

The Relationship between Social Adaptation and Homesickness of Cadets in Politeknik Pelayaran Barombong

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ABSTRACT

This research aims to understand if there are any relationship between social adaptation and homesickness. The variables of this research will be Social Adaptation as free variables and Homesickness as bound variables. The population of this research will be 53 cadets in Politeknik Pelayaran Barombong, Analysis method that is going to be used in this research will be the correlation of Product Moment by Pearson. Based on the analysis result it is found that value of coefficient correlation as much as -0.335 along with the Sig value as much as $0.014 < 0.05$. Thus, shows that there are significant relationship between both variables. Furthermore, coefficient correlation value resulted as negative, means that the relationship between both variables are contradicting one another. This also means the higher social adaptivity that certain individual has, homesickness will have a lower possibility to be happened.

Keywords: Social Adaptation; Homesickness; Cadets.

INTRODUCTION

In this age, it is really common to see young generations went to continue their study on the university level in order to improve their self-quality, as well as preparing themselves for a better life. Sometimes there are also some people that chooses to travel far away from their homeland, separated from their relatives and friends in order to pursue knowledge. Kegel (2009) stated that students that chooses to leave their environment and pursue knowledge far away from their homeland, will tend to feel sadness and going to miss their relatives on their homeland. These students will feel stressed to leave their home, causing a negative reaction that commonly known as homesickness (Van Tilburg & Vingerhoets, 2005; Grimes, 2007).

Mozafrinia dan Tavafian (2014) also stated that homesickness can cause several issues, such as lack of motivation to study and enjoy life, stress, frustration, and several other negative emotions. Students who suffer from homesick will also have trouble to properly communicate with others. This will possibly cause several problems form them, both for their study and health. Several research discovered that homesickness is commonly happens to students that already left their hometown. Research that was done by Fisher (Hewstone, et al., 2002) discovered that 50-75% of population has encountered homesickness at least once in their lifetime. Another study that was done by Burt (Hewstone, et al., 2002) also discovered the relationship between

homesickness and cognitive failure, lack of concentration, failure to submit task in certain time, decreased work performance, and increase of both anxiety and depression. Burt (Thurber and Walton, 2012) also stated that students with homesickness has a 3 times possibility to drop out from their university, compared to those who didn't suffer from homesick.

The phenomenon known as homesick also commonly found between the cadets that resides in Politeknik Pelayaran Barombong's dormitory. Based on the interview done to 15 cadets that wanders from afar, it was discovered that these cadets have suffer from homesick during their studies. The most common thing that happen in their behavior when they're feeling homesick is that how they think about their home repeatedly, comparing their home and the dormitory, and tend to call on their parents to make them feel better. Not only that, these 15 cadets also suffer from several problem, as 13 of them expressed that they tend to miss the atmosphere of their hometown, while the other 2 mentioned that they miss their house. Therefore, the most common problem occurred to these 15 participants, such as they're unable to focus in class, tend to miss their deadlines, and rarely socializes.

Mozafarinia and Tavafian (2014) stated that homesickness is a negative emotion where they repetitively think about home, miss their relatives, the urge to return to familiar environment, and sometimes causes physical problems. Van Tilburg and Vingerhoets (2005) stated that homesickness is a condition that experienced by individuals that lives far from home. Those who suffers from homesickness will have to leave their habit from their old environment which later on causes a strange feeling of themselves when they live in the new environment. Thurber and Walton (2012) stated that homesickness as a negative feeling that caused by someone being separated with their home and its environment.

Polay (2012) stated that signs of homesickness that felt by each individual is different. The signs that they felt can be either psychologically or physically. The psychological sign includes mood changes and anxiety. This is caused by disorientation, fear, and anxiety. Furthermore, each individual has a possibility to feel not confidence, difficulty to socialize with the environment, lacking of motivation to do activity, tend to blame others, and find harder time to find happiness. Sign of homesickness tend to make individuals to get gloomy.

Thurber and Walton (2012) stated that there are four signs of homesickness, which includes emotional, physical, social, and cognitive aspects. Emotional aspect was signified by feeling of worry that suffered by individuals when they are trying to move to a new environment. These individuals might feel several negative emotions as well as unsatisfied feeling in their new environment. These individuals might suffer from loneliness, long-term stress, depression, and anxiety. Furthermore, a lowered individual condition such as lack of appetite, sleep, and digestion problems can also become signs of homesickness in terms of physical aspect. On the other hand, Social Aspect can be seen when certain individual is facing difficulty when trying to adapt with their new environment. Meanwhile, Cognitive Aspect can be seen when a certain individual is having problem in concentrating as they're distracted by home, memory distortion, and social isolation.

