defined as an effort that is made consciously to achieve specific goals such as having self-control, strength in religious spirituality, having a noble personality or morals, and having skills that are useful for oneself, others, the nation, and the state. Education in higher education requires students who are referred to as students to play an active, creative, initiative, and innovative role in the learning process. According to Gadzik (in Mitasari & Istikomayanti, 2019) Students are often faced with various problems in the learning process at universities, both public and private. These problems include academic pressure, interpersonal conflicts, and obstacles

in dealing with changes and problems that occur during the self-development process.

The focus and problems raised in this study are "How is the adaptation process of students from regions outside Java at UNJ in facing *culture shock*?". Then in line with the problems raised, this study aims to find out how the adaptation process of students from regions outside Java at UNJ in facing *culture shock*.

Theoretical Foundations

Intercultural Communication

Selo Soemardjan and Soelaeman Soenardi (in Sahbani, 2021) defines culture as all works, creations, and people's taste. According to James (2006), all human groups on earth have cultures, values, norms, languages, cultures, and material objects that are inherited from generation to generation. Material culture includes art objects, equipment, clothing, buildings. Non-material (symbolic) culture includes the behavior patterns and ways of thinking of a group. An ideal culture includes the goals, values, and norms of a group. Real culture is the actual behavior that is often far from the ideal culture of the group itself.

Mulyana argues that the essence of a culture is communication. Culture and communication have a close and dynamic relationship. However, the culture that has been born can also affect the way members of that culture communicate.

Intercultural communication is defined by several perspectives of communication experts. Literally, intercultural communication is also defined as communication that is established between two or more people through different backgrounds. According to Samovar and Porter, intercultural communication is communication that is established when members of one particular culture send messages to members of other cultures.

Charley H. Dood (in Sobarudin, 2019) Intercultural communication is communication that includes communication participants who represent individuals, between individuals, or groups through pressure on different cultural backgrounds and influence the communication and behavior of the participants. Based on several definitions of intercultural communication, it can be understood that intercultural communication is communication or interaction that occurs between two or more people who are members of a culture that has different backgrounds.

1.1 Elements in Intercultural Communication

Samovar and Poter argue that there are three important elements in intercultural communication, namely:

a. Perception

Perception is a process of selecting, evaluating, and instigating individuals from outside who are influenced by the values, beliefs, and systems that govern individuals.

b. Verbal Process

A process that focuses on how to communicate through words and also the process of thinking within oneself or commonly referred to as interpersonal communication.

c. Nonverbal Process

A process that focuses on the application of nonverbal symbols such as tone of voice, expression, and body language when communicating. Symbols in nonverbal communication have different meanings according to the culture behind them.

1.2 Barriers in Intercultural Communication

L.M Barna (in Sahbani, 2021) argues that the factors that inhibit intercultural communication include the following.

- a. Assumptions of Similarity
One of the obstacles that has surfaced is the misunderstanding that occurs due to the mind that thinks that there are similarities between every human being on the entire earth that can facilitate the communication process which in reality the forms of adaptation to needs both biologically and socially, values, attitudes, and beliefs between cultures are very different.
- b. Different Languages
A different language becomes a problem if one can only see one meaning of one word in a new language without thinking about the connotation or context.
- c. Nonverbal Interpretation Errors
Every human being who has a different background has a different sensory reality. They feel, see, and hear what they consider heavy on themselves.
- d. Stereotypes and Prejudices
Stereotypes become a barrier to communication because they affect an objective perspective on a stimulus. The birth of stereotypes is due to the existence of myths or weapon truths that are strongly instilled by a person's culture that sometimes rationalizes presumptions.
- e. Tendency to Judge Others
The tendency to judge, accept, and reject statements or opinions from individuals with different backgrounds is one of the obstacles in intercultural communication.
- f. High anxiety
One of the obstacles in intercultural communication is the worry or anxiety that an individual has in a culture when interacting with different individuals from outside the culture.

Cultural Adaptation

Self-adjustment or adaptation is certainly experienced by all individuals living in a new environment. Adaptation is a process of adjusting oneself to a new environment, including one's culture in an environment that has a different background. According to Kim, cultural adaptation is a long-term stage to adjust and foster a sense of comfort with a new environment. The process of adaptation is also often considered a process of dealing with pressure, adaptation, and development. (Sahabani, 2021).

Ruben and Stewart suggest that when an individual is away from the environment that has been considered home, away from the environment where he grew up, and away from the habits that he often does, then the individual will naturally learn new things to maintain his life. An example is when a regional student is far from the environment where they live or far from their comfort zone for a long period of time, there will be a transfer of values or also known as cultural adaptation.

Culture Shock

Culture shock is one of the challenges that is inevitable for anyone when entering a new environment. This *culture shock* arises because of anxiety which is the impact of the loss of all signs that have become habits or are commonly used in daily socialization among the community. *Culture shock* is a challenge in the field of intercultural communication. In the era of globalization like now, intercultural meetings are inevitable, especially in the field of education.

