

### **Coronavirus raised domestic violence worldwide**

Noting that domestic violence has increased due to coronavirus pandemic worldwide, Lect. Mehmet Bařcillar said: “According to the researches, it is stated that there is an increase of 200 percent in cases of domestic violence in China, where coronavirus first appeared, compared to the same month of the previous year, and approximately 50 percent in Brazil.”

Mehmet Bařcillar, Lecturer at Istanbul Gelisim University the Department of Social Work, pointed out that domestic violence has increased after the coronavirus (Covid-19) outbreak worldwide.

Stating that a significant portion of the world's population has to spend their time at home due to the coronavirus outbreak, Bařcillar said: “Researches indicate that domestic violence increases during crisis periods such as natural disasters, wars and pandemics. Staying home for a long time has severe effects on individuals' mental health, such as depression, stress and anger. These mental effects can be a trigger in the attitudes and behaviors involving physical, sexual, and psychological violence. Psychosocial effects of pandemic diseases on individuals are also reflected in researches. A study of 1692 participants in South Korea found that staying at home for a long time due to the pandemic caused anxiety and anger. In another study conducted with 129 participants who isolated themselves from the pandemic in Canada, it was stated that the rate of post-traumatic stress disorder increased with the long isolation period. It is stated that there is an increase of 200 percent in domestic violence cases in China, where the coronavirus first appeared, compared to the same month of the previous year, and approximately 50 percent in Brazil.”

Stating that the Ministry of Family Labor and Social Services has important responsibilities in tackling all aspects of domestic violence, Bařcillar said: “It is more important than ever for the phone number 183 line to provide preventive services during this pandemic. The ministry needs to take full advantage of technology in services to vulnerable population groups.”

Lecturer Mehmet Bařcillar said as follows:

“It is necessary to employ social service specialists in the planned committee for Social Sciences in Turkey, and the committee needs to shape social policies on tackling domestic violence in this outbreak period. Undoubtedly, Violence Prevention and Monitoring Centers established all over the country need to perform digital transformation. Of course, in addition to the policy making process, it is extremely important to employ professionals who provide online services.”

### **The number of international publications increased more than 75 percent in a year**

According to the Web of Science (WoS) data, Istanbul Gelisim University (IGU) increased the number of international indexed publications from 89 in 2018 to 156 in 2019 and achieved an increase rate of more than 75 percent. IGU has increased the total number of publications in internationally respected citation indexes such as Web of Science and Scopus to 541.

Referring to the fact that Head of Higher Education Council (YÖK) Dr. Yekta Saraç has reorganized 'The Procedures and Principles Regarding the Employment of International Faculty Member' and emphasizing the importance of being internationalized, IGU Chairman of the Board of Trustees Abdulkadir Gayretli said: “Times Higher Education (THE) Awards Asia known as the Oscars for the Higher Education, we shortlisted as finalist from Turkey in 2019. We ranked among the top eight universities in the world in the 'Internationalization Strategy of the Year' category. We have over 1000 native-international academicians and more than 25 thousand native-international students.

We reflect our progress to the international publications in recent years. In particular, we put forward an important vision of internationalization.”

“WE HAVE AN APPROVED PUBLICATION FROM THE MINISTRY”

Stating that the university has tens of Research Centers and 5 Modern Libraries with millions of printed and electronic resources, Gayretli spoke: “We also have a Publishing House, which stands out in R&D activities and has a Publishing Certificate approved by the Ministry of Culture and Tourism, as well as a number of patents.”

“DISTRIBUTING FOR FREE”

Gayretli ended his speech as follows:

“We publish 75 books and 4 Journals, 3 of which are regularly published with academic refereed and 1 popular non-refereed within IGU Publishing, and we are taking decisive steps towards becoming a major player in the publishing industry. We distribute the Journals free of charge to all universities and related institutions in Turkey. Nearly 20% of the published books can be downloaded directly from the university website. Books on sale are available from all prestigious publishers.”

### **We eat to feel safe**

Noting that the frequency of emotional eating behavior increases during the coronavirus epidemic process, Expert Psychologist Selin Kalabaş said: “People are eating to feel safe and happy.”

Kalabaş stated that eating as a strategy of coping with negative emotions when an individual is not hungry is called "emotional eating behavior", added: “That is, people constantly find themselves in front of the refrigerator even when they are not hungry in this process to keep their negative emotions under control. Especially they eat to feel safe and happy.”

### **RECOMMENDATIONS FROM THE EXPERT**

Lecturer from Istanbul Gelisim University (IGU) Expert Psychologist Selin Kalabaş, who stated that people had consumed more food than they normally consume after they closed the house due to the viral epidemic and that they could not cope with the situation, made some recommendations.

“THE DIFFERENCE OF REAL HUNGER AND EMOTIONAL HUNGER MUST BE KNOWN”

Emphasizing that people should know the difference between true hunger and emotional hunger, Kalabaş said: “Emotional hunger appears suddenly and people want to eat certain foods (sugary foods, etc.), but physical hunger progresses more slowly and one want to eat because you are hungry without distinguishing food. Briefly, one should be aware of this issue.”

### **PREPARE REMINDER NOTES**

Kalabaş ended her speech as follows:

“Individuals can prepare reminder notes to struggle with emotional eating behavior and write the question "are you really hungry now?" and stick it on the fridge. Seeing the note can create awareness in people. Also, in an emotional eating attack, the person regrets after eating. One of the ways to prevent emotional eating behavior may be to imagine the regret you will experience when you want to eat. Eating when you feel bad can give you happiness in the short term, but can cause

excess weight gain in the long term. If you cannot cope with this situation, do not forget to get support from a specialist.”

