

## **Social media is used to show anger**

Psychiatrist Onur Okan Demirci said that people have started to use social media platforms to show their anger. Demirci explained: "People who cannot control their anger acts with 'reptilian brain' by deactivating the ability of judgment and reasoning. Social media is used to show anger."

Stating that people express their anger without any limitations because there is not any threat to them physically on social media, Psychiatrist Onur Okan Demirci from Istanbul Gelisim University underlined that this danger causes serious psychological damages.

### **"FEELING OF INADEQUACY TRIGGERS ANGER"**

Mentioning the underlying reasons of this anger on social media, Demirci said: "Anger is often based on the feeling of 'inadequacy'. One can impulsively act with the feelings s/he creates on the person s/he attacks through social media, which ones that most bother and produce the most violent anger are 'not being good enough' 'trying to prove herself/himself' and 'lack of self-confidence'."

### **"THE MOST VIOLENT OF THESE ATTACKS IS THE MASS LYNCHING ACT"**

Reminding the most violent of the attacks on social media is the mass lynching act, Onur Okan Demirci said: "Social media accounts, which suppose that a mass has gathered behind this type of shares, lead an angry community that acts with reptilian brain structures by making shares in accordance with their aim. This community with has common concerns can harm themselves or others as a result of impulsive movements. Social media platforms are not innocent at all."

### **EDUCATION ON USING SOCIAL MEDIA IS A NECESSITY**

Stating that the most effective and right method is popularizing the education on using social media, Demirci said that the posts with violation of privacy may be evaluated by the law enforcement organs.

## **Irreplaceable taste of Eid-Al-Adha... Here some tips for sautéed meat dish**

Saying that the best way to sauté meat dish is to use animal's rump, Faculty Member of Istanbul Gelisim University Gastronomy Department and Head of Culinary School Alumni Association (ASOMDER) Levent Demirçakmak stated that putting tallow to the sauté is needed for the best taste.

Faculty Member of Istanbul Gelisim University Gastronomy Department and Head of Culinary School Alumni Association (ASOMDER) Levent Demirçakmak gave the conventional sauté recipe of Eid-Al-Adha. Indicating that meat is needed to cook in a low heat for a long time, Demirçakmak said: "We need to cut the meat in the opposite direction to its fiber, thus we reduce the cooking time. We need to cut the meat into 3-4 pieces the way that fits a tablespoon."

### **"DO NOT COOK SAUTE IN THE FIRST DAY"**

Saying that it is not convenient to process, cut or cook the meat in the first day of Eid, Demirçakmak expressed: "The oxygen intake stops after the animal is slaughtered, but the metabolism continues to work. Metabolism in an oxygen-free environment causes lactic acid to form on the muscles, and lactic acid hardens meats. The meat needs to ripen for the hardness to pass, so we have to wait. Meat is needed to wait for at least 24 hours in refrigerators on 4 or 5 degree without the meat touching each other. Otherwise, bacteria may grow."

### **"MARINATE THE MEAT WITH OIL"**

Suggesting that the meat had better be marinated with oil, salt and black pepper to soften it and enhance its flavor after waiting the meat, Demirçakmak said: "Acids change the location of protein chains on meats and soften them. We benefit from the acidity of olive oil. If we put too much salt while marinating, we may harden it just without cooking."

### **"THE BEST SAUTE IS MADE WITH RUMP"**

Demirçakmak said: "We make sauté with rump. The rump part of the animal is fat-free and there are muscles due to constant actions. We benefit from tallow of the animal to enhance

the flavor of meat with its aromatic taste. Tallow preserves the flavors while animal cropping. Therefore, we put tallow in the dish.”

#### COOKING IT IN A LOW HEAT FOR A LONG TIME

Stating that it is needed to superheat the pot and then oil well just before the juice of the meat oozes, Demirçakmak continued his speech as follows:

“I put 2 tablespoons of sunflower oil and add some tail oil to 2 kilos of meat. I cook it for a long time and because I want a juicy roasting, I taste it with onions and garlic. When we put the meat in the pot, I do not mix continuously to avoid diluting it until it is brown all around. If we put onion at the same time with meat, it dilutes. I cook it for about an hour and a half. Elderlies say 'cook as slowly as you grow'. We made a long cooking in a low heat.”

