

DYNAMICS OF SOCIAL ADAPTATION OF MIGRANT STUDENTS

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Abstract

The dynamics of social adaptation of the migrants' students involve a series of complex and often changing processes over time. Social adaptation is the process in which individuals, groups, or social units adapt to the norms, changes, or conditions in their social environment. The process of social adaptation of regional students, or students studying away from their home, is influenced by various factors that can be inhibitory or supportive such as cultural differences and languages, lack of connection with local communities, attitudes that are difficult to accept change, and fear of cultural disintegration. This process is also affected by social support, tranquility, increased self-esteem, competence in social interaction, and cross-cultural communication skills. Cultural differences, social norms and different values can also trigger a culture shock in students who adapt to their new environment. The dynamics of social adaptation of students in the migrant involve continuous change and learning processes that can be very different for each individual. Students need to be flexible, proactive, and open to new experiences to meet the challenges and take advantage of the opportunities that exist in their new environment. In the context of social adaptation of regional students, it is important to understand the dynamics of their lives, the challenges facing them, as well as the efforts that can be made to facilitate the process of better social adaptation.

Keywords: Dynamics, social adaptation, migrant students

INTRODUCTION

Student is the level of higher education embedded in someone who has graduated from high school. It's not uncommon to be a student, not just a student in their own area of origin. Many of us encounter maritime students in some of the big cities. Maritime students mostly choose to study in other areas with various factors. From the low level of education in the home area, the

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major options that are only available in the maritime cities, to want to experience the new atmosphere or culture that when grown up requires maritime. Being a maritime student is not just a change of place of residence. But you have to be able to understand the culture that exists in the area where you live in college. It's not uncommon for a lot of students to experience a culture shock process because they feel there's a difference with the culture that he's been experiencing in his native region. (Wu, J., & Sun, 2020). The culture shock itself must be experienced by every student at sea because of the transfer to a new culture, so it requires adaptation to the new culture that they inhabit. According to Bierwiazzonek, K., & Waldzus, S. (2016) the process of adaptation itself is not apart from the blend of custom and student personality before connecting to the new culture that he will experience. If a maritime student can combine what he has with a new culture, not only will the process of cultural adaptation he feels, but he will also gain a new experience than before in his native region. Learning new cultures like languages, customs and ethics will make students more mature and able to appreciate the surroundings. So he becomes a complete figure. Besides getting a higher education, you can also be a person who enters a new culture without having to worry. Except in the new neighborhood residence. No other college or campus can be called a place where students can easily experience a cultural shock because of meeting a variety of students from different regions. That's where intercultural communication happens. Students become learning cultures other than the culture he's had all this time. Interacting with people from other cultures can lead to learning that the world is not just one tribe. Even Indonesia itself has many tribes and languages. It is increasingly affirmed that the importance of students in learning other cultures so that the insight is wider and also makes themselves more deadly (Tretyakova et al., 2017).

Adaptive and maladaptive behavior in humans is based on self-objectifying capacity and normative orientation. According to Tikhonova et al., (2021) an impact is an attempt by man or other living creature to adapt to a particular environment in using resources to overcome or face urgent problems. Meanwhile, Kamalova et al., (2020) stated that the basic meaning of adaptation is the adaptation mechanism that humans use throughout their lives. The adaptation process is the human response to their life in the present and future as a continuation of their past lives, and as a result of human interaction with their environment. In adaptation, humans use culture as a guideline.

According to Eisikovits, R. A., & Schechter, H. (2007) the process of adaptation is a repetitive mechanism that humans use throughout their lives, subject to interpretations based on social values. The closest and most real environment to humans is the physioorganic nature. Both the geographical physical location as a settlement, which has little influence on psychological characteristics, and the biological needs to be met, are the physio-organic natural environments in which humans adapt to ensure their survival. Adaptation and interference with the external environment are cultural and social functions in organizing the human capacity called technology. The whole process of adaptation and intervention against the external environment, including skills, technical expertise, and equipment ranging from primitive devices to electronic computers that collectively enable the active control and transformation of physical objects as well as biological environments for the sake of the fulfilment of the needs of human life. (Katrushova et al., 2019).

