

The culture shock for foreign speakers in Indonesia

Gegar budaya penutur asing di Indonesia

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Abstract

Culture shock is a crucial problem for foreign students, especially foreign speakers coming to Indonesia to learn Indonesian. Culture shock has a negative impact on a person's psychology and health. Culture shock cannot be avoided, but its impact can be reduced by understanding the culture of the target area. This research aims to describe the culture shock experienced by foreign speakers. The method in this research is qualitative descriptive. The data source for this research was 33 respondents from 16 countries who had experienced culture shock. The data analysis stage in this research was carried out in 3 stages: data condensation, data display, and conclusion or verification. This research shows that there are cultural shocks, including ways of interacting with other people, food, discipline, cleanliness, Profession, transportation, and language. The culture shock experienced by foreign speakers varies depending on their region of origin. The main cause of culture shock is the differences in geographic location and the beliefs held by these communities.

Abstrak

Gegar budaya merupakan permasalahan krusial bagi mahasiswa asing, khususnya penutur asing yang datang ke Indonesia untuk belajar bahasa Indonesia. Gegar budaya berdampak negatif terhadap psikologi dan kesehatan seseorang. Gegar budaya tidak dapat dihindari tetapi dampaknya dapat dikurangi dengan memahami budaya daerah yang dituju. Penelitian ini bertujuan untuk mendeskripsikan gegar budaya yang dialami oleh penutur asing. Penelitian ini menggunakan metode deskriptif kualitatif. Sumber data penelitian ini adalah 33 responden dari 16 negara yang pernah mengalami gegar budaya di Indonesia. Tahap analisis data dalam penelitian ini dilakukan melalui 3 tahap, yaitu kondensasi data, penyajian data, dan penarikan kesimpulan atau verifikasi. Hasil penelitian ini menunjukkan terdapat gegar budaya yang dialami penutur asing. Gegar budaya tersebut, yaitu: cara berinteraksi dengan orang lain, makanan, kedisiplinan, kebersihan, profesi, transportasi, dan bahasa. Gegar budaya yang dialami penutur asing berbeda-beda tergantung pada negara asal mereka. Penyebab utama terjadinya gegar budaya adalah perbedaan letak geografis dan kepercayaan yang dianut oleh masyarakat tersebut.

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A. Introduction

Indonesian is currently increasingly being used by foreign speakers. Moreover, Indonesian is currently one of UNESCO's official languages. Many foreign speakers from all over the world come to Indonesia to learn Indonesian language and culture. They usually take Indonesian language courses for 2—12 months, depending on their chosen program. Foreign speakers who come to Indonesia have different cultural backgrounds (Azizah et al., 2022; Saddhono et al., 2024). Therefore, most foreign speakers get culture shock. This is in line with the opinion of Muizzah (2023) who states that culture shock is a crucial problem that often occurs among immigrant communities, especially among those who migrate from their area of origin to their new residence. Culture shock can also be a barrier to someone's success in a new place (Harunasari & Halim, 2021).

Culture shock is an illness triggered by anxiety due to losing all familiar signs and symbols in social relationships (Oberg, 1960; Shali et al., 2024). Almost the same opinion was also expressed by Sundararajan et al. (2023) which states that culture shock is a psychological condition characterized by high levels of anxiety, annoyance, and feelings of being lost in a new cultural environment, which causes stress and sometimes has a negative impact. Culture shock can be interpreted as a process that a person experiences when he or she experiences a new or unfamiliar situation or environment that requires the development of a new mode of symbolic representation and a new perspective on oneself, other people, and the environment (Cupsa, 2018). Culture shock can be defined as a psychological disorder that can take the form of anxiety, discomfort, annoyance, confusion, anger, or disappointment because the current culture is different from the previous culture.

The culture shock experienced by foreign speakers can hinder them from learning Indonesian. Mesidor & Sly (2016) stated that students who experience culture shock can be unmotivated and uninterested in achieving their educational goals. The impact of culture shock can also cause communication disorders, academic retardation, conflict, emotional imbalance, deviation, indifference, and withdrawal from peers (Akarowhe, 2018). Apart from affecting psychology, culture shock can also have a direct impact on health. For example, the difference between eating at home and in Indonesia often causes foreign speakers to experience stomach aches. Culture shock is difficult for foreign speakers to avoid, but the impact of culture shock can be reduced by understanding the differences between the culture of origin and the destination.

