

THE PHENOMENON OF CIRCULAR MIGRATION AND ADAPTATION CULTURE SHOCK

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Abstract. Students will experience socio-cultural differences in terms of language, habits, interactions, behavior, food, and lifestyle because they are in a new socio-cultural area due to circular migration, so students are required to adapt to adjustments in the new environment so that culture shock does not occur which disrupts the learning process in college. this is the main problem. The purpose of this study was to understand socio-cultural changes in Malang City, to study adaptation strategies so that culture shock does not occur, to find out the duration of culture shock, and the speed of adaptation needed for adjustment by UM students from Jabodetabek who are migrating. This research method uses qualitative with a phenomenological approach. The research technique uses purposive sampling. Data collection uses observation, documentation, and interview techniques of UM students from Malang City for several months with several supporting theories. Key informants were obtained as many as 10 UM students from Jabodetabek as representatives of each faculty at the State University of Malang and source informants with the criteria of UM students from Jabodetabek at least semester one who are entering the 2nd month and have experience on this topic. The results of the study are that UM students from Jabodetabek need socio-cultural adaptation strategies to overcome culture shock in terms of language, habits, interactions, behavior, food, and lifestyle

Keywords: Adaptation; Culture Shock; Circular Migration; Socio-Cultural

I. INTRODUCTION

The phenomenon of circular migration occurs a lot in Malang City, especially at Malang State University. This is because the UM campus is a state university with adequate facilities, so many students from outside the city study at Malang State University. Circular migrants are defined as "people who move", but do not intend to settle at their destination. Circular migrants (seasonal migrants) are usually carried out by people who still have family or ties to their place of origin, such as students" (Siswono, 2015). Due to the large number of UM students from Jabodetabek, there will be differences in the individual backgrounds of a person because they come from various regions in Indonesia which will affect the way they adapt, so students are expected to have the ability to adapt to new socio-cultures in Malang City. Adaptation skills are needed to overcome socio-cultural changes because students come from outside the city, so their environment changes and becomes very different than before. Adaptability is a skill in adjusting that determines the success or failure of an individual in a new environment (Aldino, 2020), (Ramadhan & Nora, 2023). UM students from Jabodetabek must be able to adapt because the socio-cultural conditions are different from their place of residence, as a result, a strategy is needed to adapt to new things in their place of study in order to be able to learn in different situations.

Adapting to the socio-culture and culture of the new environment in Malang City is called an adaptation strategy. With this method, a person will be more accepted by their new environment (Jamlean et al., 2021). Everyone who will carry out circular migration will experience adjustment to the new environment, where individuals must adapt as soon as possible, so that the speed of adaptation is needed in each individual. In an effort to adapt, a person can make behavioral changes to adjust to current socio-cultural conditions. Internal factors are a person's abilities and external factors are the environment that supports and facilitates the adaptation process with important components in the adaptation strategy which will later affect the speed of adjustment. There are three components of adaptation, namely behavior, functional, and environment. Behavioral and functional aspects are seen in the activities of the perpetrators while the environment comes from socio-culture. The speed of the adaptation process is the length of time needed for this adaptation will vary, usually 5 months according to (Arjanggi & Kusumaningsih, 2016) for each individual. Usually with the aim of migrating to Malang City, UM students from Jabodetabek tend to take longer to adapt in terms of language. except for some UM students who live in Jabodetabek, but have hometowns in East Java so they often hear East Javanese. Therefore, there are people who can adapt quickly, some cannot. How quickly students from

Malang State University learn new things in college is proof of their adaptation process.

It is clear that entering the world of college is not easy, especially for students from out of town, so there are socio-cultural differences that cause culture shock. If you do not understand and study socio-culture well, culture shock will occur for several months, according to Oberg, 1960 in the U-curve theory. However, if someone is able to learn and understand new things related to socio-culture, they can adapt well. There are differences in views and interpretations due to cross-cultural causes of culture shock in migrant students. The phenomenon of culture shock occurs because of fear caused by losing all signs of behavior, psychology experienced by students because they adjust to another culture (Goldstein & Keller, 2015). Thus, culture shock can also be interpreted as a situation where someone does not yet know their culture in the new place they live, causing them to worry about speaking, interacting, interpreting, and behaving in a different way. UM students from Jabodetabek will find socio-cultural changes while in Malang City. socio-culture is a social order of life consisting of language, behavior, habits, interactions, food, and lifestyle. If the process of socialization, adaptation and cultural adjustment does not run smoothly, conflict will arise. UM students will experience culture shock, with different forms and levels. A person who is studying in a different region will experience socio-cultural changes with different durations, for example language (Mufidah & Fadilah, 2022). In addition, it is attempted so that students do not experience culture shock for too long because it was found that the level of success in overcoming culture shock depends on the efforts and sincerity of each person in maintaining their initial goals. Research conducted by Khaira Amalia (2020), "Culture Shock and Adjustment of Malaysian Students at UIN Ar-Raniry Banda Aceh," found that Malaysian students at UIN Ar-Raniry had a higher level of culture shock, limiting their ability to adapt. Conversely, a low level of culture shock allows migrant students from Malaysia to quickly adjust to their new environment. Culture shock usually consists of homesickness and physiological disorders of the body, such as stomach aches due to incompatibility with the food currently consumed (Raharjo, 2020)

Based on the background above, this study aims to investigate the phenomenon of culture shock experienced by UM students due to circular migration and the methods they use to adapt to the environment in the city of Malang regarding socio-culture such as language, interaction, habits, behavior, food, and lifestyle and understand the differences in speed in adapting. As a research setting, UM students from Jabodetabek have been selected because they have socio-cultural and social differences which are expected to provide a broader perspective on the cases studied.