Anthropologist Kalervo Obreg first told *culture shock* as an anxiety that arises from the absence of all social signs and symbols such as words, facial expressions, habits, and norms that are acquired unconsciously in the process of one's journey (Shi & Wang, 2014). Self-adjustment, especially made by regional students to *culture shock* It has as much impact as the communication factor. Self-adjustment can be interpreted as how students can achieve a balance in life in meeting the needs of life that is in harmony with the new culture and environment (West, 2012). *Culture shock* What happens to Rantau students is a process of self-adjustment and how to adapt to a new culture and environment which is a factor of social communication in social life, where the existing culture and environment are very different from the culture of origin. Important points in the phenomenon *culture shock* This is what Rantau students do in living their lives with their new culture so that excessive social imbalances do not arise (Morissan, 2013)

Graham Murdock (1989) stated that each community group will be continuously connected in communication and the creation of meaning so as to create expressive traits in social life. This is what determines the meaning, self-identity, and influence of an individual in forming ideas and values of understanding in interpreting oneself to *culture shock* or cultural differences (Morissan, 2013). If you look at the field of education, *culture shock* It is often experienced, especially by overseas students. In a study on "*Foreign Students 'Cultural Adjustment and Coping Strategies'*" stated that migrant students must make adjustments because of existing cultural differences. (Nuraini, 2021)

Culture shock is a psychological term that describes a person's state and feelings when they have to deal with different social and cultural environmental conditions. In the field of education, *culture shock* will not directly affect the learning outcomes of a student but rather influence the reaction issued by the student. *Culture shock* is a form of self-adjustment of regional students in accepting, appreciating, and overcoming a problem of self-adjustment in the social environment and social relations in the environment, which of course there are differences between individuals and other individuals in adapting and also interacting.

METHOD

This study uses a qualitative approach because this research is descriptive and uses more analysis. The results found did not come from calculations. A qualitative approach can be interpreted as an approach that functions to explore and interpret the meaning of an individual or group related to social problems (Creswell, 2014). Research that uses a qualitative approach, the results obtained are not produced from statistical procedures or forms of calculations because research with a qualitative approach uses and also utilizes the analysis of researchers as a key instrument. If a research uses a qualitative approach, the research will be descriptive and also use analysis with an inductive approach (Sugiarto, 2015). In research, this qualitative approach will highlight the process and meaning based on the perspective of the subject.

The type of research used is descriptive. (Ramdhan, 2021) explained that descriptive is a type of research with a method that aims to explain the results of a research. Descriptive research will certainly provide descriptions, explanations, and also certainty about what is being researched. Usually, the problems raised in descriptive research do not have too broad a nature and of course must contain scientific value. In addition, the existing descriptive research objectives cannot be too broad and do not use data that is a personal opinion.

The unit of analysis in this study is informants who are regional students from outside the island of Java in the Communication Studies Study Program, Faculty of Social Sciences, State University of Jakarta Class of 2019 and 2020, including FAF (Medan), LTR

(Riau), PMM (Medan), WRS (Tidore), Y (Jambi), HFA (Padang), and HAFW (West Papua).

The data collection technique carried out by the researcher is using *Purposeful random sampling* (with a small sample number) which is the selection of informants by adding certain attributes in the form of UNJ Communication Science regional students of the 2019 and 2020 batches who come from outside the island of Java, consisting of 7 informants from Medan, Riau, Tidore, Jambi, Padang, and West Papua. This is done because the researcher meets a large number of informants so that this technique can reduce information bias, but what must be known is that this type of sampling is not intended to generalize and is also not a representative of the informant (Heriana, 2018).

RESULT

Culture shock is something that must be experienced by overseas students, it makes migrant students have to adapt with the aim of adjusting to the environment they will live in. Judith N. Martin and Thomas K in their book entitled *Intercultural communication in Contexts* explain that one of the several models that describe the process of individual adaptation is the *U-Curve* theory which consists of *honeymoon*, *frustration*, *readjustment*, and *resolution*.

1. *Honeymoon*

In this first stage, the feelings felt by individuals include a sense of enthusiasm, a high sense of curiosity about the new environment, even though they feel unfamiliar, but they are still complacent with the friendliness of the residents. The *honeymoon* stage is divided into three indicators, namely enthusiasm, curiosity, and foreignness.

1.1 *Passion*

Alex S. Niti Semito (in Yusuf & Hamzah, 2016) defines enthusiasm as an activity to do something more actively so that the activities carried out can run well and quickly. Everyone must have felt the spirit in their life so that an activity can be carried out as it should be appropriate and effectively.

The results of the interview with the seven informants produced the following data.

