

CULTURE SHOCK AS A SOCIAL ISSUE

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Abstract: The term Culture Shock refers to the feelings of distress and unease when being exposed to a foreign culture. Besides this narrow definition of the actual shock the expression is also used in order to describe the whole process a sojourner goes through during an international encounter. And all this is presented in this article.

Key words: social, culture, issue, different, problem, important.

Culture shock describes the impact of moving from a familiar culture to one that is unfamiliar. It includes the shock of a new environment, meeting lots of new people and learning the ways of a new country.

Cultural issues cover a broad range of concerns including race, ethnicity, religion, sexual orientation, gender, and disability. Culture is a term that we use to refer to beliefs and customs employed by a particular group.

Culture shock” is a normal process of adapting to a new culture. It is a time when a person becomes aware of the differences and/or conflicts in values and customs between their home culture and the new culture they are in. Common feelings may be anxiety, confusion, homesickness, and/or anger.

Culture shock or adjustment occurs when someone is cut off from familiar surroundings and culture after moving or traveling to a new environment. Culture shock can lead to a flurry of emotions, including excitement, anxiety, confusion, and uncertainty.

Cultural issues are problems that occur when culture conflicts with systems, goals or other cultures. Culture emerges with the shared experiences of groups and isn't centrally controlled or designed. Partial list of common, generally agreed-upon social issues might include, in addition to those mentioned above, the following problems: child abuse, civil rights, crime, criminal justice, disability rights, domestic violence, gambling, hate crime, health care (see medicine), homelessness, immigration, mental illness ...

Cultural awareness helps us break down cultural barriers, build cultural bridges, and learn how to love, and appreciate those different from us. We can relate better to people with cultural differences as we begin to understand ourselves better.

Natural for people living in a different culture to feel sad and lonely at times, and to miss their home culture, friends, and family. Sometimes, however, the stress of adapting to a new culture may reach a level in which added support is useful.

Common signs of this stress may include:

feeling homesick most or all of the time
feeling lonely much of the time
feeling sad or anxious much of the time
crying more often; sometimes for no reason
experiencing a marked change in sleeping and/or appetite
experiencing increased unexplained physical problems
having more “minor illnesses” such as colds, headaches, or stomach pains
feeling irritable or depressed
having difficulty concentrating
experiencing academic difficulties not experienced before
feeling tension and pressure much of the time
feeling out-of-control in many aspects of your life.

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