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UNIVERSITY**



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# CONTENTS

<b>TECHNO-AGENDA.....</b>	<b>3</b>
• How is artificial intelligence used in psychology?.....	3
• Python vs R, Which one should I learn?.....	4
<b>ECO-AGENDA.....</b>	<b>5</b>
• “Carry Trade” and Its Effects on the Turkish Economy.....	5
• A New Analysis Method Against the Orthodox Movement: Economics in Literature .....	7
• Sharing Economy.....	8
<b>NEW OCCUPATIONS.....</b>	<b>9</b>
• Scuba Diving Pizza Delivery Man.....	9
• Becoming An Online Psychologist .....	10
• A New Perspective on Aviation .....	10
<b>SOSYOCOM SHELF.....</b>	<b>12</b>
• A MOVIE: “Time-Free” Beaches and Memories.....	12
• A SERIES: The Innocents: Character Analysis....	13
• A BOOK: Stoner (John Williams).....	13
• BOOK REVIEW OF THE MONTH: Let Me Tell You A Story: The Ugly Duckling.....	14
• MOVIE REVIEW OF THE MONTH: The Batman.....	15
• This Month’s Phrase: “Love is Blind”.....	16
• Academic Playlist.....	17
<b>CULTURE-ARTS-LITERATURE.....</b>	<b>18</b>
• Qualified Reading and Writing with Intertextual Relationship Guidance.....	18
<b>EDUCATION-RESEARCH.....</b>	<b>19</b>
• Psycholinguistic and Field of Study.....	19
• Psychiatric Management of Obesity Surgery in Turkey .....	20
<b>ENTREPRENEURSHIP AND INNOVATION</b>	<b>21</b>
• Why Are Elective Courses Important?.....	21
• TPÖÇGG and Experiential Learning.....	23
<b>POLITICAL- AGENDA.....</b>	<b>24</b>
• The Death of Stalin.....	24
• A Brief Analysis of Civil Uprising in Kazakhstan.....	25
• Russia’s Invasion of Ukraine and the End of East-West Tension in Ukraine.....	26



<b>HEALTH- PSYCHOLOGY.....</b>	<b>27</b>
• Some Questions And Answers About Sexuality in the Mind of Parents .....	27
• Resilience: A Shield for Mental Health.....	28
• Post-Covid Stress Disorder.....	29
• Broad Psychosis Phenotype and Urbanization...31	
• Alcohol Use and Recognition of Alcohol Use Disorder.....	32
<b>SOCIO-AGENDA.....</b>	<b>33</b>
• 2nd April Autism Awareness Day and Autism....33	
• Prevalance of Traumatic Events .....	34
• Being Caught in Social Networks: “Are They Having Fun Without Me?”.....	35
<b>TIME TO SOCIALIZE.....</b>	<b>36</b>
• Events In Istanbul.....	37
• May in Istanbul.....	38
• Street Flavors Series: The World-famous Turkish Fast Food: Doner Kebab .....	39
• IGU Graduate.....	40
• IGU Student.....	41
• Erasmus Jornal.....	42
<b>ABOUT ACADEMIC LIFE.....</b>	<b>43</b>
• Publications.....	43
• Assignments & Upgrades.....	43
• Newcomers.....	43
• Leavers.....	43
<b>MASTHEAD.....</b>	<b>44</b>

# HOW IS ARTIFICIAL INTELLIGENCE USED IN PSYCHOLOGY?

TECHNO-AGENDA

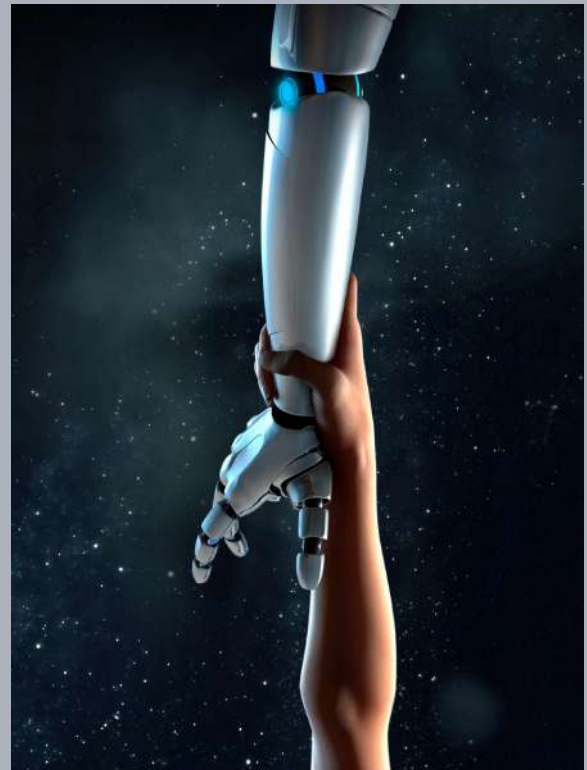


Res. Asst. Merve KELEŞ  
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Artificial intelligence is a concept that refers to the ability of computers to perform human-like cognitive features, including learning, problem-solving, perception, decision making, speech, and language. As can be understood from this definition, artificial intelligence is an interdisciplinary subject. Although its past is not as old as psychology, it is actually quite intertwined with psychology. Many areas of psychology such as cognitive psychology, clinical psychology, and learning psychology are closely related to artificial intelligence.

Artificial intelligence is a relatively new concept that we use in many areas of our lives today, making our work much easier. Navigation and mapping, composing music, self-driving cars, and personal assistants like Siri and Alexa are some of the simplest examples. This AI that we use is considered "weak AI" and is a simple form of AI. However, in the future, "strong AI" or a superintelligence that can perform most or all cognitive tasks better than humans is being considered.



In psychology, however, artificial intelligence is used to predict, diagnose and improve treatments for psychiatric disorders and is thought to have the potential to reshape psychiatry. Recording huge amounts of data can contribute to discovering predispositions to mental health problems, improving the accuracy of diagnoses, and evaluating the effectiveness of treatments. For example, artificial intelligence may be useful in identifying genes that affect the development of autism or identifying risk factors for depression. Treatment of anxiety disorders, addiction, and post-traumatic stress disorder is one of the areas where artificial intelligence is frequently used. For example, war simulation is created with virtual reality for the client, who is a war victim, and an environment is created for the client to cope with and adapt to traumatic stressors. A similar application is also seen in the treatment of phobias, virtual reality applications for various phobias have started to be used quite widely today. In the future, it is predicted that it can be used to detect problems in marriage and domestic violence and be used in the detection and diagnosis of Alzheimer's and schizophrenia.

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# PYTHON VS R, WHICH ONE SHOULD I LEARN?



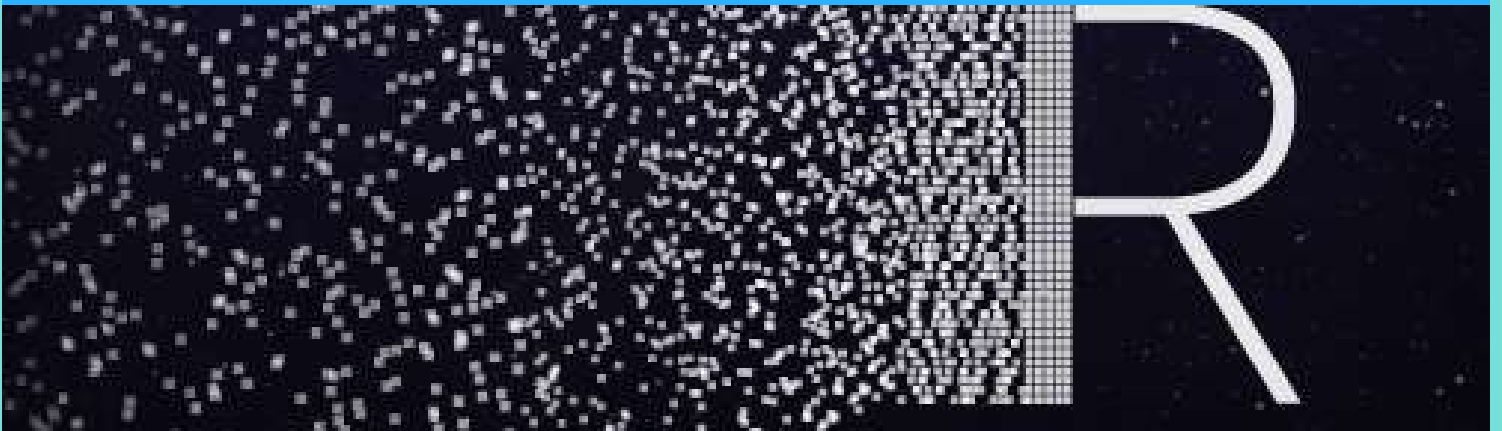
Asst. Prof. Orhan ÖZAYDIN  
The Department of Economics and Finance

Artificial intelligence and machine learning of the “future” are now in our lives. Many coding languages compete in features such as convenience, performance, flexibility, library options, mobile, web, data processing, compatibility, visuals, and so on.

In recent years, Python and R have come to the forefront in data analysis. Python, a general-purpose language, has become very popular. Python is used even by large companies. However, another software language used in statistics studies, especially in academic studies and also in the software industry, is R. Now, when you decide to learn a new software language in the field of data science, should it be Python or R? The main answer to this question will be your “needs”. To determine this, let's briefly list the strengths and developmental aspects of both languages.

Let's start with the coding language. Python is more user-friendly and easy to learn; however, do not think this suggests that it is difficult to write code in R. If your code block grows, it's easier to maintain in Python than in R.

We can't write every code block, let's not write it.... That's what libraries are for. Libraries for data collection, classification, analysis, manipulation, and drawing are available for both languages. R is leading in data analysis and statistical applications. R has extensive libraries useful for these tasks. It also does data visualization well. These libraries continue to be developed in Python.



Both languages are open source. Python runs faster than R; you need to install many packages in R. It is seen that Python is more capable than R in web applications. As the last word, if your studies are in the field of statistics, R provides opportunities to make your study easier with its rich libraries and creates a more reliable environment. If you are going to work on machine learning, Python can be preferred for the maintenance of the codes and many of the features we have mentioned. It will be useful to try both in the first place, then you can concentrate on any coding language you want.



# “CARRY TRADE” AND ITS EFFECTS ON THE TURKISH ECONOMY

ECO-  
AGENDA

Asst. Prof. Bülent İLHAN  
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In the rapidly globalizing world, especially in the 1980s, capital flows have increased rapidly with the free movement of capital. Capital flow is realized as a large amount of portfolio investment as well as direct capital investment. Carry trade, which constitutes a significant part of portfolio investments, has been one of the main trading strategies in international financial markets since the mid-1990s. This transaction, which is called “carry trade” in the literature, means investing in the high-interest currency with the resource obtained by borrowing from the low-interest currency. In addition, it is also defined as investing in a high-interest currency by converting a low-interest currency into a high-interest currency. Although carry trade can be defined as interest arbitrage, it is known that carry trade transactions are made in international financial markets in order to invest the money funded from low-interest currency not only for interest income but also to invest in a portfolio created from stocks or different financial instruments. The currency borrowed at low interest (or converted into a high-interest currency) is defined in terms of the “funding rate” and the currency in which it is invested is defined in terms of the “local rate”. It is seen that the Japanese Yen and Swiss Franc are mostly used as funding rates in the world.



The profit of a carry trade consists of the interest rate difference between the funding rate and the investment rate (local rate) plus the exchange rate difference. According to the unprotected (not insured by a futures contract) interest rate parity (UIP) theory, the carry trade is not a profitable trade on average; because the profit from the interest difference may disappear because of the devaluation of the local currency against the funding rate. In fact, the rapid increase in exchange rates in Turkey in recent years can be given as an example of this situation.

For foreign capital inflows to a country as a carry trade portfolio investment, it is necessary to expect that country's interest rates (bonds or deposits) to be high and its currency to be valuable against other countries, and even to continue to appreciate. In short, the country that attracts investment should be in a low exchange rate-high interest period. For example, in Turkey, in the first quarter of 2003, the USD/Turkish lira (USD/TL) parity was around 1.70s, and the TL-denominated bond interest was at the level of 57%. The USD/TL parity declined to 1.16 by the end of 2007, with a downward trend that lasted for 5 years with the increase in the foreign exchange supply, and stood at 16% despite the decrease in the TL interest rate. During this 5-year period, a suitable environment for carry trade has been created. In those years, there was news in the press that even Japanese housewives took Yen loans and converted them into US dollars and invested in Turkish bonds. In addition, even among the Turkish people, there were those who took mortgages in the Japanese Yen. However, this means a very high risk for a long-term mortgage. Some commercial organizations have also turned to carry trade arbitrage. However, when the exchange rate risk arises from the systematic risks of the country and the exchange rates increase, the possibility of serious losses in the carry trade positions may arise suddenly, as in the case of the Japanese Yen.



With a simple calculation, the 6-month carry trade profit in 2003 can be calculated approximately as follows:

100 USD = 170 TL (100 USD is converted to TL: USD/TL= 1.70)

If deposited with 50% interest (net interest after withholding) 6 months later  $FV = 170 \cdot (1 + 0.50/2) = 212.50$  TL

At the end of 6 months, USD/TL= 1.39. If USD is received again,  $212.50/1.39 = \$152.90$

As can be seen, only the 6-month profit in USD was 52.9%.

