

IGU-SUPPORTED “LEARNING EMPOWERMENT TRAINING” HELD IN ANKARA

The “Learning Empowerment Training”, organized through the collaboration of the Istanbul Gelisim University with the Counselling and Research Centre of Keçiören was held with the supports of the National Education Directorate of the Town Keçiören. The training, organized on the 17th day of March, Thursday, received substantial interest.

182 ADVISORY TEACHERS ATTENDED IN THE TRAINING

The Learning Empowerment Training has been organized in recent days with the collaboration of the Istanbul Gelisim University and the Counselling and Research Centre of Keçiören. 182 advisory teachers have attended in the training that was organized under the guidance of the Academic Member Dr. Derya Kavgaoglu. While the said training started with the opening speech of the Director of the Counselling and Research Centre of Keçiören of Ankara province, the introduction of the Istanbul Gelisim University have also taken place in the presentation. The program was finalized following the speech, made by Mr. Ayhan Işık, who was the Director of the National Education Directorate of the Town Keçiören.

MENTAL PROBLEMS ARE SEEN MORE IN THOSE, WHO EXPERIENCE WORK STRESS!

The Academic Member Dr. Filiz Şükrü Gürbüz of the Istanbul Gelisim University drew attention to the fact that the stress came forth by threatening and forcing physical and mental limits of the individual and as a consequence, the stress might show various different physical and mental signs.

While mentioning about the anxiety and stress, created by daily life, such as imbalances between the professional and private life and child care and so on, the number of those, who feel themselves as burnout, rises from day to day. The telecommuting that came into our life especially together with the pandemic (epidemic) increased the work stress on working people as well. The Academic Member Dr. Filiz Şükrü Gürbüz of the Istanbul Gelisim University emphasized that the problems, which might be created by the work stress, could be overcome through psycho-trainings due to be offered within the institution (enterprise).

WORK STRESS CREATES EXHAUSTION (BURNOUT)

The Academic Member Dr. Filiz Şükrü Gürbüz of the Istanbul Gelisim University, who is a Specialist of Psychiatry of the Psychology Department of the Faculty of Economics, Administrative and Social Sciences of the Istanbul Gelisim University and said that the stress occurred by the threatening and forcing the physical and mental limits of the individual, drew attention to the fact that as a result of it, the stress might show various different physical and mental signs. Mrs. Gürbüz further added as follows:

“The researches, made within this framework, indicate that the mental problems are seen more frequently on the individuals, who experience work stress at intensive level. The exhaustion (burnout) comes on the top of the problems, caused by the work stress. The burnout refers to the problems that come forth as a result of intensive work stress on the

individuals and are experienced in mental and behavioural field. Following mental problems such as unwillingness or reluctance to go to the work, asthenia, fall in energy and so on, and in the meantime, behavioural problems, for instance, tardiness, failure to go to work, ignoring the work, made and negative attitudes, shown towards workmates and/or persons, who are offered services”

STRESS AT THE WORKING ENVIRONMENT REDUCES THE QUALITY OF THE WORK SO MADE

The level of stress of the working people is affected as a result of various factors arising from the work itself and employer establishment at the work environment related thereto. Mrs. Gürbüz, who also mentioned that the exposure to intensive stress at the work environment raised the risk of making mistake and risk of accident, and reluctance in going to work, increase in the ceases of employment and fall in the quality of the work so made, further added that it has been determined that the problems, experienced subject to the work stress, might cause the occurrence of serious losses from financial point of view.

PSYCHO-TRAININGS MAY BE ORGANIZED FOR EFFECTIVE STRESS MANAGEMENT

The Academic Member Dr. Gürbüz, who emphasized that it was necessary for each institution and establishment to make a research about the effects of the order and functioning within itself, further indicated that it was necessary analyse the stress sources and levels at certain intervals in that direction and make improvements related thereto.

It is also significantly important to arrange psycho-trainings to handle the work stress in the fields such as effective stress management, communication, anger management and so on, towards the employees of the establishment at issue in respect of the improvement of relationships between the individuals at the establishment and development of skills of employees to overcome the stress in an effective manner.