It is hoped that the results of this study will find various problems and obstacles faced by students if they find it difficult to adjust to the lecture environment and academic life, this can have an impact on many things, such as feeling isolated or lonely, academic problems such as low grade point average, long study period, failure to complete college, or drop out (Rahmadani & Mukti, 2020). This research can help students with various problems they face while studying in college. Adaptation to learning in college is very important

because it provides convenience and mental readiness to learn. The benefits of this study will increase the insight and knowledge of students who want to go to college and provide suggestions for dealing with students who are changing so that culture shock does not occur. In addition, it provides an understanding of socio-culture in the field of education and as a benchmark for readers to create a good environment so that students can adapt quickly. It is also expected to help evaluate the development of student adaptation.

II. RESEARCH METHOD

This research uses a qualitative approach, Qualitative research is a method of understanding human or social phenomena by developing a comprehensive and complex picture that can be expressed in words, providing specific views received from informant sources, and conducting research in a reasonable context (Walidin, Saifullah, & Tabrani, 2015: 77). so that the main purpose of qualitative research is to make facts/phenomena understandable and in accordance with the model, allowing the birth of new hypotheses. (Hennink, Hutter & Bailey, 2020; Sarmanu, 2017). This type of research uses phenomenology, which is based on the experience of a person. Human experience is studied through descriptions of the individuals being examined (Yusanto 2020). The subject selection technique in this study is purposive sampling, selecting informants based on a number of criteria and considerations that must be in accordance with the focus of the research to be carried out by the researcher and knowledge of the subject to be studied by the researcher. This is done so that informants and researchers as sources remain relevant and collaborate so as not to generalize according to Sugiyono, (2016: 85). The research location was conducted at the State University of Malang with a research period of 1 month (October 2024). The subjects in this study were: 1) Students of the State University of Malang, S1/D4/D3 study program, 2) UM students from Jabodetabek, 3) UM students in semester 1 who entered the 2nd month. Meanwhile, the informants in this study were divided into two, namely key informants and source informants.

Table 1. Key Informant

UM JABODETABEK Students	Origin	Faculty	Generation
1st Informant	Bogor	Vokasi	2021
2nd Informant	Tangerang	FT	2023
3rd Informant	Depok	FIP	2022
4th Informant	Jakarta	FIS	2021
5th Informant	Jakarta	FK	2024
6th Informant	Bekasi	FIK	2021
7th Informant	Bogor	FS	2022
8th Informant	Depok	Psikologi	2022
9th Informant	Jakarta	FMIPA	2022
10th Informant	Bekasi	FEB	2022

Table 2. Source Informant

UM Jabodetabek Students	Origin	Faculty	Generation
11th Informant	Depok	FIS	2021
12th Informant	Bogor	FMIPA	2022
13th Informant	Tangerang	FMIPA	2021
14th Informant	Tangerang	FIK	2021
15th Informant	Bekasi	FIP	2022
16th Informant	Bekasi	FIS	2021
17th Informant	Tangerang	FS	2021
18th Informant	Tangerang	FIS	2021

Data collection techniques include observation, interviews, and documentation. Observation is observing and seeing how communication, friendship styles, behavior, lifestyle and acceptance of habits occur in Malang City, thus collecting data directly in the field (Sidiq et al., 2019). Interviews are a process of interaction between the questioner and the person speaking in a dialogue online or offline with the aim of exploring data (Sugiono, 2020).

Documentation is data collection because it can help in the analysis and interpretation of data in the form of photos, lists of questions related to events or incidents (Yusuf, 2014). Data analysis is carried out by grouping data into categories, describing them into units, synthesizing them, arranging them into patterns, determining what is important and what will be studied, and drawing conclusions that are easily understood by others and oneself. Miles and Huberman state that qualitative data analysis is carried out interactively and continuously until finished according to Miles and Huberman in Sugiyono (2020:133).

III. RESULT AND DISCUSSION

State University of Malang is a state university with a legal entity established by the Ministry of Education and Culture with the aim of improving the equality of education for students. Initially, before becoming a state university of Malang, this campus was called IKIP Malang, then changed to UM based on the decree of the President of the Republic of Indonesia number 39 of 1999. Therefore, by changing its name to state university of Malang, the campus became famous and popular with students from various regions because it has state status and is located in Malang City, where the city is a cold area.

