

CHAPTER III

METHODOLOGY

This chapter presents the design of the study, settings, research question, technique of data collection, and followed by the technique of data analysis.

3.1 Research Design

In this study, I use qualitative research. Bogan and Biklen (2003) described the qualitative research as their superordinate concept, joining different research approaches with certain common characteristics as well. The purpose of qualitative research is to explain a phenomenon in depth through in-depth data. Specifically, this study will be an autoethnography study. According to Pillay, Naicker, and Pithouse-Morgan (2016a), autoethnography is a self-reflective research genre which the research itself become the lens to study the relationship between personal histories, lived experiences, and wider educational and socio-cultural matters.

3.2 Setting and Context

This research focuses on my cultural shock experience at a United State Midwest university where I did student exchange in the fall semester and spring semester of the 2019/2020 academic year. I am majoring in English education at a university in Southeast Sulawesi and became one of Indonesia's delegates in one of the most prestigious exchange programs at a US Midwest University and had experienced studying in US University's classroom and was being a part of US Community.

3.3 Participant

Since this study is an autoethnography study (Pillay et al., 2016a), the participant of this study is the researchers himself. I am a student of a higher institution in Southeast Sulawesi, Indonesia. In 2019, I was selected as one of the Indonesian representatives for an exchange program. There are some types of exchange program. In terms of length, there is a short-term program (one to two semesters) and long-term program (continuous program). The type of exchange program that I was joining was a short-term exchange program, where I studied in an Unites States university for two semesters. I applied for the program when I was in my sophomore year. The selection process took nine months which covered application process, interview, iBT TOEFL, medical check-up and vaccination, visa interview, and the pre-departure orientation. Pre-departure orientation held by the country commission of the exchange program that I was joining to prepare us with the basic knowledge of my host country. Moreover, in my host university, there was also an orientation for international students. However, during my exchange program, I still had to deal with many things in order to adapt with the new culture. I tried to cope with the new environment to get as many lessons as possible.

3.4 Data Collection

I collect the data by using personal reflection, personal archives, and social media posts during my exchange year. Personal reflection is collected using reflection guidelines. All the archives are collected in one personal drive, divided,

and filtered according to the timeline. Moreover, as the guidelines for collecting the personal archives, reflection guideline is used.

3.5 Instrument

Photovoice that comes from personal reflection, Personal archive, and social media post is used in this research. Personal reflection, personal archive, and social media posts are some affective tools to recall my memory about my exchange year and to get the most accurate data. Using social media in this study gives a richer, more dynamic, and rounder experience of the scholarly enterprise and all that constitutes in the modern academy (Poore, 2014). All these instruments implicitly explain the stages of culture shock that I have experienced, but it needs to be collected in an online drive and shorted according to the timeline.

3.6 Data Analysis

To clarify and make meaning of the participant's shared experience, it is important to interpret the findings (Trent & Cho, 2014). To analyze the data, I use a narrative approach (Denzin & Lincoln, 2005 & Leavy, 2014) to discuss the findings with a particular emphasis. Moen (2021) argued that narrative as a part of analysis provides the means of doing this. The narrative concept used to connect a representation of a qualitative research study. It is also maintaining a case study, a phenomenological study, or a narrative form of representation may appear in an ethnographic study (Creswell, 1998).

I organize and categorize a large amount of data from my personal archive from various sources so that they can be described. In analyzing the data, I follow the steps that Crewswell (2012) Proposed. The steps are: (1) Swallowing the data, (2) the data that had been collected and then analyzed, (3) Reading the data to check the completeness of the data, (4) coding the text for the theme to be discussed. In addition, I will also use the model by Miles and Michael (1994), namely: (1) swallowing data, (2) reducing data, (3) data using graphs, pictures, or charts, (5) and verifying their research by making conclusions (Michael & Miles, 1994). The data are interpreted based on the timeline. In this case, I follow the procedure that has applied by Patel and Sooknanan (2011) to narrate the story is the story can be so that the stories presented can be consecutive and easy to understand.