However, in reality, it is not easy to achieve these extreme levels accurately in the given term. Although 2003 was one of the rare periods that gave the opportunity to make a very high carry trade profit, the arbitrage margin narrowed due to the decrease in interest rates in the following periods. Although not at such a high rate until the end of 2007, the opportunity environment continued. However, the exchange rate risk in 2008 and 2021, when the Turkish lira rapidly depreciated against the US dollar, was mostly against the carry trade.

As a result, speculative portfolio investments, which are hot money and short-term, cause macroeconomic indicators to deteriorate and financial crises in countries such as Turkey with current account deficit problems and savings deficits. This is because hot money only responds to short-term capital needs; it poses a risk to the financial sustainability of real markets and financial markets and makes it impossible to implement monetary and fiscal policies in the long run unless it is converted into an investment for long-term, employment-creating, and high-value-added production that will provide an advantage in export competition.



# A NEW ANALYSIS METHOD AGAINST THE ORTHODOX MOVEMENT: ECONOMICS IN LITERATURE



Res. Asst. Merve TOSUN  
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When we look at the analysis methods in economics, it is seen that the school of Orthodox Economics is dominant. In the economics literature, you can see that statistical and econometric methods and often the same indicators are used as variables. These methods, which consist of only numerical data, may be insufficient to explain economic phenomena. According to some, these methods are inadequate to reflect the facts. Heterodox understanding and other approaches which are born as alternatives in line with these views benefit from experimental, behavioral, environmental, and historical indicators. The most recent of these is the movements of economics in literature.

Economics in literature includes a method of analysis in which economic indicators of the periods of literary works are used. In some of these works, it is possible to have information about the economic facts of the period, but the economic indicators in the novels are much more realistic and detailed compared to epics, poems, and theatre. For this reason, novels are mostly preferred as data sources in economic analyzes based on literary indicators.

Many novels in world literature contain economic indicators. For example, facts such as capital accumulation, unfair distribution of income, exploitation of labor, child and migrant labor are featured in Daniel Defoe's Robinson Crusoe, John Steinbeck's Mice and People, Jack London's People of the Abyss, and even Goethe's Faust. Such works contain economic analysis both for the period in which they were written and beyond their periods. The tragic adventures of Robinson Crusoe, who lived alone on a deserted island and rebuilt the institutions of the life he left behind, or George Milton and Lennie Small, who showed us every detail of unemployment and famine during the Great Depression, are a testament to how economics and literature are intertwined. There are also many examples in Turkish literature, but some works that are known by everyone may have constituted great examples for researchers. Fakir Baykurt's novel "Turtles" and almost all of Yaşar Kemal's novels describe agricultural workers, landowners, and brokers. It explains in such detail that you can get detailed information about the cotton prices of the period.



Economic analysis with literary works, in which we can find both macroeconomic and microeconomic indicators, is a method that challenges criticism a lot. The fact that novels contain fiction due to their nature and the political views of the author shape what they write are just some of these criticisms. However, the results of statistical and econometric analyzes can also be shaped by the opinions of economists. However, all this does not mean that reading these works from an economist's point of view and making analyzes with the indicators they contain is completely useless and refutable.

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# SHARING ECONOMY



Res. Asst. Ahmet Can ŞENLİK  
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The sharing economy is a concept that we have heard about a lot in recent years. Although this concept may seem new, "sharing" is as old as human history. For example, many actions that are taken by people who start making tools and share these tools with communities that share the same cave can be considered sharing. So, what makes the concept of sharing and the sharing economy popular recently? The answer to the question is actually quite simple. It is a reflection of the inevitable transformation brought about by the digital age, especially with the spread of internet technologies starting from the second half of the 90s and mobile phones after the 2000s.

Recent studies show that individuals born after the 90's give importance to owning a product such as a car, a house, or a toy when they need them, rather than having them permanently. Therefore, this type of consumption, which we can call "access-based consumption", is gaining momentum with technological developments and concerns about the ecological future of our planet. This form of consumption, supported by mobile applications, prevents unnecessary production by ensuring that unused resources are used by those who demand them.



Less production will mean less burden on our planet and will help us to use resources more efficiently. For example, imagine using public transportation instead of owning a personal car, or using apps with which you can rent a car daily, hourly, or even by the minute only when you need them. Thus, by reducing car ownership, we can use fewer resources both in production and energy consumption and reduce the problems that cause serious health problems such as noise and air pollution as a result of the decreasing number of vehicles, and prevent traffic congestion. We can even turn parking spaces into green spaces for the city, which will not be needed as a result of the diminishing number of vehicles.

Various sharing platforms operate in many different areas that can benefit us, our society, and our planet. Here are some of these platforms and the areas where they do business.

## Fashion

- Invitation I Don't Have Many Dresses, Rent the Runway

## Car Sharing

- Zipcar, Moov, TikTak

## Accommodation

- Airbnb, HomeStay

## Toy Rental

- ToyLibrary, Green Piñata Toys

# Scuba Diving Pizza Delivery Man



## NEW OCCUPATIONS

Asst. Prof. Ebru Gül YILMAZ  
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One of the most important concepts of economics is utility. Utility, which is also included in the definition of the book of economics, is a type of satisfaction that eliminates the imposed need of human beings that is infinite. Therefore, economists have discussed utility, which is the basis of the existence of economics, from different dimensions. These dimensions are; form, place, time, and property.

I know I've been boring you so far, but the reason I'm making this introduction is to introduce you to the Scuba Diving Pizza Delivery Man, who has evolved very differently in response to the spatial dimension of utility.

When we economists talk about the spatial dimension of utility, we mean increasing the utility created by the relocation of goods. I would like to tell you about a brand new profession that offers this benefit to the customers of underwater hotels: Scuba Diving Pizza Delivery Man.

As far as I am aware, there are hotels in Florida, Sweden, Dubai, and Fiji that operate 3 to 12 meters below water level. To access these hotels, you need to have at least 3 hours of diver training. These hotels offer you the opportunity to watch many sea creatures while relaxing in your room. There is also some information that a similar concept hotel room is being prepared in the city of Istanbul, which is surrounded by seas on three sides.

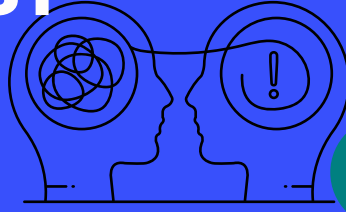
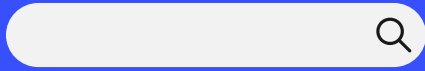


Here, our Scuba Diving Pizza Delivery Man serves to increase the space utility of the product by offering pizza in a waterproof bag to customers who crave pizza underwater. Thane Milhoan, 59, is one of our Scuba Dive Pizza Delivery Guys. While he is essentially diving as a hobby, he is starting to do this job after losing his previous job during the global pandemic. He says that he likes the reaction of people when they pick up their pizza underwater. I don't know about you, but as someone who loves the sea and swimming, it seems to me that this job is exciting and fun.

What do you think; do you think that this profession is promising?



# BECOMING AN ONLINE PSYCHOLOGIST



Res. Asst. Merve KELEŞ  
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Especially with the pandemic, many new professions have entered our lives. Web-based therapies known as 'online therapy', were a practice that existed before the pandemic. For example, when you have clients who live abroad and want to get therapy in their mother tongue and when necessities such as disaster situations prevent face-to-face contact, online therapy could be used. It can be said that this situation is useful in terms of getting psychological support and ensuring the continuity of therapy.

So how effective is the online therapy service? Frankly, it can be said that online therapy is inevitable at the beginning of the pandemic and during quarantine periods. Of course, there are major differences in web-based therapy services compared to face-to-face practices due to its context, but these are not always negative. It can be said that online therapy is very useful in essential situations. Studies have shown that web-based and smartphone applications of Cognitive Behavioral Therapies (CBT) and Acceptance and Commitment Therapy (ACT), a CBT approach, are effective in many psychological situations (Ulusoy & Çelik, 2020). In addition, it can be said that web-based psychological intervention programs supported by a smartphone application are a practice that can be preferred alongside face-to-face interventions since they are risk-free in terms of virus transmission due to Covid-19, are fast, and are easily accessible.



I think that in the next 10 years, online therapies will become more common. However, I would like to point out that whether your preferred method is online or face-to-face, what should not be forgotten and questioned is the competence and expertise of the person you are getting therapy with. It is your right to question the education and expertise of the people you will get therapy services from.

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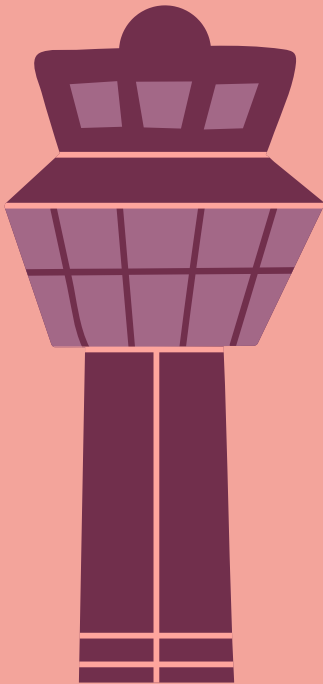
# A NEW PERSPECTIVE ON AVIATION



Res. Asst. Zehra Nur KURTOĞLU  
The Department of Psychology (English)

Did you know that about 80% of plane crashes are caused by human errors? When it comes to aviation, many people think of high mechanical and complex systems in which high-tech aircraft are produced and used. However, it is ultimately human beings who manage this complex system; wherever there are people, there is a need for psychologists. Therefore, aviation psychologists are an indispensable part of aviation.

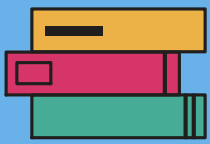
What is aviation psychology, and what do aviation psychologists do? It is useful to open this section. Let's talk a little bit about history. In the early 1900s, aircraft technology developed rapidly. Although the technology has improved and the planes and their systems have become better, there has been no decrease in the level of plane crashes. As the planes became perfect, the increasing number of accidents was a serious problem for the industry. Ultimately, what was noticed was that human factors have a high impact with regard to aviation accidents. No matter how good the pilots were, in the face of complex systems, multitasking, preventing accidents that occurred due to their own mistakes was a matter beyond engineers. In this way, pilot skills were divided into technical and non-technical skills.



Non-technical pilot skills are the whole of psychomotor skills such as communication, decision making, inclination to group work, and situation awareness. A good pilot is expected to make the best use of automation skills, effective communication with the flight crew, and team management skills in multi-tasking. The scope of all these skills is known in aviation as Team Resource Management. Because a pilot is not only against a well-equipped machine but also must be able to manage the flight crew well, be able to master the directives coming from the tower, and act by foreseeing possible crises. All these individual cognitive and communicative skills that pilots should possess should be developed and controlled by psychologists.

Before we finish the article, let's give a little homework! Consider all that's written here on your next flight. The engines have started, you are on the runway and your plane is ready to take off. In the period leading up to the landing, many psychological and cognitive stages will take place in the cockpit. You can notice them now.

Safe flights and good journeys!



**SOSYOCOM  
SHELF**



**A MOVIE**

**'TIME-FREE' BEACHES AND  
MEMORIES  
THE BEACHES OF AGNÈS  
Asst. Prof. Özgür Evren ARIK  
The Department of Radio, TV and Cinema**

One of the most original and "supplementary" personalities of Contemporary World Cinema is Agnès Varda. Three years ago (on March 29, 2019), Varda passed away, leaving behind a life where even saying "full" would not be an adequate description. An angry, stubborn, crazy, productive, deep and versatile artist, Varda was a director who made the abstract conceptuality of memory and time visible through the explorations she made into her individual past. At the same time, she opened channels for the viewer's own mental inquiries. In so doing she secured her place in the history of art.

The film *Les Plages d'Agnès* (*Agnès' Beaches*), shot by this great director at the age of 80 (in 2008) and proving how she still lives her life as a prolific artist, tours the beaches she loves and navigates through her own films, images, past and interviews. It appears as a discovery in which she tells about her own life and cinema.

Varda started out working as a stage photographer, then became one of the early directors of the French New Wave, she married Jacques Demy (who was also a filmmaker) and in her work shares her experiences of feminism, Cuba, China and the USA. Agnès Varda is also the narrator of her documentary with her own voice. In addition to this narration, we see the dialogues in the sections of her films and Varda tells the story of that moment to us, the audience. Varda, while telling her story to the audience, also presents the animation scenes from the memories she lived from time to time. The director, who is a master of narrating sections from her own life by showing them to the audience with her documentaries, blends her life and films in *Les Plages d'Agnès*, referring to images and memories that can no longer maintain their clarity in her memory and have become blurred.

