

## ABSTRACT

**Sihotang, Sabrina Febe Theresa, Registration Number 2203520011. Analyzing Cross-Cultural Adjustment of Emancipated Student Exchange of The English Department. A Thesis. English Literature Program, Universitas Negeri Medan, 2024.**

This study examined the cross-cultural adjustment experiences of fourteen alumni from the Emancipated Student Exchange program at Universitas Negeri Medan. Using Lysgaard's U-shaped curve model and Oberg's stages of adjustment, a qualitative approach was utilized, and data were collected through open-ended questionnaires and interviews. The research identified common challenges faced by these students, with the strategies for overcoming the difficulties and the importance of cultural adjustment also discussed. Findings indicated that students faced significant challenges in language barriers and difficulties communicating, different time zones, food taste and typical culinary, and differences in climates and weather. However, through social interaction, cultural learning, and coping strategies, participants were able to navigate these challenges and achieve a higher level of integration and satisfaction in their new environments.

***Keywords: Cross-cultural adjustment, Emancipated Student Exchange, U-shaped curve model, cultural adjustment, student exchange challenges, Universitas Negeri Medan***

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