

Urban transformation will pave the way for civil engineers

Prof. Dr. Mustafa Karaşahin pointed out that the construction sector constitutes 30 percent of the income sources obtained in the country and added: “The Ministry of Environment and Urbanization is working hard to pave the way for urban transformation. Urban transformation will open up more opportunities for civil engineers in the coming years”

Recalling that Civil Engineering is one of the oldest engineering branches that emerged with the the need for permanent housing, the head of the Department of Civil Engineering of the Faculty of Engineering and Architecture of Istanbul Gelisim University Prof. Dr. Mustafa Karaşahin said that the construction industry affects hundreds of occupations. Karaşahin added: “It affects more than 200 sectors and the multiplier effect in the country's economy is quite high. We can say that it is the locomotive sector”.

SOLUTION OF TRAFFIC PROBLEM IS CIVIL ENGINEERING

Karaşahin emphasized that the solution of traffic problems in mega cities such as Istanbul, Ankara and Izmir is one of the fields of activity of Civil Engineering:

“The solution to parking problems in all of our cities is also in this sector and will be solved by joint projects of city planners. For example, ‘Smart Transportation Systems’ are becoming more and more widespread and open to further development depending on technology. Driverless (autonomous), electric vehicles will soon be seen on our roads. Civil engineers will deal with the development of infrastructure suitable for these vehicles and the solution of problems in traffic flow.”

DEVELOPMENT OF OTHER SECTORS RELATED TO CONSTRUCTION SECTOR

Prof. Dr. Karaşahin added: “Almost every sector related to construction sector. Because every sector needs an infrastructure. The design, construction and maintenance of these infrastructures are the core area of Civil Engineering. Developing technology directly affects the construction sector. When the statistics of the previous years are analyzed, it is the construction sector that is most affected by the economic crises. However, when the construction sector fails to recover, other sectors have no chance of progress. The main cause of the current housing sector crisis is that housing supply is higher than demand”.

WORK OPPORTUNITIES FOR ENGINEERS IN INTERNATIONAL PROJECTS

Emphasizing that Civil Engineers are offered the opportunity to work on international projects Prof. Dr. Karaşahin said: “Civil Engineers have the opportunity to use the experiences in other countries, not only in Turkey. Our country's contractors are ranked second in the world after China, allowing civil engineers to work in international projects. Turkish contractors are successfully constructing residential, road, rail and airport constructions in Africa. In addition, renovation and rehabilitation constructions will increase rapidly as infrastructures in Europe and the United States are close to or past their service life. Furthermore, once Iraq, Yemen, Sudan and Syria become stable, large infrastructure and housing projects will be introduced. Turkish contractors have a high chance of receiving projects in these countries. In this context, especially knowing a foreign language (English, French, Arabic, Russian, Chinese, Spanish) will help you to take a step forward in your future career”.

Mostly men commit suicide: Their responsibility is too much for them

According to data for World Health Organization, 13.5 out of 100 thousand men commit suicide. Onur Okan Demirci, a psychiatrist evaluated this ratio which is higher than women and said that the responsibility on men’s shoulders is too much to carry.

According to the report of World Health Organization (WHO), almost 800 thousand people put an end to their lives every year. Showing the rate of male suicide is higher than that of women worldwide in the report, it is seen that 13.5 out of every 100 thousand men and 7.7 out of every 100 thousand women commit suicide. Also, the suicide rate in Turkey is 11.3 for men and 3.2 for women in every 100 thousand people. Stating that the leading causes of suicide are mental illnesses, economic problems, unemployment, familial problems and the increasing use of drugs today, Psychiatrist Onur Okan Demirci from Istanbul Gelisim University said that one can be recognized before s/he comes to the threshold of suicidal behavior.

WE CAN RECOGNIZE A SUICIDAL PERSON

Onur Okan Demirci, stating that there are some clues that can enable a suicidal person to be recognized, said: "The first of these is to observe small changes in one's life. At that point, the biggest responsibility is on families and social environment."

Demirci, giving some warnings, said: "Suicidal people begin to reveal themselves. They get introverted, withdrawing themselves from the social environment, regressing in their work, and even sometimes they mention committing suicide saying that 'they are tired of life, they are now helpless'. In particular, the message of desperation is an indication that the person can no longer be unable to work things out. It is very important to get these messages. Here, the biggest responsibility is on families and the social environment. It is important to be able to follow, observe and be close to the suicidal person. The further you are away from the individual in terms of emotional communication, the more likely you are to miss these symptoms. The closer you are, the higher your chances of understanding these symptoms. As soon as you recognize one, you can save the person from suicide. Social support is also important to save the person. It is necessary to help the desperation in one's life. Besides, it is absolutely necessary to get the support of an expert. The moment we catch these symptoms, we have a great chance to help the person. Unfortunately, when we are late, it results with these figures."

