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MIGRANT STUDENT ADAPTATION BASED ON THE MINANGKABAU PHILOSOPHY "*DIMA BUMI DIPIJAK, DISINAN LANGIK DIJUNJUANG*"

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Abstract

Migrating to pursue education is a phenomenon experienced by some students. Students who migrate often face differences in social, cultural, and customary environments that require good adaptation skills. The inability to adapt can lead to a variety of difficulties, such as feelings of discomfort, loneliness, and difficulty interacting in a new environment. Therefore, cultural values are necessary to guide the adjustment process. One of the relevant values is the Minangkabau philosophy "*Dima Bumi Dipijak, Disinan Langik Dijunjuang*" which contains the meaning that a person needs to respect and adapt to the norms and rules that apply wherever he is. This study aims to examine the meaning of this value and its role in supporting the adaptation of migrant students. This study uses a library study method by reviewing various relevant literature sources.

Keywords: Adaptation; migrant students; cultural values; Dima Bumi Dipijak; Disinan Langik Dijunjuang

1. Introduction

Migrating to Learning is a common thing in the lives of Indonesian people. Many college students and college students have to leave their homeland to get a better education in other fields. Relocation This makes them have to live in a new social environment, which has different customs, values, and norms from where they come from (Koentjaraningrat, 2015). Students who live far from home have to deal with language differences, customs, and ways of communicating with others that may be different from where they come from. This condition can pose many challenges when adapting, especially for beginner students who live far from their families (Santrock, 2011).

When a person is away from his family, he or she not only faces changes in social conditions but also in psychological conditions. People who migrate often feel lost in family, loneliness, and anxious times having to adapt to a new environment (Desmita, 2017). This situation shows that living abroad requires a person to be able to adapt well. According to Elizabeth B. Hurlock, adapting is a process that helps individuals adapt attitudes, behaviors, and ways of thinking to the demands of the new social environment. (Hurlock, 2013)

According to the theory put forward by Diane E. Papalia and her colleagues, adaptability is closely related to a person's ability to manage emotions and deal with various life stresses.(Papalia, Diane E , Sally W. Olds, 2014). Research conducted by Ghifari Rizky Pahlevi and Henny Regina Salve shows that the ability to regulate one's own emotions plays a big role in helping a person adapt to a new environment (Pahlevi, 2018).

In addition to psychological factors, individual adaptation is also influenced by social and cultural aspects. When a person is in a different place than before, he needs to understand the values, norms, and customs that exist in the society (Reivich, 2002). Then in social knowledge, self-adaptation to the new environment is referred to as adaptation. Adaptation is a process carried out by individuals To adapt to environmental, social and cultural changes, so that they can function well in public life (Koentjaraningrat, 2009).

However, the adaptation process is not always easy. A person in a new environment often experiences culture shock or culture shock when confronted with differences in customs, values, social,

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or methods of communicating with the local community (M, 2014). The phenomenon of migration and the adaptation process cannot be separated from the cultural context of Indonesian society. In Minangkabau culture, migration is considered part of the process of learning to live to gain experience, knowledge, and success outside of the area of origin (Utami, 2014).

Migrating is not only seen as a business that seeks a better life, but also as a method to broaden horizons, build independence, and gain a diverse range of better life experiences for the younger generation (Abdullah, 2010). In undergoing life migration, the Minangkabau people have various sign cultures that serve as guidelines in behaving and acting. These values serve as a guide for individuals in interacting with others and adjusting to different social environments (Navis, 1984).

One of the most famous cultures among the Minangkabau people is the philosophy of " *Dima Bumi Dipijak, Disinan Langik Dijunjuang*". This means that a person must respect the customs, norms, and rules that apply in his or her place of residence (Naim, 2013). These values are especially important for people living abroad, as they can serve as a guide for dealing with environmental, social, and cultural differences. By understanding this, it is hoped that individuals can behave openly to local culture and build good social relationships with the surrounding community (S, 2001).

Rahardjo's study shows that migrant students often face various challenges when adapting, such as differences in culture, language, and ways of socializing in a new environment. This research emphasizes the importance of social adaptability so that students can adjust to campus life (Samovar, Larry A., Richard E. Porter, 2010). Another study by Lusia Deswita also found that migrant students experience various forms of adjustment while in the environment. The results of new social research show that social support and an individual's ability to understand the social influence of the environment is highly successful from the adaptation process (G, William, 2003).

In addition, Young Yun Kim's research addresses management emotions and resilience in students. He found that a person's ability to manage emotions is closely related to their ability to survive and adapt to the pressures of living in a new environment (Kim, 2001). Riharjo's research on the adaptation process shows that cultural differences can affect the way a person adapts to a new social environment. A person who understands local cultural values usually finds it easier to establish social relationships and adapt more quickly to the local community.(Raharjo, 2025) Although various studies have addressed how individuals adapt to a new place, many studies still focus on psychological aspects such as emotional regulation, resilience, and social support (Deswita, 2025).