#### **Specialist’s advice for youngsters newly enrolled in universities**

Clinical Psychologist Yağmur Callak gave advice to the youngsters who newly enrolled in universities. Underlining that being a student of a university requires taking responsibilities for your own actions, Callak also emphasized that youngsters need to attach importance to socialize.

Nervous waiting of thousands of future university students has ended with the announcement of the YKS results. Saying that a new rush waits for the students who newly enrolled in the universities after the stressful period of exam, Clinical Psychologist Yağmur Callak stated that youngsters confront new conflicts that they have never experienced before.

Saying that entering a university is generally the first and most important step that an individual takes her/his own, Callak stated: “Factors such as gender, number of siblings, upbringing, and in which socio-cultural environment the individual grows are also important in the process of the adaptation to the university. For instance, students from little towns face more adaptation problems when they move to the metropolitan cities. Young people with many siblings are better than others at making friends and socializing.”

#### THE NEED OF BELONGING AND SOCIABILITY IS THE PRIORITY

Expressing that the need of belonging and sociability is the priority in the age of 18 – 25, Clinical Psychologist Yağmur Callak from Istanbul Gelisim University gave some suggestions to the youngsters as follows:

“Young people who leave their family for the first time and experience uncertainty and anxiety about what to do alone should not forget that: This feeling is experienced by every young person stepping into university for the first time. Evaluating the first months of the university in the most efficient way is important in terms of belonging and adaptation. First, young people need to get out of the dorm rooms and get to know the university campus and the neighborhood to learn how and where they can meet their needs. Learning how and where to meet their needs hinders negative emotions such as a sense of inadequacy. Universities organize orientation programs to promote the university in the first weeks. Participation in orientation is important for students in terms of recognizing the university and learning from which units s/he can meet her/his academic needs.”

Stating also the importance of socializing for students, Callak said: “Promotions about the student clubs are presented to the students in the first weeks of the semester. Participation in student clubs according to their interests will reduce the sense of unfamiliarity to the university and will increase the sense of belonging as it brings together young people who are interested in similar fields. Regular participation in the classes from the first week is also important. In this way, s/he will be able to know her/his classmates and lecturers at the same time, which will reduce the unfamiliarity to the department, classes and lecturers s/he studies. So basically, one should not ignore or postpone the adaptation process; should act as soon as possible.”

#### STUDENT SHOULD KNOW TO ASK HELP

Stating that both students herself/himself and her/his parents have responsibilities to do especially in the first year, Callak said: “Students who academically, financially and emotionally challenged need to know how to ask for necessary support. Unlike high schools, universities are not educational institutions where academic personnel can fully control the student's life. Thousands of students enroll in universities every year. Therefore, the student should first consult the related academic personnel or the psychological counseling centers

of the universities. Families should take care of their children's lives and get information about them. I do not mean to question or judge the child's life. To observe whether their children can cope with the new issues they academically, socially and emotionally face as an individual and to provide support.”

#### FAMILIES EXPERIENCE ANXIETY AND FEAR

Callak said that families experience anxiety and fear when their children start to study in the university.

Stating that the parentage type which we call anxious attachment is often seen in the Turkish family system, Callak continued her speech as follows:

“Such parents are almost certain that something will happen to their children, that they cannot sustain their lives on their own, that the child will always need her/his parents. They drive the child in this direction. They perceive enrollment of the university as a crisis and a break. This is one of the only parental obstacles that new university students encounter in the way becoming an independent individual. Parents need to understand that their concerns are not their children's concerns. At this point, it is important that parents express their feelings appropriately. It is important to explain to children that it is a new and complex that the child leaves family’s house for both sides, and they need to adapt this period together. Then they should follow the process from the outside as much as possible, suppress control impulses and they should be with her/him when the child needs.”

#### WHAT SHOULD ACADEMIC PERSONNEL DO?

Stating that it is not possible to dominate every student’s life for an academic personnel, Callak said: “It is important for academic staff to recognize class dynamics. It is seen that the academic success of the students is more related to the communication with the lecturers and classmates than the contents of the classes themselves. To spare the first week of the education period to acquaintance, to listen to the general concerns of the students, to ensure the students to mingle with each other and to give information about what will happen during the university period are more important than to enter the classes.”