ACADEMIC RESEARCH
IN SOCIAL SCIENCES AND HUMANITIES

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FOREWORD

Today, the nature of information is changed. In today's world, social and humanities sciences have gained a more important field of application.

The Social Sciences and Humanities provide society first of all with a deep understanding of human behaviour and human culture, in past and present. The importance of this understanding should be obvious, since most challenges we are faced with are human in nature.

Humanities and Social Sciences are a key part of the research and innovation spectrum and must be represented as both a separate and integrated part of any new research and innovation programme, national, European and global.

This study, designed under the name of "Academic Research in Social Sciences and Humanities", consists of studies that fill a significant dearth involving different subjects and fields published in the field of social and humanities sciences. Our main objective is to have the academics working in different fields share their findings with the scientific community.

This study contains very valuable studies by Prof. Dr. Fatma Gül Cırhınlıoğlu, Tinotenda K. Chiganze (The Organizational Burnout), Prof. Dr. Nuriye Say, Dr. Nermin Merve Yalçınkaya, Syazwani Sahrir (Comparative Study of Legislation of Nature Conservation Areas Between Turkey and Malaysia Perspective), Assoc. Prof. Dr. Aydın Görmez, Vian İbrahim Hamad Ameen (Traditions in Sherman Alexie's

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I would like to thank Designer Mr. İbrahim KAYA who has worked in the preparation of this work, IKSAD Chief Advisor and IKSAD International Publication House Supervisor Mr. Sefa Salih BILDIRICI, and IKSAD President Mr. Mustafa Latif EMEK who supported us in

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Assist. Prof. Dr. Özlem KAYA[1]
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CHAPTER 1

ARTIFICIAL NEURAL NETWORK PRACTICES IN TOURISM

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INTRODUCTION

Tourism is acknowledged to be one of the fastest growing industries worldwide. Besides having great importance for contributing to the national tourism revenue and providing foreign exchange input, the industry draws attention with its huge potential for employment. Furthermore, it plays a crucial role in the vitality of other industries (Dilber, 2007). Having accurate demand forecasting in tourism industry is remarkably significant for countries' tourism planning. Forecasting not only on demand but also on other parameters such as required labor force and income are a part of future planning. Despite the fact that various techniques, particularly the demand forecasting, are utilized in our day and time to evaluate various tourism activities, artificial intelligence practices have come to the forefront as one of the most outstanding methods in recent years.

With the advanced technology, computer systems have started to occupy an important place in life. Considering the developments in computer technologies throughout history, computers which were used only for data transfer or complex calculations are now capable of filtering and summarizing large data sets and make predictions and conclusions, accordingly. Effectively used in various aspects of daily life, particularly in the context of smartphones and Internet, computer systems have reached a completely different dimension with the studies and efforts on producing humanoid robots. The studies on robots have increased the interest in the concept of artificial intelligence. Even though artificial intelligence studies with a deep-rooted history dating

back to Greek mythology have suffered from some lags in the historical process, a significant leap has been observed in the last 50 years (Öztürk & Şahin, 2018). Developing technology and diversified needs will keep artificial intelligence practices on the agenda for many years more.

As a result of the studies carried out in the context of artificial intelligence, such systems that can collect data related to a specific case, interpret the collected data and establish meaningful connections between the cases have emerged. Artificial neural networks with its remarkably wide field of study ranging from industrial production, financial practices, medicine, research in social sciences to military is the top step of artificial intelligence practices (Öztemel, 2003).

1. ARTIFICIAL INTELLIGENCE AND ARTIFICIAL NEURAL NETWORKS

Computer systems which attempt to perform some specific activities in the same way that can be performed by human intelligence, such as learning, comprehension, interpretation, generalization and learning from past experiences, are defined as artificial intelligence in general (Nabiyev, 2012). Despite the fact that artificial intelligence has a long-standing history, it is used for the first time in a conference held in 1956 (Lewis, 2014). Artificial intelligence practices are composed of various systems in different forms as follows: fuzzy logic, expert systems, genetic algorithms, machine learning and artificial neural networks (Öztürk and Şahin, 2018).

