

FENOMENA *CULTURE SHOCK* PADA PEKERJA MIGRAN DI KECAMATAN GRABAG KABUPATEN MAGELANG

Oleh: Algani Adam Ray

ABSTRAK

Culture shock merupakan fenomena psikososial yang penting untuk dipahami dalam konteks pekerja migran karena secara langsung memengaruhi proses adaptasi, kesejahteraan emosional, dan produktivitas mereka di negara tujuan. Penelitian ini bertujuan untuk memahami fenomena *culture shock* yang dialami oleh pekerja migran asal Kecamatan Grabag, Kabupaten Magelang, dengan menggunakan metode kualitatif dan pendekatan fenomenologi. Penelitian ini menggunakan teori *U-Curve* dari Lysgaard (1955) yang membagi pengalaman *culture shock* ke dalam empat fase: *honeymoon*, *crisis*, *recovery*, dan *adjustment*. Hasil penelitian menunjukkan bahwa seluruh narasumber mengalami fase *honeymoon* dengan perasaan euforia dan kekaguman terhadap lingkungan baru. Fase *crisis* ditandai oleh tekanan emosional, fisik, dan sosial akibat perbedaan budaya, bahasa, dan sistem kerja. Pada fase *recovery*, para narasumber mulai mengembangkan strategi internal serta eksternal untuk bertahan dan beradaptasi. Fase *adjustment* menunjukkan keberhasilan adaptasi secara psikologis dan sosial, di mana narasumber mengalami transformasi diri dan merasa nyaman tinggal di lingkungan baru.

Kata kunci: *Culture Shock*, Pekerja Migran, Komunikasi Antar Budaya

***CULTURE SHOCK PHENOMENON AMONG MIGRANT WORKERS IN
GRABAG DISTRICT, MAGELANG REGENCY***

By: Algani Adam Ray

ABSTRACT

Culture shock is a psychosocial phenomenon that is crucial to understand in the context of migrant workers, as it directly affects their adaptation process, emotional well-being, and productivity in the destination country. This study aims to understand the culture shock phenomenon experienced by migrant workers from Grabag District, Magelang Regency, using a qualitative method and a phenomenological approach. The study employs Lysgaard's (1955) U-Curve theory, which divides the experience of culture shock into four phases: honeymoon, crisis, recovery, and adjustment. The findings reveal that all participants experienced the honeymoon phase marked by feelings of euphoria and admiration toward the new environment. The crisis phase was characterized by emotional, physical, and social stress due to differences in culture, language, and work systems. In the recovery phase, participants began to develop both internal and external strategies to survive and adapt. The adjustment phase demonstrated successful psychological and social adaptation, where participants experienced self-transformation and felt comfortable living in the new environment.

Keywords: *Culture Shock, Migrant Workers, Intercultural Communication*