

## 'Burnout syndrome' in parents seen the least in Turkey

According to research conducted in Belgium in western societies where individualism foreground between parents, 'burnout syndrome' is seen quite high, while it is seen the least in Turkey

In a study conducted by Louvain Catholic University in 42 countries parental burnout is seen the least in Turkey, Cuba, Peru and Thailand related to the cultures as extended family, neighborhood, community and culture of solidarity. It was determined that the countries where parental burnout is most intense are in Belgium, USA, Poland, Burundi, France, Russia, Finland, Switzerland and the Netherlands.

### **“WE ATTACH GREAT IMPORTANCE TO HUMAN RELATIONS”**

Assoc. Prof. Dr. Canan Tanıdır, a faculty member at Istanbul Gelisim University, Department of Psychology, defining burnout syndrome as people's being tired and stressed and not performing their daily functions as much as before, said: “According to a survey carried out in Belgium it appears to be less of burnout in Turkey. The reason for this is that it is lived as a big family in our country. We live with a large family such as grandmother, grandfather, father, uncles and aunts. In addition, family apartment culture is quite common in our country. Having relatives sitting close to each other and being intertwined provides a social support system for the mother and father. We are a country that attaches great importance to human relations. We also love to live in neighborly relations and friendships. When our people have a problem, they share a coffee with a neighbor and a friend. This troubling greatly prevents the person from falling into depression.” dedi.

### **“WESTERN SOCIETIES LIVE MORE INDIVIDUAL”**

Drawing attention to the fact that Western societies live more individually, Child and Adolescent Psychiatry Specialist Assoc. Prof. Dr. Canan Tanıdır said: “Europeans are more depressed due to the reduced social support system and family warmth. If mom and dad look tired, hopelessness will likely accompany this situation. He will not play with the child as before. There will be no chat environment at home. The mother will only fulfill her basic duties

such as cooking and tidying up the house. If the parents are unhappy, the children will be unhappy too. There is not much contact and time between people in European countries. Nowadays, westerners take their children to classes in order to make their parenting perfect. This situation exhausts the family both financially and in terms of time.”

#### **“ARTIFICIAL PARENTING COMES FORTH”**

Stating that today's parents are trying to be a mother and father through books, Tandır said: “Although this situation is seen predominantly in western countries, it is also happening in our country. As a result of this style, the natural behavior we call spontaneity in raising children disappears. Families started to behave a little more mechanically. They try to be a parent by books, rules, and researching on the internet. Artificial parenting emerges when you stick to virtual information too much and do not see your own natural methods and the needs of the child.”

#### **The book "Digital Management Marketing Media" prepared by 10 academicians is published**

Stating that digitalization gained momentum as an inevitable necessity in all sectors during the pandemic period, Asst. Prof. Dr. Hande Ayhan Gökçek made statements about her books titled “Digital Management Marketing Media” she prepared together with 10 academicians in total.

Emphasizing that the importance of digitalization has increased undeniably due to the Kovid-19 pandemic, Asst. Prof. Dr. Hande Ayhan Gökçek from Istanbul Gelisim University (IGU) School of Applied Sciences said: “It is of great importance for businesses to adapt rapidly to this changing process. Digitalization, which developed rapidly in the 2000s and is almost essential for the sustainability of businesses due to the pandemic brought about by 2020, is the main idea and basis of the book "Digital Management, Marketing and Media."

## “FIRST SCIENTIFIC BOOK”

Stating that the book was written by academicians on management, marketing and media under the common title of digitalization, Gökçek said: “The book, which is the first scientific book that consists of 10 chapters and covers 3 fields on digitalization at the same time, appeals to everyone who is interested in these fields.”

Stating that under the "Digital Management" section, digital business management is handled from a wide perspective, Gökçek added: “The digitalization of the supply chain was touched upon, and the loneliness of individuals in organizational life was examined, as digitalization brought along many transformations. Under the title of "Digital Marketing", first of all, comprehensive information was given about the history of digital marketing from past to present. Digital branding, digital and traditional brand trust comparison, influencer marketing, one of the most effective strategies of digital marketing in 2020, and current innovations in digital commerce were discussed in detail. Under the title of "Digital Media", the last part of the book, detailed information was given about the changing structure of the media from the past to the present and how to obtain and manage reputation in the digital world.”