Regarded as black boxes, artificial neural networks can be trained by learning, and are capable of collecting information about a specific case and interpreting it with the knowledge learned in advance when they encounter new examples that they have never experienced/seen before. Artificial neural networks, which have been developed by imitating the learning functions of the human brain, learns based on examples, uses the knowledge in the most accurate way and generates new data in the light of the collected information. Artificial neural networks are composed of artificial neural cells the design of which has been inspired by the neurons in the human brain. These neural networks embody numerous superior features, such as adapting to the environment, making decisions even in uncertain situations and working with incomplete data. Artificial neural networks are successfully utilized for many different purposes, particularly for optimization, prediction and data filtering (Öztemel, 2003).

Artificial neural networks work in a similar way to nerve conduction in the human brain. Biological neurons communicating to one another through synapses transmit messages to another neuron via their axons. Similarly, artificial neural networks collect information about a case and then filter it via activation function and send the output to other process elements (cells) via neural network junctions. Figure 1 presents the schematic comparison of biological neuron and artificial neural network system (Maltarollo, Honório, & da Silva, 2013).
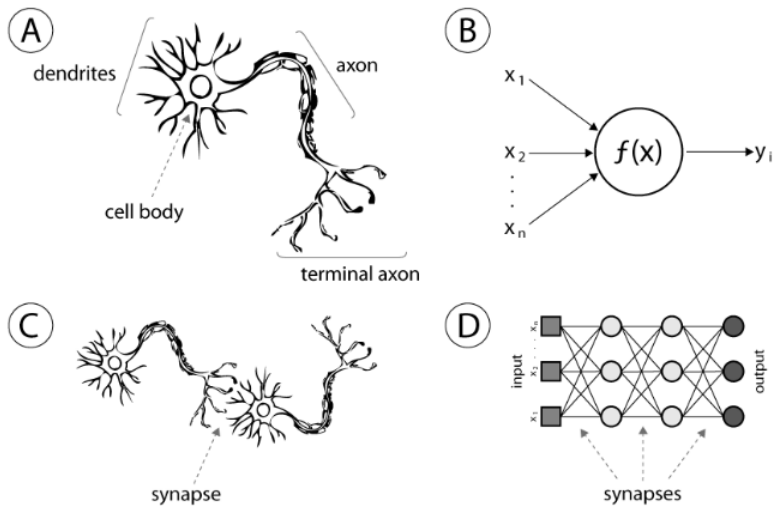
Figure 1. Comparison of Biological Neuron and Artificial Neural Network (A: biological neuron, B: artificial neuron, C: biological synapse, D: artificial neural network synapses) (Maltarollo et al., 2013).

In artificial neural network system, the process elements aggregate into 3 layers to form a network structure (Figure 2). These layers are called input, hidden layer and output layer. The connections on a network are assigned a weight that adjusts as learning proceeds. An input received by the system can be transformed into an output by means of the weights assigned, and the randomly chosen weights reach the most accurate state during the learning process. The process of training the networks should be maintained until the most accurate output is reached for each sample (Öztemel, 2003).
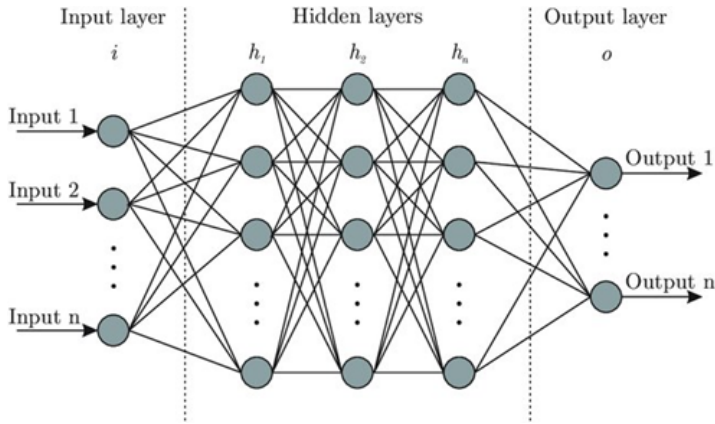
Figure 2. Framework of an Artificial Neural Network (Bre et al., 2018)

The processing of data in a multi-layer artificial neural network can generally be demonstrated by the equation given below.

$$y_j = f(b_j + \sum_{i=1}^{m} w_{ij} x_i)$$

Artificial neural networks, which collect information considering sample observations and have the ability to make decisions on the samples they have never observed/experienced, can be utilized for different purposes. Many different models have been developed such as single-layer perceptrons, multilayer perceptrons, LVQ, ART networks, SOM and ELMAN network (Öztemel, 2003).

