

# **Current Studies in Social Sciences VI**

## **Editors**

Abdullah BALCIOĞULLARI  
Yelda DURGUN ŞAHİN



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# CONTRIBUTORS

**Prof. Dr. Taşkın YILDIRIM**

İnönü University

ORCID iD: 0000-0002-6592-7865

**Assoc. Prof. Dr. Tuğçem KAR**

Istanbul Technical University Turkish

ORCID iD: 0000 0002 0252 2537

**Assoc. Prof. Dr. Çiğdem Belgin  
DİKMEN**

Yozgat Bozok University

ORCID iD: 0000-0001-5975-1552

**Assist. Prof. Dr. Canan ÇİTİL-AKYOL**

Cumhuriyet University

ORCID iD: 0000-0002-1596-5097

**Assist. Prof. Dr. Erdal DURSUN**

Nişantaşı University

ORCID iD: 0000-0002-6255-1380

**Assist. Prof. Dr. Ayhan KULOĞLU**

Nevşehir Hacı Bektas Veli University

ORCID iD: 0000-0003-0027-2893

**Assist. Prof. Dr. Bora ÖÇAL**

Süleyman Demirel University

ORCID iD: 0000-0003-0654-0131

**Assist. Prof. Dr. Fatma Özgü SERTTAŞ**

Ankara Yıldırım Beyazıt University

ORCID iD: 0000-0003-0746-3991

**Dr. Murat KÜTÜKÇÜ**

Çağ University

ORCID iD: 0000-0003-4311-8036

# Chapter 1

## THE USE OF DYNAMIC ORIENTED BRIEF- EMERGENCY PSYCHOTHERAPY IN TRAUMATIC PROBLEMS OF ADOLESCENTS: CASE REPORT

Canan ÇİTİL-AKYOL<sup>1</sup>

Taşkın YILDIRIM<sup>2</sup>

### INTRODUCTION

Adolescence is a period in which childhood traumas may occur, all the while, the important duties of the developmental period are fulfilled simultaneously. Individuals are usually caught off guard by adolescence; although, it is an expected and natural process just like every other developmental period. Disappointment and frustration in adolescence are major components of trauma (Parman, 2010). Natural disasters, such as earthquakes, floods, and avalanches, may bring about traumatic problems in people's lives; however, in other circumstances, people themselves, either directly or indirectly, experience traumatic problems in the forms of traffic accidents, immigration, physical-emotional-sexual violence and abuse, war, and terror. The re-adaptation processes back to the daily life after a man-made trauma is much more difficult when compared to the traumas experienced following a natural disaster. Traumatic events reverse the usual behavior system that gives people a sense of control, bonding, and meaning (Herman, 2007). Among traumatic problems in adolescence are natural disasters (Tanhan and Kardaş, 2014; Yöndem and Eren, 2008), death (Ayaz, İmren and Ayaz, 2012; Bonanno and Kaltman, 2001), divorce (Arifoğlu, Richard and Öz, 2010; Amato, 1994), crime and legal issues (Adams and Berzonsky, 2003; Gullotta and Adams, 2005), substance abuse (Derinöz and Belen, 2008; Ögel and Yücel, 2005), suicides (Evans, Hawton and Rodham, 2004; Siyez, 2003), and sexual-physical-emotional abuse (Kaya and Çeçen-Eroğul, 2013; Taner and Gökler, 2004). Recent studies (Akdoğan, 2012; Kaya, 2015) clearly demonstrate

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<sup>1</sup> Assist. Prof. Dr., Cumhuriyet University, canancitilakyol@cumhuriyet.edu.tr

<sup>2</sup> Prof. Dr., İnönü University, taskin.yildirim@inonu.edu.tr

diminish the negative effects on the adolescents' character and by strengthening the ego, lead the adolescents to restructure themselves as a whole, rather than a mere behavioral change.