Until now, State University of Malang is mostly inhabited by students from Jabodetabek so that a circular migration phenomenon occurs. At this stage, students will experience changes in the fields of language, habits, behavior, lifestyle, and food due to differences in the socio-cultural environment with the students' area of origin. Of course, this must be done in order to survive. "...In my opinion, the difference in language use is because Malang is dominated by Javanese..." (Interview with informant 9 via questionnaire on October 20, 2024).

"...Most of the food in Malang City is always sweet, whatever the spicy food is, it will definitely be sweet, even if it's not spicy, it's also sweet, unlike my area in Tangerang..." (Interview with informant 13 via questionnaire on October 23, 2024).

"...When I was in college, I hung out too often with unclear goals and often checked out goods or food at online shops..." (Interview with informant 3 via questionnaire on October 21, 2024).

"...Since I moved into a boarding house, there has been more social interaction with local residents and there are differences when interacting..." (Interview with informant 6 via questionnaire on October 22, 2024).

"...I see differences in habits in everyday life carried out by the local community and myself..." (Interview with informant 8 via questionnaire on October 20 2024).

Koentjaraningrat, a sociocultural anthropologist, defines three socio-cultural categories. They are symbolically represented by three concentric circles. The largest circle, starting from the outside, depicts material culture, which includes objects, food, and artifacts. The following circles symbolize culture as a system of social behavior and action, including patterned behavior, habits, interactions, and lifestyles. The smaller circle represents a cultural system consisting of ideas and concepts. In addition to being in written form, these stages of existence can also be visual or configured, such as language.

Socio-cultural differences from their areas of origin make students at the State University of Malang try to adjust by adapting and using their abilities to be accepted by the surrounding community. inevitably, UM students from Jabodetabek must accept the socio-cultural results in the city of Malang, because we are staying in their residential environment for several months so we are required to adapt.

"...Getting used to the differences so I can also learn the language..." (Interview with informant 9 via questionnaire on October 20, 2024)

"...Trying to adapt and learn what is considered right/wrong..." (Interview with informant 8 via questionnaire on October 20, 2024)

"...I feel that socio-cultural differences suit my own personality, so I tend to try to blend in..." (Interview with informant 3 via questionnaire on October 20, 2024)

"...trying to adapt so that it is comfortable to study..." (Interview with informant 14 via questionnaire on October 20, 2024)

"...Joining without them differentiating (socializing) and learning the socio-culture in Malang City..." (Interview with informant 12 via questionnaire on October 23, 2024)

There are several phases in adapting, according to young yun kim, 2001 found the theory adaptation phase into three types, namely stress, adaptation, and growth. UM students from Jabodetabek In the first stage, people are involved in direct experience, this can be a practical activity, project, or situation where they can feel and see directly and experience the differences from their home area so that they experience stress. In the second stage, people reflect on what they experienced. They see what happened, how they felt, and what they learned from the experience. In the third stage, students begin to make generalizations or theories from their experiences and reflections, gain a better understanding, and try to apply the lessons to other situations. In the fourth stage, students develop theories based on their experiences about how environmental factors.

"... I feel sad, scared, worried because it is different from my home area which is more open-minded and follows the development of the times. There are many things that are common in the area of origin, but are not common/prohibited here, but I am getting used to the behavior of the people in Malang..." (Interview with informant 8 via questionnaire, October 20, 2024).

"...Sad because I feel far from my parents and I see fights between easterners and easterners, afraid because I am alone everywhere in Malang, but I try to respect it..." (Interview with informant 13 via questionnaire, October 20, 2024).

During the adaptation process, many UM students from Jabodetabek experience culture shock due to socio-cultural differences in the city of Malang, causing individual chaos. The level of success in overcoming culture shock depends on the efforts and sincerity of each person in maintaining their initial goals.

"... If you let go of saying the words "gua, lo, bjir, etc." you often get teased so you feel uncomfortable ..." (Interview with informant number 7 via questionnaire on October 21, 2024).

"... Friendship environment. I was a little surprised when many people found out that I was not from East Java/Central Java, most of them put me in categories so that the friendships that were formed could not be that close, like there was a barrier but they still behaved equally well, it's just that it couldn't be that flexible..." (Interview with informant 6 via questionnaire October 22, 2024).

"...The use of different languages is the main factor in culture shock in Malang, besides that the customs in the surrounding environment are one of the culture shocks" as well as different food..." (Interview with informant 1 via questionnaire October 23, 2024).

"...everything is used as a topic of conversation, because I myself actually from the beginning just followed and observed how the environment is here, it turns out that even the smallest thing if it is not in accordance with their culture can be judged. whereas in my place it is not important, it is just part of life..." (Interview with informant 15 via questionnaire on October 23, 2024).

There are several phases when culture shock occurs according to the U-curve theory (Oberg 1960) starting from the honeymoon phase to being able to adapt. Based on the interview results, there are phases experienced by students, namely the phases of joy, surprise, acceptance, and adaptation. The most difficult phase for UM students from JABODETABEK is the phase of surprise or culture shock.

