

ABSTRAK

Universitas Malikussaleh sebagai kampus inklusif di Aceh menghadirkan lingkungan sosial yang kental dengan nilai Syariat Islam, sehingga menuntut penyesuaian khusus bagi mahasiswa Non-Muslim. Perbedaan budaya, norma sosial, dan nilai keagamaan antara daerah asal dan lingkungan baru ini sering kali memicu *culture shock* yang memengaruhi kehidupan sehari-hari mereka. Penelitian ini bertujuan untuk mengetahui proses adaptasi mahasiswa Non-Muslim Universitas Malikussaleh serta perubahan perilaku yang terjadi setelah proses adaptasi budaya. Penelitian ini menggunakan pendekatan kualitatif dengan metode deskriptif. Data diperoleh melalui wawancara mendalam dengan mahasiswa Non-Muslim sebagai informan utama dan informan pendukung. Analisis data menggunakan teori adaptasi lintas budaya Young Yun Kim yang mencakup tahap *stress*, *adaptation*, dan *growth*. Hasil penelitian menunjukkan bahwa proses adaptasi berlangsung secara bertahap, dimulai dari tahap *stress* yang ditandai rasa asing dan kebingungan, dilanjutkan tahap *adaptation* melalui penyesuaian terhadap norma sosial, bahasa, dan pola interaksi, hingga tahap *growth* yang ditandai meningkatnya kenyamanan dalam berinteraksi sosial. Selain itu, ditemukan perubahan pada aspek kognitif, afektif, dan perilaku, seperti meningkatnya pemahaman budaya lokal, sikap lebih terbuka, serta kemampuan komunikasi sosial yang lebih baik.

Kata Kunci: Adaptasi Budaya, *Culture Shock*, Mahasiswa Non-Muslim, Lhokseumawe, Young Yun Kim

ABSTRACT

Universitas Malikussaleh, as an inclusive campus in Aceh, presents a social environment deeply rooted in Islamic Sharia values, thus requiring specific adjustments for Non-Muslim students. Cultural differences, social norms, and religious values between their home regions and the new environment often trigger culture shock that affects their daily lives. This study aims to examine the adaptation process of Non-Muslim students at Universitas Malikussaleh and the behavioral changes that occur following the cross-cultural adaptation process. This research employs a qualitative approach with a descriptive method. Data were collected through in-depth interviews with Non-Muslim students as the main informants and supporting informants. Data analysis utilized Young Yun Kim's cross-cultural adaptation theory, which encompasses the stages of stress, adaptation, and growth. The results indicate that the adaptation process occurs gradually, starting with the stress stage characterized by feelings of alienation and confusion, followed by the adaptation stage through adjustments to social norms, language, and interaction patterns, and culminating in the growth stage marked by increased comfort in social interactions. Furthermore, changes were found in cognitive, affective, and behavioral aspects, such as enhanced understanding of the local culture, a more open-minded attitude, and improved social communication skills.

Keywords: *Cultural Adaptation, Culture Shock, Non-Muslim Students, Lhokseumawe, Young Yun Kim*