The Case Work Method is used in this study to examine an adolescent who had traumatic problems due to her parents' divorce. Counselors can employ the principles presented in this study while working with adolescents of divorced parents. The B.E.P. sessions can be performed with adolescents having different traumatic problems. Researchers can carry out experimental studies to investigate the effectiveness and sustainability of the B.E.P. sessions. This study was carried out with one high school student who had traumatic problems. Researchers can do similar studies with high school students who have developmental problems.

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## Chapter 2

# POSTURE IN VOICE TRAINING “FREEING BODY AND VOICE”

**Tuğçem KAR<sup>1</sup>**

### INTRODUCTION

The Ideal Voice Training Method can be achieved through a sincere collaboration where mutual trust is built, allowing the student to use their talent in the most natural way, valuing the personality of the student, delivering the voice of the student to the instructor's profession. The singer's self-realization is only possible with body awareness, conscious awareness and a natural voice technique. The student should know the anatomical structure of the human body, how the functions work, and should have knowledge over time about how to avoid all physical and psychological factors that may prevent this. A singer's instrument is his/her body, and as İlter Denizoglu (Ear Nose Throat, Audiology and Speech Disorders specialist, Vocology specialist) states, “Only singers build their own instruments”. Although the diaphragm muscle, throat and larynx come to mind first when it comes to voice training, voice training is directly related to the anatomical structure, physiology and psychology of our entire body. In this sense, the voice education process requires the student to use his/her voice in a healthy and sustainable way; It should also provide gains such as natural resting breathing and phonation respiration, principles of voice hygiene, discovery of the zero point of the body and mind, natural posture. In the light of all this information, having the right and natural posture is extremely important to freeing the singer's body and voice.

### Respiration and Phonation

Breathing is important for voice production and the use of the body for breathing. He/she who breathes “right” sings “right” – “Chi sa respirare sa cantare”, let's deal with breathing first. Respiration begins with the transmission of oxygen

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<sup>1</sup> Assoc. Prof. Dr., Istanbul Technical University Turkish, tkar@itu.edu.tr

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- Figure 7: Equilibrium Points <https://paramountsinging.weebly.com>

## Chapter 3

# ASSESSING THE HEDGE AND SAFE HAVEN PROPERTIES OF GOLD IN MAIN BIST SECTORS VIA ADCC-GARCH MODEL: COVID-19 EFFECTS

Fatma Özgü SERTTAŞ<sup>1</sup>

### INTRODUCTION

COVID-19 pandemic has caused a severe worldwide health crisis. It also affected the economic life and financial markets on a global scale. Financial markets have experienced severe turmoil during the pandemic. Gold is a unique asset that can act as a safe haven during financial stress times. Financial investors redesign their portfolios away from stocks and bonds towards investing in gold which is a safer asset (Gencer and Musoğlu, 2014). Gold is also referred to as TINA (there is no alternative safe haven asset). Abnormal macroeconomic backdrop and times of financial turmoil along with negative real interest rates, create a positive macroeconomic environment for gold (Luke, 2022).

Baur and McDermott (2010) make a distinction between a weak and a strong safe haven asset.<sup>2</sup> A strong (weak) safe haven asset is an asset that is negatively correlated (uncorrelated) with another asset or portfolio in certain periods only (in times of financial downturn). The key property of a safe haven asset is that it shows its 'safe' property during financial crisis periods. That is why gold is essential and its safe haven property is widely investigated in the pandemic period when analyzing the financial impacts of the pandemic.

Gold is also an important asset for emerging markets where financial and economic uncertainty exist. Turkish stock market (Borsa Istanbul) is no exception. In fact, the data that have been announced by Hobson (2023b) that Switzerland has sent 58.3 tonnes of gold worth \$3.6 billion to Türkiye in January 2023, indicate the importance of gold as a safe means of storing

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<sup>1</sup> Assist. Prof. Dr., Ankara Yıldırım Beyazıt University, foserttas@aybu.edu.tr

<sup>2</sup> They also distinguish between weak and strong forms of hedge assets, a concept of which will be considered in detail in Methodology section.