According to Carrión-Martínez et al., (2021) as an immigrant must adapt to the local environment. Interaction will work well if it is able to adapt to reduce the friction of values and habits that apply to communities that have long lived in the area, that is, by the way of interaction, fast socializing, being polite, friendly, communicating, understanding and appreciating the value and customs adopted by local communities. This is meant so that there is no misunderstanding between them. What is considered good is not necessarily acceptable and considered good and polite by the local community. For example, in terms of speech or behavior. Adaptation efforts can be done in a variety of ways either through effective learning tips and learning in groups or individuals. Through this learning process can be seen the academic achievement achieved. Meeting the needs of migrant students depends heavily on the economic needs, especially the shelter and food.

Migrant students must be smart to adapt to the surrounding environment because it will influence their social life. Migrant students who are sociable and adaptable are more likely to find new friends than shy and difficult students. Each migrant's student's economic needs vary depending on what needs they want to meet. The student needs of the district are unstable every day, ranging from eating, drinking, buying money, paying expenses, and so on. All of these things can be overcome by setting up the financial patterns of each according to the desired goals. According to Pedamallu et al., (2012) the regional student's advantage is that it can learn to live independently and socialize with new friends and new surroundings compared to students who live in the city with their parents. The reason the researchers chose the

migrant's students was because they were inspired and interested in the life of the social environment of the region. Being a migrant student is not an easy thing because it's a new start.

RESEARCH METHOD

The research uses descriptive methods by collecting data from various reliable sources, including literary studies and recent publications. Descriptive approaches are used to describe the dynamics of social adaptation of students in the migrant. The first stage in this research method is the collection of literature relevant to the research topic. Literature searches are carried out through academic databases, scientific journals, and related publications that discuss the dynamics of social adaptation of migrant student. The literature selected must be of good quality and relevant to the purposes of research. After the collection of literature, analysis and synthesis of the information found. Relevant data and information on the understanding of social adaptation, migrant students and the problems they are experiencing, inhibitory factors and supporters of the process of social adaption of migrant students related to the research topic.

RESULT AND DISCUSSION

Understanding Social Adaptation

Rachmad, Y. E. (2022) stated that social adaptation is a process in which individuals, groups, or social units adjust to norms, changes, or conditions that exist in their social environment. This involves personal adjustment to the environment, which can mean changing oneself to suit environmental conditions or changing the environment according to personal preferences. Social adaptation also includes behavioral adjustment, in which humans adjust their behavior based on the situations they face, as well as morphological adjustment, which refers to the adjustment of the body structure or body parts of living organisms to their environment.

According to Ryabov et al., (2019) social adaptation refers to the process in which individuals or groups adjust to the norms, values, and rules in their society. This process involves changing attitudes, behaviors, and ways of thinking to achieve harmony with the social environment. Social adaptation is important for survival in a society that is constantly changing and diverse.

Examples of social adaptation include:

1. Cultural Adjustment

Individuals who move to a new country or area may need to learn a new language, understand local customs, and adjust to local cultural norms.

2. Social Integration

Minority groups that are new to a community may need to adjust to the patterns of social interaction and rules that exist in that community.

3. Social Change

When major changes occur in society, such as technological advances or changes in economic structures, individuals and groups need to adapt to remain relevant and effective in the new social context.

Social adaptation helps maintain harmony in society and allows individuals to function well in their social environment. The primary purpose of social adaptation is to meet the basic requirements for living in a social context. These basic requirements include biological, psychological, and social aspects, and the process of adaptation is essential for individuals to function effectively in their social environment. In summary, social adaptation is a fundamental process that allows individuals to adjust to the norms, changes, and conditions in their social environment. It involves personal and behavioral adjustments to fit the social context and is essential for individuals to function effectively in society (Bristol, 1921).

Adaptation is a personal adjustment to the environment, this adjustment can mean changing oneself according to environmental conditions, it can also mean changing the environment according to personal desires, while according to Nigmatullin et al., (2016) self-adjustment is an effort or behavior that aims to overcome difficulties and obstacles. According to Terziev, V. (2019) distinguishes adaptation has two meanings. The first adaptation is called autoplasmic self-adjustment (auto means itself, plastic means form), while the second meaning is called allostatic self-adjustment (allo means other, plastic means form). So adaptation has a passive meaning where personal activities are determined by the environment, and there is an active meaning, where the person influences the environment.

