

Abstrak

Penelitian ini mengeksplorasi tantangan penyesuaian lintas budaya (*intercultural adjustment*) mahasiswa Muslim Indonesia di Jepang dan Jerman sebagai kelompok minoritas religius. Tujuan penelitian adalah memetakan gambaran pengalaman adaptasi psikologis dan sosiokultural mereka. Menggunakan metode kualitatif dengan pendekatan *Interpretative Phenomenological Analysis* (IPA), subjek terdiri dari empat mahasiswa aktif. Data dikumpulkan melalui wawancara semi-terstruktur dan dianalisis secara sistematis melalui enam tahap IPA. Hasil menunjukkan bahwa di Jepang, jarak geografis berfungsi unik sebagai ruang penyembuhan duka (*grief*), sementara di Jerman, hambatan bahasa dan tekanan akademik menjadi stresor dominan. Temuan kunci mengungkapkan identitas keislaman bukan penghambat, melainkan pemicu positif kreativitas pemecahan masalah sosiokultural. Komunitas Muslim berperan sebagai ekosistem koping yang melampaui dukungan sesama warga negara. Penelitian memberikan temuan integrasi religiusitas (identitas, komunitas, dan ibadah) secara signifikan memperkuat resiliensi mahasiswa di lingkungan baru.

Kata Kunci : Penyesuaian Lintas Budaya, Mahasiswa Muslim, Identitas Religius.

Abstract

This study explores the intercultural adjustment challenges of Indonesian Muslim students in Japan and Germany as religious minorities. The objective is to map their psychological and sociocultural adaptation experiences. Employing a qualitative method with an Interpretative Phenomenological Analysis (IPA) approach, the subjects consisted of four active students. Data were collected through semi-structured interviews and systematically analyzed through the six stages of IPA. Results indicate that in Japan, geographical distance uniquely functions as a grief-healing space, whereas in Germany, language barriers and academic pressure are dominant stressors. Key findings reveal that Islamic identity is not a barrier but a positive trigger for sociocultural problem-solving creativity. Muslim communities serve as coping ecosystems surpassing standard co-national support. In conclusion, the integration of religiosity (identity, community, and worship) significantly strengthens students' resilience in navigating new environments.

Keywords: *Intercultural Adjustment, Muslim Students, Religious Identity.*