

ABSTRAK

**TINGKAT CULTURE SHOCK PADA MAHASISWA PERANTAU
DI UNIVERSITAS SANATA DHARMA**

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Penelitian ini bertujuan untuk (1) Mengetahui tingkat Culture shock yang dialami mahasiswa perantau di Universitas Sanata Dharma Yogyakarta serta (2) Mengidentifikasi indikator Culture shock yang paling dominan dialami mahasiswa. Penelitian ini menggunakan pendekatan kuantitatif dengan metode deskriptif. Subjek penelitian terdiri dari 88 mahasiswa perantau yang berasal dari luar Daerah Istimewa Yogyakarta dan dipilih menggunakan teknik purposive sampling.

Instrumen penelitian berupa Skala Culture shock yang disusun berdasarkan teori Winkelman dan memiliki koefisien reliabilitas Cronbach's Alpha sebesar 0,9046 yang termasuk dalam kategori sangat tinggi. Analisis data dilakukan menggunakan statistik deskriptif dengan mengelompokkan skor responden ke dalam lima kategori.

Hasil penelitian menunjukkan bahwa tingkat Culture shock mahasiswa perantau Universitas Sanata Dharma Yogyakarta sebagian besar berada pada kategori sedang (39%), diikuti kategori rendah (33%), tinggi (15%), sangat rendah (10%), dan sangat tinggi (3%). Hasil analisis (1) Capaian skor item menunjukkan bahwa indikator yang paling dominan dialami mahasiswa perantau berkaitan dengan kecemasan, kesulitan berkonsentrasi, dan (2) Pemahaman norma pergaulan dalam lingkungan budaya yang baru. Temuan ini menunjukkan bahwa sebagian besar mahasiswa masih mengalami proses penyesuaian terhadap lingkungan budaya yang berbeda, namun secara bertahap mampu beradaptasi dengan lingkungan sosial dan budaya di tempat perantauan.

Kata kunci: Culture shock, mahasiswa perantau, adaptasi budaya, penyesuaian diri.

ABSTRACT

Levels of Culture shock Among Out-of-Town Students at Sanata Dharma University

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This study aims to (1) determine the level of culture shock experienced by out-of-town students at Sanata Dharma University in Yogyakarta and (2) identify the most dominant indicators of culture shock experienced by these students. This study employs a quantitative approach using descriptive methods. The research subjects consisted of 88 out-of-town students from outside the Special Region of Yogyakarta, selected using purposive sampling.

The research instrument was a culture shock scale developed based on Winkelman's theory, with a Cronbach's Alpha reliability coefficient of 0.9046, which falls into the very high category. Data analysis was conducted using descriptive statistics by grouping respondents' scores into five categories.

The results indicate that the level of culture shock among out-of-town students at Sanata Dharma University in Yogyakarta was predominantly in the moderate category (39%), followed by low (33%), high (15%), very low (10%), and very high (3%). The results of the analysis show that (1) item scores indicate the most dominant indicators experienced by students from other regions relate to anxiety and difficulty concentrating, and (2) understanding social norms in a new cultural environment. These findings suggest that most students are still going through a process of adjustment to a different cultural environment but are gradually able to adapt to the social and cultural environment in their new location.

Keywords: Culture shock, migrant students, cultural adaptation, adjustment.