

We do not stop training in preparation for LGS and YKS

Stating that colleges in Turkey handle the coronavirus issue sensitively, the Chairman of the Administrative Board of Gökkuşığı Colleges Abdulkadir Gayretli said: "All distance education plans were made and trainings started. We do not stop training in preparation for LGS and YKS"

Indicating that continuous and up-to-date information is provided by the Guidance and Psychological Counseling units Gayretli said: "Our children and families are important. We do our best to prevent them from being damaged in this process, we do not leave them alone. Our psychological support continues online."

WE CONTINUE WITHOUT NECESSITY OF DELAYING

Referring to the speech of President Recep Tayyip Erdoğan to the Nation, Gayretli continued as follows: "Our President also touched on LGS and YKS exams. Within the scope of the coronavirus measures taken, there is a possibility that YKS and LGS question preparation times may be extended and therefore YKS and LGS exams may be postponed, but we have made all distance education plans and started training. We do not interrupt training in preparation for LGS and YKS, we continue without any delay."

"THEY WILL LEARN WHILE HAVING FUN"

Stating that they are working to ensure that families spend productive time with their children in addition to routine lesson programs so that children and families not to be psychologically worn, Member of the Gökkuşığı Colleges Administrative Board Şule Gayretli said: "Children should spend productive time at home, apart from classes. We shared many activities, events and games programs that will contribute to their development with the families. Children and their families will both have fun and learn while having fun."

Corona increased obsession level: Patient numbers may increase

Drawing attention to the fact that the coronavirus affecting the world has a disturbing effect on mental health, Sp. Dr. Psychiatrist Emre Tan said: "This epidemic has increased obsessions such as bringing hands to face, washing hands, cleaning clothes. We can say that it increases the chance of getting sick in some people who did not have psychiatric illness before."

The coronavirus, which has emerged in Wuhan, China, and has rapidly become a global epidemic by spreading around the world, also adversely affects mental health. Sp. Dr. Psychiatrist Emre Tan from Istanbul Gelisim University, who pointed out that the rightful information given to increase public awareness turns into an obsession when people want to survive, said: "Unfortunately, this epidemic we have experienced recently has increased these obsessions. Wherever you look, there are many directives such as 'wash your hand like this, protect your clothes when you go out, do not put your hand on your face'. All of these reveals obsessions and concerns in people such as 'I wonder if I'm doing it right? Am i doing wrong? Do I get sick? Do I get infected when I get sick? Do I harm my family?'"

"AVOIDING IT MAKES A MAN RESTLESS"

Defining the obsession as knowing the irrationality of the action, but keeping to do it, Tan said: "In the subtypes of obsessions, the most commons are contamination obsession, transmission obsession, the idea of catching a disease, the idea of being uncomfortable or regular replacement of

certain objects, making them symmetrical, arranging them according to their size. Obsession is a condition that the person is aware of. He also knows that it is illogical, but he cannot stop from doing it. Because when he does this, the current will dampen him. So he thinks his hand is dirty, the urge to go and wash him comes one after another. It becomes restless when it can't be washed. He turns to other compulsive behaviors that will ease this situation that comes to his mind, and if he does not, his restlessness increases very often.”

“WE SHOULD ACCEPT OUR EXISTING ANXIETY”

Emphasizing that there is an extraordinary situation over the world, the psychiatrist said:

“Uncertainty is one of the most important factors that constitute anxiety. The person wants to take control of his / her environment and to see in front of him. Anxiety and various obsessions will be revealed in every situation where they cannot do these things. Now we are all warned. Man tries to adapt all his energy to the whole nervous system to survive, but this causes us to waste a lot of energy. In the following periods, we will come in periods when both our physical and spiritual strength decrease, which we call burnout syndrome. Taking into account those periods, it is beneficial for us to stay a little more controlled. We also have to accept our current and anxious state. It is very natural that our anxieties are increased, it is essential for us to accept this, to face it, to face our way of life, our existence, our emotions and to live healthier.”