"...The atmosphere in Malang is cold and cool, the people are more relaxed, then the language differences make it difficult to blend in completely, so I keep trying to learn Javanese..." (Interview with informant 3 via questionnaire October 20, 2024).

"...the atmosphere is nice, the air feels cold, the vibes are really new and the people are more polite with a soft tone of voice, the majority of native Malang people are more used to everyday Javanese so sometimes some have difficulty speaking Indonesian, then I started to adapt..." (Interview with informant 13 via questionnaire October 20, 2024).

Socio-Cultural Adaptation Strategies Experienced by UM Students from Jabodetabek During Circular Migration to Malang

The theory used in this adaptation is the transition theory (Schlossberg, 1994). This transition theory focuses on how people deal with major changes in their lives, such as moving to another country or discovering a new culture. According to Schlossberg, there are four main factors that influence how a person deals with these changes, namely the situation, self, support, and strategy so that the speed of adaptation is greatly influenced by these four factors.

1. Language

Language as a tool for conducting conversations between two or more people. If there is no language, the interaction process will not occur, so language is needed to socialize and find friends. However, many students from the State University of Malang from Jabodetabek have difficulty understanding East Javanese because they are not used to it, making communication with local friends and lecturers not connected. When conducting surveys and interviews in local villages for course assignments, the people there also generally use Javanese, of course this makes it difficult for students to conduct research. "...because I usually use Indonesian, several times I asked my friends to know the meaning. It is very influential because if you don't understand, sometimes you are lazy to communicate, even though communication is important. so as a migrant from Bekasi to Malang, I adjusted and slowly learned Javanese..." (Interview with informant 15, questionnaire, October 23, 2024)

"...Very big, because there were some lecturers who explained using East Javanese and made me not understand..." (Interview with informant 12, questionnaire, October 23, 2024)

"...The use of Javanese is quite large so that at first it was difficult when meeting people who still use Javanese in their daily lives, such as traders and people in the village when doing practicums..." (Interview with informant 16, questionnaire, October 24, 2024)

"...sometimes language is very important if students are surveying, interviews can make it easier for me if I can speak Javanese..." (Interview with informant 6, questionnaire, October 24, 2024)

It takes time to adjust to understand East Javanese for UM students from Jabodetabek, whether it's asking friends who understand Javanese, learn everyday language, or join a community. However, UM students from Jabodetabek feel that they have heard a little about East Javanese because their parents are from there, so they adapt faster.

"... Often ngederin and interact with friends who speak Javanese ..." (Interview with informant number 5 via questionnaire, October 24, 2024)

"...Trying to learn little by little the everyday language used by people around me..." (Interview informant 18 via questionnaire October 22, 2024)

"...Adjusting and actively participating in volunteer activities to get language partner friends..." (Interview informant 7 via questionnaire October 21, 2024)

"...I started by trying to understand and learn the local language and accent to better connect with my native Malang

friends. I am also more open and active in asking questions when I don't understand the terms or expressions used. In addition, I expand my circle of friends by participating in campus and community activities outside of class, so that I can get to know more friends from various backgrounds. In this way, I become more accustomed and can adapt better to the culture and social environment in Malang City..." (Interview informant 17 via questionnaire October 25, 2024)

"...Because both of my parents are Javanese, so I still understand some Javanese so for words or sentences that I don't know the meaning of, I will ask my friends..." (Interview informant 9 via questionnaire October 20, 2024)

2. Interaction

Friendship is very important to support students' academic achievement and survival skills. Students can overcome academic challenges and survive better with quality friendships in the form of emotional support, motivation, and healthy cooperation (Pezirkianidis et al., 2023), which shows that students who are more socially integrated and have good and close friendship behaviors tend to achieve better academic results. Therefore, building and maintaining close and positive friendships is very important for student success. Therefore, based on the interview results, UM students from Jabodetabek who want to go to Malang City are advised to find friends from the same area so that they can carry out adaptation strategies in groups, join organizations, adjust their characters to friends, be open with friends, so that they are not alone in Malang City as an initial step for finding close friends.

"... Join the UM student community throughout Jabodetabek, socialize a lot in class, join faculty organizations ..." (Interview with informant 6 via questionnaire October 22, 2024)

"... try to adjust to the character of friends from each city and the traditions they bring ..." (Interview with informant 6 via questionnaire October 22, 2024)

"To make friends, I try to be active in campus activities and join student organizations that involve many people from various regions. I also try to open conversations with classmates, share the same interests, and be open to learning new cultures". (Interview with informant 17 via questionnaire October 22, 2024)

When entering college, many students from JABODETABEK carry out adaptation strategies by looking for study groups or circles to facilitate the learning process in college. They form several strategies in forming circles such as looking for friends in 1 class based on the same area of origin. The purpose of creating a circle is to find relationships, networking, forming college assignment groups, working on college assignments together, helping each other if there are difficulties.

"... Yes, I have one, but the majority of my friends are also Jabodetabek children, some are even outside Java ..." (Interview with informant 17 via questionnaire October 25, 2024).