There are four phases of cultural adjustment that a person experiences. These phases are the Honeymoon Stage, the Hostility Stage, the Humor Stage, and the Home Stage (Trifonovitch, 1977). In the Honeymoon Stage phase, foreign speakers feel happy because their dreams or aspirations of going to Indonesia have been achieved. In this phase, foreign speakers also begin to discover cultural differences. The Hostility Stage. In this phase, foreign speakers cannot accept cultural differences. In this phase, foreign speakers begin to experience culture shock. In this phase, foreign speakers feel angry, sad, depressed, confused, anxious, and lazy about learning. In the Humor Stage phase, foreign speakers begin to relax and become more at ease. They have also started to socialize with other people and are beginning to enjoy the learning process. In the home stage, foreign speakers have accepted the new culture and start integrating the old with the new culture, characterized by settling into a new environment or culture because they feel accepted.

Research on culture shock has been conducted by Chaiyasat (2020) studied the culture shock of French students in Thailand. Zhu & O'Sullivan (2022) who studied the culture shock of Chinese students in England. Culture shock of foreign students in Türkiye was studied by Almkudat & Karadag (2024) and Nisa & Cahyono (2022). The culture shock of Indonesian students abroad was researched by Hadiniyati et al. (2023), Haryanti et al. (2024), and Laora et al. (2025). Alkhalaf et al. (2024) studied culture shock of students returning to their home country. Rizani & Ratnawati (2022), who studied the phenomenology of culture shock in expatriate teachers in Semarang City. Faizin & Isnaini (2020) studied the phenomenology of culture shock in BIPA students from South Africa in Malang. Based on previous research results, most researchers focus on culture shock that

occurs in the classroom related to academics or language. No researcher has studied the culture shock of foreign speakers in Indonesia, especially the culture shock that occurs outside the classroom. Most of the activities of foreign speakers are outside the classroom. In addition, the study's sample was taken by previous researchers in only one country, while the samples used in this study were from various countries representing the continents of America, Europe, and Asia. This study aims to describe the culture shock experienced by foreign speakers in Indonesia.

B. Method

This researcher used descriptive qualitative methods. The data source in this research is foreign speakers who experience culture shock. The data of this study are in the form of video recordings containing the experiences of foreign speakers in Indonesia. This study had 33 respondents from 16 countries and was spread across the continents of America, Europe, and Asia. To avoid miscommunication and culture-miss informants, the samples chosen in this study are foreign speakers who can speak Indonesian or have lived in Indonesia for a long time. If foreign speakers cannot speak Indonesian, they will be accompanied by Indonesians or foreign speakers who can speak Indonesian.

The data collection procedure in this study consists of three steps: transcription, sorting, and coding data. The first is data transcription; the researcher transcribes the oral data into written data. The second stage is data sorting; at this stage, the researcher examines the collected data, which is sorted based on the continent of origin of the foreign speakers. The third stage is data coding; the researcher codes the data at this stage.

The data analysis stage in this research was carried out in 3 stages: data condensation, data display, and conclusion/verification (Miles et al., 2014). The first stage is the data condensation stage; the researcher selects relevant data and discards unnecessary data. Relevant data is data related to culture shock. The second stage is data display. At this stage, the researcher classifies the data based on its type; the aim is to make it easier for the researcher to conclude. The third stage is conclusion drawing/verification. At this stage, the researcher concludes the culture shock experienced by foreign speakers while in Indonesia.

C. Results and Discussion

Foreign speakers who come to Indonesia have experienced culture shock, including how to interact with others, food, discipline, cleanliness, profession, transportation, weapon, and language. The following is data on the culture shock of foreign speakers from the Americas, Europe, and Asia.

1. Culture Shock of Foreign Speakers from the Americans

Foreign speakers from America experience culture shock, including social interaction, food, discipline, cleanliness, weapons, and transportation. The following is detailed data on culture shock for foreign speakers from America.

Table 1. Culture Shock of Foreign Speakers from the American

No.	Cultural Theme	Culture of the Country of Origin of Foreign Speakers	Culture in Indonesia
1.	Social Interaction	In the North American continent, such as the United States, when shaking hands, hold hands tightly (firmly) so that each other's hands are completely pressed (data 1).	When shaking hands, do not hold them tightly; sometimes, just touch them. Sometimes, when you shake hands with an older person, kiss their hand (<i>Salim</i>).
		In America and Mexico, when people visit, they are allowed to wear shoes inside the house (data 1 and 2).	In Indonesia, footwear must be removed to respect the owner's house when people visit.
		Americans and Mexicans do not differentiate between using the right and left hand (data 1 and 2).	In Indonesia, the right hand is used to eat and give things.