According to Patel and Sooknanan (2011), there are 4 stages of culture shock manely honey stage, the frustration stage (i.e culture shock), the adjustment stage, and the adaptation or acceptance stage. The honeymoon period is when the international student feels everything so beautiful and meet their expectation. This stage makes international students feel like everything appears to be perfect (Daniela, 2015). Fiktorius (2019) for example, in his narrative research that adopted Patel and Sooknanan's (2011) procedure found that the student felt advantaged moving to the United States in this stage. The next stage is the frustration stage which is the stage when everything that was beautiful turns into a stage, and everything is awful. Fiktorius (2019) found that the students in this stage feel depressed in a new environment after a few weeks. Then, the student will be able to solve their own problem and control their emotion, which is the next stage of culture shock after the

frustration stage (i.e adjustment stage). The last stage is the acceptance stage. In this stage, the students are able to adjust to the new environment. As it was found by Fiktorius (2018) that the students make a significantly positive adjustment and are able to develop their insight.

Table 1.2 is the example of the raw data that is collected from the personal reflection.

No.	Question	Reflection
1	There are four stages of culture shock. the first stage is known as honeymoon stage. Honeymoon stage adalah fase awal culture shock dimana orang yang bepergian ke tempat baru mengalami euphoria yang sangat tinggi terhadap hal-hal baru di tempat baru. Jelaskan pengalaman anda ketika berada di honeymoon stage!	<i>"There are a lot of things that made me excited during the first week. During the international student's orientation, which was taken during the first week, I was so impressed with the advanced technology such as usable students' email, high speed WIFI, a lot of computers, and very big library to support the students. Moreover, Advanced technology such as a lot of computers on campus that can be used with students ID could help me in doing my assignment. Moreover, I had access to tons of books in the library and, and with my student's email, I was able to access many international journals easily. I would be advantaged in doing my assignment because I had access to many sources of importation, and it was supported with high speed WIFI that made surfing on the internet become faster. These are the reason why I was so excited to begin the first class. The second thing was the classroom management. One thing that I love from US classroom is that the relationship between professors and students was quite relaxed and its's not heavy on one side. There was also a regular office time where students can have an eye-to-eye meeting with their professors to talk about the material or assignment which was helpful for me. The syllabus that was given in the first class helped me to prepare myself with the material in advance before the class. I expected myself would be easy to cope and even like this kind of classroom management. The third one is because of the people. Before departure to the US, I did a little research about my host university. During my research, I met a friend from El Salvador, and we shared and exchange our culture through messenger texting. Since</i>

		<p>that moment, I expected to meet and make friend with students from different countries in my host university. In my host university, I made friend with students from a lot of countries such as Japan, Korea, Thailand, France, Netherland, China, and many more. Some of them become my very best friends. By hanging out and studying together in the classroom, we share and teach each other culture. Moreover, my host university provided international students a platform to share each other culture such as international students' organization, international students' food show, and international students night. By learning the different culture can make me understand about other people, be tolerant, and take many positive things to make myself a better person. For example, during the orientation I learned from American that they love to say greeting to people and hold the door for people behind them. I also learned that most of Korean and Japanese really taking care of their appearance, and so on. If I did not know these things, it wouldn't understand that there is diversity, and it is important to be tolerant. The fourth one is the food. The food was unique. I remember my first meal in the US was fruits and cinnamon roll. surprisingly, it tasted kind of similar with bread that I used to have in my village. During the orientation, I just ate American food such as burger, hotdog, pizza, international food, and so on. I did not like the foods that much, but I just eat it because it was the only option and it made me happy. For example, when I ate pizza for the first time, I took a slice of each topping just to tasted because it was the first time, I had pizza. I was so excited to eat in dining hall. I expected that there would be food that is similar with Indonesian food in dining hall. Moreover, I was also excited because the dining hall is open twenty hours in a day and I got unlimited swipe, so I wouldn't be severing to find food. At the end, I realized that I was surprised and couldn't believe that I was already in the US. Since the first three weeks I still wondering how come I am in the US now. I still couldn't believe that I made it to the US with IDR 100.000 in my wallet. My mom also told me that since I was born, she never imagines me to be studying in the US. I and my family were really surprised. At that moment, I just wanted to use my opportunity in a good way which was to use my time properly to study and take all the opportunity to learn about new culture"</p>
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Figures 1.1 the examples of my photovoice when studying abroad that is illustrated my culture shock experience.