In our day and time, artificial neural networks are being used in many different fields and some of them are as follows:

- Medicine and health (Hannan, Manza & Ramteke, 2010; Anthimopoulos, Christodoulidis, Ebner, Christe & Mougiakakou, 2016)
- Automotive (Wu, & Kuo, 2009; Kamar, Ahmad, Kamsah, & Mustafa, 2013)
- Space Sciences (De Weerdt, Chu & Mulder, 2005; Şenkal & Kuleli, 2009)
- Engineering sciences (Seiffert, 2004; Gonçalves, Minim, Coimbra & Minim, 2005)
- Chemistry (Maltarollo et al., 2013; Tümer, Edebali & Gülcü, 2018).
- Banking and finance practices (Bahrammirzaee, 2010; Nazari & Alidadi, 2013)
- Meteorology (Mubiru & Banda, 2008; Baboo & Shereef, 2010)

2. USE OF ARTIFICIAL NEURAL NETWORKS IN TOURISM AND THE RELATED STUDIES

In the field of tourism, artificial neural networks are generally employed for forecasting purposes. Forecasting plays a major role in tourism planning. Forecasting the developments in the field not only facilitates decision-making processes for business managers but also makes valuable contributions to the industry. Accurate predictions based on scientific foundations in the tourism industry help prevent waste of resources and also pave the way for developing efficient policies to minimize economic loss within the industry (Çuhadar &

Kayacan, 2005). Analyzing the structure of tourism movements in the past and in our day and forecasting the changes in tourism demand make notable contributions to the development of tourism industry (Cho, 2003).

Demand on accommodation businesses is vulnerable to be affected by various factors and it varies greatly over time. While social and political developments may have a direct impact on tourism demand, seasonal, monthly and weekly differences may also drive fluctuations in the demand (Emeksiz, 2002). Particularly, forecasting the occupancy rate of accommodation facilities is considered to be one of the most important matters. Occupancy forecasting allows revenue forecasting, which facilitates planning on the number of couver and the amount of expenses such as labor force, heating or lighting. In addition to occupancy rates, artificial neural networks can be utilized for the analysis of tourist expenditures, tourism demand and number of overnight stays.

Çuhadar & Kayacan (2005) conducted a study where they utilized artificial neural networks with the purpose of forecasting the occupancy rate, arising from external tourism demand, in accommodation facilities in Turkey. Within the scope of the study, the monthly occupancy rate resulting from foreign tourists accommodating in Turkey was tried to be forecasted in the light of 144-month-data and 5 inputs (the number of operational facilities, the number of beds, the total number of foreign tourists staying in the facility, the total number of overnight stays of foreign tourists and the average length of stay of foreign tourists on 144-

month period). As a result of the study, it was concluded that data obtained via artificial neural networks are very close to the actual data and that this method can be effectively used for occupancy forecasting in tourism businesses.

In a study conducted in Beijing, Du, Guo & Wang (2007) examined the use of artificial neural networks in forecasting room occupancy rate. In conclusion, they put forward that artificial neural network model yields much reliable results than regression and pure extrapolation models which are frequently used in forecasting processes.

Cho (2003) conducted a study to predict the number of foreign tourists visiting Hong Kong and used three different techniques, including artificial neural networks. As a result of the study, it was reported that artificial neural networks could be the best method for forecasting the number of tourist arrivals, in comparison to two methods commonly used in demand forecasting (exponential smoothing and ARIMA).

Tsaur, Chiu & Huang (2002) used artificial neural networks in order to analyze the business travelers' loyalty to international tourist hotels. In the study, 8 inputs (responsiveness, tangible, meal service, location, reliability, empathy, reputation and business service) were used and the output parameters were set as "will recommend", "will revisit" and "will provide referral". Besides, the results obtained via artificial neural networks were compared with those obtained via logistic regression model. According to the results obtained via

artificial neural networks, it was found that responsiveness and tangible were the most important inputs which were effective on outputs whereas meal service was the least effective input. Moreover, it was put forward that artificial neural networks were more effective in predictions and the explanation of variances.