Kamae and Wisani (2014) stated that there are five aspect that shows homesickness, which includes a tendency to return to their hometown, having a hard time to deal with problems, feeling of loneliness, yearn for relatives, and missing a familiar environment. Tendency to go home is one of the aspects that signified by how an individual tend to think about their homeland, as well as their relatives. Having a hard time dealing with trouble is a problem that make someone having a hard time to find solution when they face a trouble. Loneliness is an aspect that someone is

having a problem to get close with their environment. Missing family is a condition when someone is yearning and relying on their family. Missing a familiar environment is when someone tend to miss friends and their old environment. This is signified by how someone is lacking of capability to interact with their social environment.

Hewstone, et al. (2002) found that the longer one is away from home, the less homesickness the individual feels. This suggests that adaptation to new situations plays an important role for homesickness. English, Davis, Wei, and Gross (2016) suggested that students who experience homesickness are more likely to show poor adjustment in college. Homesickness has important implications for individual adjustment in college.

Chaplin (2009) suggests that social adjustment is the establishment of harmonious relationships, learning patterns of behavior, changing habits so that they are in accordance with the social norms that apply in society. Hurlock (1980) suggests that social adjustment is the success of individuals in adjusting themselves to people or groups. Scheinders (1984) suggests that social adjustment is an individual's ability to react effectively and healthily to situations, realities, and social relations so that the demands of life in society can be fulfilled satisfactorily.

Hurlock (1980) suggests that there are four indicators that show social adjustment, namely real appearance through real attitudes and behavior, adjustment to various groups, social attitudes, and personal satisfaction. Real appearance is an aspect that shows individual social behavior that adapts to group standards and expectations. The forms of behavior that arise can be in the form of interpersonal relationship skills, self-actualization, and willingness to be open with others. Adjustment to the group is an aspect that shows the adjustment of individuals in various groups, both peer and older groups. Forms of behavior that arise can be in the form of cooperation with the group, responsibility in a group, and loyalty to friends in the group. Social attitude is an aspect that shows the pleasant attitude that individuals have towards others. Behavior that arises can be in the form of participating in social activities, respecting and appreciating the opinions of others, and empathizing. Personal satisfaction is an aspect that shows a sense of pleasure and satisfaction with social contacts and social roles. Behavior that arises in the form of self-confidence, having self-discipline, and having meaning in life.

Previous research shows that there is an influence of self-adjustment on homesickness felt by students (Mariska, 2016; Erinanda, 2019; Somantri, 2022). However, no research has explored the relationship between homesickness and social adjustment. This is important, because individuals who can adjust themselves socially can socialize with others.

METHOD

The variables in the research conducted were homesickness as the dependent variable and social adjustment as the independent variable. The population in this study were cadets at the Barombong Sailing Polytechnic. The sample was all cadets and cadets who migrated from outside the Barombong area. Data collection tools in this study used instruments in the form of questionnaires. The questionnaire is a data collection technique by providing a set of questions or written statements to participants to be answered by participants (Sugiyono, 2015). The sampling method used in this study was accidental sampling. Accident sampling is a sampling technique based on participants who happen to meet with researchers can be used as samples (Sugiyono, 2012).

The questionnaire used in this study was distributed via Google Form containing the identity of the participants, the homesickness questionnaire, and the social adjustment

questionnaire. The homesickness questionnaire was arranged based on five aspects, namely the tendency to return home, dissolve in problems, feel alone, miss the family, and miss the familiar environment. The total items of the homesickness questionnaire were 20 items. The technique of answering this questionnaire consists of strongly agree (score = 5), agree (score = 4), neutral (score = 3), disagree (score = 2), and strongly disagree (score = 1).

The social adjustment questionnaire was compiled based on four aspects, namely real appearance, adjustment to various groups, social attitudes, and personal satisfaction. Kuesioner penyesuaian sosial disusun berdasarkan empat aspek, yaitu penampilan nyata, penyesuaian diri terhadap berbagai kelompok, sikap sosial, dan kepuasan pribadi. This questionnaire contains 30 items with questionnaire answering techniques consisting of strongly agree (score = 5), agree (score = 4), neutral (score = 3), disagree (score = 2), and strongly disagree (score = 1).

