

## **Attention to 'Road hypnosis' on a long way on the feast**

Psychiatrist Dr. Onur Okan Demirci warning against the 'road hypnosis' drivers who will set off on a long journey during the Eid al-Adha holiday, said: "We call road hypnosis, which becomes a hypnotic trance that develops as we look at the lines on the road. Road hypnosis plays a serious role in fatal accidents. Get your sleep one night before, take a break frequently, get out of the car and walk. Turn up the sound of music, do not choose the way you use constantly. Do not travel at night."

Dr. Onur Okan Demirci, from Istanbul Gelisim University, who warned the drivers who will set off on a long journey during the Eid al-Adha holiday to take precautions against road hypnosis, said: "We call road hypnosis, which becomes a hypnotic trance that develops as we look at the lines on the road. The driver goes into half sleep mode. While the brain is awake in half-sleep mode, it cannot perform certain functions that it serially brings, it slows down. Their reaction takes longer, we can say white line fire."

## **DO NOT GO TO THE ROUTE WITHOUT SLEEP AND TIRED**

Stating that some situations in traffic increase the risk of road hypnosis, Demirci said: "For example, it is very dangerous to use vehicles sleepless and tired. It is almost as risky as driving with alcohol. Focusing on lines on a straight road with no bends also increases risk."

## **METHODS TO REDUCE THE RISK OF ROAD HYPNOSIS**

Emphasizing the need to be awake against sleep suppression in the vehicle, Dr. Demirci said: "Take frequent breaks, get out of the vehicle, walk carefully, wake up and go driving. If you are using air conditioner, open the window for a while and try to wake up with fresh air. Turn up the music you listen to, and sometimes change it. The safest method is to set off with more than one driver. Changing driver should sit in the back seat of the car, so we will minimize the risk. The person resting in the front seat will continue to focus on the road. Disconnect from the road and rest on the back seat."

## **DO NOT PREFER THE WAY YOU USE FREQUENTLY**

Dr. Demirci said that the risk of road hypnosis is high, especially in the roads that are used and know: "Drivers are confident that they know the way anyway. When you

take a break, do not stay inside the vehicle, go out, you will minimize the risk. Stay away from boring, stationary music and radio channels.”

## ROAD HYPNOSIS HAS A SERIOUS ROLE IN DEATH ACCIDENTS

Dr. Demirci advised not to use drugs that bring sleep, “Avoid heavy meals. The most risky thing is to sleep less than 4 hours and set off, according to research, this is how the risk of an accident occurs. It is seen that road hypnosis plays a serious role in fatal traffic accidents in the USA. Feel that you are getting sleepy on your way, do not be tired. You need to sleep for an average of 6 to 8 hours.”

## AVOID NIGHT DRIVING

Expressing that he does not recommend leaving at night, Dr. Onur Okan Demirci said: “It is more tiring because we spend more energy with the effort to see in the dark. Road hypnosis occurs at night, as well. After looking at the lines on the road for a while, you will not see them intermittently, it will come to you as a whole. The focus is on one place, uniform and prolonged, increasing the risk, the mind switches to auto pilot.”

## “I’M TRYING TO GET MY SLEEP BEFORE DRIVING”

Stating that he will go to his hometown on holiday, Muhammet Kabak said, “I will go to Adiyaman by my own vehicle, the road takes 15-16 hours. I have never heard of a road hypnosis. I try to rest as long as possible on the long road. I pay attention to getting my sleep.”

## “I GIVE A BREAK IN 1.5-2 HOURS”

Selim Potur, who says he will go to Çanakkale, said: “I go in 4-5 hours, I get my sleep and go to traffic. I take a break every 1.5-2 hours. I have never encountered a situation where I was sleepy. If I feel sleepy, I pull the car over and go to sleep.”

## “I’VE EXPERIENCED THE ROAD HYPNOSIS”

İsmail Aktaş said, “We have a wedding on the second day of the holiday, we will go to Düzce. I will go with my own car, the road takes 3-4 hours. On the way from Ankara to Cappadocia, the road was flat for a long time, and on one side, there is Lake Tuz. I was sleepy on the straight road, and I said to my wife 'I think I'm sleepy'. We took a break by pulling over the vehicle. If this is the road hypnosis, I hear it now. I control myself on curvy roads, but the straight road gives peace and feels a lot of sleep and fatigue.”