"... 90% of circles have an influence because there are many group assignments and having a circle makes it very easy to complete assignments ..." (Interview with informant 3 via questionnaire October 20, 2024).

"... really influential. because they are actually my first family in Malang. when I'm sick, they help me..." (Interview with informant 12 via questionnaire, October 20, 2024).

"...8/10, their influence is quite large because as a migrant child who has no one (family/relatives) in Malang, so their role is quite large at the same time in the world of lectures..." (Interview with informant 4 via questionnaire, October 24, 2024).

"...I think it's that influential, because if there is no circle, it's not fun, lonely..." (Interview with informant 14 via questionnaire, October 20, 2024).

"...Circle or friendship environment is very influential in the world of lectures. A positive environment can provide support, motivation, and opportunities to learn together, while a negative environment can affect academic attitudes and behavior..." (Interview informant 17 via questionnaire October 25, 2024)

3. Behavior

UM students from Jabodetabek are careful in choosing friends because friendship affects our environment in forming our character and attitude in adapting in the city of Malang as migrant students. Usually UM students from Jabodetabek carry out several strategies by getting to know each other on campus to get lots of friends then they make observations by looking at behavior starting from attitudes, behavior, conversations, lifestyles, etc.

"...continuous topics of conversation, similar lifestyles, basically if as long as I am friends with him, he is a comfortable person, I am relaxed, but maybe to become a closer friend I am more selective, if it leads to a negative direction, I don't need to be that close, so I just chat friends..." (Interview informant 14 via questionnaire October 20, 2024)

"...More about how someone behaves or treats me, whether alone or in a group, when they show good attitudes, good manners, good language culture and etiquette, I more or less consider them to be good friends..." (Interview with informant 6 via questionnaire on October 22, 2024)

4. Habits

On average, almost all UM students from Jabodetabek have bad habits when they are in college, namely poor time management, often staying up late, no planning, careless, selfish, wasteful, and not maintaining a diet so that it will have an impact on student habits in college. When in Malang, these students tend to pay less attention to their daily habits because there are no parents to supervise them. "...staying up late, playing until late at night, because at home it never gets really late..." (Interview with informant 14 via questionnaire, October 20, 2024)

"...Staying overnight on campus, eating unhealthy food (understandably a boarding student) to the point of going to the emergency room..." (Interview with informant 13 via questionnaire, October 20, 2024)

"...not making plans for the next semester, forgetful, and making things difficult for myself..." (Interview with informant 1 via questionnaire, October 23, 2024)

"...sometimes without realizing it, I like to be individualistic with my friends in class. because I'm tired and also no longer work in groups. if invited to eat together

sometimes I also need to eat alone...” (Interview with informant number 15 via questionnaire on October 23, 2024)

UM students from Jabodetabek are aware that bad habits as explained above will have a negative impact on their studies considering that their responsibilities are getting bigger, their workload is getting bigger, and their future will be determined in the world of lectures. Therefore, UM students from JABODETABEK must change bad habits into better habits. “...you know, staying up late often is definitely not healthy, playing until night is also staying up late, it affects the future if it happens too often, it becomes a habit to keep playing if it happens too often, it can lead to laziness, so you have to manage your time too...” (Interview with informant 14 via questionnaire on October 23, 2024)

Some adaptation strategies to build good habits carried out by UM Jabodetabek students are starting with managing time, finances, refusing useless invitations, implementing a healthy lifestyle, and making plans so that daily activities become more useful.

“...manage your time better, and also fill it with positive activities and limit things that are fun...” (Interview with informant 14 via questionnaire on October 20, 2024).

“...By exercising, changing lifestyle and diet...” (Interview with informant 13 via questionnaire on October 20, 2024)

“...I continue to encourage myself to continue being active so that I don't get carried away by lazy habits...” (Interview with informant 3 via questionnaire on October 20, 2024)

“...managing and recording income and expenses...” (Interview with informant 11 via questionnaire on October 22, 2024)

“...making plans, noting down important things, and rethinking whether I can do it or not...” (Interview with informant 1 via questionnaire on October 22, 2024)

5. Food

One of the adaptation strategies of UM students from Jabodetabek in the culinary field so that they can mingle with students is being open to trying local specialties where they live as an important step to understand the taste and culinary traditions of the area. students can visit traditional markets, taste street food, or eat at local restaurants. This broadens their culinary horizons and makes it easier for them to interact with the local community.

“... I really like hunting for culinary delights in Malang. I always try various culinary delights, both those that are already famous and those that have just emerged. Every visit to a new restaurant is a fun experience and enriches my insight into regional specialties...” (Interview with informant number 17 via questionnaire on October 25, 2024)

Many UM students from Jabodetabek try various culinary specialties from Malang, one of which is Rawon. This is because many students often buy rawon, so students from Jabodetabek also try it. According to them, rawon has a unique taste and ingredients. Rawon is widely sold around campus, canteens, and food courts in every sub-district.

“... I have tried rawon, which is a typical Malang food. The taste is very savory and rich in spices, with a black sauce made from kluwek. The meat is tender and often served with rice

and bean sprouts, making it very delicious and satisfying...” (Interview informant 17 via questionnaire October 25, 2024).

