

## THE VIRTUAL VERSION OF ADDICTION: FoMO!

The use of social media has evolved into a component that is influencing and ruling our lives day by day. Prof. Dr. Ekrem Cüneyt Evren, speaking about the virtual world disease FoMO (Fear of Missing Out), which originates from the fear that others can have more fulfilling lives than them, indicated that this condition affects general life satisfaction.

Individuals in today's world spend the majority of their time on social media, following popular topics, updating their own "status," and communicating with those of their friends. This constant updating and monitoring behavior, along with the fear of missing out, has given rise to a new concept known as FoMO (Fear of Missing Out).

## THE DESIRE TO KEEP IN TOUCH WITH WHAT OTHERS ARE DOING

"The inability of users to update with new content on their own accounts on social networks and interact with what their friends are doing seriously disturbs individuals with FoMO," Prof. Dr. Ekrem Cüneyt Evren, from Istanbul Gelisim University, Faculty of Economics, Administrative and Social Sciences, Department of Psychology remarked, defining FoMO as the individual's anxiety about missing out on rewarding experiences in social networks. Apart from the time they spend on social media, these people stated that they are always lonely in their lives. They strive to fill the void left by the lack of love and compassion in their everyday life. Hence, participating in social networks can be particularly attractive for those with FoMO." These people may be in "desire to stay in touch with what others are doing", asked the question to themselves, "do they have fun without me?". He further stated that among the variables associated with FoMO, these includes;

- Social media addiction,
- Stress experienced while using social networking sites,
- Cell phone use while driving,
- Social media fatigue,
- Decreased self-esteem,
- Poor sleep,
- Cell phone use while learning,
- Non-compliance with university education,
- Smartphone addiction,
- Depression and anxiety

## MEN AT HIGHER RISK

FoMO is considered to be the primary force behind the rise in social networking usage. According to Evren, the rate of FoMO is higher in young people, particularly young men, who prefer to use social networks excessively, causing them to become more isolated persons from society and intensifying their loneliness by preferring face-to-face interactions.

## THE EVENT "LATIFE TEKIN IN TURKISH LITERATURE" WAS HELD

The Department of Turkish Language and Literature at Istanbul Gelisim University's Faculty of Economics, Administrative and Social Sciences hosted author Latife Tekin as part of the "Latife Tekin in Turkish Literature" event. A short film and model work based on the famous author's works were also screened at the event, which took place on May 12.

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## LATIFE TEKIN IS DISCUSSED THROUGH POSTMODERN NARRATORS

The audience enjoyed the short film, which was based on the author's novel "Ormanda Ölüm Yokmuş." The short film, which was written and edited by Turkish Language and Literature Department students, was well received at the "Latife Tekin in Turkish Literature" event, which was held with the assistance of students from Istanbul Gelisim University, Departments of Turkish Language and Literature and Architecture. The famous writer Latife Tekin has said the following during an event where the topic of Turkish literature and the art of novel was discussed:

"I speak the language of the poor. I write as a writer who observes language from the outside, attempting to extricate myself from it."

## ABSTRACTION MODEL EXHIBITION

A booth was set up in the exhibition area of Istanbul Gelisim University Faculty of Economics, Administrative and Social Sciences, including the new books of Author Latife Tekin published by Can Publishing House. Concurrently, model exhibitions using abstraction techniques on the theme of "Place in Latife Tekin's Narratives" were held in the exhibition area as part of the Basic Design discourse for first-year Architecture Department students of the Faculty of Architecture and Engineering.

## FREQUENT VOMITING IN BABIES CAN BE A SIGN OF COW'S MILK ALLERGY

"Cow's milk protein allergy (CMPA) is one of the most common food allergies in infants and children younger than 3 years old. In early childhood, it can be seen in 7 out of every 100 children" said Assoc. Dr. Hatice Bulut, Child Health and Diseases by drawing attention to the rise in milk allergy and the risks it poses in our country.

Cow's milk allergy, which affects both children and adults, can develop due to a variety of factors. Assoc. Dr. Hatice Bulut, Department of Child Development, Child Health and Diseases at Istanbul Gelisim University discussed what should be done to against cow's milk allergy, which is common in babies under the age of three.

