

Students drew attention to violence in women in social isolation

University students realized the awareness project called "Life Fits Home, Violence Doesn't" online in order to draw attention to violence against women during the period of social isolation.

Lawyer Simge Uyaniker and Mor Çatı Office Coordinator and Project Committee Member Seda Zorca participated as speakers in the Project "Life Fits Home, Violence Doesn't" organized online in partnership with the Istanbul Gelisim University (IGU) School of Applied Sciences Department of Public Relations and Advertising and the Gender Research Center.

Seda Zorca, Mor Çatı Office Coordinator and Project Committee Member, who drew attention to the psychological, economic, sexual, physical and digital dimensions of violence against women during the social isolation period, informed the students about how to deal with violence against women.

Stating that violence against women became complicated in the period of social isolation, the participants stated that if there is social isolation in this period, women should not ignore this situation if they experience violence. Stating the fact that the young population should be discreet about violence against women and women who are exposed to violence are not helpless, the participants emphasized there are a lot of NGO's that support women facing violence and that practices such as KADES, ALO183 should be intensified.

Talking on the project Lawyer Simge Uyaniker stated that: "It is a matter of appreciation to carry out such a project in order to raise awareness in this period. I congratulate Burakcan Karadaş, Büşra Nur Bolatan, Ceren Kılıç, Buğra Çağdaş, Gizem Özdemir and all of you", and expressed her thanks to Asst. Prof. Dr. Emel Tozlu Öztay, Head of the Department of Public Relations and Advertising for the awareness created by the event.

The cause of the growth of events may be a sense of discharge

While the protests against racism and police violence that started after George Floyd, who was killed while being detained by the police in the USA, Political Scientist Asst. Prof. Dr. Alihan Limoncuoğlu said: "It takes time for the events to pass because the reason for the growth of the events there may be the pandemic and the a sense of discharge after the lockdown.

A survey was conducted by the Wall Street Journal and NBC News about the death of George Floyd, a new type of coronavirus (Covid-19) outbreak in the USA. The questionnaire was assessed by political scientist Asst. Prof. Dr. Alihan Limoncuoğlu. Stating that anti-EU parties are getting stronger as events grow in Europe, Political Scientist Asst. Prof. Dr. Alihan Limoncuoğlu from Istanbul Gelisim University said, "The survey shows that despite tremendous media propaganda, Donald Trump preserves his support. Support for Trump's actions fell only 1 percent compared to April. European nations lost their confidence in the EU during the pandemic. While Salvini was holding a large rally in Italy, anti-order yellow vests returned to the streets in France. While the demonstrations on the streets of America continue to take up a lot of media coverage and jump to Western Europe, polls in many places reveal that those who do not go out on the streets are indeed a considerable number, though not the "silent majority" as Trump tweeted."

"GLOBALIZATION INTERRUPTED"

Stating that the incidents have seriously disrupted the globalization process, Political Scientist Alihan Limoncuoğlu from Istanbul Gelisim University said, "The hands of nation states and the right populist politics have become stronger. While a global pandemic ironically disrupts the process of

globalization and strengthens the hand of nation states, it seems to have lost many predictions at the beginning of the process, similarly, the killing of George Floyd and the events that followed seemed to political movements and leaders prioritizing the harsh security needs.”

“THE CAUSE OF THE GROWTH OF EVENTS CAN BE THE SENSE OF DISCHARGE”

Limoncuoğlu stated that the protests, especially in the USA, that started in good faith caused a reaction in the public after the control of the extreme groups, said: “It takes time for the events to pass because one of the reasons for the growth of the events may be the disgust caused by the pandemic and the sense of discharge after lockdown. Certainly, since the emergence of the events was caused by police violence, security forces were also hesitant to suppress protesters with excessive use of force.

Advice for couples to be happy during a pandemic

Expert Psychologist Selin Kalabaş, who advises couples who are closed to homes during the coronavirus pandemic, for a happy relationship, said: “Couples can spend time in different rooms within the house during this process. Couples can spend time in their own rooms and focus on their work as if they are going to work. Since longing come forward, it also contributes positively to their relationships.”

“SPOUSES EVALUATE IT WRONG”

Expressing that couples should create personal spaces inside the house, Expert Psychologist Selin Kalabaş said: “Having to spend time together for a long time during the COVID-19 outbreak couples who do not develop their listening skills, constantly interrupt the words of their spouses, criticize, judge and use the 'language of you' have a bad pandemic period. When couples do not know how to be together or do not spend time on their own work and their favorite activities in the same house, this affects them negatively. In fact, when one spends time alone, the other spouse misinterprets this situation and turns it into a problem. So they argue with each other as a result of dysfunctional evaluations such as "he is not interested in me at all".