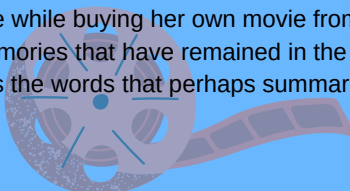


As soon as we enter the film with the shot on the beach, where we see Varda in the general plan, we begin to become a partner of the inner journey she shares with us. She tells the audience that she will tell her own story on the beach she is on. In close-up shots, we see Varda lining up her childhood photos on the beach after she showcases her dialogues with her team as if to salute the Cinéma-vérité form she inherited. We see her childhood and family in the photographs she reflects on the mirrors brought by her team. She relives some memories from her childhood with animation scenes. In the images taken with a shoulder camera, she also shoots Varda with a fixed camera, where the wave hitting the sea collides with many mirrors, which she uses as a metaphor. We witness Varda's interviews with people who touched a part of her life, and that she gives life to those memories from the past with reenactment scenes on the beach. She shows some of the thousands of photos she took in China and in different parts of the world, and tells how she lived there and how she took these photos. She talks about her daughter Rosalie, her daughter's father, and her second husband and great love, Jacques Demy, with whom she raised her daughter, with love and sadness. While talking about the birth of the French New Wave movement, she tells how she made her films and how she became a director making money with a small budget, and how Jacques Demy had AIDS and began to die. She tells how they desperately prefer silence because they know that this incurable disease will get worse as it progresses. She talks about how it felt good for her to re-enact and film her husband's childhood. She describes her family as a peaceful island, and she concisely ends her adventure by saying "Cinema is my home, I have always lived in the cinema".

Varda reaches the audience with a humorous and emotional language. While sharing the first classical music piece she heard in her childhood with us, she also makes use of natural sounds and different music throughout the narrative while buying her own movie from a seller.

To put it as a general conclusion, the whole of the film is like the parts of the memory. Memories that have remained in the mind, are taken from their places and blended together; but of course it is not a messy "pastiche." Varda tells us the words that perhaps summarize her system in this blending in her documentary:

"Cities and places change over the years. Beaches are timeless."







## The Innocents: Character Analysis

Res. Asst. Zehra Nur KURTOĞLU

The Department of Psychology (English)

We see an intense family drama in The Innocents series, which is followed with great interest by many. The theme of the show is: After the death of his wife and child, Hikmet marries Hasibe with the force of his family. Hikmet and Hasibe have four children. When Hasibe doesn't get the love and attention she expects from her husband, she becomes very irritable over time. Cleaning becomes the most important daily activity. On the other hand, her children are redundant for her. Hasibe constantly humiliates and mistreats her children. The lifelong impact of this exhausting and loveless childhood on the four children is the main theme of the series. Now let's take a look at the psychological conditions these children experience.

- **Safiye:** Safiye, the eldest child, has been like a mother to her siblings. Safiye has Obsessive Compulsive Disorder (OCD), which integrates her mother's behavior and teachings with her over time. She washes everything four times, cannot touch anyone, cannot leave the house. Safiye has made her mother's insults her inner voice; the voice of her dead mother is always in her ear. Losing the sense of worth and the state of self is frequently seen in Safiye. Safiye, who hears her mother's voice and lives with her presence, has a psychotic condition as well as OCD. Thanks to her therapist, she experiences a confrontation with her inner voices and begins to build self and valence.
- **Gülben:** Always imitating her older sister, Gülben's mental problems are rooted in "modeling". She convinced herself that she couldn't do some things because her older sister couldn't do it, or that she had to do it too because her sister insisted on doing it. Gulben, who realizes that she does not want to look like her sister over time, seems to hold a mirror for herself for the first time and shows determination on the way to recovery by marrying Esad, whom she loves very much.
- **Han:** Han, who has dysphobia, or garbage collecting disease, has developed a habit of collecting his mother's favorite toys when he was young, and Han took his toys out of the trash. Unlike his older sisters, Han finds peace in getting dirty. For Han, who spent his childhood far from home, in dormitories, the concepts of family and belonging were not settled. He wants what he owns to be only himself. He approaches the people he loves with an intense possessiveness and does not hesitate to cause serious harm to others if necessary. As his obsessive thoughts are thrown in his face by others, Han has developed an inner voice that mocks and condemns himself.
- **Neriman:** Neriman's effort to be noticed, who grew up suppressed in strict rules, is revealed by self-harming. Her sincere friendships with Ege saved her from the loneliness and lovelessness she felt. Neriman, who is very aware of the situation her family is going through, is determined to chart her own path.

## A BOOK

### STONER (JOHN WILLIAMS)

Res. Asst. Fatma Betül YILMAZ

The Department of Psychology

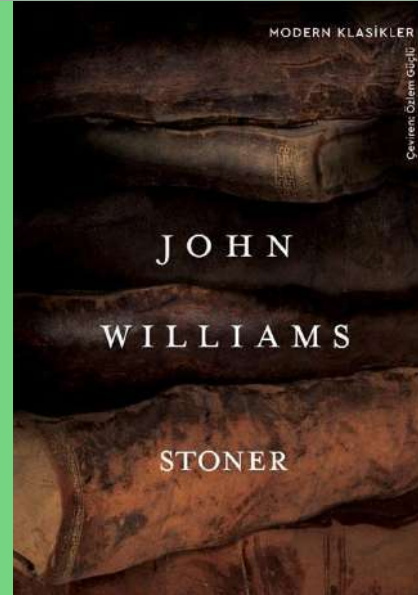


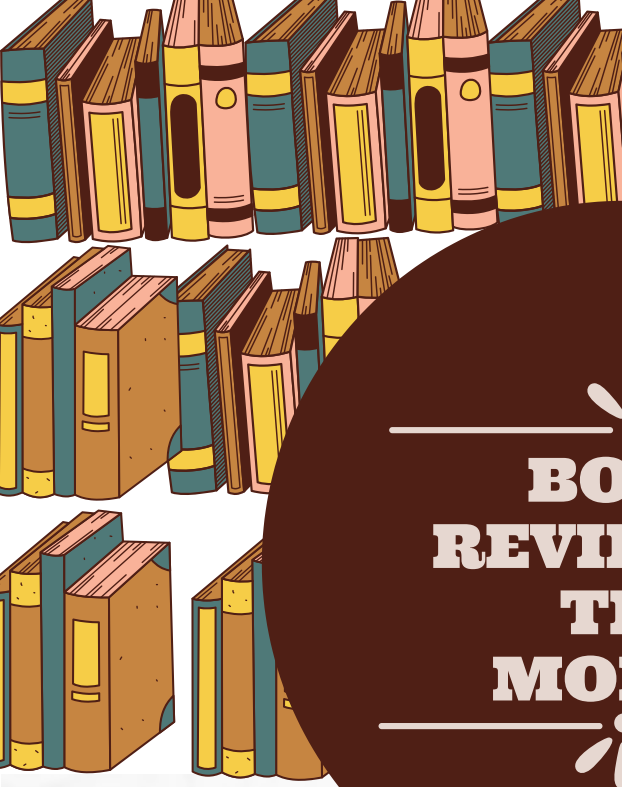
Although Stoner was published in the 1960s, it is a book that has received the recognition it deserves much later both in the USA and our country. The reason for this situation may be that the existential struggle it contains does not fit the spirit of its period. In this respect, Stoner can be considered as a novel written a little too early.

We read the life of William Stoner from the beginning to the end of the novel. Stoner was born to a farming family in an American town in the early 1900s, and while it is thought that he will spend the rest of his life like this, a university is established in their city and he is sent to the city by his family to study agriculture. He started to study literature by changing the department at the university he entered, and his life ended while he was a lecturer at the same university. Interestingly, the author of the book, John Williams, is also from a farming family and is a professor in the English Department of a university. Also, John Williams chose his surname as the main character's first name.

Stoner is actually one of us. His life proceeds very monotonously and he does not take any risks. He knows only one thing: to work hard. In fact, this is a defense mechanism he uses. He shows no will to solve problems; he only works by locking himself in his room. The only decision he made for himself was to change the department in his first year of university, which he could hardly tell his family. He takes action to solve neither his marital problems nor his business problems, which he almost got fired for. Even when he senses that the life of his beloved daughter will be ruined, he cannot do anything about it. In this respect, the work differs from traditional American storytelling, where the character suddenly becomes enlightened and becomes a hero. It can give the reader a new experience in terms of telling the American rural life from the early to mid-1900s. The person who most influenced Stoner's life is undoubtedly his wife Edith. We can never read Edith's feelings and thoughts, as the novel is told entirely from the perspective of Stoner. If the book is not read carefully, the reason why Stoner lived such an unhappy life can be understood to be Edith. Yes, Edith has a passive-aggressive personality pattern and tries to make Stoner's life difficult, but Stoner doesn't really try to understand her at all and does nothing to save their marriage. It is necessary to evaluate the female character as such a pathological personality and the fact that Stoner, the main character of the book, is always shown as the victim, together with the gender of the author and the spirit of the period.

Finally, despite the fact that the novel tells such a life-like drama and carries an air of melancholy from beginning to end, it is quite captivating. Stoner can be a great resource for readers who want to analyze personality.





## LET ME TELL YOU A STORY: THE UGLY DUCKLING

Asst. Prof. Elife ATEŞ  
The Department of Turkish Language and Literature



YEAR OF PUBLICATION: 1843

PAGE: 96

PUBLISHER: KELİME PUBLISHER

According to Jung, it is the triggering of various archetypes that initiates the process of individuation - a kind of maturation - in the person. Archetypes are patterns as unique as a snowflake embedded in our collective unconscious. Archetypes offer endless potentials to man. Good mother, bad mother, good wise, bad wise etc. The experiences of the individual in daily life are the main factors in triggering archetypes. As a result of these experiences of the individual, archetypes in the collective unconscious are triggered and appear in the personal unconscious in a unique way. Although archetypal potentials exist in every human being, they can also emerge with distorted shadow forms -as Jung puts it, complex - not in their original form due to bad experiences from childhood.

Archetypes will persist in the collective unconscious, even if the experiences on the outer platform do not conform to the archetypal expectation. If the person makes a conscious effort, sooner or later it is possible for the archetypal expectation to come true and for the individual to "individuate". Now let's see how this integration takes place through a representative story: Once upon a time, a swan's egg got mixed up with a nest of ducks' eggs. The caregiver of the swan is a duck, but the swan accepts her as his mother and lets her take care of him as usual. But because he is a swan and was born with this potential, he stands out among other ducks and gets the label of "ugly" because he is not like the others. The mother duck, who is in the position of caregiver, is also surprised at how ugly the swan, which she thinks is her baby, is. The swan, who can no longer bear to be found "ugly" and seen as incompatible by the environment he is in, leaves it and goes on a journey. This is actually a necessary journey for self-realization. He moves away from an environment that he thinks belongs to but does not belong to, and approaches the environment where he belongs. Meanwhile, its development continues. One day he encounters swans by a lake and marvels at their beauty, but finds himself too ugly and rude to befriend these graceful birds. But when he sees his reflection in the lake, he realizes that he is actually a swan, not a duck. After this awareness, he lives his life as a swan who has found himself and realized his potential. Now let's come to the analysis: The swan comes to the world with the potential of "swan", but because it fell into a duck habitat, it does not fit the normal pattern of that habitat. He experiences to be seen as "ugly" by the environment.

Therefore, in the swan, being a swan appears as an "ugliness" complex. The swan needs to leave his environment in order to complete the individuation process. This separation process is undoubtedly grueling. In this process, the swan first confronts his "ugly" shadow. This confrontation pushes him to leave the environment where he is labelled as "ugly". In the second stage, the swan confronts his "anima" which contains almost female beauties when he sees his reflection in the lake. Facing and integrating first with its shadow and then with its anima, the swan unleashed the potential of self within and has activated the Self power trapped in its shadow. These two confrontations are essential for the swan to live in harmony with his real social environment and himself. Let three apples fall from the sky, one on the writer, one on the reader, and one on the swans who think they are ugly ducklings.



# MOVIE REVIEW OF THE MONTH

## The Batman

Res. Asst. Mert KUŞLUVAN  
The Department of Psychology

YEAR: 2022

DURATION: 2 SAAT 56 DAKİKA

DIRECTOR: MATT REEVES

CASTING: ROBERT PATTINSON, ZOE  
KRAVITZ, PAUL DANO, COLIN  
FARRELL



The long-awaited new movie of the iconic character Batman, "The Batman", reached moviegoers on the big screen last March. Directed by Matt Reeves, the mystery-filled film has a strong cast. It is possible to see big names such as Paul Dano, Zoë Kravitz, Jeffrey Wright and Colin Farrell, with Robert Pattinson in the lead role. Bringing a new dimension to a character that is so familiar and has been depicted many times in the history of cinema is not for everyone. But Matt Reeves manages to do just that. Perhaps the most important feature that distinguishes this movie from previous Batman movies is that the detective aspect of the character is in the foreground much more.

The movie portrays a Bruce Wayne that we are not used to seeing before. Bruce has been wearing the bat suit for only two years, beating and terrorizing the city's criminals at night. In other words, we have a young and rebellious Batman early in his career. He acts almost purely on instinct and he is a bit obsessive. It is possible to say that the character, who has not yet developed the persona of the famous and wealthy businessman Bruce Wayne, continues his life as an extension of the terrible trauma he experienced in his childhood. This adds a psychological reality to the character. For this very reason, we see Batman all the time, while we almost never see Bruce Wayne in the movie. Bruce, who defines himself as "vengeance", sees Batman as a spiritual figure and believes that he saves the city from evil.

