

Chapter Four

Findings and Discussions

This chapter explains the culture shock faced by international students studying in Yogyakarta. There are two main findings found during the research and they are; the source of culture shock faced by the international students. The second is related to their strategies to overcome that culture shock. The answers to these questions presented were found after the researcher collected the data using two instruments which are; document and interview.

The sources of culture shock that are faced by international students studying at one private Islamic University in Yogyakarta

After collecting the data from two of the participants the researcher found the answer from the first research questions. All participants said that they have faced all kinds of culture shock in particular aspects. There are seven main answers found by the researcher which happen to know as the source of culture shock of International students who study in one of the Islamic private university in Yogyakarta. It is shown that most of the culture shock happens in the daily life of international students.

Weather differences. From all of the two participants, only Lara Jean that faced culture shock related to weather. Clementine did not have an issue with the weather. It is likely because she is from Thailand which is also a tropical country like Indonesia. Based on her interview, Lara Jean stated that “The weather in

Yogyakarta is hotter than Taipei”. Surprisingly, when the researcher asked Lara Jean how the weather differences made her feel, she answered that she was happy with that. “To face every different experience is good for me”

According to the data above it shows that climate is one of the sources that could cause culture shock. This likely to happen because Taipei has four different seasons in every year while Indonesia is known as a tropical country which only has two different seasons every year. Incidentally Lara Jean felt this weather differences between Taipei and Yogyakarta. This is in line with the statement from Lopez and Portero (2013) extreme heat could influence people, especially if the person is not accustomed to the host country’s weather. On the other hand, she thinks that it is good to face a whole new climate. This means that weather differences did not only just bring discomfort but it can even bring good vibes to the participant.

Outfit differences. Both participants have an issue with the outfit differences. “I never see any female students wearing just jacket or short pants”. Lara Jean still thinks that what the Indonesian students’ habit in wearing the proper outfit to university is good. “I think wearing proper clothes is a way to respect the lecturer”. Clementine has different problems with Lara Jean. Clementine mentioned that “It is surprising for me to see Muslim women friends in Yogyakarta without the hijab”. This indicates that there is a shock from Clementine. Clementine grew in an environment where most of the Muslim women wear a hijab. That is why she felt really shocked because she rarely found Muslim women without a hijab in her home environment.

Lara Jean thinks that wearing proper clothes to campus is good because it shows manner for the lecturer. On the contrary, most of the female students at her University in Taipei wear a too casual outfit. In Taiwan, Lara Jean said that Taiwanese university students wear an outfit that showed too many skins. Due to the Islamic based rule applied to the local University, she went on; all of the Muslim female students in University must wear a hijab and proper outfit. While Clementine sees some of her female Muslim friends did not wear the hijab inside the University during the break. She was surprised because in Southern Thailand where the majority is also Muslim, all female wear hijab in every circumstance.

Both participants have different views on outfit differences. It means every situations and condition has its own perspective from the participants. This is in line with Fakir (2018) that mentioned culture shock could happen in any social encounters and situations. Same like Lara Jean and Clementine that found differences in dealing with outfit differences in university area which can be considered as socia situation.

People's character. Both participants mentioned that they have culture shock related to the people's character in Yogyakarta. Lara Jean said, "I think that Indonesian are very friendly, kind, enthusiastic, and love to helps stranger, unlike Taiwanese". Another thing she found in Yogyakarta is the type of Indonesians worker. She's a little surprise when she sees one of the workers in Indonesia worked not as fast as Taiwanese. "For me, is not as agile as Taiwanese is not a bad thing. In fact, to me find it funny when I saw Indonesian singing while working at the same time". Same like Lara Jean, Clementine was really amazed

by the Indonesians who live among differences. “Indonesian can live among differences” she said during the interview and also on her reflective essay.

In line with the statement from Newsome and Cooper (2016) affirm that a person who deals with alien cultures for the very first time on adulthood have higher chance to feel culture shock. Same like Clementine that lived in a place where people do handshake to greet each other; it made her felt scared and worried at the same time. Unfortunately, different from Lara Jean that feels absolutely fine when she saw some of the workers in Indonesia did not work as fast as in Taiwan.

Custom

This source of culture shock was experienced by the second participant which is Clementine. The authentic culture in greetings from Thailand did not involve handshake, instead they putting their hands creating a prayer-like gesture and raise it between their chest and forehead then they bowed. Due to these conditions, Clementine feels shocked “I am not accustomed to handshake with opposite gender”. Despite the fact that she feels uncomfortable with certain Indonesian’s culture, she said that Indonesians are great. She also mentioned this issue on her reflective essay that she felt shock knowing that Indonesia is accustomed to do handshake while greeting. On member checking, Clementine state her feelings towards the differences. Still, she also worried “The existence of cultural differences makes me worry and scared”

This is in line with the statement from Anjalin, Mazmudar, and Whiteside (2017) that facing new surroundings and environment could cause anxiety. Same like Clementine who worried about the different culture she valued with what the local people valued, which is doing handshaking while greeting to each other.

