

## **Feminist movements will increase after pandemic in the world**

Drawing attention to the increase in domestic violence against women during the epidemic period around the world, Political Science and International Relations Specialist Elif Şahin said, "The negative effects of the epidemic, especially in the undeveloped and developing countries, have started to manifest themselves through the socioeconomic instability and gender inequality that women are already experiencing. After the epidemic, the voice of the feminist movement will be louder."

Stating that the world has started to face the economic consequences of the crisis created by Covid-19, Political Science and International Relations Specialist Elif Şahin from Istanbul Gelisim University said: "The results of the epidemic in terms of gender discrimination and violence have also started to be discussed. Especially in the Arab world, the decline in women's labor force participation is seen as an important opportunity for the feminist movement to raise its voice during the crisis."

"IT WILL INCREASE EMPHASIS"

Speaking about the United Nations (UN) Commission on the Status of Women meeting held in March, Elif Şahin said: "The main focus areas of the Feminist Covid-19 policy set out in the meeting were food safety, healthcare, violence against women and economic inequality. This will increase emphasis on the existence of women's rights and gender inequality in the fight against epidemic."

Şahin continued as follows:

"New global system discussions after the pandemic period and scenarios drawn on financial expectations seem to be at high risk for feminist non-governmental organizations and women's organizations to overshadow the focus areas such as social-economic inequality, violence against women and the right to access information. Therefore, the organizational representation of women in the civil society and in the international arena is even more important, which is one of the most vulnerable groups that can be affected by discrimination and negative consequences during the crisis."

"THE MANEUVERING AREA OF THE FEMINIST MOVEMENT WILL EXPAND"

Stating that the needs of women and gender equality should be placed at the center of the struggle during the fight against Covid-19, Şahin said: "This will expand the maneuver area of the feminist movement in civil society. Otherwise, the concerns that the patriarchal structure will consolidate the authority that the participation of women in decision-making in the epidemic will remain in the background is also discussed, and it is seen that the consolidation of the power of the patriarchal structure will have a negative impact on women's rights and equality issues during and after the epidemic."

## **Women use their intuition more than men**

Psychiatrist Dr. Onur Okan Demirci stated that women's belief in the intuition and supernatural events is higher than that of men according to a study, said: "According to the research, it is seen that men take more risks and women try to reach the results by using their intuition."

Demirci stated that the levels of magical thinking (such as affecting objects with thought or action, believing that it can rain with thought power, realization of what is seen in dreams) are found higher in women compared to men, in the study: "While making decisions, it is seen that men take more risks and women try to reach results by using more intuition. It seems that people who say that their

intuition is strong have entered more into an imaginary world and believed more in magical thoughts. Therefore, those who feel strong intuition are more likely to break with reality and move away from cognitive thinking (logically conscious thinking).”

Noting that children tend to enter the imagination world more because of the difficulties they experience or feel in the real World, Demirci said, “Children can use it as a form of defense. Some children may even make imaginary friends or believe that they can control many things with thought.”

Psychiatrist from Istanbul Gelisim University Dr. Onur Okan Demirci, who mentioned that the magical thoughts of women are more than men, continued as follows:

“Feeling socially under pressure, restrictions in gender roles, more exposure of women to traumatic life events, having more difficulty in realizing desires than men, increasing their stress levels and lifelong stress levels in women and increasing their tendency towards their dream worlds it may have caused. As stress levels increase, they will tend to break with reality, and this can pose a serious vital and psychological problem.”

#### **What are the symptoms and treatment methods of speech disorder in children?**

Listing the symptoms and treatment methods of childhood Apraxia of speech (speech disorder), Lect. Betül Özsoy Tanrikulu said: “A child suffering from apraxia should definitely work with a language and speech therapist. These children may also experience other skills that are not related to language and speech.”

#### **“CHILDREN KNOW WHAT THEY WANT TO SAY”**

Mentioning that speaking is basically a complex skill consisting of a series of motor movements, Lect. Betül Özsoy Tanrikulu from Istanbul Gelisim University the Department of Language and Speech Therapy spoke: “To be able to speak, the messages designed in the brain must move the vocal muscles and the organs that shape the sounds we call articulators through the motor nerves. These messages tell how and when to move in order to make muscles sound. In a child with apraxia, there is a problem with the correct transmission of these messages. Even if there is no dysfunction or weakness in their muscles, the child may not be able to move their lips or tongue properly. The child actually knows what he wants to say, but not how to say and cannot plan. In other words, the problem is not how the child thinks, but how the brain tells the oral muscles to move.”

