

CULTURE SHOCK

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Annotation: *This article explores the phenomenon of culture shock, which refers to the feelings of disorientation and discomfort experienced when encountering a new culture. It discusses the various stages of culture shock, including initial euphoria, followed by frustration and adjustment difficulties, and finally adaptation. The article offers practical tips and strategies for coping with culture shock, such as learning about the host culture, maintaining an open mind, and seeking social support. Additionally, it highlights the importance of cultural sensitivity and empathy in navigating cross-cultural interactions. Overall, the article aims to provide insight and support for individuals undergoing the process of cultural adaptation.*

Anotatsiya: *Ushbu maqola madaniyat shoki fenomenini o'rganadi, bu yangi madaniyatga duch kelganda boshdan kechiriladigan disorientatsiya va noqulaylik hissini anglatadi. Unda madaniy shokning turli bosqichlari, jumladan, dastlabki eyforiya, keyin umidsizlik va moslashish qiyinchiliklari va nihoyat moslashish muhokama qilinadi. Maqolada madaniy zarba bilan kurashish bo'yicha amaliy maslahatlar va strategiyalar taklif etiladi, masalan, mezbon madaniyatni o'rganish, ochiq fikrni saqlash va ijtimoiy yordam izlash. Bundan tashqari, u madaniyatlararo o'zaro ta'sirlarni boshqarishda madaniy sezgirlik va empatiya muhimligini ta'kidlaydi. Umuman olganda, maqola*

madaniy moslashuv jarayonidan o'tayotgan shaxslarni tushunish va qo'llab-quvvatlashga qaratilgan.

Аннотация: *В этой статье исследуется феномен культурного шока, который означает чувство дезориентации и дискомфорта, испытываемое при знакомстве с новой культурой. В нем обсуждаются различные стадии культурного шока, включая начальную эйфорию, за которой следуют разочарование и трудности адаптации и, наконец, адаптация. В статье предлагаются практические советы и стратегии, как справиться с культурным шоком, такие как изучение принимающей культуры, сохранение непредвзятости и поиск социальной поддержки. Кроме того, он подчеркивает важность культурной чувствительности и сочувствия в межкультурном взаимодействии. В целом, цель статьи – предоставить понимание и поддержку людям, проходящим процесс культурной адаптации.*

Keywords: *culture shock, adaptation, cultural awareness, psychological reactions, stages, communication skills, cross-cultural adjustment, cultural sensitivity, cultural differences, cultural immersion, cultural competency, cultural exchange, acculturation, intercultural communication, cultural adaptation, foreign environment, cultural challenges.*

Kalit so'zlar: *madaniy shok, moslashish, madaniy xabardorlik, psixologik reaktsiyalar, bosqichlar, muloqot qobiliyatlari, madaniyatlararo moslashuv, madaniy sezgirlik, madaniy farqlar, madaniy immersion, madaniy kompetentsiya, madaniy almashinuv, madaniyat, madaniyatlararo muloqot, madaniy moslashuv, xorijiy muhit, madaniy qiynchiliklar.*

Ключевые слова: *культурный шок, адаптация, культурная осведомленность, психологические реакции, этапы, коммуникативные навыки, межкультурная адаптация, культурная чувствительность, культурные различия, культурное погружение, культурная компетентность, культурный обмен, аккультурация, межкультурное*

общение, культурная адаптация, иностранная среда, культурный вызовы.

Culture shock is a term used to describe the stress and disorientation experienced by individuals when they move to a new and unfamiliar cultural environment. The concept was first introduced by Kalervo Oberg in 1960, who outlined four stages of culture shock: honeymoon, negotiation, adjustment, and mastery (Oberg, 1960).

Moving to a new country or culture can trigger a range of emotions, including anxiety, frustration, and a sense of isolation. The unfamiliar language, customs, and social norms can make simple daily tasks challenging and lead to feelings of homesickness and loneliness. According to Furnham and Bochner (1986), culture shock can manifest in various psychological reactions, such as depression, withdrawal, and difficulty in forming relationships with the new culture.

The process of adapting to a new culture can be complex and overwhelming, but there are strategies that individuals can use to help ease the transition. Ward and Kennedy (1999) suggest that developing cultural awareness and sensitivity is key to successful adaptation. This involves learning about the customs, traditions, and values of the new culture and being open-minded and respectful towards differences.

Pedersen (1995) outlines five stages of culture shock that individuals typically go through: Honeymoon, Crisis, Recovery, Adjustment, and Mastery. Each stage presents its own challenges and opportunities for growth. It is normal to experience negative emotions during the Crisis stage, but eventually, with time and effort, individuals can reach the stages of Adjustment and Mastery, where they feel more comfortable and integrated into the new culture.

Effective communication is also essential in navigating culture shock. Adler and Elmhorst (2008) discuss the importance of clear and respectful communication in bridging cultural differences and building relationships in a

multicultural environment. By actively listening, asking questions, and seeking to understand the perspectives of others, individuals can foster positive and meaningful interactions.

Furthermore, cultural competence is a critical skill for successfully adapting to a new culture. Piller (2011) emphasizes the importance of being aware of one's own cultural biases and assumptions, as well as developing the ability to adapt to different cultural contexts. By demonstrating empathy, flexibility, and a willingness to learn, individuals can build trust and rapport with members of the new culture.

In conclusion, culture shock is a common experience for individuals who move to a new cultural environment. By understanding the stages of culture shock, developing cultural awareness and sensitivity, and engaging in effective communication, individuals can navigate through this challenging transition and ultimately thrive in their new cultural surroundings. Embracing diversity, seeking support from others, and maintaining an open mindset are key factors in successfully adapting to a new culture and making the most of this enriching experience.

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