#### IT MAY CAUSE LIFE THREATENING REACTIONS

Cow's milk allergy is emerged by an abnormal immune response when milk or milk-based foods are consumed. When evaluating the type of allergy, which can have serious symptoms ranging from clinically sudden, life-threatening reactions to chronic long-term conditions, and reactions that negatively affect the patient's and their family's life quality, Assoc. Dr. Hatice Bulut stated the following:

"Cow's milk allergy, the most common type of food allergy in children, occurs as a result of an immune system overreaction to one or more of the proteins in milk." This type of allergy, which characterizes itself in infants in their first months of life, can manifest itself within days or weeks of feeding formula containing cow's milk. Allergy can appear as the following symptoms:

- 50-60% of urticaria, contact dermatitis or atopic dermatitis,
- Bloody or mucus-like stools, excessive gas and swelling in the abdomen, frequent vomiting,
- Nausea, colic, dysphagia, diarrhea, constipation, growth retardation
- Frequent wheezing, coughing attacks, pallor of the nasal mucosa and nasal - postnasal drip, nasal congestion.

#### MAGNESIUM INTAKE FOR BREASTFEEDING MOTHERS IS SIGNIFICANT!

A physical examination, skin test, and many other tests are used to diagnose cow's milk allergy. It is critical to diagnose and treat milk allergy before the age of 2, as symptoms usually appear between 6 and 12 months. Mothers generally begin a diet free of milk and dairy products for babies with milk allergies who continue to be breastfed. Breastfeeding mothers who follow such diets should take 1000 mg of calcium per day.

#### BEEF ALLERGY IS ALSO SEEN IN CHILDREN WITH COW MILK ALLERGY

Since foods containing cow's milk are eliminated from the diet as the base of the treatment of cow's milk allergy (CMA), designing a feeding scheme for breastfed babies in accordance with these conditions during the transition to complementary foods makes life easier for both mother and baby. Another notable point is that the rate of cross-reaction between cow's milk and goat's milk is extremely high, and its consumption is not advised.

Assoc. Dr. Bulut also emphasized that 13% to 20% of children with cow's milk allergy are also allergic to beef. Hence, children with allergies should be followed up with at regular intervals at pediatric allergy and pediatric health and diseases polyclinics.

## THE IGU AWARDED ITS NATIONAL ATHLETES

Before the May 19 Commemoration of Atatürk, Youth, and Sports Day, Istanbul Gelisim University (IGU) held an award ceremony within the scope of the Youth Week of May 15-21 to honor the successes of 56 national athlete students who have received degrees worldwide.

Istanbul Gelisim University held an award ceremony for its 56 national athlete students. The university awarded the students, including World Gymnastics Champion Ayşe Begüm Onbaşı, who succeeded in the sports category prior to the May 19 the Commemoration of Atatürk, Youth, and Sports Day. In the ceremony, held with the "The Champions and Future of the Sports are at the IGU" slogan, it was also stated that the support for national athletes will continue as the university.

### "WE WANT TO MAINTAIN THE QUALITY"

Abdulkadir Gayretli, Chairman of the Board of Trustees, who indicated that they will pursue to succeed in sports as in every field, also stated the following;

"We organized such an organization to appreciate the achievements of our successful students. In particular, our School of Physical Education and Sports attaches great importance to our students. In addition, special scholarships are given to our national athletes. We want to maintain the quality. We want our students to ride high because Turkey is a country worthy of this. Success and rewards are inevitable if everyone does their job very well and strives to be the best. We have also been awarded by institutions that make world university rankings such as Times Higher Education (THE). We ranked first in Turkey in the "Quality Education" category and 16th in the world rankings. This is a very significant achievement for us. If a 10-year-old university achieves such great success in a short time, it means we are worthy of the award."

