

CULTURE SHOCK, IMPRESSION MANAGEMENT AND SOCIAL
ADJUSTMENT OF FOREIGN STUDENTS AT ADVENTIST
UNIVERSITY OF THE PHILIPPINES ACADEMY,
SILANG, CAVITE

THESIS

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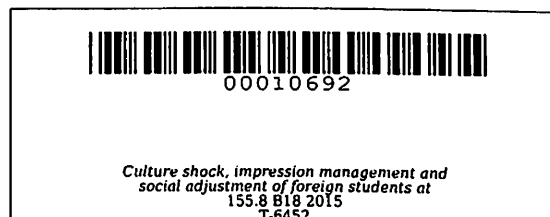
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UNIVERSITY OF THE PHILIPPINES ACADEMY,
SILANG, CAVITE**

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ABSTRACT

BALBUENA, GWENDALIN M., LENING, JESSA N. AND MENDOZA, ROSE CAMILLE L. Culture Shock, Impression Management and Social Adjustment of Foreign Students at Adventist University of the Philippines Academy, Silang, Cavite. Bachelor of Science in Psychology. Cavite State University. April 2015. Thesis Adviser Vivian D. Rogando, MA.

This study was conducted at Adventist University of the Philippines Academy, Silang, Cavite. For the purpose of determining the relationship of culture shock, impression management and social adjustment, it also sought to find out the level of culture shock, the type of impression management used in terms of exemplification, ingratiation, intimidation, self-promotion, and supplication, and the level of social adjustment of the participants.

The study involved a total of thirty (30) foreign students of Adventist University of the Philippines Academy as the participants. Purposive sampling technique was used in this study because the participants were selected based on the variety of criteria the study requires. Descriptive correlational design was used in this study. The research instruments used were Culture Shock Questionnaire, Impression Management Assessment and Bell Adjustment Inventory which were modified and lifted from the work of Mumford (1998), Bolino and Turnley (1999), and Bell (1935) respectfully. The statistical treatment includes mean, frequency, standard deviation, percentage and Spearman rank correlation.

As determined through the test results, the level of culture shock of the foreign students were low, the type of impression management commonly used by the foreign students were self-promotion and ingratiation, and the level of social adjustment of the foreign students was high. The data set has also presented that the null hypotheses of the

study were accepted. There was no relationship between culture shock, impression management and social adjustment.

Based on the findings of the study, the researchers recommend Adventist University of the Philippines Academy to continue implement the rule of having English as the medium of speaking within the school area. In addition to this, the Academy can also continue the program of having a separate class specifically Filipino class for all the foreign students only.

In relation to this, the researchers also recommend Cavite State University-Main Campus to consider working on a program which offers a separate class specifically Filipino class in which all of the foreign students who enrolled in the University will attend.

The researchers are also encouraging future researchers who will conduct the same study to consider more number of participants, different schools or universities, and to use comparative study to find out the difference of the results with other schools. The length of stay of the foreign students may also be considered because it may contribute to have more precise and better results in relation to the level of culture shock and level of social adjustment.

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INTRODUCTION

“There are no foreign lands. It is the traveler only who is foreign.”

(Robert Louis Stevenson, 1883)

The researchers believed that studying and living in a foreign country is exciting and challenging. Regardless of what country a person came from, it is common for all international students to go through culture shock and adjustments. If they know how to deal with that, know how they will express themselves, and finally adjust with the differences, they will have more fulfilling experience both academically and socially while they are in a foreign country.

Some other countries' universities has program for foreign students to know the basic values or information about the new culture that they can encounter (Koenigstein, 2012). Culture shock is the tendency for people to become confused and disoriented as