



## AN ANALYSIS OF THE CULTURE SHOCK IN VICTORIAN ERA IN THE NOVEL *HEIDI* BY JOHANNA SPYRI

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### **Abstrak**

*Tujuan dari penelitian ini adalah untuk menggambar budaya (culture shock) yang terjadi pada masyarakat di Era Victoria melalui teori Kurva-U (psikologi gegar budaya) oleh Collen Ward yang direfleksikan dari karakter Utama pada novel Heidi oleh Johanna Spyri serta mengetahui bagaimana mengatasi masalah gegar budaya pada masa Victoria Era. Metode yang digunakan dalam penelitian adalah metode deskriptif kualitatif. Data yang digunakan dalam penelitian ini berupa kata-kata dan frase serta kalimat yang terdapat di dalam novel tersebut. Hasil dari penelitian ini adalah ditemukan tiga fase pada gegar budaya yaitu fase bulan madu, fase krisis dan fase penyembuhan berdasarkan teori Ward. Kemudian cara mengatasi gegar budaya yang dialami oleh karakter utama adalah dengan beradaptasi pada lingkungan yang baru namun pada akhirnya dia tidak mampu menghadapi masalahnya dan kembali ke masa lalunya.*

**Kata Kunci:** *Gegar Budaya, Psikologi, Teori Kuva-U.*

### **Abstract**

*The objectives of this study were to describe the culture shock occurred in Victorian Era society through Curve-U theory by Collen Ward reflected from the main character in the Novel Heidi written by Johanna Spyri. The method used in this research was descriptive qualitative method. The data used were the words, phrases and also the sentences in the novel. The results of the research were there were three phases found in this novel, they were honeymoon phase, crisis phase, and recovery phase. Then, the way to solve the culture Curshock experienced by the main character was to adapt with the new environment but finally she couldn't stand with the problem and she came back to her past.*

**Keywords:** *Culture Shock, Psychology, Curve-U Theory*



## 1. INTRODUCTION

Literature is one of the most important subjects to learn because it implicates daily life through the experience of humans that is represented by words that are written by an author. According to Aminuddin in Tahir (2013:1), literature is the desirability of authors to reveal their existence as human that contains idea, thought and social life from their imagination by using language as a medium. Through literature, people can understand life that includes moral, culture, custom and social environment. As Harris (1999:19) stated that moral, culture and social life are completely human activity, which is retrieved by learning mind and behavior.

From the two statements above, literature and culture have the same object that is human activity so that indirectly they have relationships with each other. Literature in culture describes how society interacts with each other to form a custom, behavior and norm. They tend to appear that their community differs from the others. As Keith (2011:4) defined culture as the notion of a group with shared behaviors, values, and beliefs that are passed from generation to generation.

As we know that, when someone meets with new people then she tries to communicate in different cultures and adjust the differences on them, it proves that the culture is studied. But there are some people who will experience anxiety and discomfort when they come to the new country that is different from their own country. One of the biggest worries is about how to communicate and to accept the custom. In addition, the physical and mental condition also will affect the interaction

process with them so that it will be possible to experience culture shock.

Oberg (1960:142) called culture shock as the anxiety that resulted from losing all familiar signs and symbols of social intercourse. Meanwhile Novinger (2001:41) explained that interacting with a person from a foreign culture in the process of intercultural communication is often an unfamiliar experience.

Ward (2001:81) states that culture shock can be described as consisting of four distinct phases: Honeymoon, Crisis, Recovery and Adjustment. These phases are illustrated through U-curve theory, where many theories depict how persons adapt to new cultural environments. Ward describes this theory based on research operated by Sverre Lysgaard, a Norwegian sociologist who interviewed Norwegian students studying in the United States.

The Victorian Era was a peaceful and prosperous time, there were still issues within the social structure. The social classes of this era included the Upper class, Middle class, and Lower class. In the Victorian Era, the influence of literature became more prevalent in society as reading evolved into a social pastime indicated by the increasing literacy rate. One of the great novels written by Johanna Spyri titled Heidi. This novel has a story related to the social class that happened in the Victorian Era, so there are some problems brought up to be the research, they are:

1. How does the culture shock happen to the society in Victorian Era?
2. How to solve the culture shock in the Victorian Era?

Then, the objectives of this study are:

1. To describe about the culture



shock happen to the society in the Victorian Era.

2. To describe about sloving the culture shock in the Victorian Era.

## 2. METHODOLOGY

One of the factors that will make a research success is appropriate methodology that applied in that research. According to Flick (2007:3) research is activities, looking for, investigating, and attempting to get the facts and new principle, to get new introduction, and to give science and technology. The method which is used in this research is descriptive qualitative method. Descriptive analysis means to analyze the data which has been described; it is there search based on the fact taken from the novel. Moleong (2009:3) states that the analysis in qualitative research concerned in understanding the result of found data rather than calculate the result of found data. Based on the statement, the main data sources the rest in the form of additional data such as documents, journals and others.

Source of data is collected from the novel entitled *Heidi* by Johanna Spyri published by Wordsworth Editions. The novel consists of 240 pages and it is in serial form that has 23 chapters. The data was collected from the novel "Heidi". Before writing this study, the writer had to understand the kind of the study. The ways of data analysis by the writer consist of : Reading the novel several times in order to get understanding about the story and the topic that will be observed.

## 3. FINDINGS AND DISCUSSION

After analysing the data, it could be found that the culture shock happened in the novel in three phases they are: Honeymoon, Crisis, and Recovery through U-curve theory. Then the way of solving the culture shock was making adaptation but then the main character couldn't stand with it so she returned to the past.

