



Definition of Culture Shock

The term 'Culture Shock' was first coined by anthropologist Kalervo Oberg in 1960 and it has four distinctive phases: honeymoon, negotiation (the actual shock), adjustment and adaptation. During the initial stage known as "honeymoon phase", individuals may feel excited about the new surroundings but as this excitement fades away into reality during the negotiation phase; they face anxiety, frustration and loneliness due to difficulties in understanding and accepting the new culture. Eventually with time and exposure during adjustment phase individuals start comprehending their surroundings better leading onto adaption where they grow comfortable in their new settings.

Common Symptoms of Culture Shock

On the physical side, culture shock may also manifest through various health issues. Individuals might experience changes in sleep patterns such as insomnia or hypersomnia; appetite alterations leading to weight loss or gain; headaches; stomachaches and other stress-related conditions like elevated heart rate. These symptoms arise due to the body's response to high-stress levels caused by the drastic change in cultural milieu. Thus recognizing these common symptoms is crucial for managing and overcoming culture shock effectively.

Psychological Causes of Culture Shock

Another significant psychological cause is isolation and loneliness that results from being separated from family, friends and familiar environments. Being surrounded by strangers who speak a different language can result in feeling disconnected and outcasted. These feelings are often accompanied by homesickness which amplifies emotional distress further contributing towards culture shock.

Sociocultural Factors Leading to Culture Shock

Variation in societal structure can also induce culture shock. For example, an individual from a hierarchical society may struggle to adapt in a flat structured society where everyone is treated equally irrespective of age or position. Similarly cultural nuances around gender roles or family structures could be drastically different causing discomfort or even moral dilemmas for some individuals leading towards severe culture shock.

The Role of Individual Personality in Experiencing Culture Shock

On the other hand, individuals who are more rigid or resistant to change may struggle considerably when faced with cultural discrepancies. They might find it difficult to understand and accept foreign customs or behaviors which can exacerbate feelings of confusion, frustration, and isolation. Thus, their experience of culture shock might be more intense and long-lasting due to their inherent difficulty in adjusting to changes outside their comfort zone.

Strategies for Overcoming Culture Shock

Adaptation, on the other hand, involves immersing oneself in the new culture without losing sight of their original identity. Engaging with local people, participating in community activities or festivals can aid this process significantly. Maintaining good health through regular exercise and a balanced diet helps cope with stress while finding a support network can alleviate feelings of loneliness. Remember that experiencing culture shock is not an anomaly but part of human adaptability; it's how we respond to it that determines our experience.