"There was a feeling of enthusiasm, but it wasn't the first time because at that time I was *online* via zoom, so it was still normal, and when I went to Jakarta, it felt very enthusiastic, finally feeling after 2 years of the pandemic at home in front of *zoom*, and finally there were *offline* activities, it must have been very fun to meet friends who usually met from zoom, but when I met immediately, I continued to feel like a college student also on campus." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"I feel excited, it's just that the spirit is not that enthusiastic because I was already upset at first. We've only been offline this semester, and even it's like the spirit has disappeared because most of it is online, so it's not as enthusiastic as it was at the beginning, and now it's falling, so it's like I want to go online again hehe." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"At the beginning, it was precisely because I didn't really hope for it, so the lecture was not too enthusiastic because in my heart I felt that what I wanted was not this, but after a long time, maybe I really had sustenance here. And because the beginning of the lecture was online, I felt bored and didn't feel the joy of college." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"To be honest, it was during the pandemic, so the spirit was actually not as hot as if we met immediately because I had to meet online first with everyone, but the excitement was because I finally had a new friend whose environment was in students whose thinking could

be more open and with materials that I quite liked in terms of communication materials and also all forms of learning and practice, I just liked it just to adapt to pandemic conditions at that time." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"I'm enthusiastic, because there are several places that I want to visit such as the old town, the libraries, the museums. There is also a sense of happiness because I managed to enter UNJ. So I can go to college while traveling too, because I was also not a person who often went to Jakarta, right, going to Jakarta is the rarest, once a year, so it's like arriving in Jakarta it's like fun, you don't need to go back and forth again, this is once we go to Jakarta and we can go to many places at once." (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*)

"When it was the first time, I couldn't sleep, so when I took care of the administration and during the PKKMB, I really didn't sleep. It seems like it's only half an hour. So, even the enthusiasm, because maybe it's because I'm an extrovert this time. So it's like meeting new friends, it's fun, but there is still fear, maybe because of cultural differences, so I'm afraid I don't get along." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"Because maybe I'm an introvert, so I'm worried about meeting new people, worried that I won't be able to blend in. Because it was my first time to migrate, so I was worried a lot at that time. But in that sense of enthusiasm, I experienced a new situation than before, so I thought like this is a new thing that I will live and try, to get out of my comfort zone." (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

According to the data above, four out of seven speakers felt that they could not feel a sense of enthusiasm. This is because the speakers expected a lecture system that was in person or *offline*, but in reality the lecture system started online. These four speakers felt excited when the pandemic ended and began to conduct lectures in person or *offline*. In contrast to the previous four speakers, the other three speakers felt a feeling of enthusiasm when they first came to Jakarta to migrate and study in Jakarta. As the results of the researcher's interview with one of the speakers, namely:

"I'm enthusiastic, because there are several places that I want to visit such as the old town, the libraries, the museums. There is also a sense of happiness because I managed to enter UNJ. So I can go to college while traveling too, because I was also not a person who often went to Jakarta, right, going to Jakarta is the rarest, once a year, so it's like arriving in Jakarta it's like fun, you don't need to go back and forth again, this is once we go to Jakarta and we can go to many places at once." (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*). In this case, the resource person is happy and enthusiastic because he can study while traveling in Jakarta, besides that the resource person also rarely goes to Jakarta. This made the speakers feel more excited and happy.

1.2 Sense of curiosity

In the learning process, curiosity and confidence are internal factors that influence individuals to develop. Students, especially students, are expected to have a high sense of curiosity about something so that they are not apathetic and more sensitive to the environment around them so that they can have a positive impact on themselves and others.

The results of interviews with seven informants produced the following data.

"Because I graduated from junior high school to high school in Medan, I already know what the learning process is like in Medan, what it's like to make friends in Medan, and what education in Medan is like. After I migrated to Jakarta, I must have felt curious or excited to start studying in Jakarta. In terms of friendship, I have known for a long time that I

am in elementary school and junior high school, right? For example, the campus environment may be different from the school environment, so I found out about the lecture environment, how to keep finding out about UNJ info." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"Maybe 80% of my curiosity, I'm a curious child, so it's like after I went through everything my curiosity, so I already knew. It's like, oh, this is like this, that's like that." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"For curiosity when there is news for *offline*, so I feel very excited to meet friends, because if you go online, you don't feel a really direct interaction. (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"My curiosity, to be honest, this is the first time I have traveled to Jakarta, so when I knew Jakarta, it was said to be a big and crowded city and when I heard it, I also felt that Sumatra was a crowded city. But when I came here, it turned out that the difference was quite far in Jakarta, the city was that big and there were so many people and it was very jammed if it was at a certain time." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"Actually, because I really like new atmospheres, I like new things, so when I go to Jakarta, it actually feels like I like it very much, because I feel like I'm curious about Jakarta too, like what the culture in Jakarta is, whether it's true like my stereotype or not. Then I was also curious about the culture in Jakarta, like how is transportation in Jakarta really like, is it really that good or what. And also the tourism in Jakarta, what else is it really". (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*)

"I'm so excited, I like to ask questions if I don't understand. For example, what does this mean, how is this, that's it. So, for example, if I don't understand, I'll ask that." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"I was more nervous when I listened to other people's stories, so I happened to tell a story, and from their stories I started to wonder "oh Jakarta is like this" "Jakarta is like this", so from people's stories. From that person's story, I became even more confused with Jakarta." (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