“...Eating rawon suhat at 2 am with my friend and it turned out to be savory and sweet...” (Interview informant 15 via questionnaire October 25, 2024).

6. Lifestyle

Many UM students from Jabodetabek apply a wasteful lifestyle because they are inexperienced in managing finances so they are shocked that their monthly money runs out quickly. However, over time they will realize because their monthly money runs out quickly before the time comes and finally they start to manage their finances, not get carried away, and save.

“...I like to snack or eat out, and tend to buy things I want quickly without considering the budget...” (Interview with informant 10 via questionnaire on October 26, 2024)

“...Continuous shopping, until my monthly money runs out before it's time...” (Interview with informant 16 via questionnaire on October 24, 2024)

“...I try to be more frugal by managing my budget and reducing the frequency of snacking...” (Interview with informant 17 via questionnaire on October 25, 2024)

“...recording finances, prioritizing needs over wants...” (Interview with informant 1 via questionnaire on October 23, 2024)

“...Don't be embarrassed, usually college students like to be embarrassed, find a coffee shop to do assignments, hang out. Things that are not important, you can do assignments at a cafe but not every day...” (Interview with informant 13 via questionnaire on October 23, 2024)

Some strategies that done by UM students from Jabodetabek to save money, namely cooking for themselves because it is more cost-effective and the nutrition is better maintained or buying cheap food, usually at WARTEG because the price is cheaper and there are more complete menus. “...I always set aside 200 thousand that I can't use (saved) & for everyday I only buy side dishes for 6-10 thousand if I cook on the weekend, and I don't use laundry services...” (Interview with informant 5 via questionnaire October 24, 2024)

“...I minimize expenses by cooking myself, looking for cheap but delicious food, using public transportation, and only buying things that are really needed...” (Interview with informant 17 via questionnaire October 24, 2024)

Socio-Cultural Culture Shock Experienced by UM Students from Jabodetabek During Circular Migration to Malang

Culture shock in this study uses the Social Identity Theory, developed by Henri Tajfel and John Turner in the 1970s, explaining how individuals form their identities in the socio-cultural context and their groups around the environment. This theory focuses on the relationship between individual identity and the diversity of groups in the local environment, and how this affects individual behavior.

1. Language

The culture shock experienced by UM students from Jabodetabek is in the use of the word "kon" which means you. According to local students, the word is polite because it is often used and according to UM students from Jabodetabek,

the word tends to be negative, but over time they are able to accept and appreciate it.

"... When I first heard "kon," I was surprised because it sounded informal and a bit rude. However, I realized that it was a familiar way among friends, and after interacting, I started to feel comfortable using it in a casual context ..." (Interview with informant 17 via questionnaire October 25, 2024)

"... shocked but not really surprised, because I hear it quite often, in the end it just got used to it, at first it just seemed strange because usually you know it's like kowe or you, then I found out there is kon too ..." (Interview with informant 14 via questionnaire October 20, 2024)

"... My initial reaction was shock, because the word is often said in a tone that could be said to be loud. So it was quite a shock, but I don't think there is any negative element in using the word..." (Interview with informant 18 via questionnaire on October 22, 2024)

UM students from Jabodetabek also experienced culture shock in using walikan language when joking, because they themselves did not understand the use of regional languages, let alone languages that were deliberately reversed so that they sounded very foreign and difficult to understand. But over time they started to get used to it because they often heard it in everyday life.

"One incident that surprised me was when I first heard my friends from Malang using "walikan" or reversed language. They spoke quickly and used a lot of words that sounded foreign and difficult for me to understand. At first, I felt awkward and a bit left out because it was difficult to follow their conversation, especially when they joked with this distinctive language which seemed to have become their daily habit." (Interview with informant 17 via questionnaire on October 25, 2024)

When I first arrived in Malang, due to the habits of UM students, especially from Jabodetabek, when calling someone using the words "lo" and "gue" they had to change them to "Aku" and "Kamu". According to UM students from Jabodetabek, the pronouns "aku" and "Kamu" are a bit cringe or disgusting and amused because the use of these words is for a closer relationship with the opposite sex. However, over time, UM students from Jabodetabek began to get used to it because it was more polite.

"...it's really weird, especially to guys... at first I would often slip out saying lo me but I tried to adapt because it wasn't nice to say lo me in the middle, but after a while I got used to it, even to guys..." (Interview with informant 14 via questionnaire on October 25, 2024)

"...not with other women, not with other men if they're from Java either, but if they're from Jabodetabek it becomes weird but after a while I get used to it because it doesn't refer to attraction but is indeed a more polite language..." (Interview with informant 15 via questionnaire on October 25, 2024)

"...At first, using "aku" and "Kamu" felt weird and cringe-worthy to me because I was used to "lo" and "gue." However, I realized that it was more polite and in accordance with the norms in Malang. After some time, I started to get used to it and felt more respectful in communicating..." (Interview with informant 17 via questionnaire on October 25, 2024)

2. Interaction

When getting friends or circles, UM students from Jabodetabek often try to have interpersonal relationships or deeper relationships such as having close friends. This is because one or both people have the same frequency and interests.

