

## **THE OWN AMBITIONS AND INSUFFICIENCIES OF THE PARENTS LAY UNDER BAD MARKS**

The semester holiday of the school year for 2021-2022 started on January 21. While 18 millions of students received their report cards, the families had the rush of how they would prepare their kids for the new educational period

The Academic Member, Dr. Onur Okan Demirci, from the Department of Psychology of the Faculty of Economics, Administrative and Social Sciences of the Istanbul Gelişim University, who told about the fact that the parents set up the futures of their children out of the success grades on the report cards and could experience serious disappointments with low success grades, further added that it is necessary for the parents not to bill the child whatever their children's success grades may be and the ambitions of the fathers and mothers (parents) lay under the bad success grades.

**A CHILD, WHO FEELS THAT HE/SHE FAILS TO MEET THE EXPECTATIONS OF THE PARENTS, MAY FEEL THAT HE/SHE IS NO LONGER LIKED.**

The holidays are met with joy and pleasure almost by all children. While the child caught up such joy and pleasure, it is the duty of the parents to ensure the continuation of his joy. The Academic Member, Dr. Onur Okan Demirci, of the Istanbul Gelişim University, underlined that the success grades taking place at the report cards were not an indication of a criteria of intelligence and the children did not have to be subject to excessive pressure and the children, who fail to meet the expectations of their families could think that they were not liked by them.

The parents carry out various wrong behaviours, known as true, for the higher success of their children. One of them is the award-punishment method. The Academic Member, Dr. Onur Okan Demirci, said: "This method appearing to be useful in a short period of time may cause serious disturbances on the contrary within the long process. The child, who regards the life as consisted of award and punishment, will go away from the abstract opinion concepts appearing to be extremely important from the point of view of his/her mental development, and develop only a material system of thought. Additionally, this system may cause the occurrence of problems at the levels in future ranging from anxiety disorders up to alcohol and narcotic substance addictions as well as serious temper problems. You can give homework, provided not to be as long as the school hours, to your children during the school holiday. However, since the child is a human being, who is in need of trust and affection of his parents, he wishes to spend much longer good time with the parents."

The Academic Member, Dr. Onur Okan Demirci having emphasized that the children, who cannot be socialized sufficiently with the kids of the same age as a result of the continuation of the epidemic, can spend more time at the digital world especially during

the semester holiday, and further added “It is necessary for the families to see the requirements and wishes, and according to the same.”

### **SNOW DEPTH IN ISTANBUL EXCEEDS 50 CM!**

How to walk on an icy and snowy road? Recommendations from the expert:

The snow depth exceeded 50 cm in various parts of Istanbul following a sudden snowfall. Numerous vehicles and pedestrians were stranded upon windstorm following the most intensive falls of recent years. Walking on road became a dangerous task for the pedestrians together with the frosting of road. The Associate Prof. Dr. Aydın ASLAN of the Orthosis-Prosthesis Department of the Vocational School for Health Sciences of the Istanbul Gelişim University, who made explanations about the subject matter, indicated that “Walking on road became difficult when it got cold and falls increased. Snowy surfaces may become more slippery upon frost and squeeze of snow. It is possible to experience important injuries especially on hips and wrists as a result of slipping down in winter months.”

### **WALKING WITH THE HANDS IN POCKETS DISRUPTS THE BALANCE!**

The preference of apparels and shoes when it is cold in winter time is considerably important from the point of view of keeping warm and walking on slippery surfaces without falling down. The Associate Prof. Dr. Aydın Arslan, of the Istanbul Gelişim University, who made an emphasis to the preference of the shoes that will be flexible, protected and non-slippery sole without restricting the movement, said: “We are, before all else, in need of a pair of convenient shoes for walking on snowy and icy surfaces in winter months. It is necessary not to prefer the leather and sole with flat-surfaced shoes, but rather chose the shoes at the style of boots with large soles, serrated and non-high heels. At the same time, the selection of apparels while walking in winter months is very important as well. Very tight and thick apparels should not be preferred in winter time.”

The Associate Prof. Dr. Aydın Arslan, who is an Orthopaedic and Traumatology Specialist and mentioned about the habit of walking with the hands in pocket in cold times in order to get warm, indicated that it was necessary not to carry anything in hand, and not to make any call up through mobile phones and in the meantime, not to hurry up while walking along the road in an attentive and imperturbably manner and act in order to achieve the balance on slippery surfaces.

### **“WALK ON THE SNOW INSTEAD OF ICY PLACES AT SLIPPERY SURFACES”**

It may be necessary for us to go out when it is cold in order to conduct and continue our daily life. However, the possibility of falling down especially in the icy and slippery surfaces rises more and more. The Associate Prof. Dr. Aydın Arslan, who indicated that it is necessary to pay attention especially during the time while going up and

coming down the stairs, said: "Bowing the knees in a slight manner while walking on slippery surfaces facilitates the balance of the body. In case it may be necessary to make a preference between the snowy and icy surfaces while walking on these types of surfaces, the snowy surfaces and places where the surface is roughened should be preferred. The elderly or those facing difficulties in achieving the balance should not walk on slippery surfaces as much as possible. However, those of persons, who have obligation to go out in these kinds of weather, may achieve their balances much better through the use of supports such as walking stick and so on."