“INCREASE IN THE DEPRESSIVE CONDITIONS CAN BE OBSERVED”

Tan reminding of obsessive-compulsive disorder in 1 and 3 out of 100 people, added: “In this period, we observe an increase in the ailments of these patients and an increase in their symptoms. In addition, we can say that the probability of getting sick increases in some people who did not have a psychiatric illness before. Although it is not only a disease, there is some deterioration in general feelings, an increase in some anxiety, obsessive behavior and an increase in behavior. In patients with mental illness, anxiety disorders, obsessive compulsive disorders dimensions of pessimism and helplessness are added, if the process is too long, there may be an increase in depressive states, an increase in the number of patients, which will occur with burnout.”

“POSITIVE BELIEF IS EFFECTIVE IN WINNING THE VIRUS”

Saying that physical and mental health work in connection with each other, Sp. Dr. Psychiatrist Emre Tan made the following recommendations stating that “if we can maintain our positive belief, it will be so easy to overcome this disease”:

“When stress, anxiety, worry, is a situation that causes the body's response to that situation, the probability of success decreases a little. In other words, depending on how strong our emotional structure and our morale is, we can overcome this situation more easily and to be more successful. Let's try to keep our morale a little high, calm down. Let's take our precautions to strengthen our immune system as much as we can, pay attention to the social distance, at least take our precautions to catch or infect. Let's keep the emotional processes here balanced by a certain amount.”

We also consider the status of students with disabilities

Stating that they will use distance education methods simultaneously or without synchronization in all courses in formal education programs, Chairman of the Board of Trustees of Istanbul Gelisim University Gayretli said: “As a university, we consider the status of students with disabilities as much as possible in all measures and practices related to distance education.”

“PRIORITY TARGET: MAKING FULL PARTICIPATION”

Stating that it is one of the primary objectives of ensuring the full participation of students with disabilities in the higher education process, Gayretli said: “Spatial accessibility is a prerequisite for disabled students' access to education. We have exam adaptations that we plan together with peer support for the disabled. Participation in classes is important. We also work to increase the accessibility of people with disabilities in all matters.”

“WE SHOULD MAKE ACCESSIBILITY SUITABLE”

Pointing out that there are close to 50 thousand disabled students in Turkey in total, Gayretli added: “About 5 thousand of them continue their education life with formal education. Many young people with disabilities, such as physically disabled people, those with chronic health problems, people with visual and hearing disabilities apply to YKS and become university students. As easy and convenient as we make accessibility, there is a noticeable increase in these numbers every year.”

“DISABLED SUPPORT TECHNICIAN TITLE WILL BE GIVEN”

Reminding that YÖK aims to open a 'Disabled Support Program' at universities, Member of IGU Board of Trustees Şule Gayretli said: “President of YÖK Prof. Dr. Yekta Saraç had given the good news of the Disability Support Program in the past months. Those who will graduate from the program expected to be at the associate degree level will be given the title of “Disabled Support Technician”. They will be employed in private and public sectors.”

Universities with the necessary infrastructure started distance education

In line with the decision taken by the Council of Higher Education (YÖK), the distance education process begins at universities today. Stating that universities with the necessary infrastructure and competence started distance education, Chairman of the Board of Trustees of Istanbul Gelisim University (IGU) Abdülkadir Gayretli said: "We have set an intense academic calendar for applied courses."

Stating that 123 of 207 higher education institutions across the country have Distance Education Application and Research Center (UZEM) and IGU is ready for distance education, Gayretli added: “The needs of universities that lack or have insufficient Learning Management System were tried to be met in cooperation with other universities under the coordination of YÖK as of last week. As IGU, our course contents were prepared by the lecturers who gave the lesson and we started education.”

“PRELIMINARY PREPARATION MADE”

Gayretli noted that all the preliminary preparation has been done together with the lecturers, considering the difficulties that can be faced in distance learning and content preparation in digital media.

Stating that universities with the necessary infrastructure and competence started distance education, Chairman of the Board of Trustees of Istanbul Gelisim University Abdülkadir Gayretli said: “For the compensation of the courses for the 2019-2020 academic year spring semester, which cannot be given by distance education method in higher education institutions, we have set a concentrated academic calendar for applied courses according to each program.”

Coronavirus and obsession

Stating that the worldwide outbreak of coronavirus threatens not only physical but also mental health, Psychiatrist Dr. Emre Tan said: “Anxiety and panic because of the disease increase as the process gets longer. Repetitive publications for public awareness can become obsessions.”

