

## Abstrak

### HUBUNGAN ANTARA CULTURE SHOCK DENGAN KUALITAS HIDUP PADA PERAWAT DAN CAREGIVER PROGRAM INDONESIA-JAPAN ECONOMIC PARTNERSHIP AGREEMENT

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**Latar Belakang** : Jepang mengundang Indonesia lewat program IJEPA dengan mengirimkan tenaga perawat/caregiver untuk mengatasi kenaikan jumlah penduduk lanjut usia yang sangat tinggi di Jepang. Namun Jepang mempunyai bahasa, budaya, norma dan aturan yang berbeda dengan Indonesia sehingga memicu *culture shock* pada perawat/caregiver Indonesia yang datang ke Jepang. *Culture shock* yang tidak diatasi dapat mempengaruhi kualitas hidup perawat/caregiver. Penelitian mengenai hubungan *culture shock* dengan kualitas hidup perawat/caregiver Indonesia yang bekerja di Jepang masih terbatas.

**Metodologi** : Penelitian ini merupakan penelitian kuantitatif korelasi dengan teknik *Accidental Sampling*. Sampel penelitian ini adalah 87 perawat/caregiver yang mengikuti program IJEPA. Variabel diukur menggunakan kuesioner *Culture Shock* dan kuesioner *Quality of Life* versi bahasa Indonesia. Data dianalisis menggunakan *Kolmogorov-Smirnov*, Uji Homogenitas, *One-Way Anova*, dan *Kruskall-Wallis*.

**Hasil** : Mayoritas responden mengalami *culture shock* kategori sedang (62.07%) dan memiliki kualitas hidup yang baik disemua domain kualitas hidup kecuali domain hubungan sosial. *Culture shock* berhubungan dengan QoL pada domain psikologis ( $p = 0.019$ ) domain hubungan sosial ( $p = 0.047$ ) dan domain lingkungan ( $p = 0.005$ ) Akan tetapi, *culture shock* tidak berhubungan dengan domain fisik ( $p = 0.503$ ).

**Kesimpulan** : Terdapat hubungan antara *culture shock* dengan semua domain dalam kualitas hidup (domain psikologis, hubungan sosial dan lingkungan), kecuali domain fisik.

**Kata Kunci** : Caregiver, *Culture Shock*, Kualitas Hidup, Perawat, Program *Indonesia-Japan Economic Partnership Agreement*

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## Abstract

### THE RELATIONSHIP BETWEEN CULTURE SHOCK AND QUALITY OF LIFE AMONG NURSES AND CAREGIVERS OF INDONESIA-JAPAN ECONOMIC PARTNERSHIP AGREEMENT PROGRAM

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**Background** : Japan invited Indonesia through the IJEPa program by sending nurses/caregivers to overcome the very high increase in the number of elderly people in Japan. However, Japan has a different language, culture, norms and rules from Indonesia, thus triggering culture shock among Indonesian nurses/caregivers who come to Japan. Untreated culture shock can affect the quality of life of nurses/caregivers. Research on the relationship between culture shock and the quality of life of Indonesian nurses/caregivers working in Japan is still limited.

**Methodology** : This research is a quantitative correlation research using the Accidental Sampling technique. The sample for this study was 87 nurses/caregivers who took part in the IJEPa program. Variables were measured using the Culture Shock questionnaire and the Indonesian version of the Quality of Life questionnaire. Data were analyzed using Kolmogorov-Smirnov, Homogeneity Test, One-Way Anova, and Kruskal-Wallis.

**Results** : The majority of respondents experienced moderate category culture shock (62.07%) and had a good quality of life in all quality of life domains except the social relations domain. Culture shock is related to QoL in the psychological domain ( $p = 0.019$ ), social relations domain ( $p = 0.047$ ) and environmental domain ( $p = 0.005$ ). However, culture shock is not related to the physical domain ( $p = 0.503$ ).

**Conclusion** : There is a relationship between culture shock and all domains of quality of life (psychological domain, social relationships and environment), except the physical domain.

**Keywords** : Caregivers, Culture Shock, *Indonesia-Japan Economic Partnership Agreement Program*, Nurses, Quality of Life



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