

## CHAPTER V

### CONCLUSIONS AND SUGGESTIONS

This chapter consisted of conclusions and suggestions. After finding the Emancipated Student Exchange's cross-cultural experiences and how Emancipated Student Exchange adjusts to the cultural changes they were experienced during followed the Exchange Program in their host institutions using U-curve hypothesis theory proposed by Lysgaard (1955) and Oberg's (1960) stages of adjustment.

#### A. Conclusions

The conclusions were the answer to the research question. Some conclusions were found by the researcher, which were as follows:

**Cross-Cultural Experiences:** Students face significant cross-cultural issues when they first arrive in the host city. This includes language barriers and difficulties communicating, different time zones, differences in food tastes and typical culinary, as well as changes in climate and weather. These challenges parallel the initial phase of horizontal dimension described in the U-shaped cross-cultural adjustment curve by Lysgaard (1955) and Oberg (1960).

**Adjustments Strategies:** Students use a variety of strategies to overcome these cross-cultural issues. They learn local languages, adjust schedules to accommodate new time zones, adjust to local culinary practices, and take action to address climate change. These strategies help them move from the culture shock phase (horizontal dimension) to the adjustment phase (vertical dimension).

The Importance of Adjustment: All participants agreed that adjustment is critical to the success and well-being of exchange students. Effective adjustments help students maintain their physical and mental health, engage fully in exchange programs, and maximize their learning and personal growth. This highlights the important role of cultural adjustment in the overall exchange experience.

### **B. Suggestions**

At the end of the thesis, a number of suggestions were also provided by the researcher as follows:

1. For the next researchers, the researcher proposed that they conducted research on the same topic of Cross-cultural Adjustment and learned more about culture in order to conduct more particular research on Cross-cultural Adjustment Experiences.
2. For the readers, The researcher proposed that individuals used the research message to learn more about cross-cultural adjustments and the importance of the adjustment. Because it could be useful information to learn about cultural differences before moving from one city to another.