A psychopathic serial killer known as the Riddler murders the important politicians of Gotham City and leaves various clues to Batman after each murder. Gotham police regards Batman, who has been doing this job for only two years, as a vigilante and does not trust him. However, Lieutenant Jim Gordon, who has developed a kind of friendship with Batman, and Batman collaborate to solve the mystery behind the murders. Trying to prevent Riddler's next murder, Batman and Gordon are always one step behind the sadistic serial killer. Trying to solve the mystery behind the murders, the duo must face shocking truths about the deep corruption of the city's leaders. Bruce Wayne must face the role of his deceased family in this corruption. As the film progresses, Bruce Wayne experiences an inner awakening, gaining a better understanding of the Riddler and his supporters' motivation. Batman has to become something more than vengeance.

It is possible to say that the action, tension and drama are high throughout the movie. However, it also manages to keep the attention of the audience by keeping its mystery until it's last moments. The movie, which will make detective story lovers hold their breath the entire time, offers a different perspective on the character of Batman with its rich scenario, and deals with issues such as power, corruption, truth, lies, revenge and hope in a striking manner.





# This Month's Phrase

## “LOVE IS BLIND”



Asst. Prof. Mahasen BADRA  
The Department of English  
Language and Literature

'Love is blind' is a famous aphorism in the English Language, that goes back to the age of Chaucer. It was first found in Chaucer's Merchant's Tale, circa 1405:

"For loue is blynd alday and may nat see."

**Origin:** The blindness of love is commonly related to the mythological figure of Cupid, the Roman blindfolded god of love who carries a bow and has a quiver of arrows on his back. It was thought that people fall in love when they get shot by one of his arrows.

**Meaning:** The meaning of our phrase is manifold. The nearest meaning is that love is related to fate; it may befall you unexpectedly. It implies also that love is a chaotic madness that does not depend on reason. The romantic idea that lovers do not care for looks is traditionally raised when someone falls in love with a person who is not good looking. A more realistic meaning is related to the fact that when you love a person you do not see her/his follies.

**Context:** "Love is blind" was not so popular until Shakespeare took it up and used in many plays including A Midsummer Night's Dream, Two Gentlemen of Verona and The Merchant of Venice. In the latter, Jessica, Shylock's daughter who is about to elope with a Christian gentleman, Lorenzo, disguises as torch bearer to hide from her father. When she joins her lover, she says:

*Il am glad 'tis night, you do not look on me,  
For I am much ashamed of my exchange.  
But love is blind, and lovers cannot see  
The pretty follies that themselves commit,  
For if they could Cupid himself would blush  
To see me thus transformed to a boy.*



Self-conscious about her masculine appearance and that she does not look her best, she relieves herself by saying that her lover will not see her in the dark, and that he won't mind seeing her while she looks like a boy as love is blind.

According to The Phrase Finder website, "Modern-day research supports the view that the blindness of love is not just a figurative matter. A research study in 2004 by University College London found that feelings of love suppressed the activity of the areas of the brain that control critical thought."





# ACADEMIC PLAYLIST



**Att: Amor**  
Grecicy, Mike Bahin



**Te Creí**  
Grecicy, Cultura Proletaria



**MAMIII**  
Becky G, KAROL G



**Plan A**  
Paulo Londra



**Dime A La Cara**  
West Blanco



**Tranquila**  
FMK, María Becerra



**Tsunami**  
Angel Blen, Mr Black El Presidente



**Baila Conmigo (with Rauw Alejandro)**  
Selena Gomez, Rauw Alejandro



**Ella**  
Beza



**Tan Bonita**  
Fiso 21

**Res. Asst. Emre ERGEN**  
**The Department of Public Relations**

**WE ARE INCREASING THE  
EXCITEMENT OF MAY WITH LATIN  
TUNES!**

At some point, the sun came out, we took off our coats and jackets and walked around in just our t-shirts; but also at another point, it snowed, we wore our coats this spring. But now, the harbinger of summer, the month of May has appeared to us. As we approach summer to say "hello", there is no doubt that Latin melodies will increase our enthusiasm.

Our Latin Playlist on our IGU IISBF Spotify account has been updated with songs that will capture the excitement and enthusiasm of May.

Enjoy Listening!..



# CULTURE- ARTS- LITERATURE



Asst. Prof. Şerefür ATİK  
The Department of Turkish Language and  
Literature

## Qualified Reading and Writing with Intertextual Relationship Guidance

"The aim of this article is to draw a general framework on how a reading map can be determined in order to perform qualified readings in Creative Writing courses."

The main concern of the Creative Writing classes is to get the workshop participants to "start writing". Starting to write here means "writing a literary text". The prerequisite for good writing is good reading. Which texts should be read in order to perform quality readings so that we can learn about the readers and the sources they feed on?

Intertextuality, which is a characteristic of postmodern texts, can guide us here. Knowing intertextual relations means recognizing works within the same culture or between other cultures. This enables us to perform quality readings both nationally and internationally. Intertextual relationships have always existed in literature. One of the oldest types of intertextual relations that proves the exchange of information between different cultures is the translation of the Sumerian Epic of Gilgamesh into the Hittite language. There is a chapter in the Epic of Gilgamesh that commemorates Noah's Flood. The ninth circle of the ancient Greek epic Odyssey and Basat's Killing of Tepegöz from Dede Korkut Stories have very similar characteristics. It is important to know that Dede Korkut Stories, Köroğlu epic and Masnavi's are the main sources that feed the postmodern texts in our literature.

It is important to know how the story of Deli Dumrul, the son of Duha Koca, one of the Dede Korkut Stories, takes place in Latife Tekin's narrative called Dear Shameless Death. Dede Korkut Stories also open the door for Tarık Buğra, one of the most successful writers of Turkish literature. Because Tarık Buğra stated that he wrote some scenes in Osmancık novel based on Dede Korkut Stories.

Dostoevsky is one of the most beloved authors of world literature. In all the works of Dostoevsky, the black smile "Ha! Ha! Ha!" is also heard in Turkish literature through the narratives of Oğuz Atay. Franz Kafka's Metamorphosis has created a subtext for Bilge Karasu's narrative called Our Sea.

If the qualified readings for good writing are selected from the texts that have intertextual relations, this will be, in addition to giving information about how to use "literary material", very useful in terms of showing writer candidates the resources that feed the writer they are reading.





# EDUCATION RESEARCH



# PSYCHOLINGUISTIC AND FIELD OF STUDY



Asst. Prof. Pelin EKŞİ  
The Department of Turkish  
Language and Literature

In the 20th century, the view (structuralism) that the language phenomenon is the basis of all knowledge and knowledge-based productions of man has become widespread. Thus, studies on meaning gained importance and brought linguistics closer to different research fields. New branches of linguistics have emerged with the use of approaches and methods from other disciplines. Psycholinguistics is one of these new fields of study.

II. After World War II, C.E. Osgood, T.E. Sebeok, A. Miller, J. B. Psycholinguistics emerged with the work of linguists such as Carroll. It deals with phenomena such as the individual's language act and production, understanding, memory, and recognition, investigates the relationship between language and mind, and examines the cognitive processes that govern language use.

The questions addressed by psycholinguistics, which is an interdisciplinary discipline by nature, are as follows:

In what form is language represented in the brain?

- How is learned information used in speech production and speech perception processes?
- What is difficult or easy in language learning?
- Can the characteristics of a good language learner be defined?
- Which factors affect language learning?
- Does foreign language learning involve the same basic processes as initial acquisition?
- What is knowing a language?
- What is the relationship between language disorders and mental and cognitive disorders?

Psycholinguistics has been instrumental in the emergence of many linguistic theories within the framework of these questions. Especially in research on language teaching, the knowledge gained in this field is used.

A psycholinguist focuses on processes, not concepts. It uses a variety of techniques that can include qualitative and/or quantitative data while conducting research. Typical research methods in this field are: observation (language recording), experimentation (publishing language tests) and self-reports (participants report their experiences).

There are two major scientific societies working in this field in the world: The Max Planck Institute for Psycholinguistics in the Netherlands is the only one of its kind as a branch of the Max Planck Society that focuses solely on psycholinguistics. The International Society of Applied Psycholinguistics (ISAPL) is an international organization founded in 1982.





# Psychiatric Management of Obesity Surgery in Turkey



**Assoc. Prof. Güzin M. SEVİNÇER**  
**The Department of Psychology**

Bariatric surgery operations in Turkey have increased as well as in the rest of the world. Growing literature supports that psychiatric and psychosocial assessments of obesity surgery patients are crucial. Many of the weight loss surgery centers apply multidisciplinary approaches including psychiatric and psychological assessments. However, a worldwide accepted guideline to manage obesity surgery patients regarding psychiatric and psychosocial assessment, is not available. Instead, there are variety of expert consensus texts used by different centers which taken into account by health authorities. Unfortunately, neither expert consensus texts nor a guideline are available yet in Turkey. Patients, bariatric surgeons and even mental health professionals have underestimated the importance of psychiatric evaluation in bariatric surgery in Turkey. The main themes to be discussed in this context are the necessity of psychiatric evaluation, assessment methods, qualification and competency of the professionals and the quality of the assessments.

Patients should be screened routinely in terms of the presence of eating disorders, mood disorders, substance use disorders and other psychiatric disorders in both pre- and surgical period and where it is needed further psychiatric evaluation and treatment should be offered. Careful psychiatric and psychosocial assessment of the patients is important with regard to the improvement of the quality of life as well as preventing adverse effects on weight loss in the post-operative period. It is obvious that to discuss these issues in the relevant platforms and to develop a guideline, are needed in order to reach a common approach.





# WHY ARE ELECTIVE COURSES IMPORTANT?

# ENTREPRENEURSHIP AND INNOVATION



**Aylin Aydın**

**Department of Foreign Languages**

One of the purposes of universities is to carry out scientific research and produce information on the needs in life. Apart from scientific goals, it aims to have students specialized in the fields they study and train well-educated individuals. University education provides individuals with the opportunity of developing their social skills and specializing in a specific field by improving their critical thinking, communication skills, and creative and innovative thinking capacities. Additionally, individuals studying at the university are educated with certain knowledge and skills, acquire theoretical knowledge, make applications related to the fields they study, and the purpose of all these educations is to prepare individuals for real life. In other words, university students are trained meticulously enough to become experts in the fields that have a definite value in life.

University students, who are prepared for real life and who will implement the theoretical knowledge and practices they have learned when they graduate, should also be prepared for the needs that arise due to the ever-changing reality in life. It is important to realize the natural changes in life itself and it is also of great importance to adapt education at the university to these changes. Individuals who cannot keep up with the changing world may not be able to find a field where they can use their skills in business life and can possibly be excluded from business life despite their competencies in the fields they graduated from. All educational institutions holding the aim to catch up with the era must first analyse the characteristics of the changing world well, and then prepare their students for real life. From this point of view, one of the important opportunities provided by universities to prepare individuals for real life is elective courses. With elective courses, students have the opportunity to meet other important fields. While university students who specialize in a specific field are educated with theoretical knowledge and make certain practices, they also have the opportunity to benefit from other fields through elective courses that point to the needs of the age.

Elective courses coordinated by the Educational Support Coordinatorship are categorized as Innovative Courses and Speciality Courses and uploaded to a common pool for students of departments in all faculties. The elective courses in question cover the courses that will meet the interests and needs of the students in different fields in order to prepare the individuals who will grow up in the 21st century for real life. Innovative and Speciality Courses will contribute to our students to have the knowledge and skills required by the era in our era of rapid digital transformation. With these courses, it is aimed to contribute to the emotional and cognitive development of students, to raise sensitive individuals with awareness, to raise individuals who can think critically, solve complex problems, and make logical decisions, regardless of which field they specialize in.



## INNOVATIVE COURSES

- Future Technologies
- Multidisciplinary Project
- Communication Art: Communication As a Life Skill
- Food Workshop
- Introduction to Data Analysis and Reporting
- Understanding Human Needs: Production, Distribution and Consumption in Digital Era
- Creative Writing: How to Write Effectively

## BEHAVIOUR

- Brain and Behaviour: How the Brain Makes Decisions
- The Relationship of Artificial Intelligence with Behaviour
- Political Behaviour and Social Identity in Digital Age
- Abnormal Behaviour: How to Identify Problematic Behaviour

## INNOVATION

- The Art of Network Communication in Management
- Economic Success and Sustainable Innovation
- Innovation and Technology: How to Think Innovative
- From Innovation to Entrepreneurship: Why It is The Skill of The Future



## SPECIALITY COURSES

- Design
- Place, Time and Design
- From Ideas to Product: Innovative Design

## METACOGNITIVE

- Learning and Memory: What It Is and What It Is Not
- Decision Making As A Lifeskill
- Complex Problem Solving Skill Methods
- Adaptability Skill: How to Improve Cognitive Flexibility

## MULTICULTURALISM

- Cultural Psychology: Culture's Influence on Behaviour
- Understanding Cultural Differences: Communicating Across Cultures
- Ways to Manage Stress and Avoid Conflict

## ENGLISH

- Learning English Through Movies
- Academic Writing Workshop
- Learning English Through Drama
- English for Career Development







**Sebile AKIN**  
**4th Year Student from The**  
**Department of Psychology**

# TPÖÇG AND EXPERIENTIAL LEARNING

Turkish Psychology Students Working Group (TPÖÇG) was born when a group of Psychology students asked “How can we organize events and organizations that will bring psychology students in Turkey together, contribute to their development and strengthen their communication?”. TPÖÇG was born as the answer to this question. TPÖÇG not only opens up a development and learning space for students but also brings students together with their future colleagues. In this way, each TPÖÇG member has a well-established business network, and provides them with many organizational and social skills. But how does it work?