### **Violence against women is increasing in Europe as well**

Referring to a study conducted by interviewing 42 thousand women in European countries, Lect. Mehmet Başçillar said: “It is revealed that 1 in 3 women is exposed to physical or sexual violence at least once in their lifetime and 1 in 10 women is exposed to sexual violence.”

The campaign, which started in the past days and grows on social media, draws attention to many problems that women face in social life, especially violence. Women show digital unity by labeling another friend to their black-and-white photographs they share from their social media accounts. In addition, many famous female names support this campaign, as well.

### **ABOUT THE RESEARCH**

Speaking about the research carried out by interviewing 7 thousand 462 women in 78 provinces in the collaboration between the Ministry of Family, Labor and Social Services and Hacettepe University in Turkey, Lect. Mehmet Başçillar said: “It is seen that 2 out of every 5 women are exposed to physical violence, 1 out of every 2 women is exposed to emotional violence, 1 out of every 20 women is exposed to sexual violence and 3 out of 10 women are exposed to economic violence in a certain period of their lives. On the other hand, considering the women who have not stated or could not state that they exposed to violence, we can conclude that the rate of women exposed to violence is much higher than the results of scientific research.”

### **VIOLENCE IN WOMEN IN EUROPE**

Mentioned the research conducted by interviewing 42 thousand women in European countries, Başçillar stated: “It is revealed that 1 out of every 3 women is exposed to physical or sexual violence at least once in their lifetime and 1 out of every 10 women is exposed to sexual violence.”

Istanbul Gelisim University Social Work Department Lecturer Mehmet Başçillar spoke: “Social gender inequality affects the entire life of women, including their family, education, and business life, in a multidimensional way. We should find a way to effectively apply the international regulation to which Turkey is a signatory in order to prevent violence instead of bringing this into question. It is precisely at this point that the employment of social workers will make great contributions to the implementation of legal regulations.”

Başcılar continued as follows:

“Turkey’s one of the most important reflexes on violence against women is the acceptance of 'Family Protection No. 6284 and the Law on Prevention of Violence Against Women' through the Istanbul Convention. The legislation in question places significant responsibilities on developing protective and preventive measures against violence against women, especially to the Ministry of Family, Labor and Social Services, relevant public institutions and organizations, local authorities and non-governmental organizations. This law enforcement makes possible providing services in the field of police force, housing, social welfare, health, employment for women exposed to violence from a single center creating the 'Violence Prevention and Monitoring Centers' around Turkey. On the other hand, making judicial authorities obliged to act regardless of whether the woman who is exposed to violence makes a complaint or not is another important innovation brought by the legislation. In this way, issue on violence against women becomes a fact that the government is a party and takes responsibility in its solution.

### **The 4th generation universities will shape the future!**

Expressing that the 4th generation universities will educate young people who will determine the professions and branches of the future, Prof. Dr. Nail Öztaş said: “In this time period where the transformation is accelerated, 4. generation universities will give direction to the future, which is suitable for the science and technology infrastructure and the independent of physical conditions. For this, young people should prefer universities that have proven themselves in the world.”

Students, who are waiting for the publication of the preference leaflets, have already started to research which university and department they would prefer. Along with the developing and changing education sector every day, the question of "Which university adapts to the time and gives me the best education?" makes the young people and their families more worried. With the coronavirus that affects the education sector as well as affecting all the sectors all over the world, education life independent of physical conditions is spoken in the new world order. Giving advice to help students with their university preferences in this sense, Istanbul Gelisim University Vice Rector and Political Science and Public Administration Department Prof. Dr. Nail Öztaş said: “The richest, strongest and most entrepreneurs of the new world will not be cars, iron and steel manufacturers, but people with new ideas. They should prefer the 4th generation universities, where they can reveal the profession and science of the future by trusting young people and offering them a big repository.” Prof. Dr. Nail Öztaş also warned on their career preferences and said that the professions that can keep up with the transformation and time can only survive.