Phillips et al. (2015) used artificial neural networks to examine the relationship between online reviews and the performance of hotels in Switzerland and evaluated 59.688 positive comments posted in 69 online sources for 235 hotels. The artificial neural network model used in their study is presented in Figure 3.
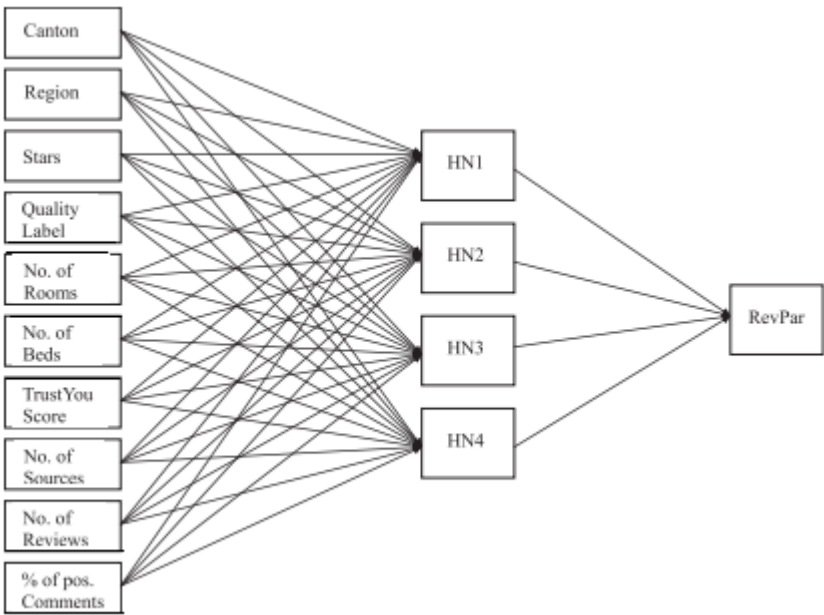
Figure 3. Artificial Neural Network Model (Phillips et al. (2015)

In another study, Palmer, Montano & Sese (2006) aimed to determine the time series based on tourism expenditures in the Balearic Islands in Spain and examined the use of artificial neural networks in forecasting the time series in tourism. In a similar study conducted by Çuhadar, Güngör & Göksu (2009) in Antalya province which is located in Turkey and embodies a great tourism potential, the Authors aimed to forecast the tourism demand via artificial neural networks and to compare the results obtained via artificial neural networks with those obtained via the time-series methods. The comparisons concluded that the deviations of predictions revealed by artificial neural networks were much lower than in other methods.

Moutinho, Huang, Yu & Chen (2008) conducted a study where they utilized artificial neural networks for accurate modelling of tourism demand shifting from the People's Republic of China to Taiwan. The study highlighted the importance of understanding the variables affecting the tourism demand and of demand forecasting in tourism.

In a study conducted in Iran, it was aimed to predict the tourists' satisfaction of their travel experiences via artificial neural networks (Golmohammadi, Shams Ghareneh, Keramati & Jahandideh, 2011). In the scope of the study, 1624 foreign tourists were interviewed and artificial neural network model was developed based on the data obtained from the surveys. It was concluded that the obtained results will provide leading information to the authorities by identifying the

travel attributes including the general satisfaction of foreign tourists in the scope of the formulation of Iran's tourism policies.

Apart from those mentioned above, there are many more studies in literature regarding the use of artificial neural networks in tourism (Law & Au, 1991; Mitchell, Davies, Moutinho & Vassos, 1999; Güngör & Çuhadar, 2005; Kon & Turner, 2005; Fernandes, PO & Teixeira, JP 2007; Chen, Lai & Yeh, 2012; Teixeira & Fernandes, 2012; Claveria & Torra, 2014; Cuhadar, Cogurcu & Kukrer, 2014; Berenguer, Berenguer, García, Pol & Moreno, 2015; Li, & Cao, 2018).

A wide range of studies have investigated the use of artificial neural networks in different fields such as gastronomy and culinary services, which constitute an important part of tourism.