RESULTS AND DISCUSSION

Findings

This study aims to examine empirically the relationship between homesickness and social adjustment in cadets and cadets at Barombong Sailing Polytechnic. The data normality test in this study used the One Sample Kolmogorov-Smirnov Test. Based on the test results, it was found that the homesickness variable had a Kolmogorov-Smirnov value of .113 with a p value = .091. Then the social adjustment variable has a Kolmogorov-Smirnov value of .100 with a p value = .200. Test results can be declared normal if the p value > 0.05. This shows that the data distribution of homesickness and social adjustment variables is normally distributed. Therefore, the correlation test used in this study is the Pearson correlation parametric analysis.

Tabel 1
Normality Test Results

	Homesickness	Social Adjustment
Kolmogrov-Smirnov Z	.113	.100
Sig.	.091	.200

In the Pearson correlation test results between the homesickness variable and social adjustment, the correlation coefficient value is -.335 with a Sig value of .014. Based on these results, the level of correlation between the homesickness variable and social adjustment is sufficient. The significance value of the correlation is smaller than .05, indicating that there is a significant relationship between the two variables. The correlation coefficient value is negative, thus indicating that the relationship between the two variables is in the opposite direction. This means that the higher the homesickness felt by the individual, the lower the social adjustment ability of the individual.

Tabel 2
Hypothesis Test Result

		Homesickness	Social Adjustment
Pearson	<i>Homesickness</i>	Correlation Coefficient	1
		Sig. (2-tailed)	.014
		N	53
	Social Adjustment	Correlation Coefficient	-.335*
		Sig. (2-tailed)	.014
		N	53

This study also categorized the variables of homesickness and social adjustment in 53 participants. The level of homesickness of participants was divided into three categories, namely low, medium and high. Based on the categorization using KATEG, it was found that there were 10 participants (18.87%) who experienced homesickness in the low category, 36 participants (67.92%) who experienced homesickness in the medium category, and 7 (13.21%) who experienced homesickness in the high category.

Table 3
Homesickness Categorization

Category	Criteria	Frequency	Percent
Low	< 48	10	18,87
Currently	48 – 67	36	67,92
Tall	67 <	7	13,21
Total		53	100

The level of social adjustment was categorized with the help of Kateg. Based on the table above, it was found that there were 8 participants (15.09%) with low levels of social adjustment, 36 participants (67.92%) with moderate levels of social adjustment, and 9 participants (16.98%) with high levels of social adjustment.

Table 4
Social Adjustment Categorization

Category	Criteria	Frequency	Percent
Low	< 97	8	15,09
Currently	97 – 131	36	67,92
Tall	131 <	9	16,98
Total		53	100

Discussion

This study shows that there is a significant relationship between social adjustment and homesickness. The higher the social adjustment that individuals have, the lower the feelings of homesickness experienced by cadets and cadets at Barombong Sailing Polytechnic. This is in line with previous research which shows that there is a negative correlation between self-adjustment and homesickness (Somantri, 2022; Adhyakasy, 2019; Mariska, 2018; Kegel, 2009). According

to Baker and Siryk (1986) self-adjustment in college is an individual response in dealing with demands consisting of academic, social, personal emotional, and institutional attachment dimensions. This study centers on individual social adjustment. Social adjustment is an individual's ability to manage and cope with various social-interpersonal demands in college.

Based on the results of a previous study conducted by Oetomo, Yuwanto, and Rahaju (2017), it was found that one of the factors determining student self-adjustment is psychological factors, one of which is homesickness. When students who are initially accustomed to living with their families then separate from their families, students can feel homesickness. The high level of homesickness can hinder students in adjusting to the new environment.

Homesickness experienced by individuals can be overcome with social support (Istanto & Engry, 2019). The study found that the number of friends students have affects their adjustment. A good relationship with social circumstances can reduce the homesickness felt by students. The success of overseas students in adjusting to the new environment in college can help deal with homesickness (Kegel, 2009).

Based on the categorization results, the level of homesickness experienced by cadets and cadets is in the average moderate category. This shows that homesickness is a common symptom experienced, but has not interfered with the individual's academic process. This is also evidenced by the level of social adjustment of cadets and midshipmen who are in the average moderate category. Kegel (2009) suggests that self-adjustment can improve with an interval of two weeks to eight months of individuals being in a new environment.

CONCLUSION

Based on the research that has been conducted, the researcher can conclude that there is a negative correlation between social adjustment and homesickness. In other words, the higher the social adjustment an individual has, the lower the feeling of homesickness experienced by cadets and cadets at Barombong Sailing Polytechnic. The results obtained in this study are to empirically prove whether or not there is a correlation between the variables of social adjustment and homesickness, and to determine the magnitude and direction of the correlation.

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