Based on the data were found, there are only 3 phases that happen based on the *Heidi* novel they are:

### 1. Honeymoon Phase

According to Ward (2001:81), The first stage emphasizes on the first reactions of fascination. The persons will experience this phase from beginning offirst moving to the new environment. They will feel happy with everything around their new experiences, when the first time persons arrive to a new country, they might love the facilities, beautiful sceneries and good infrastructure. There is a honeymoon phase indicating that Heidi experiences this phase when the first time she comes to Frankfurt in Germany. The excitement is from facilities. The statement above also can be found from quotation in following below :

*"When Heidi opened her eyes on her first morning in Frankfurt she could not think where she was. Then she rubbed them and looked about her. She was sitting up in a high white bed, on one side of a large, wide room into which the light was falling through very, very long white curtains; near the window stood two chairs covered with large flowers, and then came a sofa with the same flowers, in front of which was a round table; in the corner was a washstand, with things upon*



*it that Heidi had never seen in her life before.” (Spyri, 1993: 70)*

Based on the quotation above, it was inferred that when Heidi wakes up in the morning she was amazed with the bed, chairs covered with large flowers, sofa, and a round table in the wide room, because it was for the first time she saw good facilities like that. She never think that she will stay in very different from her house in the mountain. The honeymoon phase is from facilities because in the novel explains all of the facilities in the bedroom that never seen in her life before.

## 2. Crisis Phase

This phase is the second stage of culture shock where the person experiences unknown and negative aspects. The differences might be come from the some aspects of interaction with the host of country that include cross cultural differences in how people communicate and behave. The statement above also can be found from quotation in following below:

*“Sebastian looked surprised and said somewhat curtly, ‘what is it you want, miss?’ I only wish to ask you something, but it is nothing bad like this morning,’ said Heidi, anxious to conciliate him, for she saw that Sebastian was in rather a cross temper, and quite thought that it was on account of the ink she had spilt on the floor. ‘Indeed, and why, I should first like to know, do you address me like that?’ Sebastian, evidently still put out. ‘Fraulein Rottenmeier told me always to speak to you like that,’ said Heidi.” (Spyri, 1993: 75)*

Based on the quotation above, it was explained that Heidi should change the way she speaks with another people in her new environment. She should address someone in the formal manner she had been ordered to use by Fraulein Rottenmeier. Then it makes Sebastian shock because as he knows that in the first time Heidi comes to the house, she never speaks formally.

## 3. Recovery Phase

According to Ward (2001:81), recovery includes crisis resolution and culture learning. Recovery is the stage where persons will try to understand the culture in a new environment and to adapt the habits of the environment. The statement above also can be found from quotation in following below :

*“Clara had grown much more cheerful; she no longer found time hang heavy during the lessons hours, for Heidi was continually making a diversion of some kind or other. She jumbled all her letters up together and seemed quite unable to learn them, and when the tutor tried to draw her attention to their different shapes and to help her by showing her that this was like a little horn, or that like a bird’s bill, she would suddenly exclaim in a joyful voice ‘That is a goat! That is a bird of prey! For the tutor’s description suggested all kinds of pictures to her mind, but left her still incapable of the alphabet. “In the late afternoon Heidi always sat with Clara, and then she would give the latter many and long descriptions of the mountain and of her life upon it...” ” (Spyri, 1993: 87)*

Based on the quotation above, it was explained that Clara is happy since Heidi comes to her house. It means that Heidi feel comfortable and be kind to her.



They study together and play in the same time with the tutor. In the late afternoon, Heidi always sat with Clara to talk about descriptions of the mountain in the Swiss. We can see that Heidi enjoy her life in Germany with her new friend. It was inferred that the recovery phase is from adaptation with people around. People will try to understand and accept the culture in new environment.

Culture shock is the negative case that is faced by someone when his own country differs from the new country. The effects of culture shock can be shown when the persons are far from their own country, they are far from the place that is considered as “home”, and they are far from the environment and their own custom. Based on these conditions, they cannot be able to participate in their new life so that it can bring the negative effect to the person. The statemant above also can be found from quotation in following below :

*“.. and Heidi at times could hardly contain herself for the longing to be back home again. And Detehad told her that she could go home whenever sheliked. So it came about one day that Heidi felt she could not bear it any longer, and in haste she tied all the rolls up in her red shawl, put on her straw hat, and went downstairs. But just as she reached the pavement she met Fraulein Rotenmeier herself, just returning from a walk, which put a stop to Heidi’s journey.” (Spyri, 1993: 88)*

From the quotation above, it was explained that Heidi tried to be backhome again, because her aunt told her that she could go home whenever she liked. After packing all of her stuff to back home, unfortunately Fraulein Retenmeier stop

her journey. Negative effect that Heidi got is feeling isolated, she can’t back home when she feel uncomfortable in her new environment. The writer inferred that not everyone who experienced the culture shock can accept the dissimilarity and learn the new environment.

#### 4. CONCLUSION

After analyzing the data, there are some conclusions made, they are :

1. There are 3 phases of culture shock in the Victorian Era in the novel. Those phase are described through U-curve theory of Ward as follows:
  - a) Honeymoon phase is first stage that contains excitement from the facilities of new discoveries and beautiful scenery in new country.
  - b) Crisis phase is the second stage that contains negative aspects of the event. From the theory of Ward, cultural differences in how people communicate and behave.
  - c) Recovery phase is the third phase that contains the capability to learn the new environment through adaptability.

2. Through this novel, the solution to solve the culture shock in the Victorian Era is return to where came from. When people try to accept the new environment they will struggle hard to stay, but in other side they getnegative effect that make them feel nervousness and homesickness.

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