No.	Cultural Theme	Culture of the Country of Origin of Foreign Speakers	Culture in Indonesia
		Mexicans are free to express affection, such as hugging or kissing in public areas or on the street (data 2)	Indonesians only express affection in certain places and consider it impolite to hug or kiss in public areas.
2.	Discipline	If you promise with American, you have to be on time. Usually, Americans arrive earlier than the specified time (data 1).	Indonesians often arrive late or need more discipline.
3.	Food	Americans eat bread more often than rice. Rice complements certain foods. In America, a person rarely eats thrice daily (data 1).	The Indonesians eat rice, and it has become a daily food. There is even a perception that they have not eaten it if they have not eaten rice.
		Most typical Mexican dishes use lemon as the main or additional ingredient. Lemon is used for all types of food, whether spicy, sour, salty, sweet, or others (data 2).	Most Indonesians make dishes using spices or seasonings such as MSG, salt, sugar, and others. Meanwhile, lemons are only used for certain foods or drinks, even for decoration.
4.	Cleanliness	Toilets in Mexico do not use water but use toilet paper (data 2).	Indonesians use water when going to the toilet because it is considered more reliable for cleanliness.
5.	Weapon	The majority of Americans own firearms. Small children and teenagers, especially boys, usually carry knives wherever they go (as a form of self-protection) (data 1).	In Indonesia you have firearms require permission first, and not just anyone can get a permit to own a gun. Apart from that, Indonesian people are prohibited from carrying sharp weapons.
6.	Transportation	Americans drive cars with the steering wheel on the left (data 1).	Indonesians drive cars with The car steering wheel is on the right.
		The number of motorbikes in Mexico is less than in Indonesia. Most Mexicans drive a car when leaving the house (data 2).	Most Indonesians use motorbikes when leaving the house rather than cars because they are faster and avoid traffic jams.

Based on the data above (see Table 1), Indonesia has cultural differences with America, including in terms of handshakes. Americans like to shake hands tightly, while Indonesians don't do so tightly. A handshake can mean showing friendship, respect, apology, or agreement. The tradition of shaking hands has been in the culture of various societies since ancient Greek times (Oxlund, 2020). Sometimes the handshake traditions of each country are different. For example, in Indonesia, there is a culture of kissing hands, people who are easier usually kiss the hands of older people or teachers. Greeting parents or teachers by kissing the hand aims to invite blessings (Dasrial et al., 2020; Tammulis et al., 2021). Indonesian society, which is predominantly Muslim, also considers shaking hands as part of worship. Shaking hands can also have a positive impact. The results of research by Wardi et al. (2023) show that shaking hands can increase students' respectful attitudes toward teachers. When visiting, Indonesians will remove their footwear to respect the host. As guests, we also don't want to dirty the host's floor. Dirty shoes that are still worn in the house will pose risks, ranging from health, house cleanliness, or uncleanness. Indonesians, who are predominantly Muslim, will, of course, keep the floors of their houses free from dirt and uncleanness. The next cultural difference is the use of hands; Indonesians usually use their right hand for eating, giving, taking, pointing, and so on as a form of politeness. In Indonesia, making out in public violates the norms of decency and can be punished. The culture of arriving late in Indonesia occurs due to neglect or lack of social sanctions. Come late culture occurs at all ages and social strata (Parhan et al., 2022).

Culture shock of food, the main food of Indonesians is rice. One of the reasons why Indonesians make rice their main food is because Indonesia's geographical location is very suitable for growing rice. Western countries are less efficient when planting rice because they have different climates. The geographical location of Western countries is more ideal for planting wheat. So, they prefer to make it the primary source of food.

Culture shock of cleanliness, Indonesians use water to clean dirt because water is considered cleaner for cleaning dirt and is easier to obtain. Weather factors also influence people's habits in cleaning up dirt, for example people who live in cold climates will naturally be lazy if they come into contact with water. So, they prefer tissue as a substitute for water.

Culture shock of firearm ownership, in America, people are allowed to own firearms. Meanwhile, in Indonesia, it is very difficult to obtain a gun ownership permit. One of the factors that influences this is the historical difference between America and Indonesia. American citizens,

on average, immigrants from Europe also like to hunt, so they use firearms to protect themselves and hunt. Meanwhile, Indonesians are not immigrants; Indonesia's ancestors have existed for thousands of years. Apart from that, the majority of Indonesian people farm, so they don't need firearms.

