

The Effect of Social Support on The Self – Adjustment of Overseas Students in Java

Anissa Rembulan C.Q
University of Muhammadiyah Malang
anissacahyaning@gmail.com

Titian Hakiki
University of Muhammadiyah Malang
titianhakiki@gmail.com

Abstract: Indonesia has different culture in each region. Javanese culture is one of many cultures visited by migrants from various corners of the city and even the country. This research intends to measure the effect of social support on the adjustment of overseas students. Subjects in this study were students from outside region of Java who were studying in Java precisely in Malang. The data has been collected using a scale that has been used in previous research with reliability of 0.909 for the scale of social support, and the reliability of the adjustment scale was 0.845. Data analysis from this research was Simple Regression Analysis. From the analysis of regression models, the result showed that social support has a positive effect on self-adjustment ($\beta = 0.499$, $p < 0.05$). This matter shows that overseas students in Java who get higher level of social support, they will also get higher adaption or self – adjustment.

Keyword : Social support, self - adjustment

Introduction

Indonesian culture is a collective culture that has a characteristic in harmonious interpersonal relationships between others. It is different to western culture which has individualistic personal characteristic in each person (Rusdiana, 2017). Indonesia is well-known for its collective culture, this cannot be understood by everyone because of the cultural differences in Indonesia. Each region has their own characteristics in the formation of norms and rules in their groups. Among several cultures in Indonesia, Javanese culture is one of the most popular cultures. Characteristic of Javanese culture is well-known as the term "nrimo" which means something that makes them relax and enjoy with anything they have (Wijayanti & Nurwianti, 2010).

In the development of the globalization era, mobility has progressed. People moving from one city to another city has become a common thing for the people. But not merely traveling without a purpose and reason. Usually they have clear goals such as working, finding a new place to live, traveling or studying. Every person who migrates is sure to be shocked by the cultural differences from their place of origin with the area they are aiming to migrate. There are differences that make it a must for one to adapt to a new culture of the other Javanese students who are studying in Java. They have to face different language, food, drink, and interaction etc. These things can be certainly problems for other Javanese students to adjust to the culture they come from (Mareza & Nugroho, 2016).

Foreign students will also experience some changes and differences in aspects of life such as lifestyle, social interaction and responsibility for the actions that they do in the culture that they migrate to. Inevitably, they are faced with a demand for conformity. Many students also experience "culture shock" where the overseas students experience discomfort in the first year they live in Java. Haber & Runyon (2016) explain that self-adjustment is a process for person to survive and open up uncomfortable situation because this is not a static state. Adjustment can

be a provision for a person in living a more social life so that they are accustomed to be able to deal with life's situations and conditions that are alternated (Desmita, 2009).

Being a person who has to live in another city with a different culture makes one have to adjust to the typical culture of the city. Having an identity that is embedded early on someone from where he was born, with whom he lives and in what environment he grew up makes a personal characteristic of someone. The experience of a person's life through parents provides strong personal and moral values that also last a long time in themselves, then indirectly will shape the personality characteristics in a person (Notman, 2017).

There are several findings from the research conducted by Lia and Agung (2016) that students who migrate to study in other cities have some obstacles and strategies for overseas students to adapt to other cultures. Cultural barriers do occur and they will certainly experience ignorance or lack of information related to their social environment which makes them isolate themselves and then differences in terms of food unknown flavours and tastes take a toll on them. But they have several strategies that can also make them adapt to a new culture. In Javanese culture, the community likes harmonious interpersonal relationships, this can help students to be able to adapt well (Mareza & Nugroho, 2016).

Normally students in the first year will have heavy stress in pursuing their learning journey in a campus far from their place of origin. This is due to academic demands that make them understand the situation and context that surrounds them. Social support will be an antidote to various problems that cause stress for overseas students. Social support is the most important contributing factor for students to adjust to a new environment (Hamzah, Binti Hamzah, & Marhamah, 2015).

Having good interpersonal relationships is expected by everyone. For a teenager to be precise, students migrate to socialize with people who are not as civilized

as they sometimes look shocked and ashamed. Teenagers who have a hardiness personality will be able to adjust to a new environment and have a broader view of what they are facing. Social support is also necessary to create a close relationship in helping someone from another culture adjust to their environment in the form of support from peers, parents, communities, social groups etc (Clarabella, Hardjono, & Setyanto, 2011).

Then there are also research results revealed by Ali and his friends (2016) concluding that someone who has good interpersonal relationships supported by society and family is the one place that has a normative self-attitude which means they do not open up their conflicting self-values with other cultural values that can be said to maintain and respect each other (Majdi, 2016). Based on the description of the background, the researchers wanted to examine the influence of social support on adjustment for students who migrated to Javanese culture in the city of Malang.

Literature Review

Social Support

Shumaker and Brownell (1984) define social support as the relationship between two people, between the provider and recipient who gives a sense of level of well-being for the recipient. The availability of other reliable people in one's life is a form of social support that gives meaning that they care, love, appreciate and love (Sivandani, Koohbanani, & Vahidi, 2013).

As humans we certainly cannot live a fulfilling life without the presence of others. Having a purpose in life is an important thing for everyone. Even during the times or situations that are related to us indirectly we will need social support from people around us such as family, friends, husbands, etc. Social support has a positive effect on life, establishing good relationships with others and being able to actualize a person to be better than the other makes a person become *legowo* so that they have a good self-acceptance and self-feeling.

Social support has two dimensions, mental dimensions and actual dimensions. Mental dimensions-one's perception of other influential individuals can provide positive potential to help him in times of distress and despair. Then the actual or objective dimension is more in the form of social support depending on the level of assistance given to someone (Majdi, 2016).

