

PSYCHOLOGICAL FATIGUE MAY BE THE REASON YOU FEEL TIRED ALL THE TIME!

We often hear the phrase "I feel exhausted all the time, I have no energy for anything" in daily life. Napping at work or school and not being able to lift oneself off the couch when going home may be "Psychological fatigue". Psychologist Res. Asst. Simay Yılmaz stated that stress is at the source of these factors. Stressful work environment and relationship problems in private life can also cause psychological fatigue and negatively affect daily life.

The fact that this situation continues unabated despite feeling intensely depleted, weak, exhausted is called "Psychological fatigue". Stating that the causes of psychological fatigue may include daily stress level, having intense thoughts depending on future anxiety, repetitive thoughts about past events, high levels of physical activity and psychological disorders caused by stress, Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences, Psychologist Res. Asst. Simay Yılmaz: "When we are exposed to stress and anxiety for a long time, we may feel mentally tired. If the factors that cause stress and anxiety do not disappear, this psychological fatigue may become chronic. This situation negatively affects our daily life and functionality."

TRIGGERS FAMILY AND RELATIONSHIP PROBLEMS

Although the cause of psychological fatigue is not known for sure, there are some factors that facilitate its emergence. Stating that stress is at the source of these factors, Psychologist Res. Asst. Simay Yılmaz: "Working in a constantly stressful environment, intense work life, inability to establish a work-life balance and not being able to spare time for yourself are among the factors that affect the emergence of chronic psychological fatigue. In addition to stress and work life, we can say that going through a period where individual problems such as family problems or relationship problems are intense is also effective in the emergence of psychological fatigue. Quality sleep is extremely important for waking up feeling rested. Thus, problems such as sleep irregularity, sleeping in a bright environment at night, not getting enough sleep can trigger chronic fatigue."

"COGNITIVE BEHAVIORAL THERAPY CAN BE USED"

Necessary treatment and therapy can be applied to the person diagnosed with psychological or mental fatigue within the scope of supplementary drugs or psychological processes. In this process, it is very important to identify the triggering factors that cause chronic fatigue at the psychological or physical level. Res. Asst. Yılmaz also added the following: "The treatment process of

psychological fatigue varies depending on the intensity of psychological fatigue, individual characteristics and motivation of the person. 'Cognitive Behavioral Therapy' can be used in the psychological treatment process. It is aimed to replace negative emotions and thoughts with positive ones. Determining the factors that cause stress in the person and to improve their ability to cope with these stressors also essential. At the behavioral level, it is very important for the person to turn to the activities that s/he likes and that are good for him/her, to allocate more time to himself/herself, and to make a regular exercise plan. In addition to these, it is very important for the person to make small but effective arrangements in business life, to take steps to improve his/her social relations and to make plans to alleviate his/her workload during the treatment process of psychological fatigue."

IGU BECAME ONE OF THE TOP 3 FOUNDATION UNIVERSITIES WITH THE HIGHEST NUMBER OF STUDENTS!

With the announcement of the Student Selection and Placement Center Results (ÖSYM), the registration period begins for students who will start university. While the quota of many departments at Istanbul Gelisim University, which stands out with its studies on quality education and research and development activities, is %100; IGU, one of the first 3 universities in Turkey preferred by international students, became the third foundation university with the highest number of students in YKS (Higher Education Institutions Exam).

2023 YKS (Higher Education Institutions Exam) Results, in which 3 million 527 thousand 443 candidates applied, were announced. Students who will start university this year will register between August 28- September 1, 2023. Istanbul Gelisim University, which constantly develops on its way with the slogan "Be Open to Progress" and provides success on a global scale with its national and international standards, became one of the top 3 foundation universities in Turkey with the highest number of students and one of the 3 most preferred universities by international students.

8190 STUDENTS WERE ENTITLED TO STUDY AT IGU!

According to 2023 YKS Results, 8190 students were entitled to study at Istanbul Gelisim University, which progressed with the vision of "Research University". At IGU, which is the university with the most internationally accredited programs in Turkey with its internationalization policies, students who graduate from accredited departments have an internationally valid diploma. 65 departments in health, social, sports and engineering sciences are accredited by internationally reputable accreditation bodies such as AQAS, AHPGS and ABET. All departments of IGU, whose compliance with international standards was registered, were intensively preferred by students.

“WE SUPPORT INNOVATION IN EVERY FIELD, NOT JUST TECHNICAL”

Stating that university infrastructures and competent academic staff are important for a good education, Istanbul Gelisim University Rector Prof. Dr. Bahri Şahin: "Education, research and social infrastructure opportunities offered by universities are of great importance for students to receive a good education. As Istanbul Gelisim University, we have made quality education and research our mission. Our students who will start our university this year will also make a difference in the field with the education they receive at IGU. We set our goal as 'Research University'. As a matter of fact, we have achieved this and we will take it to a higher level. In the latest data, IGU is in the top 3 in 17 science fields in the 'Competency Map' published by TÜBİTAK. We are in the top 10 among the universities in Turkey in terms of research intensity. We always underline that accreditation is a measure of quality. In our university, 85 percent of faculty programs and 50 percent of all programs have international accreditation. We are Turkey's most internationally accredited university. In addition, we are in the top 3 in Turkey in terms of international students. We support innovation in every field, not just technical. It is very valuable for us to reflect the originality of our students in technique, social field and art with the steps we take. I congratulate all our students who prefer IGU departments and wish their success to be permanent."