Culture shock of transportation, Indonesian people choose to use motorbikes because the roads in Indonesia are narrow and busy, so using motorbikes is faster and more economical. Roads in Indonesia are different from roads in America. In America, the roads are wide and quiet so that car users can get to their destination more quickly.

2. Culture Shock of Foreign Speakers from the European

Foreign speakers from European experience culture shock, including social interaction, food, attitude in opinion discipline, cleanliness, transportation, walk habit, and profession. The following is detailed data on culture shock for foreign speakers from European.

Table 2. Culture Shock of Foreign Speakers from the European Continent

No.	Cultural Theme	Culture of the Country of Origin of Foreign Speakers	Culture in Indonesia
1.	Social interaction	Turkish people do not smile easily on the road (data 3). Russians only smile at friends, family, and people they know well (data 4).	Indonesian people are famous for their friendliness and smile.
		Poles tend not to talk to strangers. In fact, if someone asks questions that are commonly asked in Indonesia (age, family, job, and address), Polish people can call the authorities (data 5). In Russia, asking where you live is considered impolite because it is considered a personal matter (data 4).	In Indonesia, everyone can talk to each other even if they are new to each other. In Indonesia, it is normal to ask about age, status, occupation, etc. even if you have just met or met.
		Social life in Francis tends to be more individualized; for example, neighbors in an apartment do not know each other (data 6)	Social life in Indonesia is more open and mixes with neighbors, like a family with high solidarity.
		French people greet each other with a kiss on the cheeks if they already know each other; if they do not know each other, they only greet them by saying "hello" (data 7). Russians, Poles, and Italians not only hug each other but also kiss each other on the cheek even though they are members of the opposite sex (data 4, 9 and 12)	Indonesian people greet by shaking hands. Greeting kisses on the cheeks is usually done by women who are already close friends.
		Russians usually look at the person they are talking to because it means they are interested in the topic of discussion (data 4).	When Indonesian people talk to older people, they rarely look directly at the person they are talking to because it is considered impolite.
		Sitting on the floor is considered bad, especially if you squat. Usually, those who frequently squat on the street are mostly thugs. Russians prefer standing for a long time to sitting on the floor (data 4).	Indonesian people like to sit on the floor (<i>lesehan</i>).
		Polish people tend to do things using their left hand, including when eating (data 5).	People in Indonesia tend to use their right hand to carry out daily activities, such as eating with their right hand and giving money to other people.
2.	Food	In Spain, people generally eat with just a fork and sometimes a knife (data 9).	In Indonesia, the majority eat using their hands; they use a spoon if they eat soup.
		When Turkish people have dinner, they add yogurt to their side dishes, whatever the type of food (data 25).	Indonesians eat yogurt as a dessert and do not mix it with side dishes.
		The staple food of Russians is potatoes; Russians cook food once a week in large portions and store it for one week's supply (data 4).	The staple food of Indonesians is rice. In Indonesia, we cook every day, some even cook twice in one day.
		Europeans don't like to eat chili sauce or spicy food (data 5).	Indonesian people really like to eat spicy chili sauce.
		If Russians and Italians are invited to an event, for example, a birthday, they are all required to sit at one dining table (data 4 and 11), and French people never eat on the floor (data 10).	Indonesian people, if there are not enough seats, usually eat on the floor.
		In general, French people eat a slice of bread with butter for breakfast (data 10).	Indonesian people tend to prefer eating rice for breakfast, lunch, or dinner.