The authors of the department, whose specialty is Management, Marketing and Media, are listed as follows:

“Asst. Prof. Dr. Sema Mercanoğlu Erin (IGU), Asst. Prof. Dr. Hande Ayhan Gökçek (IGU), Asst. Prof. Dr. Canan Tiftik (IGU), Asst. Prof. Dr. Bilge Turp Gölbaşı (IGU), Asst. Prof. Dr. Çağla Kaya İlhan (IGU) Res. Asst. Onur Türker (IGU), Asst. Prof. Dr. Parisa Alizadehfanaeloo (IGU), Asst. Prof. Dr. Mehmet Emin Beğtimur (IGU), Asst. Prof. Dr. Özge Turhan (IGU), Asst. Prof. Dr. Ali Karaman (Bingöl University)”

## **Pandemia changed living spaces**

Faculty Member of Interior Architecture and Environmental Design Program Asst. Prof. Dr. Zerrin Funda Ürük, who said that living spaces have also changed with the pandemic, said that

the interior design will change significantly in the future due to the change in the usage habits of the masses.

The Covid-19 epidemic, which has affected the whole world, has caused changes in many fields and sectors from working life to education. With many people starting to work from home and children to continue their education life online, designs and seating arrangements in schools and workplaces also changed. The limited number of customers in stores and restaurants created differences in the aisles and seating arrangements. Asst. Prof. Dr. Zerrin Funda Ürük, faculty member of Interior Architecture and Environmental Design at Istanbul Gelisim University, Faculty of Fine Arts, pointed out that the living spaces have changed with the pandemic and stated that the interior design will change significantly in the future due to the change in the usage habits of the masses.

“WE WILL START LOOKING AT THE LAYOUT OF INDOOR AREAS”

Reminding that the pandemic affected all sectors very much, Ürük said, “But when we look specifically at the interior architecture profession, we observe that things can change considerably. We used to design our spaces according to cyclical design criteria. Although we design the same way, but during the pandemic period, social distance criteria started to emerge. We are trying to adjust social distances not exceeding approximately 1.5-2 meters. We will start to look at the arrangement of interior spaces such as home, school, office, hospital, hotel.”

INTERIOR FICTIONS WILL CHANGE

Referring to the number of customers taken into the stores and hygiene rules, Ürük said, “Let’s can take a simple shop. Even when entering the aisles, they do not let more than 10 people in. We have moved to another age: the digital age. With this new world, I think some viruses and other variations will emerge. Even now we are used to the mask and we act accordingly. In this process, we begin to see these criteria when we go to places, restaurants, stores or other places, even if slightly. Slowly, one by one, people are being let in. A disinfection process is carried out again after entering the trial booths. These manual processes, which are currently done by hand, may change the interior fictions later.”

Ürük continued her words as follows:

“Online shopping has increased. Now we all shop online without going to the store. Store cultures will also diminish, perhaps gradually. Now, even when you try to buy office furniture, you buy it online. In other words, the uses of the masses have begun to change. When we look at schools, for example, we are currently in the online system. We come to school only to sign certain documents or to hold certain meetings. When the pandemic decreases and we start coming to school, we will inevitably begin to differentiate according to social distance on the tables that are next to each other. This will lead to larger classrooms and wider environments within the space. This time, schools will start to be revised.”

#### WE ARE GOING TOWARDS A MORE HORIZONTAL STRUCTURE

Stating that many people started to avoid sitting in plazas and buildings with a central system structure, Ürük said: “For example, people do not want to sit in plazas. They think there may be a problem with central heating or cooling. Because we know that viruses from those systems spread or multiply. I think we will move towards a more horizontal construction when there are working spaces together in the offices or we have offices with high plazas. More windows and places with natural air will be preferred.”

#### THE CONCEPT OF 'WORKING SPACE' FORMED AT HOME

Stating that millions of people switched from home to working system, there was a need for working rooms in homes, Ürük said: “We all closed to homes. We hold meetings and trainings from home. However, I don't think everyone has a study in their home. With the pandemic, the concept of 'working place' started to emerge at home. Houses are starting to rearrange. There are so many changing criteria that actually it is moving towards more change. These are in a process. It will continue and I think we will get used to it.”

