
LIFESTYLE CHANGES AND STUDENT ASSOCIATIONS NORTH SUMATRA WHO IS LEARNING AT UNIMAL (Case Study of Students of the Faculty of Social and Political Sciences)

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Abstract

Developments in all fields that are happening now, either directly or indirectly, require the community to be able to adapt to various forms of change and renewal. One of the people who have experienced the impact of the changes are immigrant students (nomads). An immigrant student is someone who is in the process of gaining knowledge or someone who continues his education to higher education, to another area for a long period of time or a certain period of time. In such conditions, students will usually mingle with various students from other regions. The environment that affects humans varies greatly, both in type and nature. Likewise, the variety of environments like this often affects human treatment of the environment itself. The purpose of this study was to describe the factors that influence changes in the lifestyle and socialization of North Sumatran students and the impact of changes in the lifestyles and associations of North Sumatran students. This research is a qualitative research that uses a descriptive approach method by describing the phenomena accurately regarding the facts found in the field. The research data were obtained through interviews, observations, and documentation and to complement the results of the research the authors also used a literature review. The data that has been obtained are analyzed descriptively and draw conclusions. The results of this study indicate that the lifestyle changes that occur in North Sumatra students are caused by several factors, including environmental factors, desire factors, peer factors, economic factors, and experience factors. Then, there are several impacts of lifestyle and social changes, namely the impact of language style, the impact of food style, the impact of dress style, and the impact of hanging out culture style and the impact of independent living.

Keywords: Lifestyle, Student Association

Introduction

A student is a person who studies at a tertiary level school to prepare himself for undergraduate level expertise, in another sense, a student is an individual studying at a tertiary institution or someone who is in the process of studying at a tertiary institution under such conditions, usually students will mingle with various students from different backgrounds. Other region. They are required to be independent, away from all the facilities and comforts available in their home. A student who wanders who is far from parental supervision or the absence of the parent is one of the changes in the situation that affects adjustment and social adjustment in his environment. (Safira, 2015:6).

Changes in the lifestyle of North Sumatra students who changed when they studied at Unimal were not the same as where they came from, namely in North Sumatra, because they have freedom so that freedom means freedom of association when they live in North Sumatra they are free 24 hours to go out of the house while when they study at Unimal their freedom to go out at night is limited to where they live, namely the boarding house, so when they study at Unimal their lifestyle and relationships are also limited to a changing lifestyle, namely the lifestyle of food, dress, communication and interaction between students and environment. (Observation March 5, 2021).

An illustration of the impact that affects the lifestyle changes of North Sumatran students studying at Unimal is the impact of language, because North Sumatran students often use their own language, so when they study at Unimal they have to adjust their language model, that language determines their attitude in communicating with their friends,

because he adjusts so as not to feel alien from the others. The second impact is food because North Sumatran students are used to the metropolitan lifestyle in North Sumatra, so when they study at Unimal they have to adapt to the lifestyle that exists here. The third impact is the impact of dressing because North Sumatra students studying at Unimal, where they come from, they dress openly when they are studying at Unimal, of course, they must dress in an Islamic way, which must comply with the established rules. (Observation 5 March 2021)

Pierre Bourdieu's Theoretical Perspective

In general, when talking about lifestyle changes, there are many theories that can understand this problem, one of which is Pierre Felix Bourdieu. So that the author in assessing this theory can be adapted to the problems being studied at this time. In theory Bourdieu develops three concepts regarding social practice, including: habitus, arena or field, capital (Amin, 2018:4).

According to Pierre Bourdieu, in the concept of social practice theory, that he revealed three fundamental factors in the first world of life, namely the concept of habitus, where habitus is a process of internalizing the exterior and externalizing the interior. External internalization is a condition when a person absorbs, internalizes the world around him, while the exterior interior is a condition when a person expresses the results of his understanding, the results of his absorption from the outside world both in behavior and other social actions, that habitus describes a series of tendencies that encourage and direct humans to act and react in a certain way. (Amin, 2018:5).

Bourdieu explains that in the social world, we know the social field and the arena. The social field refers to the overall conception of the social world. This concept views social reality as a space. The arena is a social world that is autonomous and works with its own laws. For example, in recognizing the areas of politics, economics, art, religion, and others. Every individual who wants to enter an arena, needs to understand the rules of the game in it (Esha, 2007:1-16).

Lifestyle Change

Change is a form of change which is then a situation which is now going to a state which is expected to lead to a future which will come. The change then is a situation which will be for the better. Change is an important part of management and every leader's success is measured by his ability to predict change and make the change into a potential. A change can also be distinguished into planned change and unplanned change. These two types of change are related to human activity (agents) as agents of change (Wawan, 2014).

Lifestyle has a more limited sociological meaning by referring to the typical lifestyle of various certain status groups. In contemporary consumer culture the term connotes individuality, self-expression, and a pseudo-self-awareness. Both in terms of clothing, talk, time entertainment, food and drink choices, homes, vehicles and entertainment options and so on are seen as indicators of individuality of taste and sense of style from the owner or consumer (Phonna, 2018).