“DO NOT READ MIND”

Stating that the cognitive distortions called "mind reading" increase in couples living together in the house for a long time, Kalabaş said: “Disagreements in the relationship increased in this process since partners answer questions in their mind as ‘I know what is meant’ without asking questions about another spouses thoughts, feelings, needs, etc. so they interpret their opinion.”

“SPEND TIME IN DIFFERENT ROOMS”

Referring to the fact that couples can improve their mutual listening skills to solve their communication problems, Lect. Selin Kalabaş, an Expert Psychologist from Istanbul Gelisim University, said: “They should focus only on what the other person is talking about, without thinking about the answer they will give to their wives. At the same time, they should avoid learning to use ‘my language’ and blame each other. In this process, they can spend time in different rooms in the house. Couples can spend time in their own rooms and focus on their work as if they are going to work, and they will contribute to their relationships in a positive way, as longing to each other will come forward.”

Emphasizing that precautions should be taken to avoid situations such as severe incompatibility, separation, divorce, etc; Kalabaş also warned of receiving psychological support from a specialist.

30 percent of archaeological excavations have been completed

Excavation and restoration work has been carried out by local and foreign scientists for 100 years in Ayasuluk Hill and St. Jean Monument, which was accepted to UNESCO World Heritage List as Ephesus and its components in 2015. Stating that approximately 30 percent of the excavations have been completed for Ephesus so far, Vice President of the excavation team Fırat Baranaydın said: “The cultural heritage sites in our country are of great importance in order to save tourism from seasonality and spread it to 12 months. The continuation of the excavation of Ayasuluk Hill and St. Jean Monument, which are among the important destinations of both culture and faith tourism, will increase the tourist attraction in Selçuk district.”

In 2020, with the Presidency decree, Faculty Member of Hatay Mustafa Kemal University Department of Art History Asst. Prof. Dr. Sinan Mimaroglu was appointed as the head of the excavation team and faculty member of Istanbul Gelisim University Restoration and Conservation Department Lect. Fırat Baranaydın was appointed as vice president. Reminding that the excavations were started in 1921, Fırat Baranaydın said: “Since 2018, there are people from Istanbul Gelisim University (IGU) academics, graduates and students actively participating in the studies. With the active participation of IGU in the new season in 2020, we aim to give important data to world history, archeology science and conservation and repair works.”

Baranaydın also added: “The continuation of the excavation of Ayasuluk Hill and St. Jean Monument, which are important destinations of both culture and faith tourism, will increase the tourist attraction to Selçuk district.”

Baranaydın, who gave information about the history of Ayasuluk Hill and St. Jean Monument, continued as follows:

“Ayasuluk Hill, which was the first settlement area of Ephesus under the name Apasa in the bronze ages, also formed the last settlement area of the city in the Byzantine era. The city, the capital of the Asian province of the Roman Empire, has maintained an important port position for about 1400 years, where trade was kept alive between Europe, Africa and Asia. It is believed that St. John, the Bible writer and apostle of Jesus Christ, wrote the bible on Ayasuluk Hill, and a large cross church was built in this area by the Byzantine emperor Justinianus, together with Hagia Sophia. Isa Bey Mosque, which was built on the foothills of Ayasuluk Hill under the rule of Aydınoğlu Principality, formed the most magnificent structure of the Turkish-Islamic civilization in Western Anatolia.”

Pandemic in the world may increase income inequality

Stating that according to the World Inequality Database, the income group in the bottom 50 percent in terms of income inequality has a share between 9 and 10 percent, Asst. Prof. Dr. Onur Özdemir: “Pandemic can cause a global increase in income inequality.”

The coronavirus pandemic hit the world economies deeply. Stating that the information obtained from the World Inequality Database shows that the shares from the total income has improved for the bottom 50 percent, but this increase is very limited for the losses of the current income group over the years, Asst. Prof. Dr. Onur Özdemir from Istanbul Gelisim University said: “Considering these indicators, taking into account the current economic developments, the question to be asked in

terms of the future is how the income inequality will continue. In addition, it should be assumed that the social, political and cultural components, as well as the economic factors of the current problem, are in a determining position.”