Kılıç, Akkaya & Memili (2018) conducted a study in which they used artificial neural networks to forecast daily food consumption rate in a restaurant and they created an artificial neural network containing 14 input layers, 10 hidden layers and 1 output layer. As a result of the study, it was put forward that machine learning systems will provide convenience in estimating the volume of daily food consumption and thus can facilitate controlling the wastage and cost.

In a study, Huang (2012) discussed the use of artificial neural networks in forecasting service recovery in restaurants. The study involve 3 main input categories. First input category "Service Failure Type" contains 10 variables, the second input category "Expression of Complaint" contains 3 variables and the third input category

"Consumer External Characteristics" contains 3 variables while the output category "Expected Service Recovery Methods" contains 7 variables (free food, coupon or discount, personal explanation by manager, receiving equivalent product, corrective action, apology, making this visit complimentary). It was reported that the success rate of two artificial neural network models in forecasting customer expectations in the context of service recovery was 87.5% and 95%, respectively. It was also noted that forecasting the complaint type will facilitate the service staff's responses to the feedbacks by customers.

Claypo & Jaiyen (2014) conducted a study to review the comments posted on various websites about Thai restaurants and utilized artificial neural networks for this purpose. Putting a significant emphasis on data mining, the study highlighted the fact that there are a vast amount of online customer reviews about food and beverages and that accurate analysis of those reviews is challenging but also of great importance. In the study, artificial neural networks were used for the classification of positive and negative comments, and it was concluded that the artificial neural network model was the number one method yielding the best results for the classification of customer reviews.

In their study based on local culinary cultures, Kazama, Sugimoto, Hosokawa, Matsushima, Varshney & Ishikawa (2018) used artificial neural networks to transform the recipe of one country's local dish into another country's cooking style (for example, preparation of traditional Japanese dish, Sukiyaki, in French style). In the study, 39.774 recipes from 20 countries were introduced to the artificial neural

network. Following the introduction, the neural network model was commanded to identify which country the recipe might belong to. The algorithm developed in the second stage of the study enabled the interpretation of the recipe of one region in the style of another region.

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CHAPTER 2

CARBOHYDRATES, PREBIOTIC CARBOHYDRATES, BODY FUNCTIONS AND USAGE IN FOOD INDUSTRY

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INTRODUCTION

1. CARBOHYDRATES

Carbohydrates are one of the nutrients that provide energy to the body. Carbon, oxygen and hydrogen are organic compounds and according to their molecular size (degree of polymerization) can be classified as sugars, oligosaccharides and polysaccharides (Nantel, 1999; Baysal, 2012) (Table 1).

Carbohydrates provide a large part of the energy we need from birth. For example, about 40% of the energy in mature breast milk comes from lactose, and since it is the most abundant and most economical food source after weaning, carbohydrates continue to be the largest energy source in many people's diet. They can meet 40-80% of total energy intake in different societies. Most of the carbohydrates we consume other than lactose-containing milk or dairy products are carbohydrates from starch (Gibney et al., 2002).

Table 1. Main Diet Carbohydrates.

	SUBGROUPS	COMPONENTS
Sugars (1-2 C)	Monosaccharides	Glucose, fructose, galactose
	Disaccarides	Sucrose, maltose, lactose
	Sugar alcohols	Sorbitol, maltitol, lactitol
Oligosaccharides (3-9 C)	Malton-oligosaccharides (α–glucan)	Maltodextrins
	Other oligosaccharides	Raffinose, Fructo-oligosaccharides, Galacto-oligosaccharides
Polysaccharides (>9 C)	Starch (α-glucan)	Amylose, amylopectin, modified starch
	Non-starch polysaccharides	Cellulose, hemicellulose, pectin

1.2. Functions of Carbohydrates in The Body

• Most of the energy consumed in the body is met by carbohydrates. While all tissues use carbohydrates first for energy requirement, brain tissue uses only carbohydrates for energy (Altın, 2017).

• It is known that carbohydrates are more favorable energy source in heavy physical activities (Çınar et al., 2004).