According to the results of interviews with seven speakers, all of them, from resource person one to resource person seven, have a high sense of curiosity and curiosity. The curiosity of the speakers included several aspects such as social aspects and entertainment aspects. In accordance with the results of the interview with one of the informants, namely:

"Actually, because I really like new atmospheres, I like new things, so when I go to Jakarta, it actually feels like I like it very much, because I feel like I'm curious about Jakarta too, like what the *culture* in Jakarta is, whether it's true like my stereotype or not. Then I was also curious about the culture in Jakarta, like how is transportation in Jakarta really like, is it really that good or what. And also the tourism in Jakarta, what else is it really". (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*)

Resource person five has a high sense of curiosity and curiosity about Jakarta, resource person five feels thirsty for curiosity about the culture in Jakarta. In addition, resource person five is also curious about transportation and tourist attractions in Jakarta.

1.3 Foreign Taste

A person who does activities or goes to a new place and stays for a long period of time will have a foreign feeling about them. This is certainly also felt by students who migrate outside the region. The following is the data generated from interviews with informants.

"I felt strange, when I first came to campus, I was in a position that I had just arrived in Jakarta after about 2 years online and from Medan, when I first went to campus even though I already knew friends from before, but when I met in person I was still confused about how to start a conversation or chat even to join, I was still embarrassed because at that time it was really the first time I met friends on campus, So maybe it feels strange for a while at the beginning of meeting friends because it's still awkward too." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"This is the first time I've been *online* because now *I'm offline* and I already have friends, so I don't feel strange. But the first *time online* the feeling of being foreign is what I feel like myself, like I'm from the outside so there is fear too, but now that the foreign feeling is no longer there. With them who are very *welcoming*, there is no longer a strange feeling." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"If there is a foreign feeling, yes, because I from outside the region continue to have cultural differences and habits." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"There is really no foreign feeling because I already know the student friends from online, so when I meet in person, it's not too difficult to blend in because I already know them, so when I meet them, it's just delicious." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"There is, because in my place, the culture is rich, the way of speaking is different. So when I first came to Jakarta, it was like a foreign country. Other friends spoke in their own way. I suddenly feel like a minder, what do I want to say. The problem is that I'm afraid of saying the wrong thing too, right". (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*)

"No, I don't feel foreign. So it's like normal, it doesn't feel like it's foreign." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"Because the way of speaking is different and maybe because it used to be new, right, so I was confused about what kind of language to use, so in the past, sometimes I sometimes did. And it turns out that here if you use me, the impression is different, if I am more formal, so I adjust more like using me. Oh, in the past, I couldn't even blend in with the jokes of Jakartans, and there were many terms that were said to be slang. So you have to learn first, so you don't feel strange. Because that's what makes us unable to talk, like "what are we discussing?" we can't join the conversation, so that makes us unfamiliar. That's why we try to understand, if we don't know, usually to the closest friends we ask "what does that mean?", "what are you talking about?" like that." (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

According to the results of interviews with seven speakers, as many as five speakers felt a high sense of strangeness, especially when they first came to Jakarta and did the lecture process. As the results of the interview from resource person seven who felt different feelings about the way he spoke, so resource person seven had to learn more about the way of speaking and the language used in Jakarta such as slang and other languages so that resource person seven did not feel too foreign. Then the other two speakers did not feel too foreign, because they had been to Jakarta before, even though it was not long, and before that they had also known the friends they would meet in lectures.

2. Frustration

The second stage is *the Frustration stage*, in this stage, the individual will experience frustration, annoyance, and inability to do anything because expectations are not in harmony with his reality after experiencing *the Honeymoon stage*. This stage is quite difficult to go

through, but in the adaptation process, of course, this stage is an important stage that must be passed. The *Frustration stage* consists of two indicators, namely hopelessness (frustration) and frustration.

2.1 Despair (frustration)

After passing through the beauty of *the Honeymoon* phase, it is time for an individual to pass through *the Frustration phase*. In this phase, the individual begins to become aware of realities and realities that are not always good, this phase makes an individual realize that there are many unusual things. As an expatriate, of course, all speakers experienced a phase of frustration with varying degrees. The following is the data of interviews with the interviewees.