IT IS TOO HEAVY TO CARRY SUCH RESPONSIBILITY FROM SOCIETY FOR MEN

Psychiatrist Demirci explaining the reason why these figures on suicide is more in men rather than in women is the responsibilities is too much to carry for men, and said:

"The higher rates in male stem from the social pressure imposes on men. This happens in countries with middle and low income or with a low socio-cultural level. 'A man has to work, he has to take care of his family, a man has to be strong...' and so on. When the individual thinks that this power is diminished and he cannot take care of his family enough, he is more likely to be driven to such a path. But this is not the case in developed countries."

Psychiatrist Demirci also stated that it is need to take precautions on suicidal tendencies in society and it can only be solved with social and state support.

Late intervention does not resolve the problem

Head of Social Services Department Prof. Dr. İsmet Galip Yolcuoğlu, stating that women who are subjected to violence should not be silent, said: “Women think that every family has the same issue. However, this is not true. Intervention after waiting for a time does not solve this problem.”

Violence against women continues to come up in a different way every day. Experts state that women should first be aware that they are exposed to violence, and warn women to oppose this violence. He emphasizes that violence should not be identified only as physical, and the most permanent damage is caused by psychological violence. Stating that all kinds of support by specialists in the Social Services Centers especially in the districts is given to women who have been subjected to violence, Professor Dr. İsmet Galip Yolcuoğlu said: “Women should give feedback when they start to be exposed to violence. Intervention after waiting for a time does not solve this problem.”

THERE IS NOT DOMESTIC VIOLENCE IN EVERY FAMILY

Stating that a woman who is subjected to violence should first be aware that she has been subjected to violence, Istanbul Gelisim University Head of Social Services Department Prof. Dr. İsmet Galip Yolcuoğlu said: “One of the main causes of violence against women is the inequality of women and men in society. The fact that a woman does not have a job, is not physically strong, and unawareness of her own situation is the main factors that cause violence. However, the important thing is that the women who are subjected to violence think that there is domestic violence in every family. However, this idea is not true.”

COMPLIANCE MAKES VIOLENCE BEHAVIOR NORMALIZED

Suggesting to women that they need to express when she begins to suffer violence, Prof. Dr. Yolcuoğlu said: “The woman who has been subjected to violence should intervene at the very beginning and express her feeling about the situation to the person using violence. So intervening after waiting for a time does not solve this problem. Then, she should apply to the Ministry of Family, Labor and Social Services about this situation to get help from the

authorities. The woman's obedience makes the violent behavior normalized. They usually think this will end one day, especially if they have children.”

THE NUMBER OF CENTERS SHOULD BE MAXIMIZED

Stating that social workers can help women who are subjected to violence in this regard, Prof. Dr. Yolcuođlu suggested: “They are professionals who manage risks, intervene in family problems, anticipate problems, guide women and manage the process. The Ministry of Family, Labor and Social Services has a Social Service Center in many districts. Individuals who are exposed to violence can get effective counseling if they apply here. Indeed, these centers need to become more widespread. This number is around 2 thousand in Turkey while there are 100 thousand social service specialists in countries in a similar situation with us. There should be institutions providing this service nationwide.”

THEY EVEN MAKE A LIFE PLAN FOR WOMEN

Expressing that social workers try to help women in every sense, Prof. Dr. Yolcuođlu said: “Like the consultee doctor you go to make observations to find out the problem, social workers examine the processes in the family in detail after listening to the woman. If violence reaches a point that will harm the woman, she will be taken to any guest house with a secret address. In the following period, arrangements are made regarding the life plan such as having a woman work and getting education. If there is no reconciliation with men, studies are being made on how to live with children.”

PSYCHOLOGICAL VIOLENCE CREATES EMOTIONAL TRAUMA

Prof. Dr. Yolcuođlu said: “Some research shows that one out of every two women has been subjected to violence” and continued: “Violence is not only a physical condition but it also has psychological, biological, social or sexual aspects. According to these researches, psychological violence creates an emotional trauma greater than physical violence. The use of insulting words, cursing, humiliation, mockery actually causes greater destruction in women than physical violence. In such cases, it is very important for the woman to stand firm.”

Emphasizing the need to increase social awareness, Prof. Dr. Yolcuođlu warned: “In such cases, citizens have an obligation to report the condition. They should not be a mere spectator. It is necessary to inform the security department or the ministry in such cases.”

36 PERCENT OF WOMEN ARE EXPOSED TO PHYSICAL VIOLENCE, 12 PERCENT ARE EXPOSED TO SEXUAL VIOLENCE

According to ‘the Research of Domestic Violence against Women in Turkey’ about the domestic violence against women published by Hacettepe University, 36 percent of women are exposed to physical violence, 12 percent of them are to sexual violence and 38 percent of them are at least exposed to one of both kinds of violence. In the meantime, one in five highly educated women is exposed to violence. The rate of women who are exposed to physical violence and do not mention about this to anyone is 49 percent in Turkey.