There are 7 coordinators in total within the TPÖÇG. One of them is Foreign Affairs. TPÖÇG Training Office, which is under the TPÖÇG Foreign Affairs Coordinatorship, has been training its own Non-Formal Education Trainers for 6 years and has been organizing pieces of training for the development of social skills both with TPÖÇG and other organizations. So, what is Non-Formal Education, and what does it provide to individuals?

Non-Formal Education is based on David Kolb's (1984) Experimental Learning Model. It is carried out with other general learning methods. All the participants are volunteers, and they have an active role in the learning process. The training is in a group environment interactive and in a participatory way with experimental methods. Experimental Learning is a general name for active learning sessions. Non-formal education is the general name of active training sessions. Active education is the whole of the methods aimed at increasing the performance of the individual. It is structured and planned as the formal training, but it is also flexible and restructured. In this environment, we give the participants a chance to see their mistakes and that trial and error is a valid way of learning.

In Non-Formal Education we offer all the participants the opportunity to develop their values, skills and enteletz. These skills which are known as social skills contain properties such as interpersonal communication, team communication, organizational enteletz, intercultural differences, leadership, planning, arrangement skills, team work, confidence, discipline and responsibilities. The most important properties of Non-Formal Education are: it is interactive, based on non-formal education, focused on developing skills and getting ready for life, aimed and planned, and it is also so flexible, volunteered, reachable for everyone, takes the participants and learners into the center, based on both personal and group learning with its collective approach, it is holistic and process-based and also oriented to the needs of participants.

In the framework of all these, TPÖÇG Training Office has graduated 72 Non-Formal Education Trainers in total since 2016. If you want to learn more about Non-Formal Education or request training for people in your institution you can contact us at [egitimofisi@tpocg.net](mailto:egitimofisi@tpocg.net)







# POLITICAL-AGENDA

Asst. Prof. Fatma Gül GEDİKKAYA  
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## THE DEATH OF STALIN



Movies can be a simple means of passing time or a gateway to the world and history. It makes you laugh, or sad, and gives information about different times and places. Adapted for the screen from the comics of Fabien Nury and Thierry Robin and directed by Armando Iannucci, the movie "The Death of Stalin" is a movie that makes you laugh and sad about the world and history. The film, which deals with the death and funeral of Joseph Stalin, Secretary General of the Union of Soviet Socialist Republics, and with the contact and conflict of figures close to Stalin, also provides important information in terms of the "feeling" of political science.

In the movie, one of the great authoritarian leaders of the 20th century, Stalin, and the fear of the era under his authoritarianism, is depicted with a very interesting event: One evening on Moscow Radio, pianist Maria Yudina and the orchestra perform a Mozart piece. Listening to this, Stalin telephones and requests that a copy of the recording be sent to him. But Moscow Radio was not recording this time. Panic begins among the radio executives. There is only one solution: to re-stage and record the concert. The orchestra is put in its place, and the audience is forced to listen to the orchestra again and applaud when required, while a conductor who lives in the nearest place is brought by the police force to replace the actual conductor who died of fear. Finally, the recorded work is sent to Stalin. Examples of authoritarianism, such as the military raiding houses, and extrajudicial executions are known, but small examples of authoritarianism are more valuable to understand the political spirit of the time. This kind of symbolism is found in many films that can be associated with politics.

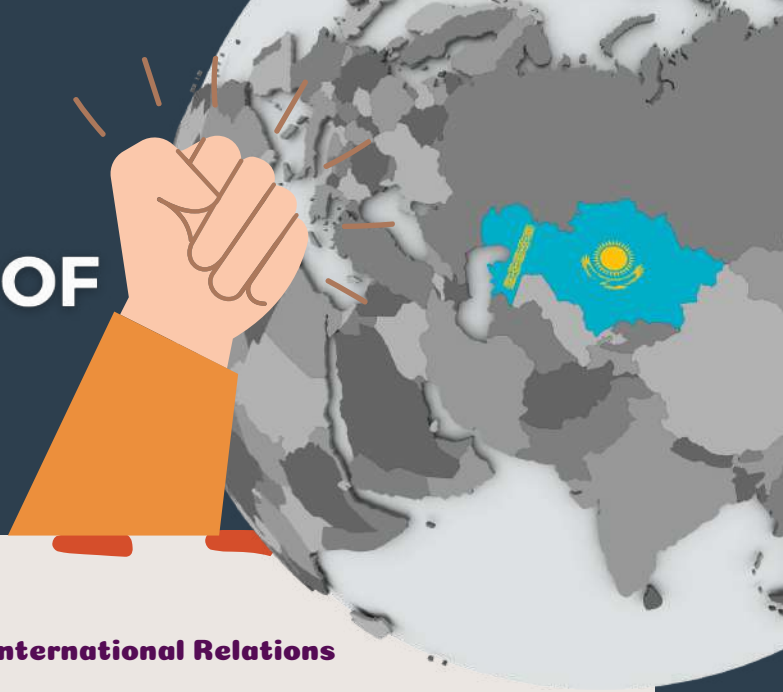
In certain parts of the movie, the similarity between a minister's defense of Stalin, who ordered the murder of Stalin, and the fact that the oppressed people flocked to Moscow with sadness because of Stalin's death, is significant in terms of the similarity of individual and social orientations. The conflict between Beria and Khrushchev in the movie provides important information about Soviet politics.







# A BRIEF ANALYSIS OF CIVIL UPRISING IN KAZAKHSTAN



**Asst. Prof İlknur KARANFİL**

**The Department of Political Science and International Relations**

After the LPG prices were doubled, people began to take to the streets, especially in the West and Almaty, on January 1 in Kazakhstan. This process turned into a popular uprising with intense protests and workers' strikes. The uprising, which initially started due to low purchasing power, wages and economic problems, actually included the reaction against the authoritarian rule in the country. In the country led by Nursultan Nazarbayev, the division of oil-based wealth by the domestic and foreign capital classes, which continued in parallel with the corruption of the politicians, was the main reason for the discomfort of the people. The suppression of the opposition and labor movements that developed in response to this by the authoritarian administration was the main problem that paved the way for the popular uprising.

The public's awareness of the bribes received by the Nazarbayev family from foreign capital to invest in the oil fields in the country had shaken the public's trust in the regime long ago. Then, the first major tension in the country led to a conflict in the Zhanaozen region in 2011, with the declaration of independent unions arising from the self-organization of the workers and the strikes they organized to defend the interests of the workers, which the official union did not defend in the country. The unfair punishment of the trade unionists and workers who were put on trial after that, and the closure of the opposition party called Alga because it supported the striking workers, showed the public that the democracy in the country was for show. The uprising that emerged ten years later was actually fed by the inability to resolve the conflict that arose between the oil-based capital and the employees of the sector.

The fact that the popular uprising started in Zhanaozen, where this conflict took place, also confirms this. Nazarbayev, who kept the opposition movements under political pressure, applied for elections in 2019 to stop the public protests. As president, he had nominated Kasım Cömert Tokayev, whom he supported and would follow. However, he did not leave his effective place in the regime as the head of the Security Council, one of the most important institutions in the country. With Tokayev's election as president from the same party, the fact that no change has taken place in the past two years has overturned the glass. The uprising of sections of the population hoping for political change, due to the inability to find a solution to economic inequalities, was actually an expression of the backlash against the regime for a long time. Undoubtedly, Tokayev's lowering of oil prices after the uprising and the release of those who could not be proven to be involved in violence were also an indication that the government could not remain unresponsive to this uprising. In the coming days, it will become clear to what extent the Tokayev administration will be able to fulfill the demands of the uprising.



# RUSSIA'S INVASION OF UKRAINE AND THE END OF EAST-WEST TENSION IN UKRAINE



After the collapse of the Union of Soviet Socialist Republics (USSR) in 1991, Ukraine entered the process of building a new nation-state. Like other former USSR countries, Ukraine has faced many difficulties in this process as it hosts a wide variety of ethnic groups. Especially when we look at Ukraine, there was a serious east-west tension in the country. In the western part, the Ukrainian Catholic Church and the Ukrainian language are dominant, and a pro-European-US policy is adopted, while the Russian and Orthodox Church dominates in the Eastern part, and the people in the region have a relatively close attitude to Russia. Thus, since 1991 in Ukraine, the identity problem between east and west has formed the main conflict axis in political life and this situation has been clearly reflected in the presidential elections.

On the other hand, after the Euromaidan event in 2014, serious changes began to be seen in this identity problem, especially after 2019. Due to the efforts of the Ukrainian government, the Ukrainian language began to spread throughout the region. In addition, in 2019, the Ukrainian Orthodox Church was separated from the dominance of the Moscow Patriarchate and directly connected to the Fener Patriarchate. Under this situation, almost all churches in Ukraine, excluding Crimea and Donbas, started to organize rituals in the Ukrainian language, which paved the way for the reduction of east-west tensions in language and culture.

Moreover, the coming to power of Volodymyr Zelensky and the occupation of Ukraine by Russia, which has been going on since February of this year, has changed the direction of the Ukrainian national identity dynamic to a great extent. Zelensky was a relatively marginal leader who could be described as "Jewish, Russian, and Ukrainian" in terms of identity. In this context he succeeded to transform "ethnic nationalism" that excludes Ukrainian nationalism, to "citizen nationalism" based on common values, language, geography and history. This identity politics in Zelensky's period was clearly reflected in his speeches during the election and his speeches at official ceremonies. At the same time, Russia's occupation of Ukraine caused serious damage to Ukraine, on the other hand, it united all Ukrainian people around "resistance against Russia and national liberation". While previously the slogan "Slava Ukraine (Long Live Ukraine) - Heroyam Slava (Long Live Heroes)" was met in the eastern part relatively negatively, today it is actively used everywhere. Thus, it is possible to say that today Ukrainian nationalism is moving more towards "citizen nationalism" and is moving towards reducing the east-west tensions.

As a result, especially after 2019, Ukrainian nationalism started to transform from exclusionary "ethnic nationalism" based on common blood ties, culture and faith, as well as geography, to a more inclusive "citizen nationalism" based on anti-Russian, freedom, democracy, Ukrainian language and common Ukrainian geography. Russia's invasion of Ukraine further accelerated this transformation and strengthened the unity among all Ukrainian people. In the light of these developments, it is predicted that the east-west tension will now go towards a resolution.

**Asst. Prof. Keisuke WAKIZAKA**  
**The Department of Political**  
**Science and International**  
**Relations**





# Health-Psychology



## SOME QUESTIONS AND ANSWERS ABOUT SEXUALITY IN THE MIND OF PARENTS



**Prof. Dr. Ayten ERDOĞAN**

**The Department of Psychology**

- **What should I do if my child masturbates?**

Masturbation is normal, and most children touch their genitals. You shouldn't make your child feel guilty for taking care of their own body. However, by the age of four, you can explain to your child that this is a private behaviour and should not be done in the presence of others.

- **I saw my child playing doctor with his friends. What should I do?**

All children play games like doctors because they are naturally curious. This is a good opportunity to start a conversation by telling your child, "I know you're curious about each other's bodies, let's talk about what you're curious about." You can also use this as an opportunity to teach self-protection against possible harassment by saying "your body is yours, you can say 'NO' to people you don't want to touch". You should also pay attention to security-related issues. Children can be injured by inserting pens, sticks or other objects into their genitals. On the other hand, while it is normal for children of the same age to play such games together, it can be worrying if one or more children are older than the others.

- **My 4-year-old son is wearing girls' clothes and playing house. Would that cause him to be homosexual?**

No. Such games are a way for children to learn about the adult world. Preschoolers actively try out many different roles.

- **My child often uses obscene words. What should I do?**

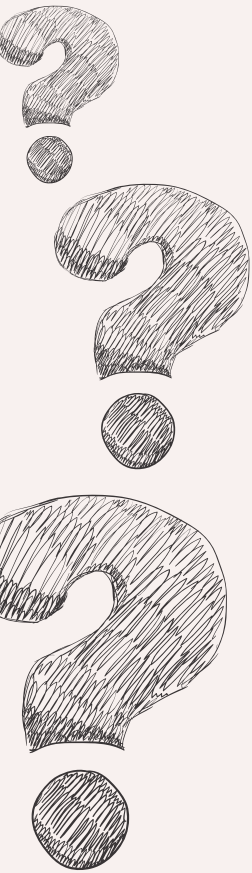
You can check whether your child knows the meaning of the word he is using. Children often use such words without knowing their meaning. If you explain the meaning of the word, he may not want to use it again. You should teach your child more appropriate words to use when angry or upset. Most parents don't want their children to use obscene words. Therefore, you should talk to your child about the meaning of these words and explain that others may feel uncomfortable using these words.

- **What should we do about sexuality on TV?**

The way sexual topics and sexual behaviour are presented on television makes most parents uncomfortable. Almost all programs have sexual messages on many topics, such as gender roles, body image, how to express emotions, the meaning of marriage and family, and how people communicate about sexuality. You can use television to strengthen your communication with your child. You can watch television with your child and choose programs that will start a conversation on various topics. You should take these opportunities to talk to your child about sexuality and family values. Also, restrict your child from watching programs that you think are inappropriate.