No.	Cultural Theme	Culture of the Country of Origin of Foreign Speakers	Culture in Indonesia
3.	Attitude in Opinion	German people like to discuss things, and they even argue in a rather loud voice. They express their arguments and hear other people's arguments as well (data 11).	Most Indonesians think that debate will lead to arguments. Every little argument is feared to snowball into a big problem later.
		In the Netherlands, when parents are angry with their children, they immediately invite a discussion, like asking why they did that (data 8).	In Indonesia, when parents are angry, children just listen and then apologize.
		When Dutch people disagree with something, they immediately say they disagree (data 8).	When Indonesians don't like/disagree, they will keep quiet and avoid something they don't like.
		The European majority speak directly to the point of the conversation (data 11).	When chatting, people in Indonesia used to make small talk first.
4.	Discipline	Polish people don't like people who came late if it's later than the promised time they will leave (data 5).	Indonesians consider it normal for someone to be late.
		German people must make an appointment before meeting and be on time. Both appointments with doctors and even close relatives such as grandmothers (data 12)	In Indonesia, to go to your grandmother's or relative's house you don't need to make an appointment in advance, they can just come and visit.
5.	Cleanliness	Toilets in Bosnia generally do not provide water and only have tissue (data 13).	Toilets in Indonesia always provide water and rarely provide tissue.
		In Europe, people use tissue with tissue for washing (data 5).	Indonesian people use water when they wash.
		Bosnians use showers for bathing, they are not familiar with bathtubs or dippers (data 13).	The average Indonesian person bathes using a bathtub and dipper.
6.	Transportation	The number of motorbike riders in Turkey is relatively small, not as many as in Indonesia (data 3).	The majority of Indonesian people use motorbikes as their primary means of transportation.
		In France, they use cars more often than motorbikes and prefer to use public transportation, such as trains, metro, and buses, because they are faster, cheaper, and better organized (data 10).	In Indonesia, people prefer to ride motorbikes rather than cars.
7.	Walk Habit	Russians are used to walking; some people even walk at least 1 hour a day (data 14).	In Indonesia, people rarely walk, and the condition of sidewalks and roads is also less favorable.
8.	Profession	There is no profession like a parking attendant (data 3).	In Indonesia, there are many parking attendants on every street, supermarket, and restaurant.

Based on the data above (see Table 2), cultural differences between Europeans and Indonesians cause culture shock. These cultural differences include Culture shock of social interaction: Indonesian people like to smile at both people they know and do not know. The smile of Indonesian people shows their friendliness towards other people. Apart from that, Indonesian people who smile often also aim to make other people feel comfortable. Even in Indonesia, the culture of smiling has been instilled from an early age (Amellia & El-Yunusi, 2024; Khairunnisah et al., 2024). When Indonesians meet someone, they already know, they usually just shake hands. Greeting kisses on the cheeks are only done by women who are already close friends. This is different from Europeans who greet kisses on the cheeks to members of the opposite sex even though they are new to it.

Culture shock wants to know other people's business, Indonesian people want to get to know and interact with other people so sometimes they ask personal things such as addresses and jobs. Personal questions also sometimes become conversation starters. Additionally, the majority of Indonesians do not understand the boundaries of privacy. Europeans, they are more individualistic and respect other people's privacy.

Indonesians are used to sitting on the floor or more commonly known as sitting cross-legged. If the floor is dirty, Indonesians are usually forced to sit squatting. When invited to a certain event, for example thanksgiving event, dining chairs are not provided, the invited guests will usually sit and eat on mats or the floor. In visiting culture, the majority of Indonesians will serve various kinds of food to guests as a form of respect for these guests. If the guest comes from far away, they will usually be invited to eat together.

Culture shock of cooking, Indonesian people like to cook every day because cooking can save money and suit their tastes. The results of a survey conducted by opinionpark.com (2022) show

that 30.6% of Indonesians cook every meal and 30% of Indonesians cook 1-2x a day. This means that around 60.8% of Indonesians cook every day. Indonesian people cook every day because they want to change their food menu. Indonesian people will feel bored if their food menu is always the same for one week.

Culture shock of food, the staple foods of Indonesians and Europeans have differences; Europeans' staple foods are bread, potatoes, cereal, and cheese, while Indonesians' staple foods are rice. Some people even think that they have not eaten if they have not eaten rice even though they have eaten bread or a snack. Apart from that, Indonesian people also like to eat chili sauce. For most Indonesians, chili sauce can add deliciousness to food. If you look at history, the majority of Indonesians are farmers. They usually have vegetables served with chili sauce as a side dish when they eat. The results of this study are the same as the results of Shan et al.'s (2020) research which states that food is one of the causes of culture shock.

Culture shock of attitude in opinion, Europeans, when speaking directly to the point, do not like small talk. This is different from Indonesian culture, in Indonesian culture, when chatting, it is usually small talk before getting to the main point of the conversation. Small talk is part of the Indonesian people's speaking style Indonesia (Badri et al., 2024; Hidayati & Asteria, 2024) and has become the communication identity of Indonesian people (Asteria et al., 2025). Small talk is usually also used to find out the condition of the interlocutor, if it feels inappropriate then the speaker will postpone the main point of the conversation.

Culture shock of discipline, Indonesians usually come late to attend something because most society accepts it, and there is no social sanction. The come late culture occurs because of the habit of Indonesians who like to wait; for example, the event should have started, but it has yet to start because important figures have yet to arrive, or the majority of guests have yet to come.