"If the frustration is that maybe when it comes to living in Jakarta, it doesn't exist, but if I have a lot of assignments or are dizzy about lecture problems, I usually feel stressed because usually in Medan there is a mom to take out and if I go here I only go alone. So the frustration is because everywhere here is because in Medan there are moms and friends, even though there are friends here, but the house is far from my house." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"For frustration, one of them is the feeling of homesickness that I must experience every day." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"I often feel that because usually at home there are parents and siblings, so I don't feel lonely, but if I go home by myself and feel really lonely. Sometimes I feel like going home but I can't do it, I have to learn to accept the situation." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"Stress because I am nomadic, fortunately until now it has never been possible because I have the soul of a regional child from the past, so now I am migrating to Jakarta, yes, it's normal, I rarely miss and want to go home, it's also rare. Fortunately, I can put myself in places like homesick and so on, fortunately I have never felt it. Maybe the stress is because of the college assignment or organizational assignment that makes it stressful." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"It seems that if you don't get desperate so far, it can still be handled. It's like the problems and obstacles that can still be passed, so it doesn't get to the point of despair or frustration. For example, if I don't understand, I'm the typical one who asks right away, or if I don't ask, I'm searching." (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*)

"I'm more homesick, and usually I call my mom while crying, keep saying "Ma, I miss you". Then like I said earlier, I was very poor when I was doing an internship because it was far away and I had to take public transportation like Gojek to get there faster, because if I took another vehicles it was a bit complicated and less efficient. In 1 month, I can spend more than Rp. 3,000,000 for an internship." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"Usually, support from the family is the best if we get it directly, for example, hugging mom and dad, or being able to be in the same house. But if not, it's harder now. For example, if you're working on a thesis, it's good if you already have food at home, so we don't have to think about what to eat, it's already dizzy, and it's dizzy about what to eat. So it sometimes makes me nervous, makes me stressed, makes me more thoughtful. Then if it's nice to meet your parents, your parents can support you with a pat like that, now this doesn't exist, now this is just a call or video call, but it's also difficult for me and my family to rarely communicate if they call, more often chat, because of busyness, we are two hours apart. So

when I just finished my activities, they must have already slept. So it's not suitable for video calls, because it takes time and needs a conducive place, right." (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

Despair is one of the indicators of *the frustration stage*. According to the results of the interviews with the interviewees, the two speakers felt that they could still overcome this desperate phase, because so far they felt that they had never felt an excessive feeling of despair. In contrast to the two speakers, the other five speakers felt a feeling of hopelessness that was quite disturbing, the five speakers had a feeling of hopelessness, especially the feeling of *homesickness*, they felt a feeling of homesickness and homesickness. Not to mention that when undergoing a fairly difficult lecture process, they feel that they need a direct hug from their families. However, this is difficult to do because of distance and time, making the speakers feel hopeless.

2.2 Resentment

The frustration experienced in this *phase of the frustration* usually makes an individual angry. This feeling of upset arises because an individual feels something he does not like, besides that feelings of upset can also arise when a person is not used to something. The following is data obtained through interviews with informants.

"What was not in line with my expectations was that I could feel homesick because the first time I thought about studying in Jakarta it felt more exciting in Jakarta, my friends were also more comfortable in the way of making friends because I had already lived in Jakarta but it turned out that as time went by and there were many tasks so I felt like I could also be homesick. It upsets me." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"If there is a problem, it seems normal, it doesn't seem like all humans will be annoyed if it is not suitable, but on the other hand, we children of the region should not be spoiled, so just adapt." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"There must be a feeling of upset, it's just that we know that we live outside the area so we can't force something according to what we want so we try to accept it and this is the risk." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"There is, but not because of the cultural background but more because of the character of the person, for example, when partnering in an organization and there is a miscommunication, maybe things like that make me expect that I am different from reality." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"The expectation is like being afraid of having friends who are not welcome, but it turns out that all of his friends are welcome. So I was amazed, like Jakarta is not as bad as I heard." (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*)

"I'm still closed in lectures, I can't show myself more. So sometimes I feel like "why now it's been 4 years and I haven't been able to be more open, why am I still afraid". Even though this is no longer in Padang, in my home area. I should have been able to call out more opinions. Even though the expectation is that I can explore more, because here it is freer, so I should be more open-minded. It's just that I'm still afraid to be able to show myself more." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"Actually, as I explained at the beginning, I didn't expect to go to Jakarta, and Jakarta is not my actual destination city if I want to migrate instead of to Jakarta, so indeed the stigma is already ugly, Jakarta is very tired, very dense, so if you ask me how upset, in the end there

is no upset, even the negative ones I think at the beginning turned into positive." (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

In addition to despair, there is also a sense of irritation which is an indicator in the *frustation* phase, according to the results of interviews with seven speakers, the six speakers felt a feeling of irritation caused by various factors. The first speaker felt annoyed because he was not used to being away from home and his family. Then the fourth speaker also felt annoyed because he felt that he did not fit with some of the characters of people in Jakarta. Furthermore, resource person six felt annoyed because he still did not adjust and got out of his comfort zone to be more open and more exploratory, resource person six felt still afraid and still closed himself. There were also two and three speakers who felt that they could accept the feelings of annoyance that came to them, they felt that this was a normal thing, especially for those who traveled, they felt that it had to be passed and had to respond to it by learning to be able to adapt more.

3. Readjustment

In this third stage is the stage where individuals match or realign with the situation and conditions in their environment. This is usually done by imitating or challenging existing differences. There are two indicators in this stage, namely a sense of acceptance and an adjustment process.

3.1 A Sense of Acceptance

A sense of acceptance is a feeling that arises after a feeling of frustration and rejection in an individual. At this stage one will begin to learn to accept their environment. The following are the results of interviews with informants regarding the admission phase that they experienced during lectures.