Association is one way for a person to interact with his environment. Humans are social creatures who have a tendency to live with each other. They cannot live alone without the help of others. Association as a psychological statement of someone who determines an action positively or negatively which is a stimulus to something or a certain object that is done consciously. A person's association is also a state in humans with certain feelings in response to objects and is formed on the basis of experiences. In social life, a person's association can be influenced by attitudes, and attitudes can change in four ways including adoption, differentiation, integration and trauma (Ratna 2018).

Method

This study uses a qualitative approach with descriptive analysis method. The location of the research carried out on the Malikussaleh University campus, Faculty of Social and Political Sciences. Informants in the study were divided into two categories, namely key informants and key informants, the key informants were sociology students from North Sumatra, while the main informants were those who were directly involved in the social interactions studied. Data collection techniques in this study used the methods of observation, interviews and documentation. While the data analysis technique uses data reduction, data presentation and conclusion drawing.

Research Result

Environmental factor

Factors Behind the Changes in Lifestyle and Association of North Sumatran Students Migrant students experience problems in adjusting themselves, overseas students who face new environmental situations and conditions who inevitably are required to make more adjustments, overseas students need to socialize with friends who come from various backgrounds. areas which of course have different languages, both in the neighborhood and in the campus environment. In addition, overseas students are required to be smart in managing the finances obtained every month from their parents. Therefore, overseas students need good adaptability. Lifestyle is a person's style of living in the world, which is expressed by activities (work, hobbies, shopping and social activities), interests and opinions of others. Lifestyle also describes a person's overall lifestyle that interacts with his environment.

Based on the author's observations at the Faculty of Social and Political Sciences, Malikussaleh University, one of the factors behind the changes in the lifestyle of North Sumatran students is environmental factors. Where environmental factors greatly affect a person's existence in carrying out social interactions, both between individuals and individuals and groups with groups. In everyday life, students make adjustments to the environment they live in as an effort to obey the rules and norms that apply in the place they live. This encourages them to adapt and adjust to the environment. (Observation September 2, 2021).

Desire Factor

Desire is one of the factors that underlie the birth of a person's behavior, in this case the desire of boarding students to consume needs. The desire factor that makes studying at Unimal is due to getting a scholarship where the scholarship is willing to study in that place to study and not burden the family's economy.

Friends Association Factor

The tendency of friends who like to hang out or hang out with friends is something that can be done to get their own identity in the eyes of their group. In addition, their residence is in a boarding house and far from their place of residence which makes them accustomed to socializing and getting used to hanging out with new friends every day. In a relationship, it really determines whether a person is good or not, if he is friends with a group of good people, then his behavior and relationships are also good, if not, his association is not good. But everything also depends on someone, so friends are very influential on changes in someone.

Economic factors

The lifestyle that is getting more and more popular among students cannot be separated from the economy of their parents. They are from families whose symbols are middle to upper and middle to lower, then on average they are given money or crime every month around 2,500,000 rupiah. From observations it was found that life in Aceh is very affordable so it is very helpful for North Sumatra students studying at Unimal and there are also students who get Bidikmisi scholarships, some use the money for campus needs and there are also students who use the money for social existence that is consumptive. Information from informants who said that the money sent every month by their parents was very mediocre and their living costs in Aceh were relatively affordable, and by getting the Bidikmisi scholarship, students were greatly helped in their economic life while overseas. And there were also students who used money. the bidikmisi scholarship is for his social existence and is more concerned with wants than needs. From the description above, it is the same thing as explained by Bourdiu's theory, as capital is not only material, but also immaterial, such as social relations and positions. Capital is a form of resource that has a certain value meaning that is owned by a person in order to survive in an arena.

Experience Factor

Students who come from North Sumatra, some of them will be surprised when they arrive in Aceh because it is very different from the city where they lived before so when they are already living in Aceh they will get a lot of new experiences, such as several phenomena of lifestyle changes in terms of knowledge, experiences and behaviors in

everyday life. the experience is based on new things that he finds such as having a lot of friends, so these friends he is motivated. Furthermore, the second informant's explanation was that the experience was obtained from the attractiveness of the environment and the surrounding impulses that could lead him to a better direction.

Impacts Affecting Changes in Lifestyle and Association of North Sumatran Students who are studying at Unimal. Based on the statement above about the impact of North Sumatran student association, there are various forms of changes that occur in these students, ranging from changes in language, food, clothing, non-krong and independent culture, which occur in North Sumatra students who migrate to Aceh.