## “PEOPLE WITH THE NEWEST WORLD'S RICHEST AND MOST POWERFUL ONES ARE THOSE WITH NEW IDEAS”

Now that the professions that adapt to the age of science and technology and who have new ideas can survive, Nail Öztaş noted that it is important to adapt to the transformation in this sense and continued: “We live in an age where transformation is accelerating. According to the reports prepared, it is estimated that 60 percent of the current professions in the world will change or disappear in the next 10 years. Neither administrators nor politicians nor university teachers, determine this change and what will be the new professions. More than half of the companies that were among the 500 largest companies in the world in 1955 are not on that list today. Instead, there are companies with information technologies that we all know. If we had said that 10 to 20 years ago, only very few people would have considered it. Today, the owners of these companies, namely the richest, strongest and most entrepreneurs of the new world, are not car, iron and steel manufacturers, but people with new ideas. These are the products of the professions that result from the student's curiosity, interest, different disciplines and knowledge. Therefore, classical basic fields such as chemistry, physics, biology are always up-to-date, but as a result of these cross-combining, amazing new professions emerge. Young people are the ones who will reveal them. That's why we say to young people to choose the profession according to your interest, curiosity and ability.”

## “4th GENERATION UNIVERSITIES OFFER STUDENTS OPPORTUNITIES REMOVING THE LIMITS”

Emphasizing that universities should now give students opportunities not only for one area but also for many areas in line with their interests, Öztaş said: “We think that the new mission of the universities, which we define as the 4th generation, is not to draw areas with high borders and high walls, but on the contrary, to offer the environment to capture this richness, this is the key point. In other words, you should offer the student a big repository so that students will reveal the profession of the future, the science of the future. For example, there are over 270 elective courses in the faculties of our university. So we never expose something to the students. They can choose according to their interest and ability. They don't have to direct to only one area. They can combine the branch they study with another field and create a new field and professional position for the future. For example, aircraft engineering and gastronomy. New areas may occur in the future, which dominate both. So the future is a future with incredible opportunities. We should not perceive it as a threat and we should offer our young people an environment where they can trust and reveal those innovations, fields of science and professions. The moment we present this, we need it both in terms of the project of reviving our civilization, in terms of making great contributions to science, and also in terms of increasing our well-being and development of our youth. We need to break those taboos. We have come to the 4th generation universities period, where the campus, departments and programs of the future will be removed. So we have to do this.”

## “WORLDWIDE SUCCESS MUST BE HANDLED IN PREFERENCES”

Adding to the recommendations that university achievements should be spread not only across the country but also around the world, Öztaş said: “It is very clear what universities can and cannot do in such a world. Your number of scientific research, their effect, your number of laboratories, your ratio of teachers, your student ratio - all of them are used. Well, the 4th generation has come to the question of how to measure the success of the university of this changing world. One of the things used a lot here is, for example, the ranking made using the sustainability criteria used by Times Higher Education (THE), a prestigious world university ranking. In this pandemic period, we again understood how important the sustainability of the planet, ecology, society and economy is. Universities are ranked according to the 17 sustainability targets determined by the world bank. These started to come into play in university rankings. Our university has also achieved a tremendous success in this regard, we have entered the top 100 in terms of the quality of education in the world. By addressing issues such as sustainable energy, usable quality health care, not only the science produced by the university and the education it provides, but also its interaction with the neighborhood in which it is located, city, country, society and the world measured. These are the factors that the future of the World cares much, and 4th generation universities must think of it. Our university is the first and only university in Turkey delivering compulsory ‘Introduction to Sustainability’ course in all faculties. Because we have one world and that’s why it’s so important”

**“THERE IS NO CHANCE OF COMPETITIVENESS FOR THOSE WHO DON’T GET UPDATES!”**

Finally, Öztaş stating that we should be careful about the profession of the future and that young people should renew themselves constantly, said: “Actually, it is not necessary to get stuck on the question of which program to choose. Let them choose the department they want according their will, but be able to feed from different areas, to achieve that diversity. There are double major and minor opportunities provided. The much more limited possibilities of our generation have been far exceeded. So while you are studying cinema or psychology, you can go and take lessons such as psychology or law. This is essential for the development of the mind, body and heart. When this information needs to be taken as a whole, all of these must be fed and developed at the same time. The future needs the leadership of young people who have grown this way. At the same time, they need to constantly renew themselves, regardless of their profession. There is a statistic that we call the half-life of information. Today, the half-life of knowledge in medicine has been reduced to five years. In other words, a physician who graduated with the most recent and most reliable information in the world today becomes half 'old' in five years. It is getting outdated. In such a world, people who do not constantly learn do not have a chance to compete. The probability of achieving material and moral results that can satisfy themselves and their family is weak.”