• Carbohydrates are Antiketogenic. When taken in less amounts than necessary, the amount of ketone bodies and acids in the body is increased. These molecules increase the acidity of body fluids, reducing blood alkalinity. This condition is called ketosiz. If the alkalinity of blood continues to decrease continuously, it may cause coma (Baysal 2012).

• They keep water and electrolytes in the body. In addition, they help the absorption of sodium (Bülbül et al., 2008).

• They prevent the use of protein for energy and reduce the need for protein (Çınar et al., 2004).

• There are many important physiological tasks called compound carbohydrates. Hyaluronic acid provides lubricity in joints and increases resistance to impacts, heparin prevents blood clotting, blood group polysaccharides combine with proteins to form ABO blood groups can be given as an example (Baysal, 2012).

• Other components of the plant cell wall, such as resistant starch, non-starch polysaccharides, oligosaccharides, and lignin, which are not affected by digestive enzymes, increase the movement of

the intestines, helping to dispose of the waste generated there in as feces. If these molecules are too low in the diet, bowel movements may decrease and constipation may occur. The fact that such molecules are too high in the diet negatively affects the absorption of nutrients, especially minerals (Baysal, 2012).

55-60% of the energy taken daily should be met from carbohydrates, 10-12% from protein and 25-30% from fat (Aydın, 2017). However, people can continue their lives by taking more carbohydrates or by taking much less carbohydrates. Research has shown that at least 50 g of carbohydrate per day prevents ketosis. It is said that at least 100-125 g of carbohydrate should be present in the daily diet, given personal privileges. This corresponds to approximately 400-500 calories of energy (Çınar et al., 2004).

1.3. Digestion and Absorption of Carbohydrates

In order for carbohydrates to be used in the body, they must first be digested, absorbed and metabolized. While monosaccharides do not undergo any changes during digestion (Baysal, 2012), disaccharides are separated into monosaccharides which are hydrolyzed by disaccharidase enzymes (lactase, saccharase, maltase) in small intestine (Akyüz & Demir, 2009). In the absence of these enzymes, disaccharides cannot be converted to monosaccharides, and abdominal pain, diarrhea and absorption disorders are seen (Baysal, 2012).

Starch digestion is more gradual than mono and disaccharides. Food is broken down by chewing in the mouth, sugars and starch and

glycogen are released. Due to the effect of amylase enzyme in the salivary gland secretion pityaline, the amount of starch and glycogen is broken down and dextrin is formed. For this, the medium must be alkaline. Amylase of pityaline in acidic environment is ineffective. In the small intestine, the amylase enzyme secreted by the pancreas breaks down starches into oligosaccharides and disaccharides. They are then separated into monosaccharides by disaccharidase enzymes and absorbed (Akyüz, 2009).

While these carbohydrases allow approximately 95% of the carbohydrates in the diet to be digested and absorbed in the small intestine, there are significant changes in bioavailability between different classes of carbohydrates and different foods. These carbohydrates that are digested into simple sugars and absorbed in the small intestine are called "glycemic carbohydrates" (Gibney et al., 2002).

Carbohydrates that cannot be digested in the small intestine can also provide energy to the body through fermentation in the colon. For this reason, the term "nonglycemic carbohydrates" has been approved by the Food and Agriculture Organization of the United Nations (FAO 1998) for 5% of the carbohydrates previously called "unusable" (Gibney vd, 2002).

There are also some carbohydrates taken from diet that are digestible because they are resistant to upper gastrointestinal enzymes, but which can be fermented in the colon. They stimulate the selective growth of certain bacterial groups in the intestine, such as Lactobacilli,

Bifidobacteria, Eubacteria, which are considered beneficial for human health and constitute their energy source. These non-digestible carbohydrates are called prebiotics. Due to the short-chain fatty acids formed by fermentation of these prebiotics by the bacteria, the pH decreases and the medium becomes suitable for acid-resistant beneficial bacteria (Lactobacilli, Bifidobacteria, Eubacteria). Since this acidic environment is not suitable for potential pathogenic bacteria (clostridium, etc.), activities of pathogenic bacteria are also suppressed (Özden, 2005).