"... I started interacting with classmates through discussions in class and hanging out together. From there, I became close to friends who had the same interests. Openness in sharing experiences made our relationship stronger, until finally we established a closer relationship ..." (Interview informant 17 via questionnaire October 25, 2024)

"... I was awkward from the start, interacting with other people sometimes makes me awkward and repeats other words. but to get close friends, of course I look for friends or best friends who are on the same frequency as me..." (Interview with informant 4 via questionnaire on October 24, 2024)

"...Everything always starts with classmates, following invitations to play, until over time I find people who are more on the same frequency in understanding..." (Interview with informant 6 via questionnaire on October 22, 2024)

"...discussing things that have similarities with the person you are talking to or friends so that the topic can develop..." (Interview with informant 11 via questionnaire on October 22, 2024)

Many UM students from Jabodetabek had close friends and boyfriends and then ended the relationship because of differences in individual character, of course at first they were shocked, depressed, hurt, and awkward. Over time, the strategy they did so as not to be too sad was trying to accept and keep communicating even though there was a little distance, or looking for solutions so as not to be hostile. Hostility in friendships greatly disrupts students in carrying out daily activities in Malang and the learning process on campus.

"... Of course I will feel shocked, because they are the closest people who support me. Without them, I feel like I have lost an important figure who helped me survive in this life away from home ..." (Interview with informant 17 via questionnaire October 25, 2024)

"... compared to shock or surprise, it seems like it will tend to hurt and reduce enthusiasm/motivation in living daily life ..." (Interview with informant 6 via questionnaire October 22, 2024)

"... it's really not fun, it's awkward and confusing when I meet someone like that, so far I've never fought with classmates, I've fought with friends in organizations, so I've fought and then kept quiet like that ..." (Interview with informant 15 via questionnaire October 20, 2024)

"... I can feel depression or anxiety disorders when a close friend or boyfriend breaks up with me. I feel a loss of emotional support and experience deep sadness, which can affect my mood and daily activities..." (Interview informant 10 via questionnaire October 26, 2024)

"...of course, but there must be a reason for it, if the decision is not to be friends with me because of my personality or my behavior, of course I accept it as long as it is for the common good. in the sense that each and every one

of us keeps the previous secrets..” (Interview informant 9 via questionnaire October 20, 2024)

“...have you ever experienced breaking up with a boyfriend, because of course it's sad to part, but my life goes on, so I use my time to study and be with friends, volunteer...” (Interview informant 14 via questionnaire October 23, 2024)

“...If my friend suddenly changes his behavior for the worse, I feel shocked and worried. I will try to talk to them, find out the cause of the change, and offer support. I believe open communication is important to help them...” (Interview informant 12 via questionnaire, October 23, 2024)

3. Behavior

UM students from Jabodetabek experienced culture shock in terms of friendship behavior on campus or in boarding houses. They were shocked by the behavior of friends who had changed from usual. Even in some cases, some of them had free association, liked to gossip, were dependent, were two-faced, and used rude language.

“... then saw some associations that may have never been seen before, like someone living with their boyfriend or girlfriend together in the boarding house ...” (Interview with informant number 7 via questionnaire October 21, 2024)

“... Ignoring other people's feelings and being two-faced ...” (Interview with informant number 6 via questionnaire October 22, 2024)

“... can't be independent and dependent, especially in assignments. because it turns out that the habits at home are always followed by their parents and spoiled...” (Interview with informant 15 via questionnaire October 23, 2024)

“...Taught me rude language using Javanese...” (Interview with informant 2 via questionnaire October 23, 2024)

“...Judging behavior and talking about other people behind their backs...” (Interview with informant 17 via questionnaire October 21, 2024)

“...There are moments when they joke in a harsh style or use typical Malang terms, which initially felt foreign and sometimes made me feel uncomfortable because I was not used to their way...” (Interview with informant 17 via questionnaire October 21, 2024)

4. Habits

UM students from Jabodetabek experienced several obstacles when making changes to good habits, they often experience obstacles during the process, of course this makes UM students feel difficult because they think it is easy but when doing it turns out to be difficult because of laziness, the surrounding environment, difficulty eliminating old habits, poor time management, and freedom because they are far from their parents, so they find it difficult to concentrate.

“... One of the obstacles I experienced was the difference in the environment and new habits in Malang City. Sometimes it is difficult to consistently apply good habits, especially if there are many temptations or negative influences from the surrounding environment. However, I keep trying to stay focused on my goals...” (Interview with informant 17 via questionnaire on October 25, 2024)

“... Laziness, everyone must have that, fighting laziness is the obstacle...” (Interview with informant 12 via questionnaire on October 23, 2024)

“... there are obstacles because by moving away from home I have more freedom regarding the activities I do...” (interview with informant 11 via questionnaire on October 22, 2024)

“... obstacles in terms of time because I am less able to manage my time...” (Interview with informant 9 via questionnaire on October 20, 2024)

“... Maybe old habits that may be difficult to stop...” (Interview with informant 2 via questionnaire on October 21, 2024)

5. Food

In terms of food, many UM students from Jabodetabek feel disappointed or experience culture shock, because there are some foods that are arranged and served in a way that is good food but the taste is not satisfying, the raw materials are also standard even though the price of the food is expensive, the aroma of the food is good but does not suit the tongue.

