

CULTURE SHOCK

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Annotation: Culture shock occurs when an individual confronts another culture. Culture shock is a perfectly normal, emotional reaction that may include feelings of depression, anxiety, or disorientation and that may even manifest itself physically by affecting an individual's health or their sleeping or eating habits.

Культурный шок возникает, когда человек сталкивается с другой культурой. Культурный шок — это совершенно нормальная эмоциональная реакция, которая может включать чувство депрессии, беспокойства или дезориентации и может даже проявляться физически, влияя на здоровье человека, его привычки сна или питания.

Madaniyat zarbasi inson boshqa madaniyatga duch kelganida sodir bo'ladi. Madaniy shok - bu mutlaqo normal hissiy reaksiya bo'lib, u ruhiy tushkunlik, tashvish yoki orientatsiyani o'z ichiga olishi mumkin va hatto jismoniy jihatdan namoyon bo'lishi mumkin, bu odamning sog'lig'i, uyqusi yoki ovqatlanish odatlariga ta'sir qiladi.

1.Positive impact.

Положительное влияние.

Ijobiy ta'sirlar.

2.Breaks the routine.

Ломает рутину.

Tartibni buzadi.

Key words; Cultural, experience, interact, mindset, unpleasant, process, unfamiliar, opportunity.

Culture shock gives you the opportunity to try new things.

New cultures usually bring you the opportunity to experience entirely different things, which can be both unique and exciting. Over time, it can have a powerful and positive impact on a person's life. Exposure to a new culture is a very positive thing, especially for young people. It gives the opportunity to learn how to adapt, interact and present yourself within an entirely new culture, and thus develop a global mindset.

Cultural shock disrupts the order of your life.

Whether you are deciding to travel around the world or living abroad in another country, you have to bear in mind that culture shock is an "unpleasant" experience you must go through. Since culture shock may cause people to have negative experiences, everyone tries to avoid it, but they fail to see that they should embrace it instead. So, when living abroad in culturally different country, it becomes nearly impossible to avoid

culture shock easily - despite how positive your attitude might be since it is a natural and an enriching process a person must go through so as to grow as an individual.

In the early stages of Culture shock, it may seem very difficult to adjust to daily life in your new community. But with time you become comfortable with your new routine and the company of other people in your community. The fear of facing unfamiliar situations holds many people from stepping out of their comfort zone.

Appendix ;

- 1. Opportunity** - a possibility due to a favorable combination of circumstances.
- 2. Interact** - act together or towards others or with others.
- 3. Unpleasant** - disagreeable to the senses to the mind, or feelings.
- 4. Process** - a particular course of action intended to achieve a result.
- 5. Unfamiliar** - not known.
- 6. Mindset** - a habitual or characteristic mental attitude that determines how you will interpret and respond to situations.

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