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## **Cultural Shock Among International Students and its problems**

### **Introduction**

Oberg, (1954) used the term "Culture Shock" for the first time. The term has evolved into a concept by recognizing how feelings tend to change with a change in the cultural setting of an individual. Pedersen (2002) found that most young students who tend to move to different countries for education suffer from cultural shock. A sudden change and an entirely new social circle cause cultural shock. Due to various cultural backgrounds, there are some problems to study abroad and adopt certain cultural values. It has been an increasing trend that young students move to western countries for higher education. In recent years, the number of students studying abroad has grown more than a billion people worldwide. "Students from developing countries often spend time in developing countries, so when they come back, they can make a rich contribution to the country's economy, the healthcare system, the social environment, and technology. Currently, the United Kingdom has become a popular destination, while foreign students love to learn some of the skills and information, which involves about 340 students from over 340 000 foreign students and about six students' universities (NSA, 2010). There are so many foreign students, the problem of overseas students, the cultural scent more clearly. There are four main problems with language skills, teaching approaches, mental health and working conditions of ordinary students in universities.

The first problem is language skills in universities in the western countries especially the United Kingdom, and there are two factors that influence the education of foreign students in the university. One of the factors is a hearing problem. Some foreign students could not fully understand what they are teaching, talking about academic subjects and how they cannot talk to the partner group. In the meantime, since they cannot understand all the information, they will

lack the lack of teaching content in their training. These are just an empirical link to what they say, so important information is often lost. For example, you teach the exam message orally or through some training skills through training. Participating in a group study, they will add a lot of uncertain things, but students cannot understand the purpose of teamwork. There is one language problem, an oral problem. Some of the pupils do not attend group discussions, not a problem to be heard. Because they do not dare to express their ideas, they are worried about how to speak good grammar and how to avoid speaking English as non-natives. According to the McCrosky study, from 15% to 20% of university students in the Western community who suffer from high communication problems, students have 60%, and all students have a certain degree related to their work. In some academic areas, they do not know how to communicate. Every student knows that they must participate in the partnership, but they speak wrong and silence the elections.

#### **The main problem is different study approach.**

Improved evaluation is crucial for all students, it helps and enables students to understand and develop skills. However, another culture as a different international student has a different learning style and always uses the original approach to learning, which is obtained for evaluation by its mother countries. For example, in some areas, the American approach to teaching the teacher cannot be happy when writing a description of the British approach or a good Pacific, Australia or UK student or style original. Students leave their hopes to communicate their responsibilities in Northern Europe, usually in a speech exam.

According to a study by Dongfeng (2012), some students have a knowledge and teaching skills course without having a logical process to think about knowledge and skills.

In practice, students from South East Asia and China do not have time to discuss issues in these issues in these countries. They are focused only on the ultimate achievement, and not on an individual beneficiary. These countries have a huge protection from growing attitudes. Ryan (2000) "in the Eastern societies" has a great value together and with any reconciliation, living and social wellbeing. "But universities in the West often show that the student is dealing with some phenomena, like the teaching behavior he asks, and who puts the question available. For one reason, a student who mentions some recognized academic books to discuss some open ideas in Asia, rather than taking extraordinary references to support a number of new audiences.

The third problem is the health problem. This will impact on work with UK students. Oberg, (2009) believes that mental health is a major danger for foreign students. A study conducted at the University of Columbia in New York shows that 75% of the students are in a depression and more than 25% face suicide intentions or murder. Oberg, (2009) argues that an international student is a symbol of distress, loneliness, stress, drawing and identity, status, and loss of self-esteem after a new country has come. All of these negative feelings of overseas students are an inaccurate risk. A study conducted by students in 1984-1988 shows that foreign students diagnose more than stressful diseases than local students. When there are difficulties and failures in college research (Hamboyan, 1995). In particular, some foreign students use it successfully in their country and are more neglected than others. In principle, this attitude will have many negative consequences, such as fewer appetite or sleep, gastrointestinal, energy and headache problems. However, when they live in a new country, they understand the new health system, so they will not get adequate help, they will lose their homes and their loneliness, and not with them, especially for Asian people.

The final problem is that they cannot use the local education system. The basic concept of higher education in the English culture develops the self-worth and individual character of the student. This may be very strange for a student from another education. The student is suspected of the value that works in the UK, and they do not understand why they do not "teach" them. Different student and student factors are involved in several cultural and religious factors to participate in certain male activities. International students do not know that universities should use some technology to enrich their content. Usually, students are hoped to get help from others, but some students who do not have a good English or academic experience, who think they will miss, or will not be respected. Students can be very serious when they start to work individually, which may involve long-term, non-material work. Adequate English skills can contribute to these problems.

Despite the fact that the cultural event is a temporary stage, it is important to understand that help is helping to find a difficult position. Contact the house where people can reduce pressure to reduce home idea. Exercise regularly. As well as good health, it can be a way to serve people. To improve the language skills to enhance international students to meet the current potential of their own cultures of others, it is because they feel that they have a local student friend, so that they can Understand more cultures, listen and train their ability to speak local traditions and cultural history of local history in order to participate actively and participate in other group activities such as sports, music or voluntary service to school and reduce the pressure to learn more traditions of books or magazines. Usually, to adapt better foreign exchange students to the new environment, to help others, as a rule, to improve working conditions and the study will help them to go to the students in many sons get an international office or organization student information, useful skills, a learning method for local learning, using services in

universities or colleges where you have a professional experience team. For example, providing a warm and well-educated person, medical services, advisory services, international office staff or cabinets, who can help you learn their students, they usually need to be in the United Kingdom. You could also find out if you get foreign students from foreign teachers. This can especially help to adapt to another education system, in particular. For some religious groups, you can contact students, churches, synagogues, temples, contacts, and neighborhoods. Universities with a priest can show some faith. It is a group of religious students. Many sections are open to idyllic or social activities for all religions (Wu & Guzman, 2015).

Many international students offer British education and economics, but when they come here, there is a totally different conflict. Compare the student at home. There are many different needs for foreign students and more urgent needs, such as language problems, learning approaches, and methodologies, involving society and family support. These factors affect all students from abroad to study the British university. In addition, not only do foreign students work, but also with many cultural behaviors in their lives. There are many problems, especially about health. British universities should be of great interest to the experience and experience of foreign students' ideas and ideas, which reduces the negative impact of cultural joy.

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