

A GROWING SOCIETAL PROBLEM: ONLINE GAMBLING ADDICTION

Recently, online gambling addiction, which is frequently seen particularly in young people, leads to financial difficulties as well as negatively affecting the social life of individuals. Psychologist Lect. Berk Efe Altınal stated: "Although it is considered a crime by law to gamble or provide an environment for gambling games in Türkiye, a number of platforms have emerged that promise new, chance-based winnings that go beyond the traditional forms of gambling."

Istanbul Gelisim University (IGU), Faculty of Health Sciences, Department of Child Development Lect. Berk Efe Altınal remarked that in addition to new forms such as online gambling platforms, some cryptocurrency transactions with a high risk of loss and gain, and "loot box" applications in video games, legal chance and betting games have become much more easily accessible by being moved to the internet.

"EASE OF ACCESS INCREASES THE RISK OF ADDICTION"

Lect. Berk Efe Altınal: "Research on gambling and gambling addiction states that one of the most important factors that increase the risk of addiction is ease of access. With the widespread use of the internet and smart devices, gambling and games of chance can be accessed regardless of time and place. For this reason, the risk of creating addiction has reached much larger dimensions than in the past.

Research shows that online platforms are designed to target people who are prone to developing addiction. These platforms, which have much lower public controllability with the international access opportunities provided by the internet network, increase the risk of the spread of addiction, known as Gambling Disorder."

"THE AMOUNT OF MONEY SPENT TO GET EXCITEMENT IS CONSTANTLY INCREASING"

Lect. Berk Efe Altınal stated that people with 'Gambling Disorder', which is defined as an addiction by the World Health Organization and in the psychiatric diagnostic guide (DSM), need to constantly increase the amount of money spent on gambling to get excitement. When people who develop addictions try to reduce or stop gambling, they get a feeling of restlessness or irritability, and these attempts to reduce and stop it consistently result in failure.

“ADDICTION CAN HARM ONE'S WORK LIFE AND RELATIONSHIPS”

Stating that the addicted person's mind is often preoccupied with gambling, Berk Efe Altınal also added: “This preoccupation can take many different forms, such as reliving past gambling experiences in the mind, making repeated analyzes of games, planning the next gambling attempt, and thinking about new ways to find money for gambling. In addition, this addiction is associated with turning to gambling again to cope with negative feelings and to make up for lost money in gambling, resorting to lies to hide their activities related to gambling, and starting to rely on others due to the deterioration of business life, friendships and other relationships due to gambling and the deteriorating financial situation.”

"IT IS POSSIBLE TO GET RID OF ADDICTION WITH THERAPY"

Lect. Berk Efe Altınal: "The intervention in gambling disorder is made through individual therapy and solidarity groups. In individual therapy, it can be used in a number of therapy methods such as behavioral, cognitive behavioral, and motivational therapy according to the origins of the person's gambling problem. In addition to these therapy methods, solidarity groups such as 'Anonymous Gamblers' are also used."

“THE SOCIAL DIMENSION OF GAMBLING DISORDER SHOULD NOT BE IGNORED”

Stating that it would be inadequate to see gambling disorder as a problem only at the individual level, Altınal said, "In addition to individual therapies for people who have developed this addiction, public health interventions that take into account the social aspect of the issue are of great importance. These include protection programs such as general mental health awareness, prevention of risk-taking behavior trainings and training programs for young people, as well as the regulation and supervision of games of chance and similar sectors. Furthermore, the identification of groups at risk and the establishment of counseling channels that people who are already developing addiction can apply to are among these public health interventions."

Lect. Berk Efe Altınal also stated that it has become even more important in the current period to take all these public health measures by being aware that gambling

and chance games are being carried to the online platform and reaching wider masses.

IGU STUDENT AHSEN SUDE SADIKLAR RANKED FIRST WITH THE FINAL MENU!

Ahsen Sude Sadıklar, a student of Istanbul Gelisim University, Department of Gastronomy and Culinary Arts (English), won the first place in the competition named Barbecue with Gürkan Chef, where she performed for 13 weeks.

Ahsen Sude Sadıklar, student from Faculty of Applied Sciences (UBF) Department of Gastronomy and Culinary Arts (English), ranked first with the final menu in the 'Barbecue with Gürkan Chef' competition, which was broadcast on Blu TV, held on May 13, 2024. The final menu included "Dallas steak with 5 cheese sauces, veggie-filled steak, porterhouse steak with pepper steak sauce, potatoes with cheddar pesto sauce and halloumi grilled salad with avocado."

With this success, Ahsen Sude Sadıklar was entitled to work as an executive chef at Gürkan Chef Academy.

TASTE AND CAREER MET AT THE "GASTRONOMY FESTIVAL"!

Celebrity Chef Mehmet Yalçınkaya, who met with university students at the Gastronomy Festival organized by Istanbul Gelisim University and shared his experiences with them, stated that there was a big staff shortage in the gastronomy sector. Stating that they need qualified graduates, Chef Yalçınkaya remarked, "We look forward to our qualified students in universities starting to the sector quickly because we are experiencing the effects of this deficiency."