PANDEMIC AFFECTS NURSES AT MOST!

The Acute Stress Level Research, made in the first months of the pandemic, was ended up. At the research that was carried out on a total number of 1.027 people and also comprised those of non-health care professionals, it was concluded that the highest acute stress symptom was seen on the nurses.

At the research, carried out by the Academic Member Dr. Alişan Burak Yaşar of the Department of Psychology of the Faculty of the Economics, Administrative and Social Sciences of the Istanbul Gelisim University, Mr. Yaşar, who emphasized that there might be a rise at the acute stress level due to the high risk of infection for the nurses having one-to-one contact with the patient for longer periods among the health care professionals , indicated that there has been a fall in the level of stress the health care professionals as the difficulty of finding protective equipment becomes less.

EPIDEMICS MAY CAUSE DISORDER SUBJECT TO THE TRAUMA

It has been ensured that the acute stress levels have been determined in the first months of the epidemic with the researches, carried out on 1.027, 387 of whom the health care professionals and 640, however, non- health care professionals at the studies or researches, jointly conducted by the Academic Member Dr. Alişan Burak Yaşar of the Istanbul Gelisim University, Specialist Dr. Mehmet Sinan Aydın, Specialist Dr. Aybeniz Civan Kahve and Asosciate Prof. Dr. Yunus Hacimusalar.

The Academic Member Dr. Yaşar, who mentioned about that the COVID-19 epidemic that caused the occurrence of important results such as long shifts for the health care professionals, staying away from the members of the family as a result of the risk of epidemic, working under intensive stress, further added as follows:

“Those of circumstances, experienced by the society and health care professionals, were the risky experiences from the traumatic point of view. The epidemics are regarded as traumatic factors the same as natural disasters and may create disorders subject to the trauma. When the matter is taken into consideration from the point of view of the acute stress symptoms, it was seen that the nurses were the group, who was affected at most in comparison with the physicians and other health care professionals.”

TWO FACTORS IN REDUCING THE ACUTE STRESS LEVEL PLAY IMPORTANT ROLE!

Another feature that constitutes the cause of the higher levels of the acute stress symptom on the nurses in comparison with the physicians and other health care professionals is, however, the higher proportion of female gender at the nurse groups. Mr. Yaşar, who emphasized that the women showed higher stress symptoms, indicated that there has been a fall in the acute stress levels as the opinion of securing the professional justice among the health care professionals in terms of acute stress level gets stronger and the difficulty of finding the protective equipment decreases.

NEW WAVE: INSTAGRAMMING

The users, who increase the interaction with each other through social media, started to spend a substantial part of their time at digital environments. Especially, the interest in the Instagram that was tended by those, who wanted to express themselves with images, rises more from day to day. While the users deem the cities that they go in and around as convenient for “instagramming”, various unknown points of the cities related thereto meet with various users.

The Academic Member Dr. Sezgin Savaş of the Department of New Media and Communication of the Faculty of Economics, Administrative and Social Sciences of the Istanbul Gelisim University, who evaluated the Instagram that has become an important part of the lives of the people, commentated on the use of the related media especially from the images of cities.

SOCIAL MEDIA IS IMPORTANT FROM IMAGES OF CITIES!

The Academic Member Dr. Sezgin Savaş, who mentioned about the fact that the users shared important points that they visit in the city or go into in recent periods although it comes to the mind that the people in social media make sharing especially on them, kept on saying: "The use of social media devices and 'Instagram' by masses brought them forth to turn out to be a an object of research. At the end of this tendency, however, the concept of 'Instagrammable' was added to the literature. From now on, the users come to think that it is something valuable to Instagramming the cities the same as they share their private lives and fields of interests. Therefore, for the management of the images of cities, the importance of the platforms such as Instagram rises as well."

In this respect, the city of Istanbul, many points of it are open for visits with its cultural heritage and historical background has an important position and location from the point of the Instagramming. The city, introduced by various numbers of tourists, attracts visitors from every part of the world.

