

## **Flirting violence is increasing**

Psychiatrist Onur Okan Demirci stating that 'flirting violence' is the way that couples engage in physical, sexual, psychological, social and digital violence towards each other, explained: "Social media increases the severity of dating. Technological behaviors such as requesting the password of accounts, forcing to send videos or photos, checking the last time being online, the identity of followers, controlling which photos they liked are examples of flirting violence".

Violence, which has become a social problem, has profound psychological traces as well as its physical dimension. Psychiatrist Onur Okan Demirci evaluated the severity of flirting problems and its consequences mostly seen in teenagers and young adults. Demirci stating that the behavior of married or unmarried couples in an emotional relationship involving mutual violence or threat is called flirt violence, added: "The use of psychological pressure, follow-up on social media, restricting, forcing sexual intercourse and humiliation are also included in the definition of violence. In fact, these situations can often have more devastating consequences than physical violence."

Demirci expressing that it is necessary to examine the childhood to solve violence, said: "Witnessing physical or psychological violence by one parent to another in childhood, a child may accept the violence-force as powerful figure, and the victim as a weak figure. The child may need to feel strong by applying violence to those who seem a weak figure in later life. Similarly, people who have experienced lack of interest and love, addiction problems in their childhood lives are exposed to violence at a higher level in their lives."

## **DIGITAL FLIRTING VIOLENCE**

Faculty member of Istanbul Gelisim University Asst. Prof. Dr. Onur Okan Demirci giving information that trying to control others with technological tools and to establish pressure is defined as "digital dating violence", and drew attention to the increase in this type of violence with the spread of social media. Demirci said: "Technological behaviors such as requesting the password of accounts, forcing to send videos or photos, checking the last time being online, identity of followers, controlling which photos they liked are examples of flirting violence, and needed to pay attention."

## THE IDEA OF 'WHO LOVES IS JEALOUS' JUSTIFIES THE VIOLENCE

Psychiatrist Onur Okan Demirci stated that it is possible to understand that people are prone to violence in relationships and said: "For example, when jealousy cannot be controlled, it can reach very dangerous dimensions. While small levels of jealousy can be met naturally, as the level increases, we call it paranoia. The common belief that 'who loves is jealous' cannot go beyond trying to justify the violence of jealousy.

## ATTENTION TO THE JEALOUSY!

Answering the question "Who are jealous?" Demirci said: "People who are afraid of losing are jealous to cope with this fear, those who have inadequate concerns are jealous and those who have difficulty in satisfying their partner physically and emotionally are jealous. None of these situations are included in the definition of love. The dose of jealousy is one of the most important proofs that the relationship will evolve towards violence. Living emotions at extremes can also gain violence."

## **Nurse of the Year 2011 Okyay shared her experiences with our students**

Mülkiye Okyay, selected as the Nurse of the Year in 2011 by the Ministry of Health, met with our students. Okyay, serving as a volunteer nurse, shared her experiences with the students.

Our Nursing Club hosted Attending Nurse Mülkiye Okyay in the conference "Becoming a Volunteer Nurse Worldwide" organized by Istanbul Gelisim University (IGU). Mülkiye Okyay, selected as the Nurse of the Year in 2011 by the Ministry of Health and served as a volunteer nurse in Pakistan, Kenya, Philippines, Indonesia, Sudan, Niger-Morocco, Somalia, Chad, Syria, Bangladesh, Uganda, met with our students. Director of IGU the School of Health Sciences Asst. Prof. Dr. A. Yüksel Barut, Head of Department of Nursing in English and the Consultant of the Nursing Club Asst. Prof. Dr. Funda Karaman, Head of Nursing Department Asst. Prof. Dr. Canan Örüklü made the opening speeches in the conference.

## "MY JOURNEY BEGAN WITH THE MARMARA EARTHQUAKE"

Mülkiye Okyay stated that she started to be a volunteer nurse just after the Marmara earthquake and expressed the earthquake in 1999 as follows:

“There was a terrible darkness everywhere. Communication and transport facilities were broken. Children were crying and waking up with fear from their sleep, their mothers' cries of help were creepy. I learned that Gölcük was in much worse condition and that there was a lot of help needed and I said I needed to help them. I wanted to join the help team, but they told me there is no need for an operating room nurse, but I couldn't just stand there. I went after the ambulance to go to Gölcük. And I'm glad I went. Because Gölcük had been destroyed and I stayed there voluntarily for 3 months. That's how my journey began.”

#### “WE USED TO HANG SERUMS ON TREES”

Stating that seeing African people in need, Africa became a love for her, Mülkiye Okyay said: “There's not even a hospital in Africa. While we were leaving, we prepared dozens of parcels from surgical equipment to toilet paper and went to Africa because there is no way we can provide it. For example, we created our own facilities, such as the old abandoned shed, which we used as a hospital, where we used this as an emergency place outside the shed, under the trees and trees where we hang serums, although we did cataract surgeries there. We've taken tumors up to 9.5 kilograms. We circumcised children who were not circumcised. I hear you say, “How did you achieve sterility in the operating room?”. It wasn't easy at all! We were providing sterility with bleach. Of course, we couldn't cure everyone. The number of AIDS patients was very high, and if we could not cure if there was no fatal disease.”