The Associate Prof. Dr. Aydın Arslan, who emphasized the importance of paying more attention while going up and come down the stairs in snowy weather, underlined the fact that it was important to step on the middle parts of the stairs with full sole surfaces of the shoes. Meanwhile, under the circumstances where a fall down or injury may happen, if there is not any deterioration/disruption of the integrity of muscle(s), it might be possible for him/her to keep walking on, provided not to put burden on the injured part."

## **7 OUT OF EVERY 10 PEOPLE ARE EXPOSED**

### **TO BROADCASTINGS CONTAINING VIOLENCE ON TVS!**

According to the "Research of Violence in Television Broadcasting for 2020" by RTÜK (Radio and Television Supreme Council); 67,7 % of the participants, who have children under the age of 18, have been watching television broadcastings in the evening hours between 18:00 and 21:00 hours and 7 out of 10 participants thought that the television broadcastings contained excessive violence. The Academic Member, Dr. Canan Tandır, from the Department of Psychology of the Faculty of Economics, Administrative and Social Sciences of the Istanbul Gelisim University, who made explanations about the subject matter pertaining thereto, indicated that even if only news is followed up at home, this could may turn into an act of normalising the violence in teenagers and children whose developments of personality have not been completed.

**"CHILDREN TAKE THE ADULTS AS THEIR ROLE MODEL!"**

It is known to everybody that the television programs, news and computer games contain various numbers of the acts of violence. The television broadcastings, watched by the adults, and small kids and teenagers, who learn about the games, if any, and applied thereunder, complete the social learning type at home before all else. The Associate Prof. Dr. Canan Tandır, who indicated that as was seen in various numbers of scientific researches that the children having been brought up at an environment of violence, applied physical violence to the people in and around them, has emphasized as follows: "It is necessary for us to follow up our children and youngsters that what kinds of contents they were exposed thereto both in television

and digital forms. Furthermore, the determination of the videos, computer games and programs containing violence and restriction of their access is considerably important in the development of the communication of them with their environment.”

The Associate Prof. Dr. Canan Tanıdır, who emphasized the importance of participation of the children and youngsters especially in the sporting, artistic and social activities, indicated that the said circumstance will make contribution to their both physical and mental developments.

### **PEOPLE ARE LYNCHING AT SOCIAL MEDIA IN ORDER TO FEEL THAT THEY ARE NOT ALONE!**

While the Academic Member, Dr. Uğur Baloğlu, who is the Head of the Department of Television Journalism and Programming of the Faculty of Applied Sciences of Istanbul Gelişim University, emphasized the positive and negative aspects of the changing communicative language, he indicated that the lynch culture taking place among the negative aspects at the social media, of which effect has been witnessed by us especially in recent periods, came forth from the dark motives of the people.

The rapidly rising digitalization brings forth many changes along with it. Our habits for socialization and setting up communication undergo changes as well in integration with the world. According to the data of the TUIK 2020 (Turkish Statistical Institute), 54 millions of people have social media accounts in Turkey. Increasing requirement for socialization, continually changing agenda and communication languages of the people, who have hidden behind the secret usernames, have changed as well. Various numbers of people, who gained courage from the secrecy of their identities, can easily criticize each other out of the social media tools.

While the Academic Member, Dr. Uğur Baloğlu, who is the Head of Department of the Television Journalism and Programming and made explanations with relation to the subject matter, indicated that there were convenient and inconvenient aspects of changing communication language, and further added that within the recent periods especially, the lynch culture, of which effect was seen by us much more at the social media, came forth from the dark incentives of people.

### **FIRST COMMENTS TRIGGERING THE LYNCH!**

The numbers of social media users rising increasingly indicate that our communication practices will be different those of the past. Thus, a series of discrimination, already experienced by many people as perpetrator or aggrieved party or mode of violence are reproduced in the digital field. One of them, however, is the concept of lynch culture opening the area of use more and more in an increasing manner in recent years.

While the Academic Member, Dr. Uğur Baloğlu, of the Istanbul Gelişim University indicated that the lynch culture emphasized the hatred, anger and prejudice, and that

the individuals coming together within the scope of common feelings sat in judgment on the persons, whom they may regard as the source of the problem or any public figures, through their own truths. Mr. Baloğlu further added: “The requirement of feeling that the people are not on their own lies under the lynch culture. The first comment, made under the shared post or video, becomes the trigger of the lynch. The persons, hidden behind an avatar, take their own opinions as truth. When the person sees a comment similar to his/her own opinion in the first comment, then, he/she feels himself/herself as important.”

#### “ATTACK ON SOCIAL REPUTATION CAUSES PSYCHOLOGICAL DAMAGES”

At current period, it is not only minority groups that are affected by the lynch culture, at the same time, celebrities as well. The persons having the same opinion raise their own voices jointly and feel that they are not on their own, and attack on the individuals having social reputation. The Academic Member, Dr. Uğur Baloğlu, of the Istanbul Gelişim University, who indicated that lynchings have effects through direct or indirect channels, has further added that the attacking on the individuals having social reputation in the lynch culture may cause psychological damages.

At the same time, Mr. Baloğlu, who indicated that it was possible to spend individual effort to prevent the lynch culture coming forth at the social media and to be protected from these kinds of statements, further emphasized that it was necessary to lecture new media literacy courses especially in the primary and secondary educational institutions.