The following is data obtained through interviews with informants.

"Being grateful is the most important thing, because if you keep thinking about it, those difficult things become a burden for me, so as time goes by I also learn to understand my condition and start to be grateful so that it is not too burdensome and while looking for the best solution as well." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"It's more like just walking, actually, more grateful and just going through every process of life. So yes, just go through the process." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"My way of accepting is to get out of the house, to keep myself busy so that I can entertain myself." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"The way I accept it is by trying to adapt because I am the one who comes to a new environment, yes, I try to adapt as much as possible to myself in terms of language, culture, things that I can take and absorb, yes, I do it while it is a positive thing. But for things like promiscuity in Jakarta, yes, I can't adapt because it's really different from my principles." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"The form of acceptance is like an experience, like for example, oh they're individualists, so I'm like a recipient and do that too, like carrying it too" (*Interview with Resource Person 5 (PMM), a regional student from Medan, February 14, 2023*)

"Yes, just go for it. Maybe at first I cried first, but after a long time, I just went through it, and then it will be over." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"It makes it seem like this is our house, because if the communication with the parents is different in time, it is a bit difficult. Then God, if there is anything, it's God."

(Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023)

Based on the results of interviews with the seven interviewees, it can be seen that they experience a phase of acceptance in their environment through various ways such as learning to understand the situation, trying to adapt to a new environment, busiling themselves with entertaining activities, creating a comfortable space for themselves, and also always feeling grateful for what they are living.

3.2 Adjustment Process

The adjustment process is one of the indicators in the *readjustment* stage in which individuals will try to blend in and adapt to existing situations, conditions, and environments. The following are the results of interviews with the seven informants.

"I have to first know how to make friends with people in Jakarta, especially in the campus environment, now after I know it I just have to apply it because actually I am not a person who has a hard time adjusting to a new environment, so for me I just have to find out like if I go to campus again or there is a campus event, see how to make friends in this campus environment, because even though I have lived in Jakarta before, of course the lecture environment is new to me, so after seeing it I immediately applied and started adapting according to what I have been researching so far." *(Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023)*

"For the adjustment, we have to be more friendly, like for example someone who negurs, we go back to negur, it's just that we have to be more careful like for example we want to go out, so it's more friendly but still be careful." *(Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023)*

"When I'm in a situation I have to know so I'm trying to find out. I adapt to trying to accept, appreciate, and respect differences." *(Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023)*

"I feel like I'm quite adaptable because I'm not too familiar with Jakarta, with the regions, the environment, the people, the way I get along like that, I can adapt." *(Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023)*

"The way I deal with my new environment is SKSD (always close to each other) hehe, diligent in finding out is also like searching. In addition, if you adapt to the environment, it's more like SKSD with your college friends. If it's the same home environment, it's normal, just get used to it for a long time." *(Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023)*

"I tried to get closer to myself, kept finding out about Jakarta too, so I didn't get too lost. Anyway, don't be afraid to try things in Jakarta, but the good ones." *(Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023)*

"It's like SKSD (always known as pretentious), I used to be a SKSD, but praise God because Ikom embraces it, they ask a lot of questions, so I'm the one who is open. Even though I was shy, in the end I could still say that. So yes, in the end, I learned to learn to talk to others, learn to ask questions, and so on to adapt and adjust myself." *(Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023)*

After the acceptance process, the resource person will enter the adjustment process in the *readjustment* phase. Three of the seven speakers said that the way in their admission process was to try to find out about the new environment regarding the way of socializing and culture in Jakarta. In addition, their way to adapt to existing situations, conditions, and environments is to try to get familiar with the local community through greetings, conversations, smiles, appreciative attitudes, and respect for existing differences.

4. Resolution

If the individual has reached the *Resolution* stage, he has begun to be able to solve the existing adaptation problems. Likewise with the informants in this study, this allowed them to try new approaches and eventually integrate them into their adaptation methods. There are three possibilities in this stage, namely full participation, tolerance, and *fight*.

4.1 Full participation

Full participation is when a person does a way as a form of business so that a safe and comfortable atmosphere is achieved for himself. The following is the data obtained from the interview results.

"Maybe the way I participate to create a comfortable atmosphere for myself is to play with friends and try to forget the things that make me frustrated. It's more about keeping yourself busy or getting in touch with family or friends in Medan." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"Actually, it's more flowing, because we look at the situation and the situation as well, for example, the scope of his friendship, there are some friends from the way he talks or from the way he expresses something that makes us uncomfortable. Well, that's how to overcome it, just try it first to adjust it. It's like maybe we really want to be as comfortable as possible, keep trying." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"If you want to make myself comfortable, yes, by keeping yourself busy and doing positive things. And in terms of friendship, I will try to dilute the atmosphere by joking to make it more comfortable and not awkward." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"My way is by making self-limits. What can I adapt, what doesn't, what I can adapt as long as it's positive and makes me comfortable, I'll learn to adapt, but for things that don't make me comfortable, yes, I don't need to learn about it, so yes, I just stay away from those things, it doesn't have to be all the customs and culture that exist in Jakarta, I follow." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"To make me feel comfortable, it's most like self-healing, if I do self-healing, I'm more like watching dramas, music, singing in the room, and sometimes there is an opportunity to call my parents, what about complaining stories in Jakarta, like that." (*Interview with Resource Person 5 (PMM), regional students from Medan, February 14, 2023*)