Culture shock of cleanliness, Indonesians prefer to use water to clean dirt rather than tissue because water is easier and cheaper to obtain than tissue. In addition, water is considered cleaner in removing dirt than tissue. The majority of Indonesians don't have showers, so the average person showers using a dipper.

Culture shock of transportation, when Indonesians cross the road, they usually give a signal by raising one hand. Hand signals can also help us to be seen by truck drivers. The cultural difference between Indonesians and Europeans is the walking culture. Europeans like to walk while Indonesians don't like to walk. In fact, Indonesians are known as the laziest walking people in the world (Indonesia Expat, 2022). There are several factors that cause Indonesians to be reluctant to walk, including inadequate facilities for pedestrians and hot weather.

Culture shock of profession, there are differences between Indonesia and European countries. In Indonesia, there is a parking attendant profession, while in Europe, there is none. In fact, the parking attendant profession only exists in Indonesia (CNBC Indonesia, 2022).

3. Culture Shock of Foreign Speakers from the Asians

Foreign speakers from Asians experience culture shock, including social interaction, food, attitude in opinion discipline, cleanliness, transportation, walk habit, appearance, and language. The following is detailed data on culture shock for foreign speakers from Asians.

Table 3. Culture Shock of Foreign Speakers from the Asians

No.	Cultural Theme	Culture of the Country of Origin of Foreign Speakers	Culture in Indonesia
1.	Social Interaction	In Korea, people do not greet each other; if they are greeted, they feel strange and uncomfortable (data 15). If you visit Malaysia, do not smile at just anyone because they will not feel happy unless you want to chat with that person (data 16).	In contrast, in Indonesia, people greet each other; they look familiar and friendly and like to smile.
		In Japan, when you meet people, you say 'good morning' or 'hello' (data 17). People in Japan are considered unfriendly (data 18).	When you meet people in Indonesia, apart from saying hello, you usually also ask how they are doing.
		Koreans are individualistic and reluctant to talk to foreigners (data 19 and 15). Korean people also rarely go out to hang out with their friends (data 15).	Asylum Indonesians interact with other people, including foreigners. Indonesians often hang out when they come home from work or school; hanging out in Indonesia is more free.
		in Korea is that when you first meet someone, you should bow and not wave your hands. If you are not too close, bow 45°; if you meet an older person/superior, bow 90° (data 21). Malaysians rarely shake hands because they tend to wave at other people (data 16).	In Indonesia, when you meet older people, they usually shake hands, and younger people kiss the older person's hand. In contrast, when you meet friends or close people, you are free to use greetings.
		Arabs usually slaughter goats as a feast for guests who come as a form of respect, sometimes including a wedding reception or party. This is because they rarely visit. Arab people will also usually ask guests to stay overnight (data 22).	In Indonesia, if there are guests, they are usually served food or invited to eat together. In Indonesia, guests only stop for a few hours, rarely stay overnight, and usually prefer to stay in hotels.
		In China, there is no difference between the left hand and the right hand, so using the left hand when giving something is permitted (data 23).	When Indonesians want to give something, they must not use their left hand; they must use their right hand, and when eating, they must use their right hand.
2.	Food	In Arabic, older people are called "Abu" + (first child's name). Calling "Abi" is also considered impolite but calling "Abu" + (first child's name) is a tradition (data 22).	In Indonesia there is an etiquette for calling older people "Sir" or "Ma'am".
		In Korea, they rarely eat with their hands; they always eat with spoons and chopsticks (data 15 and 19). When eating, chopsticks must not be stuck in the rice, and soup bowls must be on the right except during funeral activities (data 20). Eating using chopsticks is also part of the culture of Taiwanese, Japanese, and Chinese people (data 48, 49, 50 and 51).	When eating, Indonesian people can use their hands, spoons, and forks. In Indonesia, chopsticks are not the primary eating utensil. Indonesian people more often use spoons, even directly using their hands.
		Korean people often drink alcoholic drinks (data 15). In Korea, people are prohibited from drinking alcohol or drinking alone; usually, when our glass is empty, our friends will pour it (data 21 and 20). When drinking alcohol in front of people who are older or in a higher position, you must turn your body or look (data 15).	In Indonesia, if you want to drink alcohol, you have to go to a bar or discotheque. In Indonesia, not taking your own drink or food, even if someone else takes it, seems impolite or troublesome. Turning your body or turning your back while eating and drinking is also considered impolite.
		Korean people usually eat fried chicken without rice. They usually eat one chicken per person (data 26)	In Indonesia, it is common to eat chicken with rice. When Indonesians eat chicken, they usually do not eat one chicken but cut it into small pieces.
		In Japan, KFC and MCD do not have rice on the menu. KFC only provides a chicken menu without rice, while MCD only provides burgers (data 17)	In Indonesia, KFC and MCD have rice on the menu
		Japanese people are not used to food that tastes very spicy (data 18).	In Indonesia, there are many foods that taste very spicy, and the majority of Indonesians like spicy food.
		In Korea, when you finish eating at a restaurant, you must clean and tidy up first (data 21).	In Indonesia, when you finish eating at a restaurant, you can go straight home.
		In Arabia, for example, a family consists of 10 people. They always eat on one large plate and use their hands directly (data 22).	In Indonesia, on average, everyone eats on their plate.
3.	Discipline	In Japan, Korea, and the Arab countries, they are very disciplined when it comes to time, so you cannot be late (data 18, 22, and 28).	People in Indonesia are very relaxed. They are used to arriving later than the promised time. For example, there is an appointment at 6 am, but after less than 2 minutes it turns out no one has arrived