2. PREBIOTICS

Prebiotics it was described by Gibson and Roberfroid in 1995 as "an indigestible food additive that beneficially affects the host by stimulating the activity and / or growth of one or a limited number of bacteria in the column and consequently improving the host's health (Huebner et al., 2007, 2008). In humans, resistant starch, sugar polyols, some peptides, proteins and some lipids have prebiotic properties as well as short-chain carbohydrates that cannot be digested by digestive enzymes (Al-Sheraji et al., 2013; Courtin et al., 2009). The United Nations Food and Agriculture Organization (FAO) described prebiotics as gıda a food component that selectively contributes to the growth and development of host microorganisms in the intestinal flora'. Although the prebiotic definition is often confused with the dietary fiber definition, the FAO definition implies that a prebiotic may be a fiber, but not all fibers have prebiotic properties (Phillips, 2013; Bindels et al., 2015). Prebiotics can also act as immunomodulators (agents that

alter the immune system's response by increasing or decreasing the strength of the immune system) without microorganisms in the intestinal flora (Kunová et al., 2011).

In order to classify a food component as prebiotic,

- Should not be hydrolyzed and absorbed in the upper gastrointestinal tract,
- When it reaches the intestine, the probiotic must be metabolized by microorganisms,
- It should contribute to the development of intestinal microflora and increase its activities (Manning and Gibson, 2004; Roberfroid, 2007; Oliveira et al., 2011; Slavin, 2013).

Metabolism after reaching a prebiotic column,

- Support intestinal microflora and stimulate intestinal transit mechanism,
- To be able to change the column microflora to prevent diarrhea and constipation,
- Balance the amount of substances such as glucose and cholesterol, support the growth and proliferation of bifidobacteria and lactobacilli,
- Stimulate the production and absorption of B vitamins (B1, B2, B3, B6, B9, B12),
- Support the immune system,
- Contribute to the control of obesity,
- It should reduce the risk of osteoporosis (Oliveira et al., 2011).

2.1. Prebiotic Carbohydrate Sources

The majority of prebiotics are oligosaccharides and polysaccharides, but some sugar alcohols, modified carbohydrates and sugar polyols have also been reported to exhibit prebiotic properties (Gibson, 2004; O'Donnell and Kearsley, 2012; Al-Sheraji et al., 2013). Prebiotic types and sources are given in Table 2 (Table 2).

Table 2. Prebiotic Species and Sources (Gibson, 2004; Al-Sheraji et al., 2013).

Prebiotic types	Resources
Fructooligosaccharides	Asparagus, sugar cane, garlic, chicory, onion, Jerusalem artichoke, wheat, honey, banana, tomato, rye, barley, Stevia plant wastes
İsomaltose	Honey, sugar cane sherbet
Galactooligosaccharides	Human milk, cow's milk
İnulin	Flour, onion, banana, garlic and leek
Raffinose oligosaccharides	Lentils, peas, bean grains
Xylooligosaccharides	Bamboo roots, fruits, vegetables, milk, honey and wheat bran
Cyclodextrins	Water soluble glucans
Soy Oligosaccharides	Soy
Lactulose	Lactose (Milk)
Lactosucrose	Lactose
İsomaltulose	Sucrose
Palatinose	Sucrose
Maltooligosaccharides	Starch
İsomaltooligosaccharides	Starch
Arabino Xylo Oligosaccharides	Wheat bran
Enzyme resistant dextrin	Potato starch

In addition to exogenous prebiotics, the human body produces large quantities of endogenous prebiotics in mucin form. Especially in breast milk, there are oligosaccharides that will positively affect the microflora of infants and these oligosaccharides are considered to be "first and original prebiotics (Tuohy et al., 2005; O'Donnell and Kearsley, 2012).

In some studies, the total numbers of bifidobacteria and lactobacilli were increased by using infant formulas containing a mixture of galactooligosaccharide (GOS) and fructooligosaccharide (FOS) that stimulate the growth of bifidobacteria and lactobacilli, similar to oligosaccharides in breast milk. In addition, it is stated that the short-chain fatty acid profile is induced similar to that of breastfed infants (Harman and Knol, 2006). Prebiotic mixtures can also be used to increase intestinal tolerance to oral nutrition. The addition of FOS and GOS to premature foods may stimulate the proliferation of bifidobacteria as well as soft and frequent defecation (Coşkun, 2005).

