

THE HIDDEN OBSESSION OF THE MODERN AGE: THE FEAR OF HAPPINESS

Happiness is one of the goals that modern man pursues the most, however, many people experience a deep sense of uneasiness, even when they are happy. This situation is called "fear of happiness" or "cherophobia" in the scientific literature. According to clinical psychologist İrem Uyar, there are negative experiences and social beliefs behind this fear in the past.

Clinical Psychologist İrem Uyar from Istanbul Gelisim University states that many people are afraid that a bad event will happen after happiness:

“Happiness is seen as a temporary emotion. People believe that they will face a negative situation immediately after these beautiful moments, and this thought prevents them from experiencing happiness fully.”

PAST EXPERIENCES CAUSES FEAR OF HAPPINESS

The fear of happiness often has its roots in childhood. According to clinical psychologist İrem Uyar, individuals whose emotional needs are not met in childhood or who grow up with punitive attitudes feel threatened by happiness.

“Individuals who were punished immediately after a happy moment as a child begin to think that something bad will come after happiness in adulthood. That is why they associate happiness with guilt or anxiety.”

Assuming that positive emotions will be followed by danger, they avoid being happy or sharing it with their environment.

CULTURAL BELIEFS ALSO PLAY A ROLE

Fear of happiness feeds not only on personal experiences, but also on social beliefs. Proverbs such as "Every silver lining has a cloud" and "Be touched by evil eye", which are frequently used in Türkiye, make individuals feel the need to hide their happiness.

İrem Uyar emphasizes that such beliefs cause individuals to be afraid of being happy:

“People are afraid to share their happiness. The fear that the evil eye will touch them or that they will pay a price for being happy causes individuals to suppress their happiness.”

In order to overcome the fear of happiness, the individual needs to become aware of these concerns and face past experiences. According to clinical psychologist İrem Uyar, happiness is a natural process like all other emotions, and it is significant not to deprive yourself of this feeling.

“Adopting the idea that happiness has no price plays a key role in overcoming this fear. Enjoying and sharing happiness also has positive effects on the mental health of the individual.”

According to experts, the fact that individuals learn to live this emotion bravely instead of hiding happiness and the change of social beliefs can prevent the fear of happiness.

BIG SUCCESS FROM IGU TEKMER: SUPPORT FOR BIOTECHNOLOGY PROJECT FROM TUBITAK!

One of the companies operating within IGU TEKMER, Cistron Biologics Molecular Research Development Industry and Trade Inc. was entitled to receive support within the scope of TUBITAK's 1507 SME R&D Start-up Support Program 2024-2 call.



The company within TEKMER aims to take a significant step in the field of biotechnology with its project titled "Development of Recombinant Manufacturing Process of Reverse Transcriptase Enzyme and One-Step Reverse-Transcriptase PCR Kit". The project focuses on the development of molecular biology and diagnostic kits that play a critical role during epidemic periods.

The one-step RT-PCR kit to be developed aims to provide fast and effective results by combining both RT (Reverse Transcriptase) and PCR reactions in one step. This innovative product will fill a significant gap in biotechnological solutions, especially by accelerating diagnostic processes.

While the project budget is determined as 2.398.097 TL, this study is expected to contribute to the competitiveness of our country in the field of biotechnology.

With this successful project, TEKMER once again demonstrates Türkiye's R&D and innovation capacity.