Social support is one that involves several aspects outlined by Sarafino (2002) namely emotional support, this support involves expressing empathy towards someone, caring and giving attention to someone so that they can feel comfortable, cared for and loved. Usually this form of emotional support is listening to the complaints of others so that the listener gives a positive response to the storyteller. Secondly, appreciation and support gives positive responses and judgments to others. Thirdly, instrumental support is in the form of goods or financial assistance or social assistance. The fourth is, information support that can provide advice, constructive advice and feedback (Kumalasari & Ahyani, 2012).

Personal Adjustment

Haber & Runyon (2016) explains that self-adjustment is a process where a person survives and is able to open up to discomfort in a situation, this is not a static state. Adjustment can be a provision for a person in living a more social life so that he is accustomed to being able to deal with life situations and conditions that are alternating (Desmita, 2009).

Factors that influence one's self-adjustment include psychological, physiological, maturity, development, environmental, religious and cultural factors. The environment becomes one of the main things for a person in shaping self-adjustment, the home, school, community, and playmate environment. Someone who travels for the purpose of staying or while in another city will feel a difference from his home city. Adaptation to the environment is supported by a social role that can help a person adapt to the new environment (Rufaida & Kustanti, 2017).

In addition, there are several aspects in one's self-adjustment according to Alberth & Emmons in Primadi (2006), namely 1. Aspects of self-knowledge and self-insight, namely in the individual has the ability to recognize the advantages and disadvantages of each. 2. The aspect of self-objectivity and self-acceptance, that is, when individuals recognize themselves, they will be realistic and lead to self-acceptance. 3. The aspects of self-development and self-control, namely controlling oneself to be able to direct themselves such as controlling attitudes, emotions, etc. which leads to the individual's personality to see how far it has mature nature so that if it has problems it can solve it properly or well. 4. Aspect of satisfaction, satisfaction with the individual towards everything he does so that he considers it as a very good experience, individuals will also feel satisfaction when their desires are achieved (Kumalasari & Ahyani, 2012).

Social Support and Personal Adjustment

Someone who chooses to transmigrate from their place of origin to another city with a certain purpose they must go through different phases of their habits. Factors that influence one's self-adjustment include psychological, physiological, maturity, development, environmental, religious and cultural factors. The environment is a major factor for someone who is migrating, it is necessary to have social support in order to help someone to adjust to the new environment (Rufaida & Kustanti, 2017). The definition of social support is the existence of a relationship between two people or intrapersonal which is shown by providing assistance to other individuals (Estiane, 2013). According to Sarafino (2002) the forms of social support that can be given are emotional support, appreciation, instrumental and information (Kumalasari & Ahyani, 2012).

Method

This study uses a quantitative approach which aims to determine the effect of variable (X) social support on the variable (Y) adjustment to students who study in Java.

The subject of this study were male and female students who were conducting a study in the exact Javanese tribe of Malang city between second to fourth semesters and the sample size is 34 people. The subjects were obtained from more than one universities in the city of Malang.

Data collection was carried out with instruments in the form of questionnaires using a Likert scale. In this study, the researcher used two variables. The first is a social support and the second is a self-adjustment. This study uses a measurement tool that has been tested in previous research related to variables (x) social support with reliability 0.909 and variable (y) self-adjustment with reliability 0.845.

Results

Description of characteristics of research subjects as described in table 1

Tabel 1. Description of characteristics subjects

Characteristics	Description	F	Percentage
Semester	2	22	64,7%
	3	9	26,4%
	4	3	8,8%
University	UIN	5	14,7%
	UB	9	26,4%
	UM	7	20,5%
	UMM	13	38,4%

Based on the analysis test using linear regression, the results of social support variables have Mean (average) of $M = 76.4412$ with an SD value = 6.44883 and the mean self-adjustment variables obtained were $M = 52.91$ and $SD = 5.095$.

Based on the results of Linear Regression analysis, the results of variable X have a significance value less than $\alpha (0.05)$. This means that the X variable has a significant effect on the Y variable. From the analysis of the regression model, the results show that social support has a positive effect on self-adjustment in the overseas students in Java ($\beta = 0.499$, $p < 0.05$). This means, the higher the level of social support, the higher will be the adjustment to the overseas students in Java. On the other hand, the lower the level of social support, the lower will be the adjustment to the overseas students in Java.

Discussion

The purpose of this study was to see whether there was an influence of social support on the adjustment of overseas students in Java. Based on the regression analysis that has been carried out, this study proves that social support predicts the emergence of adaptation among overseas students in Java. In social support, it explained the aspects outlined by Sarafino (2012), namely, emotional support, appreciation, instrumental and information that shows the existence of a construct

on interpersonal relationships in individual lives everyday (Kumalasari & Ahyani, 2012).

In several previous studies, this study was supported by one of the findings of a study conducted by Lia and Agung (2016) that students who migrate to study in other cities have some obstacles and strategies for overseas students to adapt to other cultures. They will certainly experience ignorance or lack of information related to their social environment which makes them closed and also differences in terms of food and new tastes. But they have several strategies that can also make them adapt to a new culture. In Javanese culture, the community likes harmonious interpersonal relationships can help students to be able to adapt well (Mareza & Nugroho, 2016).

For these reasons, it is very necessary to provide social support to adjust oneself in direct contact with the surrounding community so that it can bring about good interaction and support a social function in their daily lives.

Conclusion

Based on the results of the data analysis that has been done, the researchers conclude that social support influences the adjustment of overseas students who are studying in Java.

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