“EMPLOYMENT RATE CANNOT STAY AT THE SAME LEVEL”

Stating that institutions such as the IMF and the World Bank, which provide important data to the global system, assume that economic growth will turn negative in the coming years, Asst. Prof. Dr. Onur Özdemir said: “Due to the slowdown in production, bankruptcies of companies in certain sectors and the speed of mergers between companies; it is not possible for the current employment rate to remain at the same level after the pandemic. In other words, it seems likely that the severity and length of the economic contraction will result in reduced levels of employment, causing many employees to lose their jobs.”

“THERE MAY BE A GREAT ACCELERATION OF INEQUALITY OF INCOME IN THE WORLD”

Noting that it is important in which income group the layoffs are, Özdemir said: “If the vast majority of these segments already belong to the lowest income group in terms of their current position, it seems inevitable that we will see a rapid acceleration of income inequality in the coming years. Another reason for this increase is the increase in unemployment levels likely to occur in related to the economic contraction. Especially the spread of unemployment in societies is not only an economic issue, but also includes components that can produce important outcomes in social and political terms. Parallel to the increase in unemployment, how the current segment who lost their income can compensate for the shrinkage in their share of the division of resources and within this framework, will be one of the primary social issues that need to be considered as long-term issue and resolved.”

Özdemir stated as follows:

“Employment should be evaluated within the framework of an economic structure where technology will be more determinant in production in the post-pandemic period and companies will adapt to technological developments. Especially when moving towards a period where technological advances are inevitable to have a dominant role in production, the way in which the income distribution will follow in this process should be one of the economic problems that need to be carefully examined.”

We have become aggressive with coronavirus

Explaining that people are deprived of their liberty during the Covid-19 quarantine and this situation causes a sense of frustration, Clinical Psychologist Ünal Erdem Elli said: “Frustration response is related to aggression. People can react more aggressively to events than usual.”

Stating that aggressive reactions will lead to disruption in limited social relations, Elli said: “The most important factor in dealing with the psychological factors created by the pandemic process is to remember that the emotions such as anxiety, fear, uncertainty, anger that the person feels are useful unless they eliminate the functionality of the person. When these feelings are shared with the people around them, it will be easier to cope with their negative effects, as social support will increase.”

“STRESS CREATES NEGATIVE EFFECTS”

Reminding that there is a relation between the person's psychological health and physical health, Clinical Psychologist Ünal Erdem Elli from Istanbul Gelisim University said: “If the person does not

experience intense stress, the immune system will be more resistant. Stress has negative effects on the immune system's responses. For this reason, measures to protect psychological health make it more resistant to the disease.”

“DO SPORTS, EAT WELL, BE CAREFUL OF THE SLEEP ROUTINE”

Emphasizing that physical activities should be done to protect physical health, Elli said, “Because better physical health is about psychological well-being. For this reason, measures such as regular sports, good nutrition, and attention to sleep routine during the pandemic process are valuable in terms of protecting both physical health and psychological health.”

“HUMANITY DEALS WITH THE OUTBREAK WELL”

Stating that a significant part of the people who experience pandemic all over the world feel unlucky because such a pandemic coincided with their period, Elli said: “When we look into the future, it is important to remember that there are still good reasons to feel optimistic. Humanity copes better with this outbreak compared to the Spanish flu 100 years ago. Spanish flu infected about 1/3 of the total world population in a period of about 15 months, causing death of about 3% to 5% of people. This rate is approximately 01% infected and 001% death for Covid-19. However, it is very important for individuals who persistently and intensely experience anxiety, depressive mood or other psychological symptoms to remember that getting psychiatric and psychological help is an effective method to deal with these problems and to contact the experts to get professional support.”

How to redeem the time left for YSK

Prospective university students who will take the Higher Education Institutions Exam (YKS) count the days in excitement and stress. Guidance Expert Elif Alu Gulen, who made suggestions to the students who had anxiety for the exam just a short time before the exam, stated that the anxiety and stress management had 50 percent success in the exam and suggested that the students should stand out from the negative thoughts that would increase the exam anxiety in this process.

The countdown for the Higher Education Institutions Exam (YKS), which will be applied for the third time this year, has started. With YKS to be held on 27 and 28 June, the candidates will sweat in the TYT, AYT and YDT exams to enter the department they want to study. Istanbul Gelisim University Guidance Expert Elif Alu Gulen warned the students to control their anxiety at the time of the exam, reminding that excitement, stress and anxiety are factors that are normally included in the process.