### "WE WILL MAKE OUR SUCCESSES PURSUED"

Vice Rector Prof. Dr. Bahri Şahin expressed his proud in having so many national athletes in a university and praised the previous rectors for making the university successful in such a short time. Continuing his words by stating "We will strive to fulfill success expectancy to higher from now on. We will actually focus on how we can make our successes pursued. Even getting into the national team is a great success. My preference is to be the rector on the field rather than the rector on the couch. As in other universities where I worked before, I will personally continue to attention to our athletes' problems in the same way as well. We will fully support them to lead for their success.

### "IT WILL BE A FIRST IF I BECOME CHAMPION AGAIN"

Ayşe Begüm Onbaşı, a national gymnast, expressed her happiness about being awarded by her own university and added that they are working hard to achieve their goals for the world championship, which will take place in a month. "I'll be competing in the finals exactly one month from now. "At the world championship, I will compete in the singles category. If we win this tournament, I will be the first athlete in the history of gymnastics to win a gold medal in aerobic gymnastics twice in a row. That is why I am so excited. Our chances are high, too. Our training lasts 10-12 hours, we train really hard." Onbaşı said.

Istanbul Youth and Sports Provincial Director Prof. Dr. Burhanettin Hacicaferoğlu and Istanbul metropolitan municipality (IMM) Youth and Sports Director İlker Öztürk also attended the ceremony. After the opening speeches, a special video prepared by the university under the title "Champions Come Out from IGU" was watched. The ceremony ended with the students receiving their awards.

### **FOR THE MINIMALIST LIFESTYLE: CAPSULE WARDROBE**

Although the phenomena known as fashion is always changing, it maintains a consistent structure that guides consumer purchase behaviors across time. Assoc. Dr. Havva Gülçin Üstün indicated that a wardrobe arranged with timeless pieces will make a significant contribution in this regard, and that purchase behavior can be modified by creating a "capsule wardrobe."

The phrase "capsule wardrobe" has been part of the fashion vocabulary for about 40 years. This trend, which is formed by selecting basic clothing pieces that will be used for one or more seasons in the most appropriate way based on the individual's demands, results in significant budgetary savings for customers who tend to purchase necessary clothing.

### **THE WARDROBE MUST NOT CONSIST OF MORE THAN 30-40 PIECES**

It is critical to choose basic and timeless pieces from fabric, color, pattern, and style to reflect both current fashion and sophisticated taste. Assoc. Dr. Havva Gülçin Üstün, Faculty member of the Fine Arts, Fashion and Textile Design Department at Istanbul Gelisim University (IGU), states that the essential pieces of capsule wardrobes are clothes such as basic classic shirts, basic t-shirts and jeans. Üstün also indicated "The accessories that complement basic clothing, such as jewelry, scarves, bags, ties, hats, and shoes, can differ depending on your lifestyle. It is essential that capsule wardrobes include no more than 30-40 pieces, with both basic and complementary clothing. Creating a capsule wardrobe is a popular style among people of various lives and statuses, as well as those who desire to live a more minimalist lifestyle."

### **SUGGESTIONS FOR CREATING A CAPSULE WARDROBE**

In a world where consumption is increasing by the day, the capsule wardrobe is a perfect way to simplify wardrobes, be prepared easily and fast, and participate in daily life, whether at work or socially. Stating that capsule wardrobes both made the budget and "what am I going to wear?" question easier, Assoc. Havva Gülçin Üstün made suggestions to create a capsule wardrobe.

**For women;**

- Jacket (maximum 5 pieces)
- Skirt (3 pieces)
- Trousers (5 pieces)
- Dress (3 pieces)
- Overcoat (1-2 pieces)
- Coat (1 piece)
- Trench coat (1 piece)

**For men;**

- Suits (maximum 3 pieces)
- Sports jacket (2 pcs)
- Sports trousers (4 pcs)
- Basic shirt (4 pcs)
- Shoes and, if used, a bag or wallet (4 pieces)

For men, turtleneck or crew neck sweaters can be easily combined with sports jackets or trousers. Underwear, everyday clothing, socks, sportswear, and pajamas are not included in this number. Such clothing should be stored separately. It is easiest to set the seasons with 6-month alterations when making a capsule wardrobe.