#### “THE BABY MÜLKİYE”

Mülkiye Okyay stated that she was deeply affected by the joy and tears of the mother of the 11-year-old child, who was born with a cataract and was visually impaired and told about the experience that she struggled for hours at birth and said:

“They were so accustomed to infant deaths in Africa that they said that the baby was not breathing very comfortably and did not intervene properly. I immediately took the baby, feeling a very weak pulse, but I couldn't predict whether it was the pulse of my finger or the baby's pulse. As a result of the interventions, the baby started to cry and I heard the most beautiful voice I've ever heard. So they named the baby Property. It was an unspeakable bliss for me.”

“TIKA ALSO SUPPORTS”

Okyay told nursing students how to go if they want to go and said: “There are related associations for volunteers, and you became volunteer and experienced at the same time. After being experienced, you say 'I can go' and apply to the association. When the association says ‘OK’, it goes to the relevant ministry and is approved. TIKA also supports it. They provide flight tickets with material facilities”. At the end of the conference, a certificate of appreciation was given to Okyay due to her contribution and participation.

### **Students received training on Effective Communication from Şükrü Kaya**

Istanbul Gelisim University (IGU) Education Support Coordinatorship organized the training on “Effective Communication, Body Language and Presentation Techniques”. Academic and administrative staff of the University participated in the training given by Radio and Television Program Producer, Training Coach Lect. Şükrü Kara.

Emphasizing that the correct transfer of information is very important for the academy, Kaya said: “Academy is all about transferring information. If people do not understand what you exactly mean, they get it the way they want. Then they would have no chance of doing an academic study. Therefore, we must use the communication correctly. We also need to confirm whether we are understandable by listening to them.”

Kaya stated that students start studying at university with some prejudices, and added: “Unfortunately, in our time, students are not where they usually want. They don't know how to enjoy where they are, how to get results from where they are, and where will they be in the future. The way to figure this out is also through communication.”

After the training, Education Coach Lect. Şükrü Kaya was presented a plaque of appreciation by the Education Support Coordination Office for his participation and contributions.

### **Expert Physiotherapist Turhan told the manual treatment methods**

Istanbul Gelisim University (IGU) Physiotherapist and Rehabilitation Club hosted Expert Physiotherapist Doruk Turhan. Expert Physiotherapist Doruk Turhan, who completed his

master's degree in chiropractic, shared both his professional experience and his knowledge of manual treatment methods with the students.

Turhan stated that manual therapy is a manual treatment by physiotherapists, and said that manual treatment techniques can be effective in which patient group and which patient group should not be intervened in any way.

Turhan talked about all his studies to be chiropractic since his university days and he also made the application of the subjects explained at the end of the conference. Students who suffer from pain, muscular spasm and limitation in daily life were selected and treated. The students said that they relieved their pain and recovered at the end of the treatment.

At the end of the conference, Doruk Turhan was presented a plaque of appreciation for his contributions and participation.

### **Attention to falls in winter**

Stating that the health problems due to falls will increase with the upcoming winter months, Physiotherapist Gülşah Konakoğlu said: "It is very important to know safe walking techniques to prevent possible falls and safe fall techniques to prevent possible problems after falling."

Falls can result in a variety of consequences, from simple remedial health problems to vital risks. However, it has an important place among health expenditures. Stating that health problems due to falls will increase with the upcoming winter months, Physiotherapist Lect. Gülşah Konakoğlu at Istanbul Gelisim University (IGU) the School of Health Sciences the Department of Physiotherapy and Rehabilitation warn about important issues.

### **"WALK SLOWLY WITH SMALL STEPS"**

Giving information about safe walking techniques, Physiotherapist Gülşah Konakoğlu said: "For example, in order to walk without falling in the snow, it is important to walk slowly and carefully without lifting the feet too much, without rushing, taking very big steps. It is necessary to walk without using stairs and slopes, stepping on iced floors as much as possible. First of all, I recommend everyone to buy anti-slip shoe snow chains that can be easily attached and removed from the soles of their shoes or even easily carried in the bag.

Snow boots will provide safer walking. However, even if there are no snow boots, the shoes should be usable in winter, waterproof, non-slip, heelless and having ankle bracelet to prevent ankle sprains in possible falls.”

#### “STANDING HANDS FREE IS IMPORTANT”

Emphasizing that hands should not be in the pocket while walking, Konakoğlu warned: “It is important to keep hands free and nothing can be carried on the hands so that the person can protect himself / herself in possible falls. However, falling on the hands is also very dangerous. Particularly in prone falls, the head and trunk can be rotated to the right or left, and paying attention on the side falling and not to fall on the hands will minimize the risk of disability. In supine falls, it is very important to take the head between hands and bend forward and protect the head.”

#### “ELDERLY INDIVIDUALS SHOULD NOT WALK ALONE”

Stating that elderly individuals who are at high risk of falling should not walk alone in harsh weather conditions, Gülşah Konakoğlu said: “In addition, throwing away devices such as hand-held walking aids in the event of a fall is also important in order to prevent injury from falling onto the devices. It should be kept in mind that falls may cause disability, tissue injuries, fractures, fear of falling again, loss of function and high rate of mortality, especially in elderly individuals.”