

CHAPTER V

CLOSING

This chapter presented conclusions and suggestions which were based on the result of the study and the discussion in the previous chapter. The conclusions dealt with the result of the study and discussion. Meanwhile, the suggestions were addressed to other writers and those who were interested to do researches about culture shock and its elements on it.

A. Conclusion

According to research problems in chapter I, which consisted of two research problems, this conclusion supposed to have two conclusions based on the result of the study in the previous chapter. The conclusions could be drawn as follows:

1. The symptoms of culture shocks faced by Indonesian and Canadian youths in youth exchange program at Truro (Nova Scotia, Canada) and Sei Gohong (Central Kalimantan, Indonesia) 2012/2013 in Canada for Indonesian and in Indonesia for Canadian.

Based on the result of the study and discussion, could be concluded that the symptoms of culture shock always felt by the people who entered in a new culture or environment, no matter how the people prepared their self before starting the trip or journey, the people still felt the culture shock by showed some symptoms in the different level, could be physical, cognitive or behavior. The common symptom that

the participants felt was homesickness, missing much things from each home country (home town), and it was obviously called culture shock, even it was the only one symptom that the participants felt while stayed in Truro for Indonesian and in Sei Gohong for Canadian. Culture shock was caused from various ways, one of the most popular from participants in Indonesia-Canada youth exchange program was cultural differences, because the culture was totally different between Canada and Indonesia.

Most common symptoms of culture shock that were felt from the participants during program were:

- a. Anxious, awkward, strain, confuse, and worry from the effort to adapt to a new culture,
- b. Missing family and friends abroad, homesickness,
- c. Digestion problems,
- d. Decrease in self-confidence due to experienced inability to cope in the host culture,
- e. Making sense of gestures or facial expressions when talking to people,
- f. Lack of assertiveness because of the validity of one's own cultural norms and values, and
- g. Increased contact to fellow nationals.

Those were most common symptoms that felt by the participants, even there still many symptoms which felt by the participants, but each of them felt different symptoms of culture shock. The culture shock could not be erased completely; it just

could be reduced by knowing some steps or solutions to make the people not feeling much shock when entering in a new culture or environment.

2. The solutions of culture shocks faced by Indonesian and Canadian youths in youth exchange program at Truro (Nova Scotia, Canada) and Sei Gohong (Central Kalimantan, Indonesia) 2012/2013 in Canada for Indonesian and in Indonesia for Canadian.

Based on the result of the study and discussion in the previous chapter, could be concluded that the solutions to face culture shock mostly similar among participants Canadian or Indonesian. Knowing and understanding symptoms in culture shock was one of an appropriate solution that offered by the participants. The most common solutions that come from participants could be seen as follows:

- a. International, Cultural, Social and Community Awareness,
- b. Local connections (interaction),
- c. Adjusting to the host country (involve and take a part),
- d. Communication competence,
- e. Preparation (learning host country cultural),
- f. Keep mentally and physically fit,
- g. Being open-minded,
- h. Keeping a journal,
- i. Group interaction,
- j. Self controlling / awareness to the danger sign.

B. Suggestions

Concerned with the conclusion, the writer would like to purpose some suggestions that hopefully would be useful and valuable for participants and the further researchers.

1. For the Participants

A bit suggestion for participants, make a good preparations before going abroad and try to make a documentation in every conditions of your activities during stay abroad, it helped not only for the participants itself to understanding about symptoms and find the solutions in their journey abroad or for next trip, but also it helped other people to understand what would the symptoms of culture shock looks like and how to pretend own self and find an appropriate solutions for each symptoms of culture shock.

2. For the further researchers

The results of the study were expected to be used as considerations for other researchers who plan to continue to find out more about symptoms and solutions of culture shock with different respondents and countries. It is also open for the next researcher to do the research about culture shock and the elements in it, because there so many things still undercover about culture shock (symptoms, solutions, stages, causes) and many other problems that have strong connection with culture shock that need to be revealed for general knowledge and information for whole people in the world and for the students in the college or university.