Emphasizing that the pandemic has increased many obsessions including foul and contamination, Psychiatrist Dr. Emre Tan from Istanbul Gelisim University said: “People have to face the concerns of getting the disease, discomfort and death more often. There are many people who are worried that they will get sick and infect their family.”

“ONE CAN HAVE REPETITIVE BEHAVIORS IN A VICIOUS CYCLE”

Saying that obsession refers the thoughts and dreams that come to mind repeatedly and obsessively, Tan spoke: “Even if one does not want, s/he cannot stop herself/himself from thinking these ideas. S/he knows that these ideas are actually unreasonable, unrealistic and exaggerated, but s/he feels the negative emotions s/he generate intensely. For example, someone with a control obsession knows that s/he has turned the stove off, but thinks “if I didn't turn it off” then s/he looks back. A person's behavior to relieve her/his obsessions and reduce anxiety is called compulsion. These behaviors partially and temporarily relax the person. For example, the person who thinks that his hand is dirty goes to wash his hands. But these behaviors provided temporary relief, and after a while the former thought will come back to mind again. Thus, the person goes into a vicious circle and is trapped in repetitive behavior.”

Tan stated that there are, in general, approximately 1-3% people with obsessive compulsive disorder and continued: “During this period, an increase in the complaints of existing patients can be observed. There may also be an increase in the number of new patients.”

Also informing about the subtypes of obsessive-compulsive disorder disease, Dr. Tan explained: “They may exhibit approaches such as thinking themselves as dirty and doing various cleaning, making confirmation and control attempts regarding the issues of doubt, or turning the stove off, checking their bags, and re-reading the text they wrote. They may collect items beyond their needs and not throwing them later. They may attempt to keep things in order, in a certain way. They can repeat some behaviors to prevent bad events that come to their minds. They can establish thoughts that are against anxious thoughts.”

“THEIR OBSESSION CAN BE ONLY IN THOUGHTS, AS WELL”

Stating that coronavirus pandemic can increase almost all obsession subtypes, Tan said: “Foul and virus contamination is the obsession we encounter in the first place. The obsession with getting news about the disease turns into being trapped on the TV screen or constantly following such news from the internet. The control obsession causes excessive control to protect themselves and their environment from disease. In this process, stocking food or cleaning products becomes hoarding obsession. Taking the shoes out of the house, hand washing, washing clothes after separating them in an isolated room become an order or repetitive obsession. There may also be obsessions that are not accompanied by behavior, but only in thought. Carrying the subject of pandemic into the conversations to their daily lives, i.e. the center of everything can be examples of their obsessions.”

Noting that this anxiety and obsession can be seen in almost everyone, Tan said: “Those with OCD are the first to be affected, as they already tend to obsession. The presence of someone who has this

disease in or around their relatives increases the likelihood of being obsessed with being in the risky groups determined for coronavirus. People with low tolerance to anxiety and stress, an obligation to work in crowded environments, anxious and obsessive situations, and those who think that their environment is not as careful as themselves may experience more frequently. Other risk factors include thinking that they cannot control the environment, uncertainty of the future, and frequent intense information about the outbreak.”

“PSYCHIATRIC ASSISTANCE SHOULD BE TAKEN IN ADVANCED OBSESSIONS”

Indicating that individuals should firstly accept that the situation is not usual, Psychiatrist Emre Tan said: “Human lives according to their experience and knowledge. This is a process that is not fully known and predictable even for scientists. A person who does not know what to do in such situations naturally experiences arousal, anxiety and uneasiness. And this is quite normal. We even need a certain amount of anxiety to survive. Therefore, let's not escape from our anxious state, which can be at a certain level, let's accept it. Let us apply the recommended protection methods. Let's also deal with issues non even about disease. Although we reduce it, let's keep our communication still. Let's communicate through telephone or internet. Although the pandemic has become the center of our lives, let's try to keep other agendas and issues in our lives, as well. Let our minds deal with other issues too. Let's limit ourselves on Whatsapp group chats, and from talking about the news and disease. Let's try to maintain a positive way of thinking as much as possible.”