- **How should I answer the question of where do babies come from?**

For younger children, settle for simple answers such as "babies grow in a special place in the mother's body called the womb, and then they are born". From the age of 5, children become more interested in where babies come from and may need a more detailed explanation.





# RESILIENCE: A SHIELD FOR MENTAL HEALTH

**Asst. Prof. Alişan Burak YAŞAR**  
**The Department of Psychology**



Nowadays, trauma is often seen as a root for mental, psychological and physical disorders. Trauma has various aspects that affect our mental health ranging from natural disasters to global epidemic issues, economic crises to the early damages caused by ignorance. After traumatic experiences, every 1 person in 13 develops post-traumatic stress disorder.

On the other hand, some people have a high level of psychological resilience and can easily adapt to adverse situations without losing their mental health. These highly resilient people have a high level of self-efficacy, a positive perspective on life, patience, and a certain level of humor as personal characteristics. In addition to the individual traits, external factors such as supportive social relationships, secure attachment with parents, and familial well-being increase resilience.

According to the studies on the association between resilience and mental health, individuals, who have a child abuse history, have more tendency to develop depression. However, resilient people show less symptomology. In other words, resilience serves as a protective shield against pathology. In the context of covid – 19 studies, resilient people experience more post-traumatic growth, stress relief, and fewer negative emotions.

So, how should a psychological intervention method be if it aims to promote resilience? A study on children in high-risk groups claims that the intervention method should focus on personal characteristics, familial relations, environmental conditions, and self-concept. In the context of personal characteristics, it should promote problem-solving capacity, positive Outlook, openness to novel experiences, and a belief that one can maintain a meaningful life. Familial relations focus on the caregiver's skill in child-rearing and also on other family members' supportive approach. On the other hand, environmental factors are the school, teachers, friends, and people surrounding the child's developmental life stages. Finally, we can positively affect a child's self-concept by modifying his self-esteem, self – confidence and self-efficacy.

To sum up, resilience is a remarkable aspect of mental health. We can develop intervention methods to promote resilience in different age groups in our society. Hence, we do not only deal with mental problems but also increase life satisfaction, life quality and mental health.



# POST-COVID STRESS DISORDER

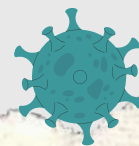


**Asst. Prof. Arzu SOMAY**  
**The Department of Psychology**

The spread of the new coronavirus (SARS-CoV-2), which caused the Covid-19 global epidemic, to many countries through droplets and contact after being detected in Wuhan, China, changed the social lives of people all over the world. Following this, new isolation measures and quarantine days began. Isolation has affected mental health, leading to the loss of genuine human connections and increased feelings of stress and anxiety due to uncertainty. This public health event has caused delays in the opening of schools and universities and the transition to online teaching methods (1).

Immediately after the emergence of the global epidemic, mental disorders began to show a critical increase worldwide. Covid-19 has brought with it an increase in death rates globally and numerous psychological and economic effects. The massive fear of Covid-19, dubbed “coronaphobia,” along with the mandatory quarantine, has increased anxiety, hoarding behaviors, and PTSD among the general population. Mental health disorders began to spread. Difficulties arose in isolating from friends and family, consuming the internet and social media, seeking safety, having doubts about the disease, and managing life during quarantine days (3). The closures in education, finance, entertainment, and services further negatively impacted people's mental health, as mental health encompasses a multitude of factors, including physical health, self-image, relationships, and social connections. Covid+ patients were crushed by the psychology of being stigmatized (2). Anxious, cyclothymic, and depressive behavior patterns proliferated. While anxious behaviors increased protective attitudes, cyclothymic and depressive tendencies caused an increase in the desire for social connection (4). Insufficient supplies, fears of infection, and insufficient information led to exaggerated feelings of anxiety. Those most at risk were healthcare professionals who were quarantined with complaints of increased fatigue, anxiety, poor concentration, and indecisiveness. At the onset of the global alarm, those with chronic illnesses and youth showed more psychological symptoms. In some countries, these symptoms were detected before the “Stay At Home” announcement (5,6).

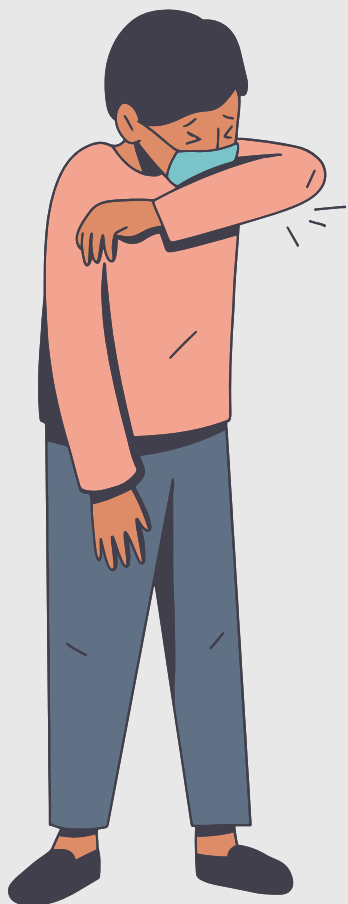
The epidemic has had significant psychological effects on the human species. This epidemic, which has caused serious distress, discontent and uncertainty for many, has completely disrupted the flow of everyday life. Throughout history, natural disasters such as epidemics, earthquakes, tsunamis, etc. are traumatic events with social dimensions. The main public health problem that arises after such situations is "Post Traumatic Stress Disorder" for short PTSD. In the Mental Health Research conducted by the World Health Organization before the global epidemic, the lifetime prevalence of PTSD was estimated to be 3.9%, the general prevalence of PTSD after natural disasters was 12%, and the incidence due to a medical illness was 6.5%. A study conducted with young people who were quarantined at home 1 month after the Covid-19 outbreak showed that PTSD was 12.8%. According to the studies conducted at the national level, Post Traumatic Stress Disorder was found around 28% in India and 15.8% in Spain in general. Similar prevalences of CSSB have been found in many other epidemic-period studies, and these results have highlighted CSSB as a global public health emergency. Since the intensity and depth of the trauma are especially related to Covid, this disorder has been defined as “Post-Covid Stress Disorder” (7,8,9).



## The main causes of Covid RSD are listed as follows (9):

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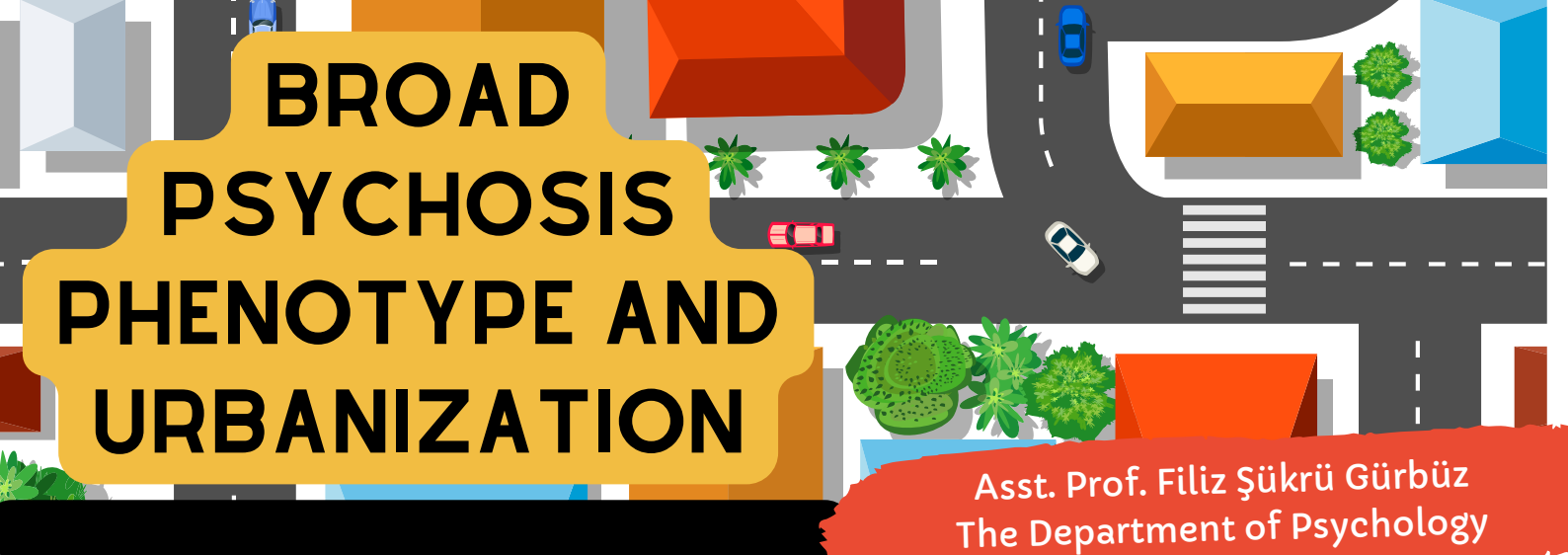
1. Shock due to quarantine/isolation.
2. Mental trauma due to severe illness and hospitalization.
3. Fear of diseases such as infection and new crimes.
4. Visualizing the death of relatives and loved ones.
5. Financial burden from job/income loss.
6. Stress and shock from constantly watching daily news updates.
7. Domestic violence/sexual abuse due to fear of being caught in unknown places and staying at home.
8. Imaginary fear of adverse reactions from new vaccines.
9. Stamp of social isolation from society.
10. Morbid fear of the future.



People with CSSB have experienced sober conditions such as suicide, extreme depression, and bipolar mood disorders when they were unaware and untreated for their disorder. While some were aware of their situation, they did not seek help from a specialist because they were afraid of being labeled as mentally ill by society for life. However, as of today, raising awareness about CSSB at local, national or global levels in all societies should be seen as a vital phenomenon. Through strategically planned community-based health education programs and mass media campaigns, people with CSSB should be provided to share their condition with health professionals and receive appropriate and timely treatment. Psychological health services should be included in the strategic framework of the Covid-19 health care response. Otherwise, as a global health problem, the probability of experiencing greater losses will be high (10, 11, 12, 13).

Please click to access references.





# BROAD PSYCHOSIS PHENOTYPE AND URBANIZATION

Asst. Prof. Filiz Şükrü Gürbüz  
The Department of Psychology

Milder forms of symptoms such as delusions and hallucinations seen in psychotic disorders can also be observed in the general population and are called sub-threshold psychotic experiences. While the prevalence of schizophrenia varies between 4 and 14 per thousand, the prevalence of sub-threshold psychotic experiences varies between 3.5 and 17 percent. These sub-threshold experiences, which increase especially during adolescence, function as a predictive factor for the later development of the psychotic disorder. The spectrum of sub-threshold psychotic experiences, psychotic symptoms, and psychotic disorders is defined as the broad psychosis phenotype. Many studies have been conducted on this wide phenotype in the last decade. The etiology of schizophrenia and similar disorders, which constitute the disease end of the broad psychosis phenotype, is still not fully elucidated, but it is thought that these disorders arise as a result of gene-environment interaction.

Although genetic predisposition is accepted as the most prominent risk factor in the disease, environmental factors play a crucial role in the transformation of this predisposition to the disease. As a result of the studies, it has been seen that environmental factors such as the severity of these experiences substance use and comorbidity of affective disorder, being in an ethnic minority group, being exposed to discrimination or growing up in an urban settlement play a role in the permanence of psychosis-like experiences, which are indicated by schizotypal features in the general population.

Among the environmental factors known to play a role in the emergence of the broad psychosis phenotype, migration and the urban environment, especially in childhood, have separate place. Because no relationship was found between both environmental risk factors and other psychiatric diseases. Migration and urbanization are among the environmental risk factors specific to psychotic symptoms and disorders. The broad psychosis phenotype is approximately 2-3 times higher in urban areas than in rural areas. In addition, the distribution of the broad psychosis phenotype within cities also differs according to the social structure of the settlements. In particular, researchers argue that urbanization negatively affects mental health by increasing exposure to neurodevelopmental risk factors, magnifying the power of genetic transmission, leading to socioeconomic class discrimination, causing social fragmentation and disorder, disrupting the structure of social networks and disrupting social support systems.

# Alcohol Use and Recognition of Alcohol Use Disorder

**Asst. Prof. Hanife Yılmaz Çengel**  
**The Department of Psychology**



Alcohol use is common all over the world, especially in developed countries. Problems related to alcohol use do not only affect the person and the general health of the person but also negatively affect family, friends, work-life, and society (1). Not everyone with alcohol use is diagnosed with AUD (Alcohol Use Disorder). People who use alcohol appear in a spectrum ranging from social drinking to low, medium, high, and very high-risk use and alcohol use disorder. Before defining risky alcohol use, the concept of "standard drink" should be mentioned. The standard drink is a drink that contains an average of 10 grams (8-13 grams) of alcohol. The volume of alcohol ratios corresponding to the standard drink according to the most commonly used alcohol types are given below (Picture 1).