The analysis of risk diversification strategies through commodities and digital assets versus stocks at the sector level is still at an early stage in the literature, globally and domestically in Türkiye.

The empirical results have shown that the correlations between gold and BIST sector indexes increased during the COVID-19 era compared to the pre-pandemic period. After applying formal tests on determining the hedge and safe haven properties of gold against the BIST sector indexes, it is observed that gold has indeed acted as a strong hedge and a weak safe haven asset during the COVID-19 pandemic in these sectors.

As mentioned before, research on the effects of the COVID-19 on the financial markets and optimal portfolio diversifications considering the pandemic era is still at an early stage. Especially in Türkiye, additional research specifically focusing on the BIST sectors and the impacts of the government or central bank stimulus packages in soothing the effects of COVID-19 on portfolio diversification, could be further implemented by the curious researchers.<sup>13</sup>

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## Chapter 4

### THE DECISION OF THE ANKARA OPERATION AFTER THE 1920 ELECTIONS IN GREECE

Murat KÜTÜKÇÜ<sup>1</sup>

#### INTRODUCTION

After the war broke out in Europe, Bulgaria and Turkey, the historical enemies of Greece, has participated on the side of the Alliance States and this situation changed the perspective in the Near East. Even in this situation, Greece had not thought to demand land in Anatolia for entering the war on the side of the Entente States. In a sense, it appeared that Eleftherios Venizelos was absolutely not in favor of Greece sacrificing a bird in his own hand in Macedonia for two birds in the Anatolian's bush in November 1914. Considering the fact that the Greek people were scattered all over the Turkish lands and the absence of a large majority of Greeks even in the coastal areas, putting forward a claim on any region in Asian Turkey had could not be anything but a dream (Stratigos, 1925, 1).

It is understood that the "Asian idea" started to form in Venizelos' brain for the first time at January 1915. According to the external ideas, the fact that Turkey entered the war alongside the Allies in October 1914 meant the end of the Ottoman Empire. Because, at the end of 1914, the possible division of Ottoman's European and Asian provinces had begun to be discussed.

The idea of an Anatolian Occupation seemed to have matured in Venizelos' mind on January 9, 1915. That day Venizelos had a meeting with British Ambassador Sir Francis Elliot about sending Greek soldiers to aid Serbia. Fifteen days after this meeting, on January 23, 1915, on behalf of the British Government, the Foreign Minister Sir Edward Gray had offered "*important land concessions on the coast of Asia Minor*" to Venizelos and Greece.

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<sup>1</sup> Dr., Çağ University,, muratkutukcu@cag.edu.tr

As a result, the Greek Government; with the Battles of Sakarya and the Ankara Operation, the British mobilized the Greek Army to force the Ankara Government to sign the Sevres Treaty, but left it alone during the war. With the morale of the Kutahya-Eskisehir Battles, a war was entered in which the inadequacies of the vital military facilities (such as supply, transportation, personnel, land and reconnaissance intelligence) were ignored despite all the warnings of the responsible unit commanders. On the other hand, the management and management ability of the Ankara Government and the Commander-in-Chief of the Turkish Army, Mustafa Kemal Pasha, with his strategic and tactical intelligence, the sacrifice, courage and strength of the Turkish army and people in defending their homeland had been the most important factor in the failure of the Greek Asia Minor Army.

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## Chapter 5

### LOGISTICS CENTRE LOCATION SELECTION BASED ON LOGISTICS COSTS: AN APPLICATION IN ISPARTA

Bora ÖÇAL<sup>1</sup>

#### INTRODUCTION

The history of the concept of logistics, which we often encounter in the last century, is actually as old as the history of humanity. The fact that people living as hunters/gatherers in the prehistoric period hunted or gathered their needs from nature and brought these needs to their shelters can be characterized as a kind of logistics activity. In the recent past, logistics activities, which were characterized only as transportation and storage activities, have now reached their current and modern definition. According to this definition, logistics is the efficient and effective transportation, storage, control and planning of the movements along the supply chain from the point of origin of the raw material to the end user in order to meet customer needs (TZYK, 2022). The main purpose of modern logistics is to carry out logistics activities with the highest efficiency and lowest cost and to ensure customer satisfaction (Timur, 1998: 9). Within the scope of this purpose, logistics activities play a key role in meeting differentiated customer expectations in today's world in an increasingly competitive environment with globalization and technological developments (Demiroğlu & Eleren, 2014, p. 189).