Emphasizing that the mental destructiveness of the pandemic should be taken into consideration as well as its physical destructiveness, Tan said: “Anxious and obsessive behavior exhaust people and creates fatigue. The probability of our emotional energy ending in the coming period, combined with pessimism and helplessness, also pose a risk for depression. In the meantime, drug use problems and suicidal behavior may increase in such processes. Psychiatric help should be obtained in cases of advanced obsessions.”

The aging science expert commented on the images of shame on social media: “They need to socialize”

After the curfew of 65 years and older due to the coronavirus epidemic, emotional violence on individuals caused reactions in some images shared on social media. Gerontologist Fatma Sila Ayan said, “There is age discrimination. People over 65 have emotional needs and concerns, just like socializing. Young individuals who do not isolate themselves can also carry a virus home. What matters is empathy, tolerance, and to protect ourselves by isolating ourselves both as a carrier and as a patient.”

Within the scope of the measures taken along with the appearance of coronavirus outbreak in Turkey which ravaged the World, a curfew of elderly people over 65 years old started to be implemented. After the decision, some people shared the images of citizens aged 65 and over through social media. The videos, including emotional violence against the elderly, received great reactions, especially those who watched footage of a citizen over the age of 65 showed a great reaction to the person who shot the image. Lecturer from Istanbul Gelisim University Gerontologist F. Sila Ayan made a statement to Demirören News Agency (DHA) about the actions of people aged 65 and over on social media and how to behave against over 65.

“EMPATHY AND TOLERANCE IS IMPORTANT”

Sıla Ayan said: “Let’s imagine that we isolate a 65-year-old individual only because of the calendar age, is the 64-year-old person whose birthday was last week at much less risk? How much does it matter for a week? We know that a young individual who does not pay attention to self-protection and isolation can carry a virus to the house. The important thing is to empathize, tolerate and protect ourselves by isolating ourselves both as a carrier and as a patient. All we need is exchange of understanding.”

THEY HAVE EMOTIONAL NEEDS

Ayan drew attention to the necessity to include gerontologists, namely old age and aging science experts, in the loyalty groups organized to meet the needs of the elderly who stay at home.

Evaluating the actions against the elderly, especially on social media, Ayan said:

“We can hear the reproofs such as ‘why are the elders still on the Street?’ and ‘why are they still on the benches?’. There is age discrimination. In fact, the only function of loyalty groups or social solidarity should not be shopping in the market or imprisoning them home by doing the things that the elderly do outside. They also have some needs, such as socializing, and the precautions to eliminate it also need to be solved. This is the underlying reason why those old people persistently continue to come out of the bank and do not want to break away from the congregation where they stubbornly come together. The only thing that needs to be satisfied is not market shopping, but they have emotional needs and concerns. There is a tension of being a group with a high risk of death in the face of a disease that even young people are very nervous. In this sense, sick elderly people are trying to tell us this by resisting these rules and even carrying the work to the official sanction dimension: ‘What I need is not just buying my bread, egg or yoghurt; there are much more things I need.’

WE DEFINE THE 65-74 YEAR OLD AS EARLY AGE

Emphasizing that the age of 65-74 years old is early age, 75-84 years old is aging, 85 years old and older is advanced age, Fatma Sila Ayan said: “The age limit, which is also valid globally and in our country now, is 65 years old and above. However, this has a lot to do with the level of development and quality of life”, and continued:

“The definition we are talking about is the definition of western societies and our country. The United Nations initiates this limit as 60 years and older. In many definitions in Africa is defined as 50-55 years old because the average life span is short there. Gerontologists determine the old age limit, but the limit that is currently valid and taken into account in corona related decisions is 65 years of age and older. We see that the group most at risk in corona related deaths is 75 years old and above. In the 8 million elderly population in our country, this group represents 40 percent. In fact, 40 percent of 8 million are now at risk of infection. There are of course some physiological losses with old age. We see some losses and setbacks in systems and organs, but it is inevitable and not the same in every individual.”