Food differences. Both participants Lara Jean and Clementine have their own Indonesian food problems. Lara Jean which happens to be a vegetarian is struggling to get veggie meal near the university area. As she said during the interview “I hardly found any vegetarian meal around me, I’m a vegetarian”. Different from Lara Jean, Clementine has some issue related to the taste of Yogyakarta common food. On her reflective essay she said that she has problem with the local food. Later on, when the interview were conducted, she explain more about the food differences. She said, “I do not like Jogja foods which tend to have a sweet taste”. She is from Thailand and she accustomed to eat a meal with a sour and spicy taste. She felt upset about it “I feel upset to know that the foods in Yogyakarta tend to have a sweet taste”. She felt so upset at first that she decided not to eat all day. This is supported by her statement from member cheking “I do not eat all day”. She also stated in her reflective essay that the longest time that she took to adapt to the differences is when she has to face food differences.

All the data above show that both participants deal with the different food problem. Puspitasari (2017) also mentioned that one of the factors that caused culture shock is Indonesian food. All these differences in food taste between Indonesian food characteristics with sojourners’ appetite cause culture shock.

Traffic Differences. Only Lara Jean has problems in dealing with the traffic. Lara Jean stated that she thinks the traffic in Yogyakarta is too crowded, “I think that Indonesia’s traffic is so crowded and the driver is careless”. She thinks that Taiwanese traffic rule is more strict “Taiwanese traffic rule is more strict than in Indonesia”. In addition, she said, “Using a motorcycle is too dangerous”. These statements are supported by her statement on the reflective essay that said “The traffic is dangerous. Motorbikes are everywhere and so close to each other” and she also said, “Every time when I am crossing the road it makes me heart bumping so fast”. These statements indicate that there is a shock.

In Taipei, the government provides four ways of pedestrian crossings and MRT. Moreover, most of the people in Taipei walk if they want to go somewhere. This might have a connection with the four ways of pedestrian crossing, to make the people that like to walk feel comfortable. Unfortunately, the government in Yogyakarta did not provide those yet. Especially, the pedestrian crossings around her University area. Even, it is very rare to found any pedestrian crossing around her. The conclusion is different typical traffic can bring shock to international students. It is because traffic is always related to someone else’s safety, which is extremely crucial. Not to mention that one of the participants, which is Lara Jean, felt nervous that her heart bumped when she about to cross the road.

Language differences. Both Lara Jean and Clementine have the same issue, which are language differences. Not all of them were fluent in Bahasa Indonesia before they stay in Yogyakarta. Lara Jean has to think when she talks to someone that does not speak Taiwanese or English. “I need to think hard where

people cannot speak my language and English”. This situation made her feel surprised “I try to learn Bahasa Indonesia. I feel extremely surprised when people do not speak English and Taiwanese”. These indicated that she felt shocked by the language differences.

Meanwhile, Clementine able to be fluent in Indonesian language for one semester. Before she came to study in Yogyakarta she could not speak Indonesian language at all. However, she has some Malay language basic, because some of the people from South Thailand speak Malay. Since day one on her first semester, she tried to learn the Indonesian language. She learned the local language from her local friends. “It took me one semester to learn Bahasa Indonesia”.

Language differences cannot be denied as one of the factors that caused culture shock. Language is the main key to communicate to people, and if the participants are not able to speak the local language then it will be hard for them to communicate. English, Zheng, and Ma (2015) explain that one of the factors of culture shock is unable to communicate with the local people.

The strategies that are used by international students to overcome culture shock?

After collecting the data from two of the participants the researcher found the answer from the first research questions. All participants said that they have their strategies to overcome all kinds of culture shock in particular aspects. There are five main answers found by the researcher. It is shown that every participant has their own strategies in particular culture shock.

Dealing with people's character differences. After collecting the data, the researcher found two main different points related to people's character differences. All the participants mentioned ways to overcome this issue and the researcher divided the answer in terms of communicating with the local people and accepting the culture. Lara Jean and Clementine has their own way of overcoming their issue. Based on the interview and reflective essay it showed that Lara Jean has the most issue related to communicating with local people. Unlike Clementine that has a minor issue related to this. It is likely because she has Malay language knowledge from her hometown.

Communicating with people. Lara Jean and Clementine have problems related to communicating with local people. It is because both are not familiar with Indonesian language. Even though Clementine understand Malay but she said she cannot understand Indonesian language because two of them are different. Both of them have their own ways to handle this issue.