Referring to the changes made in the exam due to the pandemic process, Elif Alu Gulen stated that these changes are positive for students and that there may be an increase in the number of students entering the undergraduate programs this year between 102 thousand and 195 thousand.

INCREASE IS EXPECTED IN THE NUMBER OF STUDENTS TO BE PLACED IN UNDERGRADUATE PROGRAMS

Gulen explaining the changes in YKS, said: “Students will not be responsible for the second semester of the 12th grade. Thus, since they will be responsible for fewer topics, they will have the opportunity to work better on the topics they have already worked on. For the Basic Proficiency Test (TYT), the first session of YKS, 120 questions were given a 135-minute period. This period was increased by another 30 minutes. As more time was important in the TYT section, this change was positive. Students who do not have trouble raising questions will have a chance to check their

questions. At this point, there is no situation for students to worry about. In the Field Proficiency Test (AYT) section, the minimum has changed. AYT minimum score, which was previously determined as 180, was pulled to 170. Although this situation caused the reaction of some students, there is no situation that will affect the students who score 400 and above. With this change, the number of students who will be placed in undergraduate programs may increase between 102 thousand and 195 thousand.”

“ANXIETY AND STRESS MANAGEMENT PROVIDES 50 PERCENT SUCCESS IN THE EXAM”

Gülşen warned the candidate students that the coronavirus pandemic, which coincides with the exam period, should not be allowed to further increase the exam anxiety and stress that already exists in the student, and added: “In this process, we should not produce scenarios that will cause panic and fear. Many students are thinking about preparing for the next year, thinking that they will not be able to take the exam before they even see it. The main point to be emphasized in this process is to be positive. First of all, we should not develop prejudices about the exam. My advice to students; Just focus on your work. Even if we were not going through the epidemic process anyway, the students would be excited because the exam was approaching. Because they will take an exam that determines their life. In this process, excitement, stress and anxiety are factors that are normally included in the process. The more the students who will take the exam adapt to this process, the more they will reduce the stress. As a matter of fact, 50 percent of the exam success depends on the information and the other half depends on controlling the exam. Therefore, students will be successful if they can check their anxiety at the time of the exam.”

EATING AND SLEEPING ORDER MUST BE ADJUSTED FOR EXAM

Stating that eating and sleeping order are very important for exam success, Gülşen said: “Eating habits and sleep order are included in the exam preparation process. In this process, students need to develop habits according to the exam time. The student should determine the time to wake up on the exam day and now create that routine. This is important for setting the biological clock. They should sleep at least 7-8 hours. Since we are going through a psychologically and physically sensitive period, this process can also affect eating habits. Safe food should be eaten as much as possible. Whatever is consumed in their daily lives, they should comply with that routine approximately on the exam day. They should wake up as if they are going to take the exam, have breakfast and evaluate this process by trying it out.”

“EVERY STUDENT SHOULD HAVE THE ONLY AND SELF-SPECIAL TECHNIQUE”

Underlining that no previously implemented strategy should not be used at the time of the exam, Gülşen said: “It is the strategy to manage and apply the test anxiety well, which will provide 50 percent of the success. If the student starts with Turkish exams every day, it should not start with Mathematics at the time of the exam. For some students, it is a good strategy to start with their favorite course, while for others it is good to start from the beginning of the question booklet. Every student must have a unique and unique technique. This has to do with getting to know yourself. I recommend that students apply the technique they have used up to this time during the exam.”

HOW SHOULD THE TIME LEFT TO EXAM BE USED?

Gülşen emphasizing that in order to spend the remaining time efficiently student should do some trial test, added: “ If students don’t have deficiency they may repeat the topics. Better to spend the remaining time solving more trials. While doing their experiments, they can evaluate their days by

solving TYT in the morning and AYT in the evening. There may be mistakes, this is normal. They can see their deficiencies in their experiments and turn towards their deficiencies. Let them try different question styles. Otherwise, better to shape imaginations. They may determine the university and department they want to go to. Thus, they focus more on the exam. Let them practice lots of exams. If a safe distance will be maintained in the exam, students will be able to remove their mask, but wear a mask while solving their trials against the possibility of wearing a mask in the exam. In this condition, it is useful for them to conduct trial exams. In addition, doing breathing exercises at the first time of the exam and starting with the questions they know will motivate the student.”