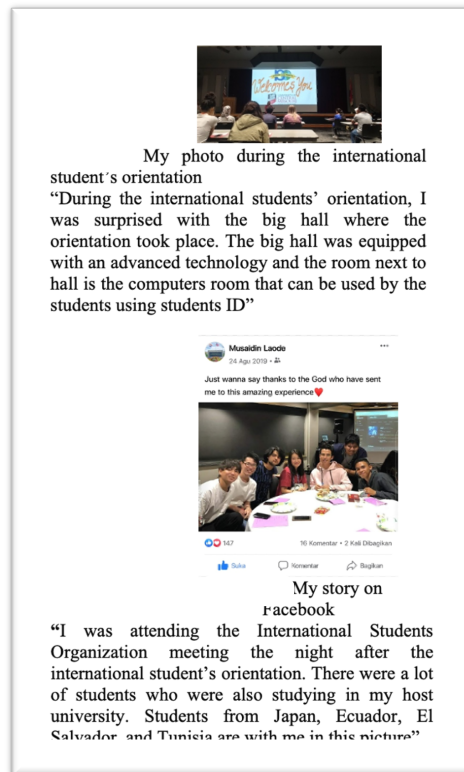


Figure 1.1 Sample of Photovoice

Table 1.3 is the example of data coding that was designed to determine each theme from this study.

Q2	Frustration Stage	Open Coding awal	Open Coding Selanjutnya	Axial Coding	Selective Coding	Theme

<p>The food, the weather, the people, the season, and the system.</p> <p>American food and Indonesian kind of food are way different and for the first month, my tongue was trying so hard to except the food.</p> <p>Dining hall food was not good at all, especially when there is no rice.</p> <p>The weather in the US is typically cold during fall and winter season, but sometimes the weather can changed over night. even though i have prepared</p>	<p>The food, the weather, the people, the season, and the system.</p> <p>American food and Indonesian kind of food are way different and for the first month, my tongue was trying so hard to except the food.</p> <p>Dining hall food was not good at all, especially when there is no rice.</p> <p>The weather in the US is typically cold during fall and winter season, but sometimes the weather can changed over night. even though i have prepared</p>	<p>1) American and Indonesian kind of food is way different; 2) The cold weather made me lazy and get tired esily; 3) I struggled to find groceries and cope with the new system; 4) Being far from family was challanging; 5) i understand that Americen value people's personal space</p>	<p>1)Students got tired easily; 2) Different food; 3) struggle with the new system; 4) being far from family 5) Understand More about american value and culture</p>	<p>1) phisical effect; 2) Homesickness;</p>	<p>1) Weather; 2) Longing for Home</p>
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<p>winter clother, i realized that it wasn't enough. the weather effect my physic, i get tired easily and the cold season made me want to stay in bad all day. Everytime time I woke up in the morning, i found my nose bleeding and it also effected my mood because when it was cold, it turned me to be lazy to attent the class. I do really struggle to find groceries and cope with the new system during the</p>	<p>winter clother, i realized that it wasn't enough. the weather effect my physic, i get tired easily and the cold season made me want to stay in bad all day. Everytime time I woke up in the morning, i found my nose bleeding and it also effected my mood because when it was cold, it turned me to be lazy to attent the class. I do really struggle to find groceries and cope with the new system during the</p>				
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<p>firt month. At first, Campus system is confusing and I didn't know how to do it, but some friends and people in my university helped me to coup with the system. For example, at first I found it hard to submit my assignment to the Blackboard so I have to asked for explanation from my professor or my friend. fortunetely, I always submitted my assignment on time. The people in the US are so friednly, it</p>	<p>firt month. At first, Campus system is confusing and I didn't know how to do it, but some friends and people in my university helped me to coup with the system. For example, after the orientation, I couldn't acesse the wifi becace there was a problem with my students ID. I couldn't call my family or reaching out to my friend. It was so annoying yet frustating. at first I found it hard to submit my</p>				
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<p>is was beyond my expectation, but, isn't it a good it? hehe. but then i understand that Americen value people's personal space. Lastly, I think being far from family was the most challenging. One time, I called my mom while crying just because I could only eat pizza. . My family plays an important role in my life, the are my biggest support system, being far from them was the hardest thing that i</p>	<p>assignment to the Blackboard so I have to asked for explanation from my professor or my friend. fortunetely, I always submitted my assignment on time. The people in the US are so friednly, it is was beyond my expectation, but, isn't it a good it? hehe. but then i understand that Americen value people's personal space. My english wasn't that good especially in speaking. I could understand</p>				
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	<p>could ever imagine, especially during the first month, i usually found myself less motivated and lonely during the night. It effected my sleep for sure I attended the class late couple times.</p>	<p>what people said but it is difficult for me to respond. there is a moment where I was frutated because of my english ability. Lastly, I think being far from family was the most challenging. One time, I called my mom while crying just because I could only eat pizza. My family plays an important role in my life, the are my biggest support system, being far from them was the hardest thing that i could ever imagine.</p>				
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