#### **“THEIR DEVELOPMENT MAY BE WITHOUT ANY PROBLEM”**

Stating that childhood apraxia of speech is also called verbal dyspraxia or developmental apraxia, Tanrikulu said: “Although the word ‘developmental’ is used, these children may not have any problems with their development. A child with apraxia may not learn speech sounds in a typical order, may not progress without language and speech therapy, but the speech development may occur normally.”

#### **WHAT ARE THE SYMPTOMS OF CHILDHOOD APRAXIA?**

Stated that not every child with apraxia has the same characteristics and said: “These children may show some or all of the symptoms”, Tanrikulu listed the symptoms as follows:

They don't always say words the same way.

Uses emphasis in speech incorrectly. (Incorrect syllable or word stress)

Reproduces or changes speech sounds incorrectly. Pronunciation errors are inconsistent. (Especially in the production of consonant sounds, there is difficulty.)

As the length of the word increases, the difficulty of speaking words increases.

There may also be a delay in speaking.

Tanrikulu spoke: "If the child is older than 3 years old and shows some or all of these symptoms, a language and speech therapist should be consulted. These children may also experience other skills that are not related to language and speech. Difficulty in fine motor skills (pen holding, etc.), difficulty in learning to read and write are the most common problems."

#### WHAT IS THE REASON OF CHILDHOOD APRAXIA?

Stating that the cause of the disorder is mostly unknown, Tanrikulu said: "In some cases, damage to the brain (traumatic brain injury, genetic disorders or syndromes, etc.) can cause apraxia."

#### EVALUATION OF CHILDHOOD APRAXIA

Emphasizing that evaluation of childhood apraxia is also a team work because it can be related to neurogenic origin, Lect. Betül Özsoy Tanrikulu stated: "The purpose of the evaluation is to make a diagnosis and to establish the necessary treatment plan. The language and speech therapist is responsible for the assessment and diagnosis of speech at this point. However, this diagnosis is not a medical diagnosis. Medical diagnosis is made by other related physicians and specialists (to diagnosis disease such as brain damage, any genetic syndrome)."

#### TREATMENT IN CHILDHOOD APRAXIA

Emphasizing that a child with apraxia should practice with a speech and speech therapist, Lect. Betül Özsoy Tanrikulu said: "The frequency of therapy is determined by the child's need. Usually, experts prefer to intensify therapies and decrease the frequency as speech improves. In addition to individual therapies, group therapies can be organized in the later stages of the therapy. A language and speech therapist working with a child with apraxia; s/he tries to help the child speak sounds, words and sentences more clearly. Accordingly, the main goal in apraxia therapy is to increase the voluntary control of the necessary articulatory movements for the child to perform speech. Since the problem is not caused by muscle weakness, exercises in this direction will not be useful. Instead, it would be more effective to work on how to move these muscles to articulate the sounds. In addition, when the child learns how to sound, the use of all the senses (auditory, visual, tactile, etc.) will help the child in the process by providing a clue to her/him."

#### FAMILY SUPPORT IN LANGUAGE AND SPEECH THERAPY

Lecturer Betül Özsoy Tanrikulu from Istanbul Gelisim University Language and Speech Therapy Department ended her speech as follows:

"In language and speech therapies, it is critical for the family to collaborate with the therapist and support the therapies. Especially in motor skills, the number of repetitions performed for the realization of learning plays a big role. Therefore, the importance of family support also increases here. Treatment of childhood apraxia takes time. More importantly, the child needs to be supported in this process. In order for the child to progress, the family should also practice the studies

recommended and taught by the therapist during language and speech therapies in non-therapeutic settings.”

### **Coronavirus causes record unemployment in the USA**

In addition to the health-related effects of the coronavirus pandemic, it also had a heavy toll to the states economically. Stating that economic activities have slowed down in many areas, especially in the service sector, along with curfews applied worldwide. Lect. Mehmet Başçillar said: “While the rate of those who lost their jobs in March was 4.4 percent in the USA, which was greatly affected by the epidemic, this rate reached a record level in April, reaching 14.7 percent. The figures show that 20.5 million people lost their jobs in the USA in April.”

### **“UNEMPLOYMENT RATE INCREASED TO 13 PERCENT, 2 MILLION UNEMPLOYED”**

Stating that the pandemic process does not bid fair for the labor market for Canada as well, Istanbul Gelisim University (IGU) Social Service Department Lecturer Mehmet Başçillar spoke:

“Unemployment rate rose to 13 percent in Canada in April. This rate means that approximately 2 million people were unemployed in Canada in April. The official report showing the effects of coronavirus outbreak in Turkey on the labor market by TurkStat is expected to be announced in June - July.