"I usually look for friends who are outside of UNJ, and I also like to watch concerts, so I do healing too. In addition, maybe it's like walking alone, watching by yourself. And also I'm more stupid about things outside, so I don't think too much about what people say." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

Just like before, it makes it seem like this is our house, so yes we are comfortable to migrate here. (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

Most of the interviewees had the same way in the full participation stage, namely by busiling themselves with entertaining activities such as gathering with friends, establishing good relationships with family, listening to music, watching movies, and going for a walk. In addition, they will also continue to strive to adjust to the new environment, create self-boundaries, and make their new environment like their own home so that they can create a sense of comfort for themselves.

4.2 Tolerance

When a person enters a new culture and environment, it is not impossible that there will be a difference. Each individual has a different level of tolerance. The following is the data from interviews conducted with informants.

"From the way he talks, because I often say that Fahriza talks like he is angry, even though he is indeed innate from there, he lives there, so he brought it here. So if you talk about it, you think I'm angry when I don't." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"So far, there is no culture in Jakarta that is not in accordance with my culture and cannot be tolerated or followed." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"There is a culture in Jakarta that I cannot tolerate, for example the culture of beggars or beggars who if they are not given they are angry, even though it is our right to give or not. Then the parking attendant because there is no parking attendant. In terms of security, Tidore is very safe because it is included in North Maluku which is the happiest province in Indonesia and the unemployment rate is the lowest, so it is very rare to see beggars and thugs. And the crime rate is also very low." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"The habit in Jakarta that I can't tolerate is adolescent association that is too free in terms of friends of the opposite sex or dating, which in my opinion in Jakarta is too free and things like that are common." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"It's more about clothes, because in my area, for example, wearing shorts or short clothes is still called *paint*, it's still like a topic of conversation for people too. Then it's like, for example, changing the color of your hair, if you are here, it seems more free if you are creative when it comes to *stylish fashion*, right, like that" (*Interview with Resource Person 5 (PMM), a regional student from Medan, February 14, 2023*)

"For example, in Padang, if you are of the opposite sex, you are more afraid. Just touching it a little is scary, now if you are here sometimes you like to immediately say *astagfirullah* in your heart hehe." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"Maybe from the beginning of my life I have coexisted with other cultures, so maybe I have learned tolerance from childhood until now, so now there is no culture like that." (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

In carrying out the overseas process, cultural differences are common. Each interviewee felt that there was a difference in lifestyle, habits, and culture between Jakarta and their home area. There are several habits of people in Jakarta that they cannot tolerate, such as the habit of begging or beggars that are found in every corner of Jakarta, the association of teenagers that sometimes exceed the limit, to the free way of dressing. In addition, they still respect these differences by not judging and trying to create boundaries with things that are not in accordance with their life principles.

4.3. Fight

The fight in question is an effort made by an individual to live what he is facing. How an individual strives to get through day by day with the efforts made. This is the final stage in the adaptation process. The following is the data from the interviews that have been conducted with the seven speakers.

"With my friends, I have become more boundary, still friends but not that close. And of course, becoming more independent can do anything alone. I used to be very scared, but after being in Jakarta I was required to go everywhere alone and be independent, so I was no longer afraid." (*Interview with Resource Person 1 (FAF), regional students from Medan, February 21, 2023*)

"The way to avoid the situation that makes me uncomfortable, yes, I definitely won't come to that thing and situation. And if it has happened, just let it go. Let's go back to how we control ourselves, we don't say it right away. I learned a lot starting from independence, it's hard to be away from my parents, secondly, I have more and more experiences that I can later tell people in my hometown, so of course there are many new things that I get every day in Jakarta, especially at UNJ." (*Interview with Resource Person 2 (Y), regional student from Jambi, March 8, 2023*)

"Just be more careful so that I can be more comfortable. If there is something that you feel is disturbing, you should just stay away. Also stay away from negative environmental habits and don't be affected. I learned that living in Jakarta is so hard because in Jakarta alone, usually at home you can help your mom and dad. If you are here, you must be able to be independent and not rely on others. I also live in Jakarta in traffic. On the positive side, I became more independent starting from cooking, tidying up, and other small things. And also seeing that my friends have big ambitions, I am also moved to learn and be more active and try new things." (*Interview with Resource Person 3 (WRS), regional students from Tidore, February 14, 2023*)