“... Sometimes the aroma is good but when I try it, the taste does not suit my tongue, sometimes it does not match the taste expectations that I imagine. Also the food ingredients are not fresh enough ...” (Interview with the 9th informant via questionnaire on October 20, 2024)

“... Surprised, but it's normal because most of the plating in Malang is good and colorful but the taste is just ordinary ...” (Interview with the 8th informant via questionnaire on October 20, 2024)

“... In terms of aroma, it may be delicious and tempting, but in terms of taste, it doesn't kick and the spices are not strong enough, and most of the food here is too sweet even though it should be salty/sour/spicy. The food ingredients used in Malang are also mostly ordinary, even though the price is above standard. For example, the pasta/cake that feels the most lacking - the pasta used is of a quality that is not equivalent to the price paid, likewise with many cakes that are priced above standard but the quality of the taste & ingredients is just ordinary or even lacking...” (Interview with informant number 8 via questionnaire, October 20, 2024)

6. Lifestyle

Students may have different social lifestyles, for example students who come from rural areas or small towns who are used to quiet and simple environments. They may feel overwhelmed by the more consumerist, busy, and individualistic life in the big city. Social pressures around students, such as their friends who often buy things or follow new trends, can push them to be more impulsive, so that their habits change.

“... I have experienced impulsiveness when hanging out with friends. Sometimes, I get carried away and do activities that I didn't actually plan, such as shopping or eating at expensive places. This happens because I want to follow my friends and am afraid of missing out on moments...” (Interview with informant 10 via questionnaire on October 26, 2024)

“... I have, I like to go out impromptu so it makes me wasteful, and I often go to concerts because here I like to hang

out with friends from the same fanbase..." (Interview with informant 7 via questionnaire on October 21, 2024)

Table 2. Culture Shock of UM Students from Jabodetabek and How to Overcome It

No	Unsur	Culture Shock	Strategy/follow-up
1	Language	Use of East Javanese language as a means of communication	Try to understand and learn little by little about the regional language
		Use of the term "kon" as a pronoun that is considered rude	Because they often hear it due to interaction, they will get used to it and realize that using the term "kon" is a friendly way with friends
		Use of walikan language	Try to get used to speaking using the language
		Use of the pronouns "Aku" and "kamu" which sound cringe or disgusting for UM students from Jabodetabek	They begin to realize that using I or you sounds more polite and feel more respectful in communicating
2	Interaction	Feeling lonely because they don't have friends	Try to find friends from the same area or create a circle
		Conflict or hostility between friends or boyfriends	Try to find out the cause of the conflict by talking nicely so that the problem can be resolved
3	Behavior	Bad behavior carried out by friends such as free association, gossiping, dependency, being two-faced, and using bad language	However, if the decision not to be friends after a conflict, of course they will accept it for the common good because we do not have the right to always force friends
4	Habit	Bad habits carried out by individuals, such as often staying up late, not planning, being careless, selfish, wasteful, and not maintaining a diet so that it will have an impact on student habits in lectures	Be more selective in choosing friends so as not to damage yourself and maintain individual behavior
		experiencing several obstacles when making the process of changing towards	Try to change bad habits to be better, such as paying more attention to the use of time so that it can be

good habits, such as laziness, the surrounding environment, difficulty eliminating old habits, poor time management, and freedom because they are far from their parents,

used for something useful, making plans for the future, being careful in all actions, and maintaining health

5 Food UM students from Jabodetabek feel disappointed with culinary dishes in Malang because from the outside the food tastes good but when tried it becomes bad

Even though they fail in the process of becoming better, they will continue to try until they succeed because they realize that it can affect things in the future, therefore they start changing bad things into good habits

6 Lifestyle Behavior impulsive, consumptive, wasteful and individualistic

Adjust food to their own tastes, such as looking for other culinary places that are more delicious

IV. CONCLUSIONS

During the adaptation process, many UM students from Jabodetabek experience culture shock due to lack of preparation before they migrate, and some of them even experience individual chaos because they feel shocked by the socio-culture in their place of residence. For this reason, UM students from Jabodetabek adapt gradually to the phases they have experienced, so that they accept the social and cultural results in Malang. UM students from Jabodetabek have their own strategies and experiences in carrying out socio-cultural adaptation in Malang with different speeds of adjustment. This is done because they have lived in the Malang area for several years, automatically they have to accept the socio-cultural results in Malang in a positive way. The implications of this study are suggested to study more about socio-culture for prospective new students who want to study in Malang City so that culture shock does not occur and they are able to adapt quickly and suggestions for further research to further deepen longitudinal studies.

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