### **“MENTAL EFFECTS OF UNEMPLOYMENT: DEPRESSION, STRESS, ANXIETY, SUICIDAL IDEATION”**

Evaluated that unemployment has not only economic but also psychological effects, Başçillar said: “Although unemployment is attempted to be expressed in numbers or graphics, we had better not ignore that every individual, family, or even the public in general is affected by unemployment in a multidimensional way. I consider that the global destruction of the pandemic will begin to feel more in the near future of individuals, families and society. Rising unemployment rates in developed countries also support this view. Psychological effects of unemployment are depression, stress, anxiety, suicidal ideation; and issues such as domestic violence, social exclusion and divorce are among the social effects of unemployment. Social policies for psychosocial problems caused by unemployment must already be determined at the global and national level.”

### **“MENTAL HEALTH PROBLEMS ARE COMMON IN THE UNEMPLOYED”**

In three different studies conducted in South Korea, Bosnia and Herzegovina and Italy, it was found that mental health problems are significantly more common among unemployed individuals, Başçillar spoke: “Another study in Germany concluded that unemployed participants showed more depressive symptoms than other participants. In the study conducted in England, it was found that the rate of suicide in the unemployed population is 5 times higher than the general population. Yet another study in the UK showed that 1 percent increase in male employment rate reduced physical violence against women by 3 percent. In Turkey, the TUIK's research results show that 42.6 percent of women and 17.8 percent of men divorce because they cannot afford their life in the marriage due to the lack of economic livelihood.”

### **SO, WHAT TO DO?**

Lecturer Başçillar spoke: “According to Article 49 of the Constitution of the Republic of Turkey, to work is a right, the State shall support people to work and take the necessary measures to prevent the provision of unemployment. Our most important institution is undoubtedly the Ministry of Family, Labor and Social Services in the realization of these principles included in the Constitution.

The economic effects of the outbreak are unfortunately felt more severe by the fragile groups of society. In this framework, the development of social policies sensitive to the psychological and social effects of unemployment on individuals, families and society in general is extremely important. In collaboration with ministries, local governments and non-governmental organizations, comprehensive psychosocial services should be provided in the unemployment area with mental health professionals, including social service workers.”

#### **Warning over 65: Do not go above the activity level**

Gerontologist F. Sila Ayan made warnings for individuals over the age of 65 who do not go out on Sundays. Ayan said: “Problems such as breathlessness, feeling of sickness, fainting, or musculoskeletal pain may be experienced if the level of activity that is used or tolerated is exceeded and the elderly are overstretched.”

Within the scope of the measures taken against the coronavirus pandemic, individuals over the age of 65, who have been in their homes for a long time, started to go out on Sundays. Indicating that the elderly may be faced with the risk of loss of balance and frequent fall in the process of spending time outside due to muscle and skeletal losses and condition decreases during the long-term immobility, Gerontologist F. Sila Ayan emphasized that the psychosocial needs of the elderly should not be forgotten.

Ayan spoke: “It is gratifying to be able to offer such an opportunity to our esteemed elders after the management of a pandemic with a successful worldwide acclaim. In this respect, it would be correct to enjoy this decision without forgetting the social distance and isolation rules and without the misconception that the risks associated with the pandemic have been completely eliminated.”

#### **“REST FREQUENTLY, DRINK A LOT OF WATER”**

Emphasizing that especially patients suffering from cardiovascular diseases, those with stroke history and respiratory system problems, should rest frequently in the shadows, Gerontologist Lect. F. Sila Ayan from Istanbul Gelisim University the School of Health Sciences said: “Our elderly people should act with a gradually increasing tempo in their free time, consume plenty of water, choose a wide-sole and orthopedic shoes, light cotton clothes and do not neglect the use of masks and gloves. In addition, they should pay attention not to enter crowded places, especially in the pandemic, they should stay away from the places where there are recirculating ventilation systems.”

#### **“ENJOY THE FRESH AIR”**

Ayan spoke: “In touch with nature both psychologically and physically, they can spend time under the shade in the seaside and nearby parks, taking care of the social distance, enjoying the fresh air. We know that they comply with this suggestion and that there are those who visit their relatives and children in the cemetery and they enjoy returning to their old daily routines through the news of the media, and our elders, whom we provide consultancy.”

#### **ATTENTION TO MID SEASON**

Reminding that mid-season is a period that requires care and control, Ayan stated: “Mid-season and especially the transition to summer months can be the periods when the mortality rates and chronic health problems that we have compared to leaf fall in corporate care are exacerbated. In this regard, we advise the elderly not to disrupt physician controls and treatment plans during seasonal changes, especially to consult their physicians to adjust the dose of antihypertensive drugs according to the

season. Nowadays, when quarantine measures and long-term inactivity at home are added to this process, it has become more important to follow the measures even more carefully and not to give up the measure.”