No.	Cultural Theme	Culture of the Country of Origin of Foreign Speakers	Culture in Indonesia
4.	Cleanliness	Taiwanese people are used to not taking a shower in the morning. Every morning, they brush their teeth and wash their faces. They prefer to shower and clean their bodies before going to bed (data 29)	Indonesians are accustomed to bathing in the morning, even washing their hair or shampooing.
		Every Korean toilet only provides tissue and has no showers (data 27).	Every toilet in Indonesia always provides water.
		In Japan, toilets only provide tissue and no water (data 31 and 32).	In Indonesia, wiping with hands and having to use water rarely provides tissue.
5.	Transportation	Motorbikes are not the main vehicle in Korea, it is very rare for motorbike riders other than for delivery services. This is because in Korea, people go on motorcycles considered naughty or wayward (data 21, 27, and 33).	In Indonesia, motorbikes are the primary vehicle because motorbikes are far away more effective in traffic jams.
		In Japan, people usually go to work using trains and buses (data 24). In Japan, there are rarely motorbikes because most of them are cars, buses, and fast trains. Students are also used to walking or using bicycles and public transportation. There are still a few online taxis in Japan (data 18).	Motorbikes are one form of transportation that is often used by Indonesians, in contrast to Japanese people, who more often use public transportation, such as buses and trains. The large number of motorbikes used is one of the reasons why Jakarta often uses them congested. In Indonesia, high school students usually use motorbikes to commute. Even elementary school children can now ride their motorbikes. The number of online transportations is also huge in Indonesia.
6.	Walking Habit	Korean and Japanese people, most of them prefer to walk (data 19, 31, and 24). Korean people like to walk fast (data 30).	In Indonesia, people rarely walk. They would prefer to go everywhere using private vehicles or public transportation. Person Indonesia usually walks at a leisurely pace.
7.	Appearance	Students in Korea are very obsessed with plastic surgery, starting with eyelid crease surgery. Korean people really appreciate beauty and good looks, especially in the world of work and relationships. The average Korean man has bangs, his face must be white, and he doesn't have a mustache (data 15).	Students in Indonesia rarely have plastic surgery. Indonesian students usually only use skincare. Indonesians really value ability and experience at work. Men in Indonesia generally have their hair combed up and mustaches.
8.	Language	Korea rarely has local residents who are fluent in English (data 15).	Residents in Bali are fluent in English. Even the driver was good at using the basics of the language.

Based on the data above (see Table 3), cultural differences between Asians and Indonesians cause culture shock. These cultural differences include Culture shock of social interaction: Indonesia in interaction is very friendly to other people, both known and unknown. Aulia et al. (2021) stated that Indonesian people are known for their friendliness. When they meet, Indonesians will usually smile, shake hands, say hello, or ask how they are. If we meet and then remain silent then we are considered angry or arrogant. Hanging out or hanging out has now become a lifestyle for most Indonesians. Indonesian people usually hang out in coffee shops, where they can relax, tell stories, or discuss with their friends. In Indonesia there is also a culture of calling people, for example calling parents, if it is a man, you need to add “Mr.” and if it is a woman then add “Madam.” Indonesians really respect parents and teachers, if they greet parents or teachers, Indonesians will usually kiss their hands. In Indonesia, waving at older people is considered impolite. Indonesians differentiate between the use of the right hand and the left hand. Indonesian people use their right hand to give or receive things. In Indonesia, giving or receiving something with the left hand is considered impolite. On the other hand, Chinese people do not differentiate between right and left hands. So, they sometimes experience culture shock when interacting with their hands. The results of this research complement the research results of Bai & Wang (2024) and Pacheco (2020), which stated that Chinese speakers experienced culture shock in terms of language and academics.