"It's enough to build boundaries with their environment is a way to make myself comfortable. So far, there are a lot of positive things that I have learned, because Jakarta is a big city, so technological development is more advanced and that's what I absorbed, it turns out that even though I am from the village and not a big city, but it turns out that I can learn new things, I turn out to be not much different from the students here. I can also be open-minded, I can also balance their skills and knowledge. I became more independent and did everything independently, I had to dare to go everywhere by myself, I had to dare to learn and do everything by myself." (*Interview with Resource Person 4 (LTR), regional students from Riau, February 21, 2023*)

"Usually, if I'm not comfortable, for example, I just keep quiet, or like I avoid it first to take care of myself. So I'm more like withdrawing, introspecting myself first, relaxing myself first. Only later can we be comfortable with the problem" (*Interview with Resource Person 5 (PMM), a regional student from Medan, February 14, 2023*)

"For me, the main key is healing. In Jakarta, there are a lot of them, you can watch, you can go to the beach too, you can go to Dufan, there are also many concerts here, there are festivals too, or Korean concerts too, so there is a lot of healing." (*Interview with Resource Person 6 (HFA), regional students from Padang, February 21, 2023*)

"I was looking for a friend, that's why in the end I decided to contract because I didn't feel too homesick, if I was homesick, my family wouldn't have anything to look at because I was far away, at least I had friends for the story. And having a close friend does help not to be so stressed, because there are friends to talk to, so both of them are overflowing with stress or frustration." (*Interview with Resource Person 7 (HAFW), regional students from West Papua, March 15, 2023*)

In the last stage, namely the *fight* phase, the interviewees said that their way to live what they are facing is by trying to maintain boundaries with things that they consider negative, trying to control themselves, being careful and staying away from things that make them feel uncomfortable, indulging themselves by doing things they like, and also establishing friendships so as to create a sense of comfort to live in the city where they went overseas.

DISCUSSIONS

In accordance with the above results, the first phase in the adaptation process in the U-Curve theory is the Honeymoon phase. Four out of seven speakers felt excited when they started giving lectures in person. Then the other three speakers felt a feeling of enthusiasm when they first came to Jakarta to migrate and study in Jakarta. Then all speakers had a high sense of curiosity and curiosity. The curiosity of the speakers included several aspects such as social aspects and entertainment aspects. Furthermore, in this Honeymoon phase, as many as five speakers felt a fairly high sense of strangeness, especially when they first came to Jakarta and did the lecture process, while the other two speakers did not feel too much foreign feeling, because they had been to Jakarta before.

The second phase is *the Frustration* phase, in this phase the two speakers feel that they have never felt an excessive feeling of hopelessness. In contrast to the other five speakers who felt quite a feeling of hopelessness, especially the feeling of *homesickness*, they felt a feeling of homesickness and family. In addition to despair, there was also a sense of annoyance from the first speaker who felt upset because he was not used to being away from home and his family, resource person four also felt annoyed because he felt that he did not fit with some of the characters of people in Jakarta, resource person six felt that he was still afraid and still closed himself.

The third phase is *the Readjustment* phase, in which all interviewees experience a phase of acceptance in their environment through various ways, such as learning to understand the situation, trying to adapt to a new environment, creating a comfortable space for themselves, and also always feeling grateful for what they are living. Then as a form of adjustment process, three of the seven speakers said that the way in the process of accepting them was to try to find out about the new environment regarding the way of socializing and culture in Jakarta. In addition, their way of adapting to existing situations, conditions, and environments.

The fourth phase is the *Resolution phase*. Most of the speakers had the same way in the full participation stage, namely by busiling themselves with entertaining activities. In addition, they will also continue to strive to adjust to their new environment, create self-boundaries, and make their new environment like their own home. Each interviewee felt that there was a difference in lifestyle, habits, and culture between Jakarta and their home area. There are some habits of people in Jakarta that they cannot tolerate, however, they still respect these differences by not judging and trying to create boundaries with things that are not in accordance with their life principles. The interviewees said that their way to live what they are facing is to try to maintain boundaries, self-control, be careful, indulge themselves, and also establish friendships.

CONCLUSION

Based on the research that has been conducted, it can be concluded that all speakers went through several adaptation processes in the U-Curve theory according to Judith N. Martin and Thomas K, namely the phase of *honeymoon*, *frustration*, *readjustment*, and *resolution*. In the first phase, namely *honeymoon*, The seven speakers had a high sense of curiosity both from the social aspect and the entertainment aspect. In the next phase, the five speakers experienced frustration in the adaptation process that they carried out, including *homesick*, feeling hopeless, and feeling annoyed due to the misalignment between reality and their imagined expectations, while the other two speakers did not feel a phase of frustration during the adaptation process. In the third phase, namely *readjustment*, all resource persons experience this process through acceptance by trying to understand, adapting to the

environment, creating a comfortable space for themselves, feeling grateful for what they are living, and also finding out about the new environment they live in. In the *resolution* or the last stage, the form of participation of the seven speakers in the adaptation process is to keep themselves busy, make adjustments, make boundaries, and consider the new environment they visit as their own home in order to create a sense of comfort, and establish good relationships with the local community.

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