Meeting customer expectations on time and at the desired level will bring customer satisfaction. Logistics activities carried out by businesses to meet their own needs and ensure customer satisfaction bring a significant financial cost burden to businesses. From this point of view, the survival of businesses in the competitive environment is possible with a well-planned and correctly implemented cost management. Businesses should first determine the costs originated from logistics activities. Lambert et al. (1998, p.17) classified the

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<sup>1</sup> Assist. Prof. Dr., Süleyman Demirel University, boraocal@sdu.edu.tr

the Analytical Hierarchy Process method. As consequence of the calculation, it was determined that the most important logistics cost type is transportation costs. Transportation costs are followed by storage, handling, marketing and ordering costs, respectively.

After the application of the analytical hierarchy process method, 3 possible logistics centre locations in Isparta province were determined. The possible logistics centre locations used in the study and located in Isparta province were determined as Eğirdir, Bozanönü and Keçiborlu. As a result of the application of the TOPSIS method, the most suitable logistics centre location was calculated with the effect of logistics costs. According to the results of the study, it was determined that the most suitable logistics centre location in Isparta is Keçiborlu district based on logistics costs.

As a result of the detailed literature review, no such study specific to Isparta province was found in the literature. For this reason, it is thought that the study is an original study and will contribute to the literature.

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## Chapter 6

# EVALUATION OF SİVRİHİSAR'S TOURISM POTENTIAL WITH SWOT ANALYSIS WITHIN THE SCOPE OF SUSTAINABLE TOURISM

Çiğdem Belgin DİKMEN<sup>1</sup>

### INTRODUCTION

Urbanization and population growth caused the depletion of natural resources, environmental and waste problems, and the weakening of the bond of human beings with nature who spend their lives mostly in buildings. The concept of sustainability, which was first introduced in the Report of Our Common Future by the World Commission on Environment and Development, established by the United Nations in 1987, has been defined as growth policies that allow the needs of present generations to be met without compromising the needs of future generations (WCED, 1987; Çelebi and Gültekin, 2007; Ruacan and Ruacan, 2002). In the process, the concept accepted on a national and global scale as a aiming at the existence of societies in the coming centuries (Dikmen, 2014, s. 70-71); and adopted by many industries such as construction, health, education, tourism, etc. The concept of sustainability, which is evaluated with its ecological, economic, social and cultural dimensions for all sectors; aims to develop strategies for the protection of resources and ecosystems, long-term availability of resources and low usage costs, ensuring human health and comfort, and preserving social and cultural values (Çelebi et al., 2008). In recent years, sustainable tourism approaches, in which the local characteristics and values of settlements that are similar to each other as a result of globalization are given importance and brought to the fore, have been adopted in the world and in Turkey. In this context, it is seen that the characteristics and values that make the settlement different from other settlements such as natural beauties, historical and archaeological richness, monumental and civil architecture examples, handicrafts and gastronomic values, etc., are evaluated within the scope of tourism potential.

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<sup>1</sup> Assoc. Prof. Dr., Yozgat Bozok University, cbelgin.dikmen@gmail.com

various civilizations, it is seen that it has alternative tourism opportunities such as important tangible cultural heritage elements, nature tourism, faith tourism, cultural tourism, gastronomic tourism within the scope of sustainable tourism.