Byrne et al., (2019) provide several definitions of social adaptation, namely:

1. The process of overcoming obstacles from the environment.
2. Adjustment to norms to channel tension.
3. The process of change to adapt to changing situations.
4. Changing to suit the conditions created.
5. Utilizing limited resources for the benefit of the environment and system.
6. Adjustment of culture and other aspects as a result of natural selection

From these limitations, it can be concluded that adaptation is a process of adjustment. Adjustment of individuals, groups, or social units to norms, the process of change, or a condition that is created. Furthermore, regarding the adjustment process, Aminuddin stated that adjustments are made with certain goals, including:

1. Overcoming obstacles from the environment.
2. Channeling social tension.
3. Maintaining the sustainability of groups or social units.
4. Survival.

In adaptation, there are also patterns in adapting to the environment. According to Liu et al., (2019) a pattern is a series of elements that have been established regarding a symptom and can be used as an example in terms of describing or describing the symptom itself. From the definition above, the adaptation pattern in this study is as elements that have been established in the adaptation process that can describe the adaptation process in everyday life, both in interactions, behavior and from each existing cultural customs. The adaptation process takes place in a time course that cannot be calculated precisely. The time period can be fast, slow, or even end in failure.

Migrant Students and the Problems They Experience

According to Free et al., (2014), migrant students are students who come from outside the area where they are studying. This term is often used in Indonesia to describe students who study in a city or area different from their place of origin. Migrant students usually face several unique challenges and opportunities (Leung, C. (2001), including:

1. Adjusting to a New Environment
They need to adapt to a culture, customs, and way of life that is different from their hometown.
2. Independence
Living away from family often forces out-of-town students to become more independent, managing their time, finances, and daily needs on their own.
3. Social and Cultural Experiences
They have the opportunity to meet people from different backgrounds, experience different cultures, and broaden their horizons.
4. Social Networks
Building new relationships in their place of study can provide valuable social and professional support.
5. Emotional Challenges

Distance from family and friends can cause homesickness, especially at the beginning of college.

6. Financial Management

They often have to budget carefully, especially if they do not have financial support from their family.

There are always consequences to every choice, including someone's decision to move away from home. Leaving your hometown for a foreign land is certainly a challenge in itself. In one of the studies by Kaukko et al., (2022) it was stated that adaptation to a new environment and prevailing social norms is often a problem for students who come from different regions. In addition to the social side, students who live away from home must also adapt in the academic field with other students. The significant differences in the academic system of school and college are challenges that inevitably must be faced together. For example, the level of difficulty of assignments at school and college is very different. At school, assignments are generally in the form of practice questions or short essays, unlike in college where assignments revolve around journals and scientific articles. In facing these challenges, students who live away from home are required to face them alone. Family and the closest circle of people who do not accompany them have the potential to affect the psychology of the migrant. Stress, frustration, and loneliness lead to depression and not infrequently, they keep it to themselves. This needs special attention, because in essence, humans are social creatures.

Students who live away from home have to face all the challenges on their own without family nearby. It is undeniable that family plays an important role as a person's support system. However, this cannot be generalized because it depends on the situation and condition of each individual's family. Based on the book *Human Development* written by Diane E. Papalia, it is stated that support from family is the main factor for students to survive in college. However, it does not mean that without family by their side, students who live away from home do not have a support system. Social support can still be obtained from other people, such as friends or partners. With these people, they can share their complaints directly, so they don't have to keep it to themselves (Simpson, J., & Cooke, 2009).