Risky alcohol use is associated with the amount of alcohol used and frequency of use. When it comes to risky alcohol use, men who drink more than four standard drinks a day or 14 standard drinks a week, and women who drink more than three standard drinks per day or seven standard drinks per week and people over 65 years of age come to mind (2). Heavy drinking (5 or more standard drinks for men, four or more standard drinks for women) at one time (binge drinking) is also considered risky alcohol use. When we look at the frequency of alcohol use, alcohol consumption more than 5 days a week is one of the risky use criteria (3). WHO has determined the use of 7 mg/day of ethanol as the upper limit. Although the upper age limit for alcohol use varies from country to country, it is recommended that those younger than 16-18 should not drink alcohol at all and that young adults and the elderly should keep their use within this limit. It is also recommended for pregnant women to completely stop alcohol intake during this period (4). Risky alcohol use has been associated with the risk of mortality and morbidity, and risky behaviors such as alcohol use, injuries, unprotected sexual intercourse, and increases in physical and mental illnesses as the spectrum progress toward AUD. It has been reported that AUD develops within 6-8 years from the onset of risky alcohol use (5).

In the DSM-5, the titles "Alcohol Abuse" and "Alcohol Addiction" were removed from being two separate diagnostic categories, and they were combined under the title of "Alcohol Use Disorder (AUD)" and treated as a single disorder. According to the number of criteria met, an intensity scale was introduced as mild (2-3 criteria), moderate (4-5 criteria), and severe (6 criteria and above). APD is a chronic brain disease that goes with relapses in which a person loses control over their drinking behavior and uses alcohol compulsively, that is, repetitively, and withdrawal symptoms develop when a person does not use it and experiences intense desires, called cravings. It is vital to recognize AUD as a disease because people with APD are unfortunately ostracized by their families and society and even stigmatized by healthcare professionals (6). As a result of this stigma, it was determined that most of the patients were not diagnosed and were left untreated and concluded that healthcare professionals were reluctant to intervene in these patients (7). In this respect, it is crucial to identify alcohol-related problems correctly to prevent and treat them by developing appropriate interventions. Reducing the alcohol use will prevent many physical and mental illnesses as well as decrease family problems and economic burdens.

Please click to access references.



# 2ND APRIL AUTISM AWARENESS DAY AND AUTISM

## SOCIO- AGENDA



**Assoc. Prof. Canan TANIDIR**  
**The Department of Psychology**

Autism spectrum disorders are neurodevelopmental disorders characterized by social deficits, language problems and repetitive behaviors and restrictive interest areas. Some symptoms are apparent from the early months like problems in eye contact and social smile and not being interested in being picked up. In recent years the prevalence of autism has increased. The main reason is that now it is diagnosed more easily. In addition, the older maternal and paternal age is contributing to this increase. According to the study results conducted in 2018 by Centre for Disease Control and Prevention (CDC) in America that screened 8 year-old children for autism the prevalence rate of autism is as high as one in 44 children. The common symptoms are lack of interest in peers and friendships, not looking when their name is called, not carrying out commands from parents, lack of sharing their interests with loved ones, lack of imitative play, delay in language development, problems maintaining a conversation or play, stereotypical actions like hand flapping, swinging, spinning, lining up toys, strongly attached to routines and sensory problems.

The diagnosis can be made by an experienced clinician at the age of two. But mostly some symptoms exist before the age of two. Some of these babies are so quiet, not crying to be picked up and easy babies, on contrary some of them are crying a lot, and are irritable and are hard to sooth. The main treatment method is individualized educational programmes specific for the child. In addition parents' involving this treatment by the parent training programmes and maintaining a lovely, affectionate relationship by the help of play is very important.

For the prognosis of this disorder, early diagnosis and early treatment is very important. Also the intellectual capacity of the child, the level of language development, existence of comorbid disorders, the quality of the individual educational program and parents' involvement are the other important factors for the prognosis.

[Click here to access references.](#)





# PREVALENCE OF TRAUMATIC EVENTS



**Asst. Prof. Erkal ERZİNCAN**  
**The Department of Psychology**

As Albert Einstein once said, "The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing." The current state of war has not only affected Russia and Ukraine, but it has also awakened people from all over the world from their 'Metaverse' dream and reminded us that the real world is a place full of dangers. Russia's threat to escalate by using nuclear weapons and scenarios that a third world war might start have worried people all over the world. In addition, images related to the war spread very quickly and uncontrollably through social media. This process has led to the re-acquaintance of many people with mental trauma throughout the world, especially in Ukraine.

Post Traumatic Stress Disorder (PTSD) is a frequently chronic disease with significant impairment in functioning. The development of the disorder can occur from time to time, even years after the traumatic event. Disease symptoms may fluctuate over time and may increase with stress.



DSM 5 defines a traumatic event as follows: 'Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:

1. Directly experiencing the traumatic event(s).
2. Witnessing, in person, the event(s) as it occurred to others.
3. Learning that the traumatic event(s) occurred to a close family member or close friend. In cases of actual or threatened death of a family member or friend, the event(s) must have been violent or accidental.
4. Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g., first responders collecting human remains; police officers repeatedly exposed to details of child abuse).'

In this context, the traumatic event can be defined as an event that threatens the physical and mental integrity of the person and causes feelings such as intense fear, helplessness, horror, and shame, beyond being a stressful life event such as being fired.

Most people will experience at least one traumatic event at some point in their lives. In the study conducted with a total of 68894 adult participants in 24 countries, more than 70% of the participants had at least one traumatic event. It was also reported that 30.5% were exposed to four or more traumatic events. The average number of traumas reported in this study was 3.2, and the average number of traumatic events among the participants exposed to the traumatic event at least once was 4.6. In addition, one of the most important known risk factors for exposure to a traumatic event is previous exposure to traumatic events.

It is important to note that not everyone who experiences trauma develops post-traumatic stress disorder. The lifetime prevalence of post-traumatic stress disorder has been reported to be between 7.7% and 9.2%. Contrary to popular belief, the most common mental disorder that occurs after a traumatic event is major depressive disorder, not post-traumatic stress disorder. Again, contrary to popular belief, the most common situation in the face of a traumatic event is psychological resilience, not disease.

We cannot prevent the development of traumatic events. However, we can try to prevent the development of PTSD with preventive mental health interventions.



# BEING CAUGHT IN SOCIAL NETWORKS: “ARE THEY HAVING FUN WITHOUT ME?”

**Prof. Dr. Ekrem Cüneyt EVREN**  
**The Department of Psychology**

In today's world, individuals can spend most of their time sharing information on social networks, following the popular topics, updating their own "status" and interacting with those of their friends. This continuous updating and following behavior fed by social networks has led to the emergence of a new concept called the fear of missing out (FoMO) (Evren 2021).

FoMO is defined as "a pervasive concern that others have a rewarding experience that they cannot have" and "a desire to stay in constant connection with what others are doing" (Przybylski et al. 2013). On the other hand, FoMO is also defined as an individual's anxiety about missing out on rewarding experiences on social networks (Przybylski et al. 2013). FoMO is a type of social anxiety arising from the concern that others may have more fulfilling lives than themselves (Can and Satici 2019).

FoMO has been associated with variables such as social media addiction, stress level while using social networking sites, cell phone use while driving/learning, social media fatigue, decreased self-esteem, poor sleep, non-adherence to university education, smartphone addiction, neuroticism, depression and anxiety (Can & Satici 2019, Evren 2021, Przybylski et al. 2013).



The inability of users to update their own accounts with new content and interact with what their friends are doing in social networks disturbs individuals with FoMO severely (Przybylski et al. 2013). Individuals with FoMO report that they always feel lonely in their lives other than the time they spend on social networks, and they try to complete the love and compassion that they lack in their relationships in normal life by sharing and spreading information. For these reasons, participation in social networks can be particularly attractive for those with FoMO (Evren 2021). FoMO is considered as the driving force behind the increase in the use of social networks (Przybylski et al. 2013). FoMO levels are higher in young people, especially young men. FoMO reduces overall life satisfaction and individuals with FoMO deepen their loneliness by preferring the excessive use of these social networks, which caused them to be more isolated individuals from the society in the first place, to face-to-face communication.

[Click here to access references.](#)





# Time to Socialize

**Res. Asst. Gözde ÇAĞLAR**  
**The Department of Logistics Management**

In the bulletin we prepared this month, we discussed the National Palace of Sintra in Google Arts & Culture. Click to access others.

## NATIONAL PALACE OF SINTRA



As the sole surviving mediaeval royal palace in Portugal, and the residence of the Portuguese royal family until 1910, the National Palace of Sintra can trace its origin back to the beginning of the Muslim period in the Iberian Peninsula.

It stands as a living testimony to some of the most successful moments in Portuguese history when the country opened up to new worlds, and its architecture and heritage became marked by the harmonious combination of Gothic, Mudejar and Renaissance elements.

The palace's outward profile has become famous for its two monumental cone-shaped chimneys, while its interior walls are lined with Europe's largest set of Mudejar tiles still in place today. It also contains one of the country's most important heraldic rooms and has some significant collections of decorative arts.

The National Palace of Sintra is now managed by the public company Parques de Sintra - Monte da Lua, S.A. (PSML), established in 2000 following the recognition by UNESCO, in 1995, of the Cultural Landscape of Sintra as a World Heritage Site.

PSML manages the State properties in the area (the Parks, Gardens and Palaces of Pena and Monserrate, the Chalet of the Countess of Edla, the National Palace of Sintra, the Moorish Castle, the Capuchos Convent) and the National Palace of Queluz, half way between Lisbon and Sintra.

[Click here to visit virtually.](#)



# EVENTS IN ISTANBUL

As the SosyoCom family, we have chosen the Aşiyân Museum as a place for you in this month's issue.

The house where the poet Tevfik Fikret lived between 1906-1915 serves as the Aşiyân Museum. It was purchased by the Istanbul Municipality from his wife Mrs. Nazime in 1940 and opened as the Edebiyat-ı Cedide Museum in 1945. His body, which was previously in the Eyüp cemetery, was transferred to this garden, which he liked very much with its natural appearance, in 1961, and after this date, the museum was named "Aşiyân Museum".



Tevfik Fikret designed the house himself and named it "aşiyân", which means "home" in Persian.

The ground floor of the Aşiyân Museum, which has 3 wooden floors and a garden, is used for administrative purposes today. On the first floor, the Edebiyat-ı Cedide Room is where the photographs, books and personal belongings of the Edebiyat-ı Cedide makers are exhibited. There is also the Abdülhak Hamit Hall where there are personal belongings, paintings, photographs, a desk and armchairs belonging to Abdülhak Hamit, books and photographs belonging to one of our female poets, Mrs. Nigar, are being displayed. There is the poet Mrs. Nigar Room where paintings, personal archives and belongings are exhibited. On the second floor reserved for Tevfik Fikret, there is the poet's bedroom and study room. In the room that the poet used as a bedroom in his years, objects such as his personal belongings, the bed where he died and a imitation of the mask taken from the poet's face by Mrs. Mihri are exhibited. In the room used as a study room; there are desks and chairs, paintings made by him and other paintings. The famous painting "Sis" by Şehzade Abdülmecit Efendi, inspired by the poem "Sis" by Tevfik Fikret, is also here.



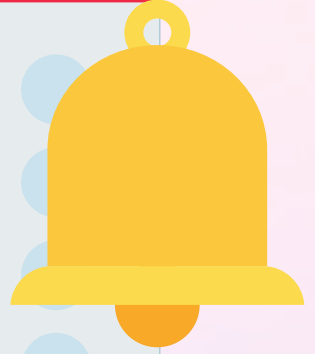
The museum, located on the Aşiyân Slope in Beşiktaş, awaits its visitors.





In our May in Istanbul column, we have compiled the main events of this month for you. To access the details, you can visit <https://kultur.istanbul/> and <https://kultursanat.istanbul/>.

## May in Istanbul



Type of Event	Name of Event	Date	Place
Concert	Ensemble Appassionata	09-03-2022 20:30 - 30-06-2022	Online
Audition	Special for 27 March World Theater Day: "Stories"	27-03-2022 12:00 - 30-06-2022	Online
	Âşık Veysel "I'm on a Long and Thin Road" Poetry Concert	20-12-2021 - 30-06-2022	Online
Seminar	History of Modern and Contemporary Art in Turkey	15-03-2022 19:30 - 24-05-2022	Online
Exhibition	Together: Towards the Istanbul Art Museum	03-04-2022 09:00 - 03-07-2022 18:00	Museum Gazhane
	Why Do Poets Paint?	21-03-2022 10:00 - 21-06-2022	IBB Saraçhane Exhibition Hall
Theatre	When Nobody's in the City	12-04-2022 20:30 - 28-05-2022	Zorlu PSM Turkcell Platinum Stage
	Marriage Scenes	14-04-2022 20:30 - 24-05-2022	Zorlu PSM
	Tartuffe	27-03-2022 20:30 - 30-06-2022	Online





# The World-famous Turkish Fast Food: Doner Kebab

**Res. Asst. Dilek EROL**

**The Department of New Media and Communication**

Doner or doner kebab is among the world-renowned Turkish cuisine delicacies. The history of doner kebab, which takes its name from cooking the meat on iron bars by turning it vertically, dates back to the 1200s. However, the first source that mentions a doner-like meal is Evliya Çelebi's Seyahatname, written in the 1600s. There are two more different views on the history of this dish, which Evliya Çelebi tasted and described in Crimea. One of them is that it was founded by Master Hamdi from Kastamonu in the 1800s, and the other is that the doner kebab was created when the Bursalı Iskender Bey cooked the meat on skewers.