Culture shock of food, most Indonesians eat using their hands or spoons. In Indonesia, it is rare for people to eat chicken alone, usually they eat chicken with rice. Indonesians rarely drink alcohol; this is because the majority of Indonesians are Muslim, and Muslims are prohibited from drinking alcohol. This is in line with Abdulla (2018) which states that religion can influence culture.

The culture shock of cleanliness, the average Indonesian person takes a bath 2—3 time a day. Bathing in the morning before work and in the afternoon after work is the culture of Indonesian society. Indonesian bathing culture is different from Taiwanese, Japanese and Korean bathing culture. They usually only bathe once before going to bed by soaking in warm water. The difference in bathing culture is because they do not have time to bathe in the morning. Apart from that, climate differences also influence bathing culture. Indonesia has a tropical climate that causes Indonesians to sweat easily, so Indonesians bathe more often than Taiwanese, Japanese and Koreans. The results of this study complement the study of Muzakki et al. (2024), which states that Taiwanese people have cultural differences from Indonesians, especially in terms of eating, drinking, interacting, and dressing.

The culture shock of transportation, Japanese people prefer to use public transportation rather than using private vehicles because in Japan transportation is integrated, making it easier for passengers to get to their destination. If you want to buy a vehicle in Japan, you must have a garage or rent a parking space. Parking fees and vehicle taxes in Japan are also quite expensive, so many Japanese people prefer private transportation. In contrast to Indonesians, when buying a vehicle, Indonesians do not have to have a garage or rent a parking space. Indonesian people who don't have a garage usually park their vehicles on the side of the road. In addition, public transportation in Indonesia is not as good as Japanese transportation, so many people prefer private vehicles.

Korean people really pay attention to appearance, they also have certain beauty standards, for example having a small V-shaped face, baby face, double eyelids, and a very slim body. One way to improve their appearance is with plastic surgery. Many teenagers in Korea undergo practical surgery to make them look attractive. The research results of Park et al. (2019) also shows that the reason Korean people undergo plastic surgery is because they feel their appearance is less attractive. In Indonesia, plastic surgery is still taboo, and even people who undergo plastic surgery sometimes receive negative stigma because they are seen as not being grateful for God's blessings. Korean people generally don't like people with mustaches, this happens because they are still traumatized by the Japanese invaders, whose leaders usually had mustaches. Even though Indonesia was once colonized by Japan, Indonesians do not hate people with mustaches.

Culture shock of language, English in Indonesia has been taught from an early age. Most Indonesians can speak English, especially those who live in tourist destinations like Bali. Many Balinese people can speak English. Traders in Bali also usually offer their wares in English to tourists.

D. Conclusion

Culture shock is a psychological disorder caused by cultural differences between old and new environments. The main factors causing cultural differences are people's beliefs and different geographical locations or weather. Thus, there are differences in the culture shock experienced by citizens of one country and those experienced by citizens of another country. The following is a culture shock on each continent. North American culture shocks include, they do not differentiate between the use of the right hand and the left hand, hugging and kissing in public places being normal, when they promise they prefer to come early, bread is their staple food, using tissue to clean the ass, The majority of Americans own guns, and they prefer to ride cars rather than motorbikes. European culture shock. Europeans don't smile easily, and they also don't like being asked about their business; when they meet friends, they usually hug and greet kisses on the cheeks; they don't like sitting on the floor because they think it's dirty; Europeans use knives and forks when eating, they don't like spicy food and have to eat at the table, be disciplined, use a tissue to clean their ass, prefer to use cars or public transportation rather than motorbikes, Europeans like to walk, in Europe there is no parking attendant profession. Asian culture shock: Asian people, especially in East Asia, have a culture of not greeting each other when they meet, don't like spicy food, use chopsticks when eating, are very disciplined, use a tissue to clean the ass, prefer to use cars or public transportation rather than motorbikes. Meanwhile, people in the Middle East have

a culture when there are guests, they will slaughter an animal and then eat together, they usually eat together on one plate.

The researcher realizes that this study still needs improvement. One of the shortcomings is that the data is only based on the experience of foreigners in Indonesia and does not come from structured interviews, so the variables between one source and another are different. Therefore, structured interviews can be used for further research to obtain more complete data.

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