### **Why do we watch epidemic movies in this period the most?**

Psychiatrist Dr. Onur Okan Demirci pointing out that movies on epidemics have become one of the most watched movies according to internet usage data, said: “We reduce the anxiety of the pandemic situation we experience in real life by watching movies on pandemic. Such films can instill people with feelings of control, hope, and courage, and they can work quite well and effectively as a kind of emotion inoculation tool.”

Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University told DHA why people have been interested in epidemic films, books and articles recently. Psychiatrist Dr. Demirci mentioned that there is a considerable increase in watching movies in which post-apocalyptic scripts are processed as well as epidemic films when looking at internet data, and added: “We reduce the anxiety of the pandemic situation we experience in real life by watching movies on pandemic. In this process, watching such movies increases our sense of security and reduces our sense of fear. Such processes can turn into a situation where both manufacturers of this industry and consumers like us can benefit mutually. In the fight against these kinds of crises, the film industry can benefit us in managing our anxiety and fears.”

### **WHAT MESSAGE GIVE THIS MOVIES**

Pointing out that the most important message of epidemic films is the importance of hope and unity as a society, Dr. Demirci said: “We are now embracing this message in our life during the epidemic we live in, and thus, we can control our anxiety and fears by moving away from our feelings of loneliness with hope, unity. Such productions impose not only the responsibility of our own life or the protection of our loved ones that are sensitive to the virus, but also the feeling and responsibility that everyone can protect and save each other by interlocking each other. In this process, where health workers struggle at their own cost, those who stay at home watching this kind of movies, created by the movies, “We also work. We are saving lives by staying at home, as a partner, as a union, without losing our hope. In fact, we all are heroes” so they can reduce their outbreak feelings and thoughts such as anxiety, fear, and inability to control.”

### **“THIS TYPE OF FILMS CAN INSTILL HUMAN CONTROL, HOPE AND COURAGE EMOTIONS”**

Stating that watching movies of this kind helped us to visualize the progress, struggle and outcome of the process we live in, Dr. Demirci said: “These films become a kind of source of ideas for us. Along with the feeling of control created by the films, anxiety and fear may decrease. For this reason, people who have fears watch horror movies about their fears make them relax, as we might think. Such films can instill people with feelings of control, hope, and courage, and they can function quite well and effectively as a kind of emotion inoculation tool.”

Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University, who emphasized that their minds started to produce disaster scenarios when people started feeling losing control, said: “It is not important for our minds how low the probability of the worst scenario to happen. The important thing is that it can produce such a scenario and have the power to believe it, even if there is a possibility in a million. Watching movies that contain such disaster scenarios can provide us with all the positive feelings and thoughts that we need for our own disaster scenario, such as hope, courage, unity, saving lives, feeling useful, taking control, feeling of resilience. For this reason, such disaster

films end with an end that humanity has won. In this sense, it is very important for both the producers and the audience that the films prepared in such processes are finished with the end of humanity when preparing disaster films that are likely to happen even if they have not yet lived in the world, even if they are in a million.”

Stating that the effects of the epidemic process will continue significantly after the epidemic, Dr Demirci continued as follows: “Research shows that up to 30 percent of post-epidemic people have “post-traumatic stress disorder” and “depression”. When we look at the films about disaster, these films do not mention the negative images and feelings left by the people after the disaster. Thus, people are fed with hope that everything will return to normal when this process is over. Such a hope is the most important part that the mind needs for the disaster scenario. As a result, such disaster films can play a very important role in instilling a social consciousness.”

### **The first Turkish game to come for the new generation consoles**

Ufuk Anteplioğlu, who came up with his local and national game console project, announced that they started developing games for the new generation consoles this time. Ufuk Anteplioğlu, who reached more than 100 countries and 100 thousand of people with the projects they made in the mobile application market, stated that his brother Doğan Anteplioğlu also conducts the new game project with him and they want to move their success in the mobile market to the console sector.

Ufuk Anteplioğlu, an alumnus of Istanbul Gelisim University (IGU) the Faculty of Engineering and Architecture, the Department of Computer Engineering, stated that his new game project was in the 'polygon' style and stated that he was influenced by two major games that revolutionized in the sector.

“ALL PLAYERS WILL WANT TO EXPERIENCE”

Anteplioğlu said as follows:

“The game contains many different types, but basically, we can say that it is like Battle Royale game. I just want to draw attention to this here. We plan to release much different content and mechanics from the other Battle Royale games. Today, Battle Royale is one of the most favorite genres. Nevertheless, we think that we have made a game that all players would like to experience whether they like the Battle Royale style or not due to its various contents.”

“WE AIM TO RELEASE AT ONCE”

Anteplioğlu stated that they are currently preparing the game for the new generation consoles and said: “When the new generation devices are released, we aim to perform optimization control and release it at once for both previous and new generation versions.”

“WE CONTINUE SUPPORT AFTER GRADUATION AS WELL”

Stating that they constantly provide contact with their alumni, IGU Chairman of the Board of Trustees Abdulkadir Gayretli said: “We never break our bond with our students. We continue the support we provide them during the education even after graduation. As we meet the office furniture needs of our alumni who want to establish their own workplace, we try to offer all the opportunities we can to those who have projects.”