## **“Growing population and food waste threaten future generations”**

The study conducted by the Food and Agriculture Organization of the United Nations (FAO) revealed that by 2050, 300 million people in the world will have to fight hunger. Asst. Prof. Dr. Ayşe Huri Özkarabulut, Nutrition and Diet Expert, who made statements about 'sustainable nutrition', which has become more noticeable today due to the world population growth and climate change, said, "The increasing population and food waste around the world pose a great threat to future generations."

Stating that sustainable nutrition should be reliable, healthy, nutritious and have a low environmental impact, Asst. Prof. Dr. Ayşe Huri Özkarabulut, Head of the Department of Nutrition and Dietetics at Istanbul Gelisim University Faculty of Health Sciences, said: "This diet is economical, accessible to everyone, culturally acceptable, fair, contributing to food security and is a lifestyle that is essential for the survival of generations. Changing diets have begun to cause the consumption of much more than the amount of protein we need."

### **“WORLD AVERAGE REACHED 68 GRAMS”**

Drawing attention to the fact that the limit of 56 grams of protein that a healthy adult should consume was exceeded as of 2009, Dr. Özkarabulut said: "The world average has reached 68 grams. According to the World Resources Institute 2016 'Changing the Diet for the Future of Sustainable Food' report, small changes in the nutritional choices of consumers can cause major effects such as reduction of environmental problems and agricultural resource use."

### **“CHOOSE HERBAL PROTEIN SOURCES”**

Stating that adequate and balanced nutrition should be consumed, Dr. Özkarabulut made the following suggestions:

“Prefer vegetable protein sources instead of animal based proteins (eggs, meat, milk). Take care to consume at least 5 portions of fruit and vegetables a day. Increase your intake of legumes, whole grains, and oilseeds like hazelnuts, walnuts or almonds. Choose fish caught with sustainable fishing. Consume vegetables and fruits in their season. Get down to the ideal weight for a healthy life. Make your eating habits sustainable.”

### “GET OUT OF DIET PSYCHOLOGY”

Emphasizing the need to quit diet psychology in order to gain sustainable eating habits, Dr. Özkarabulut said, “Imagine that you are doing something for your own health and life. Adjust your meals to live, not for food. Diet should not make you feel hungry during the day. It is not prohibited in the diet, the important thing is how much is consumed and how often it is consumed. Try to keep a nutrition diary, it is the most effective method for daily nutritional tracking. Take care to consume local foods and shop from local producers. Store the food you buy in the right conditions. Don't waste any food. Evaluate the water or parts of food such as stems and leaves.”

### “Noise-induced hearing loss can be prevented, but there is no cure”

Emphasizing that noise is the cause of hearing loss, which is the most common among occupational diseases, Expert Audiologist Hilal Nur Ficil emphasized the importance of workplace scans. Ficil, “Noise-related hearing loss can be prevented, but there is no treatment.”

Stating that one of the most common causes of hearing loss is excessive noise exposure, Lecturer of Istanbul Gelisim University (IGU) Health Services Vocational School Audiometry Department Hilal Nur Ficil said: “In noise measurements made in many districts of large cities in Turkey, it seems that the values obtained exceed the threshold values. There is noise generation wherever high-tech mechanized societies live. It is inevitable to be exposed to noise in workplaces. Workers in industry, transport, construction, mining and even agriculture sectors are at risk.”

### “LEGAL OBLIGATION OF THE EMPLOYER”

Emphasizing that workers' health will be protected with workplace scans, Expert Audiologist Hilal Nur Ficil said: “Workplace scans are carried out under the legal obligation of the employer to investigate the hearing and general health of people working in high-noise environments. This has become a necessity, especially in sectors that will adversely affect hearing health.

These sectors are as follows: textile, iron and steel, cement industry, telemarketing companies, telephonic personnel in telecommunication companies, customer representatives, etc.”

“MEASURES SHOULD BE TAKEN”

Stating that noise-related hearing loss can be prevented, but there is no treatment, Ficil said: “Therefore, prevention of noise is critical. Workplace scans should be carried out frequently, and measures should be taken to prevent noise at its source, to prevent noise in the environment and to prevent noise from the employee.”