Culture Adjustment Training for Overcoming Culture Shock at New Student Originating from Outside West Java

Abstrak:

Culture Adjustment Training was aimed to prepare a treatment program for new students to deal with culture shock in an effective way. The quasi-experimental method was used in this research. The target population of this research were students from Maranatha Christian University who came from outside West Java. There were 20 students who participated in the research. The training modules were based on cross-cultural techniques and consist of two parts, one day training and weekly monitoring for one month. The measurement of behavior transformation was done by doing pre-test, monitoring, and post test. Non-parametric Wilcoxon statistic to test two combined samples was used to examine the hypothesis. The result indicated that $T_{count} = 29$ and $T_{table} = 52$ with $\alpha = 0.05$. The hypothesis testing indicated that there was a difference in culture shock level before and after the Culture Adjustment Training was held. In conclusion, Culture Adjustment Training modules can be used to help new students to overcome culture shock.

Keyword:

Culture Adjustment Training, Culture Shock, Early Adulthood

Daftar Pustaka:

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