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## Chapter 7

# DOES RENEWABLE ENERGY CONSUMPTION SUPPORT GREEN GROWTH?

Ayhan KULOĞLU<sup>1</sup>

### INTRODUCTION

The increasing population and consumption of the world, the acceleration of industrialization, the need for greater amounts of food and raw materials to meet increasing demands, and the fact that the majority of this raw material need is being met from non-renewable sources can lead to a decrease, or even depletion, of the limited resources on Earth. The increase in consumption and production has resulted in environmental problems becoming global in nature, losing their local nature due to their boundless character. Environmental problems affect societies directly, regardless of their categorization by race, language, religion, age, gender, or wealth. The concept of environmentally conscious consumption behavior was first used by Roberts in 1996 (Roberts, 1996, pp. 217-231). Green consumption is seen as an important element in achieving the goals of sustainable development and achieving sustainable consumption. Green consumption is the preference for products that have the least environmental impact and damage when it is not possible to satisfy the needs with existing products (Peattie, 2010, pp. 195-228).

Green consumption is an important component of sustainable consumption and one of the key elements of green growth, a development strategy that many countries are following. The phenomenon of green consumption draws attention to environmental factors while contributing to sustainable development based on awareness. Global warming, the depletion of natural resources, and population growth have begun to threaten the future of humanity, and this situation has resulted in a new trend of green consumption, where consumers are environmentally conscious, environmentally concerned, and therefore interested in green products. The excessive production and consumption

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<sup>1</sup> Assist. Prof. Dr., Nevşehir Hacı Bektaş Veli University, [akuloglu@nevsehir.edu.tr](mailto:akuloglu@nevsehir.edu.tr)

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## **Chapter 8**

# **STRATEGIC MANAGEMENT OF AIR TRANSPORTATION IN TERMS OF MARKET SHARE OF COMPANIES IN TURKEY**

**Erdal DURSUN<sup>1</sup>**

### **INTRODUCTION**

In the pre-liberalization period, airline companies had to operate under strict regulations. The civil aviation authorities of the countries kept the market entry and exit, pricing decisions of airline companies, capacity increases and mergers among themselves under control. These regulations have caused airline transportation to take on a structure away from competition and the airline companies, which cannot make their own decisions effectively, cannot provide an effective service in the market. Competition is getting fiercer through globalization nowadays. As a result, it becomes very difficult to gain and maintain a competitive advantage. In recent years, many new developments have emerged in the field of management and organization in order to maintain this superiority, and new concepts, techniques and approaches have been mentioned. In general, these approaches provide competitive advantage through performance enhancement and cost reduction and contribute to maintain this superiority. There are also those who approach the subject more critically and state that these new management approaches do not have a “new” aspect other than the partially different applications and re-interpretation of existing theories (Yalcinkaya and Adiller, 2011).

After the World War II, significant developments were observed in the Turkish aviation sector through emphasis regarding the construction of new airports and modern aircraft production. Korul and Küçükönel (2003) stated that with the entry into force of the Civil Aviation Law in 1983, an important step was taken in the liberalization of the air transport sector. With this law, private airline companies were allowed to be established and operated in the

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<sup>1</sup> Assist. Prof. Dr., Nişantaşı University, erdal.dursun@nisantasi.edu.tr

which is one of the cost-increasing services, has been abandoned, it is seen that the smaller treats such as beverages, sandwiches, cakes or cookies cannot be given up in many businesses due to cultural differences. In addition, it has been seen that the frequent flyer programs developed by traditional airlines to compete with low-cost airlines are implemented by low-cost carriers available in Turkey. It is considered that this is due to the fact that traditional and low-cost carriers operating on the main lines are in competition because of insufficient secondary airports. With its geopolitical position and the opening of the Istanbul 3rd Airport, Turkey has the capacity to provide opportunities for major breakthroughs in the aviation industry and to lead to major changes in the aviation industry. In this context, it is important for low-cost aviation companies operating in Turkey to focus on providing regional services and evaluate this potential. Despite the economic crisis, aviation companies operating in Turkey have the opportunity and potential to come to the fore all over the world. The steps to be taken in this context will determine the future of the aviation industry in Turkey.

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