Doner, which can be considered the most well-known dish of Turkish fast-food culture, shows flavor differences from region to region in Turkey. Today, there are different types of doner kebabs, which are cooked in wood, coal, or gas stoves in Anatolia and differentiated by their cut, presentation, sauces, or marination of the meat. Kastamonu doner, Bodrum doner, Bayburt doner, Ankara doner, Hatay doner, Samsun doner and of course Bursa doner are the most well-known ones. While veal is generally preferred for doner kebab, lamb meat is also used predominantly. Doner made with chicken is both economical and very common. In recent years, minced meat is also preferred for making doner kebab.

The spread of doner kebab to the world, especially in Europe, started with Turkish workers who went to Germany in the 1960s. Today, doner kebab is made with many types of meat, especially beef, lamb, chicken, and pork, in Europe and many other parts of the world. There are innumerable places to eat doner in Turkey. For İstanbul, we can list the main doner kebab restaurants that are distinguished by the taste, sauce, or presentation of the meat they use: Tatar Salim (Kadıköy ve Ataşehir), Tarihi Karadeniz Pide ve Döner Salonu (Beşiktaş), Bayramoğlu Döner (Beykoz), Şahin Usta (Kapalıçarşı – Fatih), Enbey Döner (Beylikdüzü), Metet Döner (Üsküdar), Münhasır (Taksim, Beyoğlu), Sedef Büfe (Sultanahmet – Fatih).



# HOW TO BECOME A CLINICAL PSYCHOLOGIST IN THE 21ST CENTURY

# IGU GRADUATE



**Melike Selin KARACIK**  
A Graduate Student of Psychology



In order to have the title of a clinical psychologist in the twenty-first century, it is necessary to have a master's degree in Clinical Psychology after graduating from the Psychology Department of a university. Clinical psychology is a sub-branch of psychology that studies the emotional, behavioral and mental disorders of individuals. Clinical psychologists try to eliminate the problems that families and communities outside of individuals face throughout their lives, and in doing so, they resort to psychotherapy.

Psychotherapy is the general name of the techniques used to solve the emotional and behavioral problems of individuals and to maintain and improve the mental health of individuals. There is more than one method of psychotherapy. Cognitive Behavioral Psychotherapy, Schema Therapy and Gestalt Therapy are some of the methods of psychotherapy. The approach of each method to psychological disorders and the effectiveness of treatments are different. Clinical psychologists are studying psychotherapy in order to become competent depending on themselves and the clients they want to work with. Clinical psychologists who will begin to hold therapies after receiving psychotherapy training must necessarily receive supervisor support in accordance with the field in which they work. It can also be more useful for its clients under the guidance of a clinical psychologist supervisor who is just starting to give therapies.

It is a misconception that people with the title of clinical psychologist can work with people of all age groups. For example, a clinical psychologist working with children can conduct Cognitive Behavioral Therapy training for children and adolescents, and a clinical psychologist working with adults can conduct Cognitive Behavioral Therapy training for adults. According to the psychotherapy school where clinical psychologists specialize, it would be better for them to see a consultant in terms of consultant-consultant cooperation. Otherwise, the clinical psychologist may find himself in a position to do more harm than good to his clients. If he encounters a client, who is not suitable for the psychotherapy office in which the clinical psychologist specializes, he can help by referring him to another clinical psychologist or psychiatrist who has a qualification in the relevant field who can help the consultant.

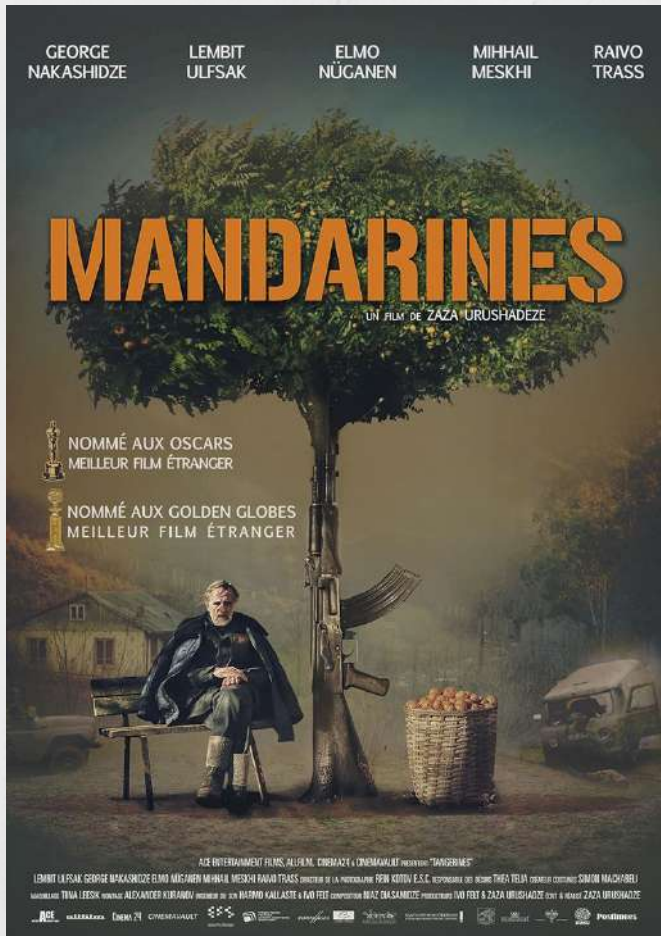
Clinical psychologists can work in hospitals, health services, mental health units, counseling centers, military service, schools and universities. I want to work with adults because after graduating from Istanbul Gelişim University Clinical Psychology Department in 2021, I started seeing clients on an online counseling platform by studying Cognitive Behavioral Therapy and Schema Therapy for adults and I still continue to receive different training. People who want to become clinical psychologists can also decide which field they want to progress in and, accordingly, they can study psychotherapy and practice their profession.



# A PSYCHOANALYTIC APPROACH TO TANGERINES MOVIE



**Emirhan ONURSAL**  
**A Student of Psychology**



Tangerines, is a 2013 Estonian - Georgian co-production film written and directed by Georgian director Zaza Urushadze. It is about the Georgian - Abkhazian War that took place in 1992. With the start of the war, Estonians living in a village in the region fled to their own country, Estonia, but two Estonians, Ivo and Margus, did not leave this land and were busy collecting tangerines. One day, they find two wounded soldiers, one Georgian and the other Chechen, in their field. They decide to welcome them in their house until they recover. In the movie, concepts such as land, land fight and being a part of the land are frequently emphasized. It is possible to reconcile the soil with the mother from a psychoanalytic point of view, both in terms of productivity and because it represents birth. The idea of "coming from the earth and going to the earth" and idioms such as "Mother Earth" confirm this point of view.

If we assume that all people come from a single land, it would not be wrong to say that Georgians and Chechens are brothers in this direction. "They are fighting for the land" mentioned in the movie and Ahmed's character "I'm fighting for my family." the lines of war here; It is possible to see it as an oedipal conflict between siblings to seize the mother, which is realized with the instinct to protect the land, which represents the mother.

The Georgian soldier said to the Chechen "Get out of my land." It is an indication that he does not want to share the mother with his brother. Throughout the film, it is clearly seen that two wounded soldiers are in a constant fight and want to kill each other, and the weapon figure, which is a phallic object, is also included in this conflict. There is the character of Ivo, who can be thought of as the mother, who constantly separates them as they fight. No matter what happens, both soldiers listen to his word and respect him. Referring to the wounded soldiers at Ivo's house, he told Margus, "The kids are going to bed early, let's have some drinks." A parental attitude is seen that embraces them as their children. In another scene, when Margus slammed the door; because of the similarity of their anger, Ivo asked Ahmed, "Is there any possibility that you are related?" he asks.

In his book "Civilization and Its Discontents", Freud mentions that man has an aggressive attitude as a wild beast, and that the reason for this attitude is the death instinct. It can also be said that the aggressive attitude in the film is a desire to return to the soil, that is, to the mother, which is the source, arising from the death instinct. The lyrics of the Georgian language Kagaldis Gemi song played at the end of the movie perhaps describe exactly this.

I want to be with you again.  
Again with a smile on your arm.  
I come to you, I will return.

[Click here to access references.](#)



# ERASMUS + Journal



Hi, I am Ezgi Karakaçan. I am studying at Istanbul Gelişim University. My department is psychology.

When I first took the Erasmus exam, I was frightened by this difficult process, but then the country-city matches were completed and I was able to take my first step to the country I had already chosen: Opole University, Poland. There were some negative stereotypes I'd heard from Erasmusers before, so I thought I'd have a lot of difficulties in the first month but this process only took me a week, even though I didn't have much practice speaking English before that. The next month the process was about matching some courses. I think that was the hardest part for me because I had to prepare the same documents many times. And in the process, I began to create a better friend environment. There were sixty eight Turkish students in Opole. But our main group was a group of eight or nine people, and the majority were Italians. I had to speak English all the time because I was the only Turk in our group and this was an amazing opportunity for me. Since I went during the winter period, we had many holidays where we had the opportunity to travel. We traveled to nine countries and sixteen cities together. We laughed together, we cried together. We literally felt like a family. When we went to Italy, they introduced me to their culture, and then some of my friends came to Turkey with me afterwards. We traveled Istanbul together, and I was able to introduce them to Turkish culture better. If I could do Erasmus again, which I also extended into the summer period, the only thing I would definitely do is to do it again. And I hope every student can have that experience one day.

**EZGİ KARAKAÇAN**  
**A STUDENT OF PSYCHOLOGY**



# ABOUT ACADEMIC LIFE



## PUBLICATIONS

- **Asst. Prof. Onur Özdemir's** article titled "Cue the volatility spillover in the cryptocurrency markets during the COVID-19 pandemic: evidence from DCC-GARCH and wavelet analysis" was published in Financial Innovation.
- **Asst. Prof. Edmund Ntom Udemba's** article titled "Policy insight from renewable energy, foreign direct investment (FDI), and urbanization towards climate goal: insight from Indonesia" was published in Environmental Science and Pollution Research.
- **Asst. Prof. Marymagdaline Enowmbi Tarkang and Asst. Prof. Uju Violet Alola's** article titled "Growing together! Unmasking the intelligence behind the satisfaction of holiday couples" was published in Decision.
- **Asst. Prof. Festus Victor Bekun's** article titled "Assessment of Foreign Direct Investment-Led Growth Argument in South Africa Amidst Urbanization and Industrialization: Evidence from Innovation Accounting Tests" was published in Journal of the Knowledge Economy.
- **Asst. Prof. Festus Victor Bekun's** article titled "Towards a clean production by exploring the nexus between agricultural ecosystem and environmental degradation using novel dynamic ARDL simulations approach" was published in Environmental Science and Pollution Research.
- **Asst. Prof. Festus Victor Bekun's** article titled "Environmental consequences of foreign direct investment influx and conventional energy consumption: evidence from dynamic ARDL simulation for Turkey" was published in Environmental Science and Pollution Research.
- **Asst. Prof. Festus Victor Bekun's** article titled "Do financial development, foreign direct investment, and economic growth enhance industrial development? Fresh evidence from Sub-Saharan African countries" was published in Portuguese Economic Journal.
- **Prof. Dr. Özden Şükran Üneri's** article titled "The association between suicidal behavior severity, perceived gender equality, and childhood traumas among depressive adolescent girls: Differences between the regions of Turkey" was published in Turkish Journal of Clinical Psychiatry.
- **Asst. Prof. Edmund Ntom Udemba and Asst. Prof. Andrew Adewale Alola's** article titled "Asymmetric inference of carbon neutrality and energy transition policy in Australia: The (de)merit of foreign direct investment" was published in Journal of Cleaner Production.
- **Assoc. Prof. Hakan Yıldırım's** article titled "VIX or investors scare?" was published in Quality and Quantity.
- **Asst. Prof. Marymagdaline Enowmbi Tarkang and Uju Violet Alola's** article titled "Investigating the factors that trigger airline industry purchase intention" was published in Current Psychology.
- **Asst. Prof. Festus Victor Bekun's** article titled "Competition Determinants of Eurasian Economic Union Oil and Gas Companies" was published in International Journal of Energy Economics and Policy.
- **Asst. Prof. Alpaslan Kelleci's** article titled "Four-Stage Model of Value Creation for Sustainability-Oriented Marketing: En Route to Participatory Marketing" was published in Journal of Macromarketing.

## ASSIGNMENT-UPGRADE



The Academic Member, **Asst. Prof. Fatma Gül GEDİKKAYA** was appointed as the Head of Department for the Department of Political Science and Public Administration of the Faculty of Economics, Administrative and Social Sciences of our University.



The Academic Member, **Asst. Prof. Sezgin SAVAŞ** was appointed as the Head of Department for the Department of New Media and Communication of the Faculty of Economics, Administrative and Social Sciences of our University.

## NEWCOMERS



**Asst. Prof. Filiz SİVASLIOĞLU** has begun working in the Department of Logistics Management.



**Asst. Prof. Ayşe AYDIN** has begun working in the Department of Sociology.



**Res. Asst. Kadir SAYIN** has begun working in the Department of Logistics Management.



**Res. Asst. Eslem BÜYÜKARSLAN** has begun working in the Department of Customs Business.



**Res. Asst. Ece DEMİRKAPU** has begun working in the Department of Advertising

## LEAVERS



**Asst. Prof. Damla ÖZEKAN** left our faculty.



# MASTHEAD

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