Body language. Lara Jean has many strategies to face her culture shock. In order to help her communicate with the local people she used body language “I use body language to communicate with people”. Body language is a common way for people who cannot deliver the language very well. It turns out that Lara Jean use this strategy in order to help her in a certain situation related to communicating with local people. Meanwhile, Clementine did not apply this strategy is likely because she has the Malay language basic skill.

Local people as the interpreter. Lara Jean usually get help from another local people who can interpret her and the other local people who do not speak English “People around me will help me to interpret me and the local people”.

Translator tool. Lara Jean use online translator tool “I use Google translate to help me communicate with the local people”

Ask for help. Lara Jean will ask someone else near her for helping her “I will ask for help if I find trouble at anything”

Mix language. Different with Lara Jean, Clementine who already knew a little bit about the Malay language before coming to Indonesia she uses English, Malay, and Indonesian Language “I mix my language with English, Malay, and Indonesian at the same time”

Let the locals know the problem. If Clementine meet local people who only speak the Javanese language then she will be just quiet and explain slowly that she cannot speak Javanese “I will be quiet, try to explain to the seller that I cannot speak Javanese”

Accept the differences. Clementine felt uncomfortable to do the handshake with the Indonesian people because she is not accustomed to doing so. Her strategy is to avoid handshake. This is supported by what she said during the interview “I will try my best to avoid handshaking”

Avoid the source of culture shock. Clementine felt uncomfortable to do the handshake with the Indonesian people because she is not accustomed to doing so.

Her strategy is to avoid handshake. This is supported by what she said during the interview “I will try my best to avoid handshaking”

Try to understand and respect others. Clementine chose to make peace with the culture shock by understanding and accept it. “I try to understand the differences” and she also said “Trying to respect each other. On her reflective essay, she also says the same thing which is she just need to understand and accept the culture in order to face the source of culture shock.

Using online aid to communicate with local people is quite convenient. Wade (2011) explained that Google translate is one of an alternative way to speak to a non-English speaker. The data above showed that both Lara Jean and Clementine were trying to be part of the social life in Yogyakarta. Even though they do not share the same first language, they still try to figure out a way to communicate with the local people. This is one of the strategies to faced culture shock based on Gayatri and Andhini (2016). According to their research, it showed that international students still have the intention to be part of the Indonesian social life (Gayatri & Andhini, 2016).

The best strategy to face culture shock is to understand and accept it. Understanding the differences showed that the International students have grown from cultural innocence to intercultural awareness, this means that the international students went through the processes of acculturation and enculturation (Tian & Lowe, 2013). Same with Keller (2014) that mentioned it is very important to become an open-minded person to prevent culture shock. It is

very crucial for them to be open and accept all of the difference and live among new alien culture.

Dealing with food differences. When it comes to dealing with food, both participants have the same way to face food differences. They cook their own food. Lara Jean said that because she is vegetarian and she hardly found any vegetarian meal around her so she cooked by herself. “I cook by myself” and she also said “I buy a little pot to help me cook”. Another strategy from Clementine is, she goes to the places that serve sour and spicy meal “I will go to places that sell meals with sour and spicy taste”. Same with Lara Jean, Clementine cook by herself too “I cook by myself”.

From all the states from the participants, it shows that the best way to face culture shock in a different taste of food between the home cuisine and host cuisine is by cook the meal by themselves. This was supported by the statement from Fakir (2018) that cook the food instead of buying it is the best way to handle culture shock related to different taste of cuisine.

Dealing with traffic. Based on the findings from the first research question, it shows that only Lara Jean has trouble in facing traffic in Indonesia. Lara Jean said that she will just be careful to face the crowded traffic and careless driver, “In order to face crowded traffic and careless driver I just need to be careful”. Lara Jean also mentioned that she does not want to use a motorcycle in Yogyakarta because it was too dangerous for her. This is one of the ways to avoid the careless driver in Yogyakarta. Lara Jean also mentioned in her reflective essay

that in order to be careful she observed how Indonesian cross the road and imitate them.

Dealing with language differences. Both participants have the same strategy to face this issue. Lara Jean said that she take a course in the University “I took Bahasa Indonesia course at the University”. Same with Lara Jean, Clementine also learns the Indonesian language and even the traditional language. “I learn Indonesian language with my friends”. Clementine utilized her Malay language knowledge in order to understand the local language. “Using Malay basic language skill” she also increased Indonesian language exposure by listening to the conversations among Indonesian “The more I listen to Indonesian language conversation the more I understand it”. She wants to get as much exposure as she can in order to be very well in speaking Indonesian language. She also learned Javanese a little bit “I learn the Javanese language with my friend”

To be part of the social encounter the international students have to at least understand the language basic. Clementine learned Indonesian language with her friend, and it took her for one semester to be fluent. Keller (2014) stated that understanding the local language at a non-English speaking country is very important. Understanding the language basic could reduce the number of having culture shock.