

EXPERT WARNS: YOU MAY BE ADDICTED TO SOCIAL MEDIA!

Today, social media addiction has become a common problem that significantly affects the daily life and mental health of individuals. Clinical Psychologist Simay Yilmaz said, "Have you ever noticed that you lose yourself for hours while browsing social media? If you have had this experience, do not worry, you are not alone."

Stating that although social media started to communicate with family and friends at the beginning, it turned into a hobby over time, Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences, Department of Psychology Res. Asst. Simay Yilmaz: "You may enjoy using social media and spend a long time of the day on social media, but do you think you are a social media addict?"

"Not every social media user is an addict"

According to the American Psychological Association, although social media addiction is not officially treated as a disorder, it is possible to talk about the physical and psychological effects of the harmful use of social media. Clinical Psychologist Simay Yilmaz added, "You may be using social media so much that scrolling photos and videos may hinder other areas of your life. Not everyone who uses social media develops addiction, but the increase in social media use is positively associated with the increase in social media addiction."

"You may be increasing your use of social media to get back to the prize"

Describing how social media is addictive, Res. Asst. Simay Yilmaz, "Every time you log in to your favorite apps on social media, the brain releases dopamine, which is associated with a sense of pleasure. When you experience more dopamine after using social media for a long time, the brain perceives this as a reward and wants to repeat the reward. However, as the dopamine that makes you feel good decreases, you may be increasing your use of social media to return to the reward."

Addiction treatment is possible with EMDR!

Stating that the treatment of social media addiction differs according to both the level of addiction and the needs of the person, IGU Psychology Department Res. Asst. Simay Yilmaz: "EMDR is one of the recently used therapy methods in the treatment

of social media addiction. EMDR is used as a treatment method developed by Shapiro in the 1980s for the treatment of post-traumatic stress disorder. In recent years, it has been used in the treatment of addiction as well as in many psychological disorders. Addiction is generally associated with traumatic experiences and stress. EMDR treatment is also used to alleviate emotional distress caused by traumatic experiences and to address the main points that cause addiction in the person. With EMDR, it is ensured that the person remembers the triggering factors in addiction and re-processes emotional experiences.”

Social media addiction is a preventable and manageable problem, as in other types of addiction. Yilmaz concluded her words as follows: "However, it is very important for the person to be aware of this issue, to solve and manage the problem."

THE COOPERATION BETWEEN IGU AND SOUTH KOREA OFFERS STUDENTS A DUAL DEGREE!

Advancing with the vision of a world university, Istanbul Gelisim University (IGU) continues to expand its global education network. The new cooperation protocol signed with Namseoul University, one of the prestigious universities of South Korea, will offer unique opportunities to our students in the Department of Hair Care and Beauty Services.

Founded in 1994 as Seoul Industrial University and renamed Namseoul University in 1998, the reputable institution attracts attention with its quality education in areas such as Computer Science, Electrical Engineering and Information Technology, especially Beauty and Health. Thanks to the cooperation, associate degree students of Istanbul Gelisim University's Hair Care and Beauty Services department will be able to study at Namseoul University to complete their undergraduate degree.

Dual Degree opportunity for students!

Students who complete their 2-year associate degree at Istanbul Gelisim University will have the opportunity to graduate with a 4-year bachelor's degree by studying at Namseoul University for two more years. Thanks to the cooperation, Istanbul Gelisim University students will have both an associate degree at IGU and a bachelor's degree at Namseoul University.

Studying at Namseoul University will provide students with cultural richness as well as academic knowledge. Studying in South Korea's dynamic and innovative educational environment will broaden our students' vision and give them a strong



start in their careers. In this way, students will be able to graduate as more equipped and competitive individuals in the international arena.

Applications and Detailed Information

You can contact the IGU International Exchange and Cooperation Office for more information about this prestigious program and for details about the application process.