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THE EFFECT OF CULTURE SHOCK ON ADJUSTMENT AND PSYCHOLOGICAL WELL-BEING AMONG COLLEGE GOING STUDENTS

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ABSTRACT

This study aimed to understand the effect of Culture Shock on the Adjustment and Psychological Wellbeing of college going students. Indian students studying in Mangalore, Karnataka for a duration of less than 2 years and having lived in only one of the major four cultural zones, North, East, West, South, considered for the study were asked to participate. The participants were selected through purposive sampling, and included 120 students (95% female, mean age=22). They completed the self-reporting questionnaires: the Culture Shock questionnaire (Mumford, 1998), the Adjustment Inventory for College Students (AICS) (Sinha & Singh) and Ryff's Psychological Wellbeing Scale. The main findings from the results indicated a significant negative correlation between culture shock and adjustment for the east cultural zone, and a significant negative correlation between culture shock and psychological wellbeing for the north and west cultural zones, and a significant negative correlation between the total scores of both variables. Further, regression analysis was carried out to establish the effect of culture shock on adjustment and on psychological wellbeing, independently. Culture Shock was found to have a significant negative effect upon the adjustment of participants hailing from the East cultural zone, and a significant negative effect upon the psychological wellbeing of participants hailing from the North cultural zone.

Keywords: *culture shock, adjustment, psychological wellbeing, college students, Mangalore*