“OUR CHRONOLOGICAL AGE DOES NOT DEFINE OUR CHARACTERISTICS”

Pointing out that our chronological age does not actually define our biological, social and psychological characteristics, Ayan said as follows:

“We use calendar age limits in the world, not only in the field of gerontology, but also in driving license and driving, voting, drinking alcohol, entering certain places, starting to study at schools, and

in many of our daily practices. Our calendar age doesn't actually cover and define us literally. There are 12 subscales of aging revealed by Professor Dr. Ismail Tufan, which are adopted in the gerontology literature in Turkey. This includes many variables such as gender, the process we experience, our individual life story, a dynamic process, limited flexibility, biological life background, life habits, sports, and drug use. We cannot classify every individual over the age of 65 as homogeneous and universally valid."

"THE REASON FOR INFECTION IS NOT ELDERLY MOBILITY"

Saying that the infection has become a global crisis is not the mobility of the elderly, Ayan said: "A group of elderly people affected by the infection is the age group revealing the percentage in the moment in terms of the death cases in Turkey. However, the transmission is mostly caused by the mobility of young people. In this case, it is necessary to read the implementation of a reflection mechanism of the pessimistic mood caused by the corona caused by stress, to the elderly in this way without making any decision regarding the mobility of the young people who are both carriers, asymptomatic and who have actually the disease."

"THE NEED TO REMIND THE PSYCHOSOCIAL NEEDS OF THE ELDERLY"

Ayan answered the question of whether it is right that the elderly are on the street or not:

"We should not make decisions for them, we should make decisions with them. Because we are biopsychosocial beings and if young people reveal challenges about staying at home, and if they need to express the effects on the quarantine in social media through different channels, and even if they can easily break the quarantine rule because there is no official sanction, we should not overlook the elderly people who have psychosocial needs."

Nation states get back to the stage after coronavirus

International Relations Specialist Dr. Fatih Fuat Tuncer told about the coronavirus outbreak ravaging the World, and said: "The nation states that are claimed to be ineffective with globalization are coming back to the stage with this crisis".

Stating that an international cooperation could not be developed against this crisis, Asst. Prof. Dr. Fatih Fuat Tuncer from Istanbul Gelisim University said: "Especially the fact that the member states of the European Union (EU) look for their own remedies and even reactivate the border applications they have removed are the biggest indications of this situation. In this sense, COVID-19 once again demonstrates the importance of internal and external sovereignty for nation states."

"GLOBALIZATION BRINGS ABOUT A LOT OF CHALLENGES"

Stating that globalization has become the most popular concept of the post-cold war era, Dr. Tuncer spoke as follows: "Globalization is a process in which the world is becoming more interconnected as a result of massive increase in trade and cultural change. However, it seems that this process has gained enormous speed since the 1990s. With the end of the Cold War, the development in transportation and communication technology has been received positively in the world and the 'praise for globalization' that started at that time is now replaced by global terrorism, especially like the 'COVID-19' a global health threat, global economic crisis and climate change discussions, which make globalization debatable. In other words, globalization seems to have brought many difficulties to humanity as well as bringing many facilities."

“PEOPLE NOW LISTEN TO ADVICE OF THE EXPERTS”

Stating that another effect of the pandemic is that people now want to listen to experts, not dreamsellers, Asst. Prof. Dr. Fatih Fuat Tuncer from Istanbul Gelisim University said: “The conspiracy theories that appeared in the first place due to COVID-19 have ended with the virus taking over the whole world. It seems that people care about science, not politicians in this process. In other words, the importance of specialization has prevented the discourses of “Chinese Virus”, “herd immunity” and “the virus will vanish when the weather gets warmer”. In particular, the Chinese administration is accused of being late at sharing information about the virus with the world, and it also attracts attention with its ability to control people in China and to reduce the effect of the outbreak. Especially while 'stay at home' calls did not go beyond a request and it was late to prevent the spread of the virus in Europe and the USA, the debate on authoritarian regime is likely to start in the future.”

We will continue distance career planning

Due to the coronavirus, the break in education has been extended until April 30. Expressing that they do not have a problem with distance education, Chairman of Gökkuşığı College Abdulkadir Gayretli spoke: “We will continue our distance career planning.”

Gökkuşığı College continues its distant education without slowing down. Stating that they have not had any problems about distance education so far, Gayretli said, “We will continue our distance career planning. Our technical infrastructure is available for this.”