Therefore, this study aims to study the meaning of marking the culture *of " Dima Bumi Dipijak, Disinan Langik Dijunjuang"* and analyze its role in helping migrant students adapt to a new environment. This research was conducted with a literature study approach that studied various literature sources related to the phenomenon of student migrants, the adaptation process, and Minangkabau cultural values (Sugiyono, 2018).

2. Discussion

Koentjaraningrat explained that adaptation is part of a cultural process that helps individuals adapt to the social environment. Sharing migrant students, adaptation means understanding, accepting, and adjusting to the norms and values that exist in a new place (Koentjaraningrat, 2015)

1. Student Nomad Adaptation Process

   The adaptation of student migrants occurs through a number of stages. In the early stages, individuals usually experience culture shock or culture shock, which is when a person feels alienated and confused due to cultural differences.

2. The Role of Psychological Factors in Adaptation

Adaptation is influenced by psychological factors, such as regulation, emotions and resilience. According to Elizabeth B. Hurlock, the ability to adjust depends heavily on one's emotional maturity. Students who can manage their emotions well are usually better prepared to deal with the pressures of a new environment.

3. Social and Cultural Influence Factors

   In addition to psychological factors, adaptation is also greatly influenced by aspects of the social and cultural environment, the new system itself differs from the values, norms, and customs of the place of origin. William B. Gudykunst states that the success of intercultural communication depends largely on the ability of individuals to reduce uncertainty and anxiety when interacting with people from other cultures.

4. The meaning of *the value of " Dima Bumi Dipijak, Disinan Langik Dijunjuang "*

   Here the sky upholds the Minangkabau cultural values" *Dima Bumi Dipijak, Disinan Langik Dijunjuang*" means that one must adapt to the customs, norms and rules that exist in the place of residence Mochtar Naim explained that the sign is the basis of the principle in the life of Minangkabau migrants, which teaches social flexibility without forgetting their cultural roots (Kim, 2001).

5. Application of Values in the Adaptation of Nomadic Students

   The value of "*Dima Bumi Dipijak, Disinan Langik Dijunjuang*" can be applied by migrant students in various ways, respecting differences, complying with applicable norms, building positive social identity relationships and taking care of themselves (Naim, 2013).

6. Relevance in Multicultural Perspective Counseling

   In guidance and counseling, these values are essential For counseling, a multicultural counselor's approach must understand the background behind the client's culture and help them adapt to the new environment (A, Samavor, L, Porter, R. E & Mc Daniel, 2024). Therefore, counselors can use the " *Dima Bumi Dipijak, Disinan Langik Dijunjuang*" value to help migrant students with important adaptation culture teaching methods, helping clients overcome conflict cultures and develop social skills in new places (T, 2010).

7. Implications on Students' Mental Health

   The value of " *Dima Bumi Dipijak, Disinan Langik Dijunjuang* " serves as a prevention method that helps students avoid problems by building an open and adaptive attitude (G, William, 2003). Apart from being a social guide, these values also prevent potential conflicts between cultures. People who understand and apply these signs tend to be more flexible in their interactions, which can reduce common misunderstandings due to cultural differences (Koentjaraningrat, 2015). In education, the implementation sign can be supported by schools and colleges. Environmental education can be a place for migrant students to understand diversity through social activities, intercultural discussions, and mentoring and counseling services (Lucy, 2019).

Counselors act not only as facilitators of self-adjustment but also as a liaison between the individual and his or her environment, social, and cultural (Hurlock, 2013). But keep in mind that the adaptation process is not always easy and may only experience downward moments in the face of high pressures such as academic problems or social conflicts (Kim, 2001). The principle of " *Dima Bumi Dipijak, Disinan Langik Dijunjuang* " not only serves as a social guideline but also as a psychological basis for building an adaptive, tolerant, and resilient attitude in an environment of face change (Gudykunst, 2004).

3. Conclusion

Based on the results of the research, it can be concluded that the adaptation process is very important for migrant students in dealing with changes in the social, cultural, and psychological environment. The Minangkabau cultural values " *Dima Bumi Dipijak, Disinan Langik Dijunjuang*" have proven to play an important role as a guideline in the adjustment process of migrant independent students. This value teaches differences in attitude values, adheres to applicable norms, and builds harmonious public relations without losing self-identity.

In addition, in the perspective of guidance and counseling, these relevant values are used as a counseling approach multicultural counselors can leverage local sign culture to help clients overcome difficulties of adaptation and build better social skills. This integration of local cultural marking with psychological and social approaches becomes an effective strategy in supporting the successful adaptation of nomadic students.

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