'Gastronomy Festival' was held at Istanbul Gelisim University (IGU) within the scope of Spring and International Student Festivals. Special stands were also established at the festival, where many famous names and companies from the sector had the opportunity to meet with university students. In addition, seminars titled 'Success Stories of Companies' and 'Success Stories of Chefs' were given.

"WE TEACH OUR STUDENTS NOT ONLY CULINARY SKILLS, BUT ALSO SUSTAINABILITY AWARENESS AND CREATIVITY"

Making the opening speech of the Gastronomy Festival, Istanbul Gelisim University Gastronomy Departments Coordinator Assoc. Prof. Dr. Serdar Egeli emphasized the

importance that IGU attaches to gastronomy departments, which stands out with its sustainability studies, he also added, "Gastronomy is not only a culinary art but also a cultural heritage. Food is a tool that brings people together, shares cultures, and brings communities closer together. By maintaining its commitment to these values, our university teaches our students not only culinary skills, but also cultural understanding, sustainability awareness and creativity." Referring to significant developments in the gastronomy sector, Assoc. Prof. Dr. Serdar Egeli made evaluations about new technologies integrated with gastronomy, the use of artificial intelligence, current investment trend coffee and bakery businesses, innovative technologies, growth trend of the sector, iconic restaurants and restaurant rankings.

“A PERFECT OPPORTUNITY TO CONNECT WITH THE INDUSTRY”

At the Gastronomy Festival held at Istanbul Gelisim University, students met with representatives of famous companies in the sector for internships and job opportunities. Students who received important tips from the names that will contribute to their careers also experienced new tastes at the established stands. Participation in the Gastronomy Festival, which attracted great attention from outside the institution, was quite intense. Students stated that the festival was an excellent opportunity to learn about the industry and connect with famous companies and successful chefs.

Mehmet Yalçinkaya, Nadir Güllüoğlu, Osman Sekman, Önder Bilen, Hasan Fehmi Peker, Muhittin Fidan, Arif Madakbaş, Gökhan Özcan, Soner Kesgin, Şenol Demirtaş, Emre Karakafa, Cihan Keçeli, Özay Akar was among the significant names in the field of gastronomy who attended the festival.

CHIEF YALÇINKAYA: IT IS VERY SIGNIFICANT FOR STUDENTS TO MEET WITH SECTOR REPRESENTATIVES

Chef Mehmet Yalçinkaya, who thanked Istanbul Gelisim University for organizing the organization, said, "It is very important for students to come together with the sector or sector representatives. Since there are demands from every school, particularly with the increase in the number of students in the gastronomy department recently, it has become a little more difficult for the sector to bring this together with you. We are aware of this, but such gastronomic events can now easily bring you together with the industry and food investors."

"THE PRELIMINARY PREPARATIONS AND INTERNSHIPS YOU WILL DO ARE VERY VALUABLE FOR US"

Pointing out that there is a significant staff shortage in both the service and kitchen dimensions in the gastronomy sector, Chef Yalçinkaya remarked, "The trainings you will receive here, the meetings you will make, the preliminary preparations you will make before starting to the sector and the internships are very valuable for us. We are happy that gastronomy events attract great attention in this way."

"YOU CAN MEET THE CHEFS AND DRAW YOURSELF A GREAT ROAD MAP IN THE INDUSTRY"

Chef Yalçinkaya, who guided the students about what they should do, continued his words as follow:

"After the meetings here, draw a route for yourself. Thanks to the networks you will establish with the companies that come here; you can meet different people, different chefs and draw yourself a great road map in the sector. It is useful to establish a dialogue with all participants."

"WE WANT TO BENEFIT FROM THE IDEAS OF YOUNG PEOPLE"

Özay Akar, Deputy General Manager of a large company responsible for food in Istanbul, stated, "The biggest problem of the sectors is not being able to meet with young people. That's actually why we are here. We want to include our young people in the companies and benefit from their perspective and ideas for the future. We also want to meet the staff needs of companies."

"IT IS VERY IMPORTANT TO PERSEVERE AND WORK WITH THE SAME MOTIVATION ALL THE TIME"

Chef Soner Kesgin, who works in a famous hotel, said, "I have been in the industry for about 25 years. I have worked in many different countries abroad. We wanted to tell our fellow students what they can do for their profession both abroad and at home. We also made some speeches in terms of the development of the gastronomy sector. This is a great opportunity for those who want to work with us for the future. You see how useful what you have learned over the years has actually been over



time. The product, menu information, and sometimes menu contents vary according to the seasons. It's a long road. You have to be patient. There are challenges in the kitchen as well as everywhere else. It is very important to persevere and work with the same motivation all the time.”

"WE IDENTIFY OUR STUDENTS WHO ARE EAGER AND EXCITED IN THE INTERNSHIP"

Famous Chef Arif Madakbaş, on the other hand, said:

“It is necessary not to give up in order to achieve the goal. Luck finds those who do not give up. After receiving a good theoretical education, students should do internships where they can improve themselves in a practical way. Then, when they enter the professional life, they should continue the development process. We are here to help them. Businesses are too picky about student recruitment. We identify our students who are eager in the internship. Then we try to work with them.”