ATTENTION TO BE PAID UP TO VARIOUS SUBJECT MATTERS DURING INFORMATION TRANSFER

Not only Instagram but all social media platforms may be regarded as important from the point of view of the images of the cities. Various platforms such as Facebook, Twitter, YouTube and so on could be used in order to make certain transfers with relation to the cities. Nevertheless, Mr. Savaş, who emphasized that various platforms, based on mapping at current period through Internet, are regarded as important from the acquirement of following the individuals on the cities, further indicated that it was necessary to realize query from various aspects such as secrecy of data, digital trail, observation, consumption, identification and so on while making information transfer out of the social media.

KICK BOXING CHAMPION OF TURKISH UNIVERSITIES IS A STUDENT OF IGU

22 students from Istanbul Gelisim University participated in the Turkey Kick Boxing Championship and Unilig Karate Championship that is organized by Turkish Universities Sports. IGU students are awarded with 3 awards at the championship that lasted for 4 days in Erzurum and Balıkesir.

TWO DIFFERENT CITIES 3 AWARDS

In the Turkish Universities Kick Boxing Championship which is held in Erzurum between the dates of March 18-20, 2022, Faruk Mert Yüksel, student of Istanbul Gelisim University, is ranked as 75 kg Point Fighting Turkey Champion, while Oğuzhan Altındağ is ranked as second in Turkey at 57 kg K1 Style.

In the Unilig Karate Championship which was held in Balıkesir at the same time, the team consisting of Burak Arslan, Yusuf Eren Kendigelen and Emir Aksoy, the students from the School of Physical Education and Sports, representing our university, was ranked as third.

THIS SYSTEM WILL BRING DOWN THE PERSONNEL COST!

The way to have a company structure that could be ready for future period and produce solution for the problems that may come forth thereunder goes through the use of the employment of the workforce at the right place and right time. At this point, it is an object of curiosity how the new labour force ecosystem, constituted by the use of outsource, will affect the company's employees. Here is the proposal from its expert for the use of effective labour force.

The Academic Member Dr. Ece Zeybek Yılmaz of the the customs Management Department of the Faculty of Economics, Administrative and Social Sciences of Istanbul Gelisim University indicated that the employees were converted into collaborators, who could be used as a matter of fact as brainpower at enterprises and the outsourced became an important part of the labour force.

USE OF OUTSOURCE BECOMES PREVALENT!

According to the result of the researches of the MIT (Massachusetts Institute of Technology) and Deloitte, 87 % of the executive managers and employees brought forth the fact that they regard the outsource as a part of the labour force. While the use of outsource in the past years as seasonal employees, the service providers, application developers or contractors have been included in the use of outsource as well. The Academic Member Dr. Ece Zeybek Yılmaz, who emphasized that the procurement of the labour force externally did have only the objective of bringing down the cost of personnel, indicated as follows:

“Notwithstanding that the use of outsource in the field of information technologies has been prevalent, the use of outsource at various departments such as finance, human resources, R&D and so on, gained importance more especially after the global Covid-19 epidemic. Thus, the persons, who are in different geographies and different talents, could work more effectively in more than one enterprise and especially at project-based works of definite duration. This circumstance both increases the quality of the work so made on the one hand and brings substantial proceeds for the employer from the point of view of the cost.”

IT IS NECESSARY TO DETERMINE THE CORPORATE LIMITS CORRECTLY!

Notwithstanding that the development of organizational culture and non-determination of the principles of the legal rights of the employees yet are regarded as a disadvantage, the latest changes in the work life made it necessary for the managers to make improvement on how they would manage the internal and external (outsource) labour force of the enterprises. In this context, it becomes necessary either to make the employees become a supplementary for the outsources or to manage both labour forces independent from, however, parallel to each other. Therefore, the correct determination of the corporate limits, development of an integral approach through a proper definition of the contribution of internal and external labour force turn out to be important.

Mrs. Zeybek, who indicated that both the prevalence of the remote working on global point of view and more dynamic position of the new generation and tendency of the same to manage the works on remote basis, indicated that the “labour force ecosystem” approach would bring forth strategic and in the long run, positive results.