

Hubungan *Reverse Culture Shock* dan Tekanan Psikologis *Awardee Indonesian International Student Mobility Awards (IISMA) Sarjana 2023*

¹Vicki Rilis, ²Nofrans Eka Saputra, ³Yun Nina Ekawati

¹Jurusan Psikologi, Universitas Jambi/ contactme.vickirilis@gmail.com

²Jurusan Psikologi, Universitas Jambi/ nofransekasaputra@unja.ac.id

³Jurusan Psikologi, Universitas Jambi/ yun_nina.e@unja.ac.id

ABSTRAK

LATAR BELAKANG Penelitian ini mengeksplorasi pengalaman *Reverse Culture Shock* (RCS) pada peserta pelajar yang menempuh pendidikan di luar negeri. RCS adalah kondisi disorientasi dan kesulitan beradaptasi kembali di lingkungan asal, yang dapat menyebabkan tekanan psikologis, seperti depresi, kecemasan, dan stres. *Awardee IISMA (Indonesian Internasional Student Mobility Awards) Sarjana 2023* menjadi sangat rentan mengalami tekanan psikologis akibat RCS yang dialami.

TUJUAN Penelitian bertujuan menyelidiki hubungan antara RCS dengan tekanan psikologis, termasuk depresi, kecemasan, dan stres pada *Awardee IISMA Sarjana 2023*.

METODE Menggunakan metode pendekatan kuantitatif, penelitian ini melibatkan 316 responden dari penerima beasiswa IISMA 2023 dengan teknik *cluster sampling*. Analisis penelitian menggunakan *Partial Least Squares Structural Equation Modeling* (PLS-SEM).

HASIL Hasil analisis mengungkapkan adanya hubungan kausal yang bersifat positif dan signifikan antara variabel RCS terhadap variabel Tekanan Psikologis *Awardee IISMA Sarjana 2023*. Hasil menunjukkan bahwa RCS secara signifikan memprediksi peningkatan tingkat tekanan psikologis, termasuk tingkat depresi ($f^2=0.133$, $P=0.000$, $T=7.694$), kecemasan ($f^2=0.247$, $P=0.000$, $T=10.518$), dan stres ($f^2=0.17$, $P=0.000$, $T=7.538$) yang lebih tinggi.

KESIMPULAN Terdapat pengaruh positif signifikan dari variabel RCS terhadap Depresi dengan kategori lemah, RCS terhadap kecemasan dan stress dengan kategori moderat. Artinya, semakin tinggi tingkat RCS yang dialami, maka semakin tinggi pula Tekanan Psikologis yang dialami, dalam bentuk Depresi, Kecemasan, dan Stres.

Kata Kunci Depresi, Kecemasan, Mahasiswa, *Reverse Culture Shock*, Stres Tekanan Psikologis

***The Relations of Reverse Culture Shock and Psychological Distress in
Indonesian International Student Mobility Awards (IISMA) Undergraduate
Awardees 2023***

¹Vicki Rilis, ²Nofrans Eka Saputra, ³Yun Nina Ekawati

¹Psychology Department, Universitas Jambi/ contactme.vickirilis@gmail.com

² Psychology Department, Universitas Jambi/ nofransekasaputra@unja.ac.id

³ Psychology Department, Universitas Jambi/ yun_nina.e@unja.ac.id

ABSTRACT

BACKGROUND This study explores the experience of Reverse Culture Shock (RCS) among students who have studied abroad. RCS is a condition of disorientation and difficulty readjusting to one's original environment, potentially causing psychological distress such as depression, anxiety, and stress. IISMA (Indonesian Internasional Student Mobility Awards) 2023 Undergraduate Awardees are particularly vulnerable to experiencing psychological distress due to RCS.

OBJECTIVE This study aims to investigate the relationship between RCS and psychological distress, including depression, anxiety, and stress among returning IISMA 2023 Undergraduate Awardees.

METHOD This research employs a quantitative approach, this study involved 316 respondents from the IISMA 2023 scholarship recipients selected through cluster sampling. The study's analysis utilized Partial Least Squares Structural Equation Modeling (PLS-SEM).

RESULTS The analysis revealed a positive and significant causal relationship between RCS and psychological distress in the 2023 IISMA undergraduate awardees. The results showed that RCS significantly predicts increased levels of psychological distress, including higher levels of depression ($f^2=0.133$, $P=0.000$, $T=7.694$), anxiety ($f^2=0.247$, $P=0.000$, $T=10.518$), and stress ($f^2=0.17$, $P=0.000$, $T=7.538$).

CONCLUSIONS RCS has significant positive impacts on2 depression at a low level, and on anxiety and stress at moderate levels. This indicates that the higher the level of RCS experienced, the higher the psychological distress in the form of depression, anxiety, and stress.

Keywords Anxiety, Depression, Stress, Psychological Distress, Reverse Culture Shock, Undergraduate Students