Even though there is a support system, support from within is also needed. Cassar, J., & Tonna, M. A. (2018) recommend being aware of one's limitations and needs in order to survive in the midst of challenges. This is because everyone has their own capacity. As someone who lives alone, it is crucial for students living away from home to follow their own needs, because

they are the ones who know everything about themselves. Not only that, the environment also has a significant influence on students to survive in a foreign land. Social relationships with people around the place of residence, friendship lifestyle, and academic atmosphere are crucial factors that cannot be ignored. Being selective in choosing a healthy and supportive environment must accompany the interaction of students living away from home with their support system. Getting a support system in a foreign land certainly requires a process and effort from the individual. This can be started by reducing doubts to open up so that the opportunity to interact with others is wider. In addition, something that is no less important is to be yourself and believe that there will be someone who accepts us as we are. Because, out of the thousands of people we have met so far, there must be a handful of people with the same frequency of thoughts. For students living away from home, this experience is often an important part of their personal and academic growth. Despite the challenges, they also gain valuable life skills and experiences that can enrich their educational journey.

Inhibiting and Supporting Factors in the Social Adaptation Process of Migrant Students

The intercultural adaptation process involves identity changes and barriers for new students (Girmay, 2017). The barriers in question are as follows:

1. Differences in core beliefs, values, and situational norms between the place of origin and the new place.
2. The loss of images of the original culture held and all familiar images and symbols that indicate that the identity that was once familiar to the newcomers has been lost.
3. The sense of inability of newcomers to respond to new regulations appropriately and effectively.

The intercultural adaptation process involves identity changes and support for new students. The support in question is as follows:

1. A sense of security and increased self-esteem
2. Flexibility and cognitive openness
3. Competence in social interaction and increased self-confidence and trust in others.

The social adaptation process of students who study away from their place of origin is influenced by various factors that can be inhibitors or supporters. The following are some key factors in both categories according to Brisset et al., (2010).

Factors Inhibiting Social Adaptation:

Cultural Gap: Cultural differences between the place of origin and the place of study can be challenging, such as differences in language, customs, or unfamiliar social norms.

Distance from Family and Friends: Homesickness and lack of emotional support from family and close friends can make the adaptation process more difficult.

Economic Hardship: Financial problems, such as high living costs or lack of financial support, can hinder students' ability to adjust and participate in social activities.

Mental Health Issues: Stress, anxiety, or depression experienced by students living away from home can exacerbate difficulties in adapting to a new environment.

Sense of Social Isolation: Difficulty forming relationships or gaining social support from new friends can lead to feelings of loneliness and isolation.

Academic Differences: Different curricula or teaching methods than those in the place of origin can add to the difficulty of academic adaptation.

Factors Supporting Social Adaptation:

Social Support: Support from classmates, professors, or the local community can help students feel accepted and adjust more easily.

Orientation Programs: Orientation programs provided by educational institutions can facilitate the adaptation process by providing information and resources needed by students living away from home. **Adaptability:** An individual's ability to adapt, such as good communication skills, flexibility, and openness to new experiences, can facilitate the adaptation process.

Access to Support Services: Services such as counseling, academic advising, or the student assistance center can provide additional support in dealing with challenges.

Extracurricular Activities: Participating in extracurricular activities, clubs, or campus organizations can help students build social networks and feel more connected to the campus community.

Previous Experiences: Previous experiences with new situations or changes can make students better prepared and better able to cope with adaptation challenges.

By understanding and addressing these factors, remote students can increase their chances of successfully adapting socially and maximizing their college experience.

CONCLUSION

Social adaptation is the process by which individuals, groups, or social units adjust to norms, changes, or conditions in their social environment. It involves personal adjustment to the environment, which can mean changing oneself to suit environmental conditions or changing the environment according to personal preferences.

The dynamics of social adaptation of migrant students is a complex process influenced by various factors. Adaptation patterns in dealing with culture shock are the main focus. Each individual is faced with the challenge of adapting to their new environment, which involves interaction with other individuals who have different cultural backgrounds. This adaptation process is also influenced by social support, a sense of security, increased self-esteem, competence in social interaction, and cross-cultural communication skills. However, there are also inhibiting factors in the social adaptation of migrant students, such as cultural and language differences, lack of relationships with the local community, a difficult attitude to accept change, and fear of cultural disintegration. Cultural differences, social norms, and different values can also trigger culture shock in students who are adapting to their new environment.

In the context of social adaptation of migrant students, it is important to understand the dynamics of their lives, the challenges they face, and the efforts that can be made to facilitate a better social adaptation process.

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