Impact of Hanging Culture Lifestyle

Along with the times, the life of urban communities began to experience lifestyle changes. One of them, the manifestation of the current lifestyle is the habit of hanging out in cafes for certain community groups. It seems to be commonplace when people move their daily activities to cafes such as typing, reading, chatting with friends, or just looking for entertainment. The existence of cafes in the daily lives of Acehnese people, especially lhokseumawe for young people, has got its own position as an alternative to take advantage of free time or more important goals. The pattern of space consumption that occurs can also change along with the flow of tastes, motives and various interests for each actor in it. Not only that, changes in cafe space and lifestyle also influence and even change consumption patterns as well as motives and individuals in visiting cafes.

Seeing the development of the city, there have been many changes in urban spaces. Urban spaces are required to be able to accommodate various human activities that continue to develop and become increasingly complex from time to time. This indicates the importance of creating simultaneous and synergistic urban activities both in terms of time and space utilization in order to optimally accommodate various human activities. Hanging out culture can be understood separately for each actor, some of which cause hanging out as a medium of self-entertainment and expression, some as a means of socializing. Although relative assumptions arise regarding these activities such as unproductive time, without a clear purpose and intent. dynamic activity and has its own meaning and message for the perpetrators. The establishment of a comfortable climate, a supportive atmosphere such as an impression that presents a young soul, due to the availability of adequate facilities Wifi is a factor that influences the behavior of young people making cafes their favorite hangout place.

As young people, following existing trends is a form of self-actualization that is carried out to form their self-concept towards others. In addition to the comfort factor and its influence on lifestyle, the form of self-actualization is also part of a need that must be met. One of them is the habit of young people to hang out in cafes which is closely related to part of their self-actualization needs.

Impact of Independent Living

In principle, the goal of students is to study. The demands of students in studying are influenced by several factors, namely, studying and exploring experiences to get to the future in work. Therefore, students need to determine their needs in order to support lectures. The needs of students themselves can be obtained through pocket money from parents or the results of their own work (independent). Where student income can vary from where it comes from, sometimes the expenses are almost the same as for each student. Normally, students whose main goal is to study, the student's needs for college can be categorized as in economic principles, namely primary, tertiary, and secondary needs.

Independence is being able to live without being totally dependent on something else. For this reason, it is necessary to be able to recognize one's own strengths and weaknesses, and to strategize with these strengths and weaknesses to achieve goals. Reason is a tool for formulating strategies. Being responsible means making changes consciously and understanding the form of every risk that will occur and being ready to take risks and with discipline an independent lifestyle will be formed. With an independent lifestyle, consumerism culture is no longer imprisoning humans. Humans will be free and independent to make their choices responsibly, and create creative innovations to support this independence.

As mentioned in the previous theory, habitus is a form of social reproduction in which it is central in generating and regulating the practices that make up social life. In this case these individuals want something that can be useful for them and which can inspire and make it possible for them, and not inspire things that are not available to them. inclinations), which for them are suitable for these conditions including food tastes and so on, in the sense of adapting to the demands of these conditions.

Culture Shock

Associated with cultural diversity, including a sense of surprise entering a new environment, new faces, and adaptation to new habits, being separated from important people in one's life, such as family and friends, makes individuals feel uncomfortable when the atmosphere of familiarity with them disappears. Culture shock is the anxiety experienced by losing all familiar symbols and symbols in social relationships, including daily habits, such as when to shake hands, and what to say when meeting people, how to buy, when and when to buy. where we don't need to respond.

Religious factors are considered as one of the barriers for individuals in their efforts to adjust to a new place of residence. Individuals experience their own fear of religion which is a very vulnerable difference and cannot be combined easily, however, in this case it usually causes a cultural uproar against their environment that has religious differences. Meanwhile, in Aceh, they have the same religion, namely Islam. In this sub-chapter, this discussion explains the research focus which is the subject of study in research problems which are explained through Pierre Bourdieu's theory of practice, namely habitus, capital and arena. So in social practice there are three things, namely habitus, capital (capital) and arena (field). But every arena in society requires different habitus and capital. So that the person who has the right habitus, the most capital, and the right arena will win. Therefore, every North Sumatran student who studies at unimal must be able to identify each arena he enters, about what habitus is needed by that arena and what capital is the most supportive so that habitus can exist in that arena.

Here the author emphasizes more on the habitus theory because the habitus experienced by North Sumatra students is certainly different from the habitus in the place of origin of North Sumatra students that changes in the lifestyle of North Sumatra students who are studying at Unimal are the same as discussing the theory because North Sumatra students who are studying at Unimal a new habitus is formed when they live in a new environment and North Sumatra students are of course in a new arena they must obey the laws and rules of the game and their new living environment and language way of communicating so that they can adapt their new place of residence in order to compete in the world. their new environment.

Conclusion

Based on the description that has been put forward in the form of data and information that has been obtained at the research location, it can be concluded several things. There are several factors behind the changes in lifestyle and association of North Sumatra students, including environmental factors, desire factors, social friends factors, economic factors and experience factors. North Sumatra students show their existence with their daily interactions. There are 6 impacts that affect lifestyle and social changes, including the first because of the impact of language style, impact of food style, impact of dress style, impact of hanging out culture style, impact of independent lifestyle, and culture shock

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