“WE CONSIDER ALL POSSIBILITIES”

Stating that they do not stop preparing their students for the future, Gayretli added: “We have to keep their psychology and motivation strong. We plan for LGS and YKS considering every possibility. Apart from audio and visual lectures, we also support the process with fun content.”

“INCLUDE THEM IN ENTERTAINING TRAININGS”

Şule Gayretli, the member of Administrative Board of Gökkuşığı College, made some advices the students living with their family members. Şule Gayretli, stating that the entertaining content included in the education plans can be realized with family elders, added: “Our citizens over the age of 65 are among the people most affected by the outbreak of COVID-19. I recommend our students, who live with their family elders, to realize the entertaining content with them to ensure their socialization. We can also add them to our entertaining trainings. We must provide the greatest support within the family without letting them lose their morale and motivation.”

“THIS IS THE PERIOD WE CAN AMALGAMATE”

Emphasizing that all the warnings made by the Ministry of Health should be taken into consideration throughout the process, Şule Gayretli, said: “We need to stay at home. Nowadays we have to fit everything in the house. We keep our education, work, social life under one roof. We are also in an era where we will be most engaged in family members. We can achieve partnerships in the most beneficial way.”

The definition of old age needs to be discussed

Gerontologist Sila Ayan, who stated that the definition of the elderly is closely related to the level of development and quality of life, said: “Defining the age of 65 and over is valid for most Western

societies as 60 years and over in the definition of the United Nations, 50-55 years in Africa and Sub-Saharan regions.”

Gerontologist from Istanbul Gelisim University Lect. Sila Ayan said the following: “Age restrictions that apply across Europe and Turkey are defined so: 65-74 age - early age, 75-84 – older age, 85 and over as advanced old age. In the new suggestion it is offered that people under 65 years old to be defined a young, 66 - 79 years old middle-aged, 80-99 old, 100 and older individuals are called centuries old. However, this situation has no official validity. Considering the distribution of the elderly population, 65-74 age group has 62.8%, 75-84 age range has 28.2%, 85 and over 9.1% population percentages.”

78.3 YEARS IS AVERAGE LIFE SPAN IN TURKEY

Sila Ayan voicing that the average life expectancy is 78.3 years in Turkey, added: "the average life expectancy of 75.6 years compared to male sex, is seen as women's average life expectancy of 81 years. The healthy life span is observed as 58.3 years. In this case, it can be said that some risks related to health arise before reaching the age limit. Similarly, when the mortality rates in Italy are read, the mortality rate, which was 2.8% in the 50-59 age group, peaked 8.4% in the 60-69 age group, reaching 32% in the 70-79 age group and 42% in the 80-89 age group, there is a case in which it expresses a high value. In addition, the average age of deaths is 81.”

Referring to the need to discuss what aging and age actually are, Ayan said: “Our calendar (chronological) age is just one of 12 different aging dimensions. Among these dimensions, there are different topics such as gender, life history, subjective and objective evaluations, dynamic process and limited flexibility. This detailed multidimensionality is the reason why health sciences and social sciences in general are confused by this basic definition, which is a gerontological phenomenon.”

Considering demographic changes, globally 60+ populations are expected to increase from 12% to 22% between 2015 and 2050. By 2020, if epidemic disease and mortality rates were not encountered, it would be the first year in which the population aged 60 and over passed the population under 5 years of age.

Ayan continued her speech as follows: “Elderly people are a risk group with high rates of damage due to the spread of the virus, the fact that it has stopped growing over time, physiological losses and changes in the immune system rather than being the main carrier of the disease. The isolation decision was taken not to protect the society from the elderly, but to protect the elderly from the society. However, the recent pediatric case deaths and symptoms and life-long damage in young people show that isolation and mental attitude are important for all age groups.”

“GERONTOLOGIES MUST BE TASKED ON THE FIELD”

Stating that making the decision for them together with them rather than dictating what to do will create more positive effects on elderly people, Ayan said: “In this respect, an age-friendly communication process should be adopted and gerontologists who are experts in this field should be assigned on the field, even on a voluntary basis. After the isolation and survival, which is the first step and essential in pandemic management in loyalty groups, it is necessary to focus on psychosocial needs in the next stage.”