2.2. Health Benefits of Prebiotics

Fructooligosaccharides (FOS); They are called GRAS (Generally Recognized as Safe List) by FAO. FOS is legally expressed as a food component, not a food supplement, with a calorie value of about 1.5 kcal / g (Ishwarya, 2013). Digestion of FOS causes gas formation in people with lactose intolerance. However, this symptom is directly proportional to the amount of consumption (Hauly and Moscatto, 2002). The amount of FOS required to stabilize the intestinal microflora is 4-10 g per day (Manning and Gibson, 2004; Costabile et

al., 2010). Although adequate daily FOS intake improves the growth and development of bifidobacteria in the intestinal flora, the initial number of host bifidobacteria is also important for FOS efficacy (Kolida and Gibson, 2007). Adequate daily consumption of FOS increases the absorption of calcium (Roberfroid, 2002) and magnesium (Bornet et al., 2002) in the body.

Galactooligosaccharides (GOS); GOS, one of the most produced oligosaccharides worldwide, is naturally synthesized in cow and breast milk as well as artificially synthesized. (Cho and Finocchiaro, 2009). GOS is the result of binding of galactose molecules to lactose. GOS increases the sweetness of dairy products as well as decreasing the amount of lactose for people with lactose intolerance (Gosling et al., 2010). Like all prebiotics, GOS reaches the large intestine undigested and helps selective growth and development of beneficial microorganisms there, and prevents the development of pathogenic and nutritive organisms (Modler, 1994). The recommended daily consumption is 2-3 g to contribute to the development of microbial flora. For people with diabetes and high cholesterol, this amount is 8-20 g (Carabin and Flamm, 1999). GOS have no toxic effects, and the only negative effect is diarrhea at excessive consumption (25-30 g / 70 kg) compared to body weight (Sako et al., 1999).

Inulin; Polydisperses are defined as carbohydrates. Industrial inulin production is traditionally made from chicory. Prebioticly, inulin

and oligofructose are found in fruits and vegetables in a significant proportion (Roberfroid, 2000).

Xylooligosaccharides (KSO); KOS, which can be obtained by enzymatic hydrolysis of xylan, (Moure et al., 2006) are broken down by bifidobacteria and show bifidogenic effect (Tuohy et al., 2005). While KSO helps Bifidobacterium bifidum in the intestine, Staphylococcus, Escherichia coli and Clostridium species are unable to consume this compound (Fujikawa et al., 1991; Suwa et al., 1999). In a study investigating the effects of CSO on intestinal flora, gastrointestinal functions and nutritional parameters in elderly patients, consumption of 4 g CSO per day was found to be beneficial to elderly health and did not show any negative effects (Chung et al., 2007). In another study, the movement of a fermented product prepared with KSO, xylan and commercial KSO in human intestinal simulator was investigated. Fermented FOS was used for comparison and it was observed that bifidobacterium species preferred KSO compounds over FOS compounds (Makelainen et al., 2009).

Isomaltooligosaccharides (IMO); α-(1→6) glycosidic bonds that can be produced by enzymatic reaction of starch and are prebiotic effect on Bifidobacteria species (Kolida et al., 2007; Cho et al., 2014). IMOs can be obtained from natural sources such as rice, corn, soy, but their extraction is not economical (Ojha et al., 2015). After fermentation increases the concentration of lactic acid and acetate in the environment (Tuohy et al., 2005). The resistance of IMO to acid solutions separates this compound from other oligosaccharides (Özyurt and Ötleş, 2014).

Another important feature of isomaltooligosaccharides is the prevention of tooth decay. The dextran sucrase enzyme produced by Streptococcus mutans bacteria causing tooth decay reacts with sucrose to form the water insoluble dextran polymer. The bacteria adhere to the tooth with the polymer produced and form the dental plaque. The dental plaque holds the bacteria on the tooth surface and at the same time provides an anaerobic environment for fermentation. Sucrose and fructose are converted to lactic acid by anaerobic fermentation. Tooth enamel critical pH value (pH 5.0) begins to decay tooth (Taubman, 2006). When IMO is added to sucrose, synthesis of dextran polymer from sucrose is inhibited and tooth decay is prevented (Miyake, 1981).

Soyoligosaccharides (SOS); They are potential prebiotic materials derived from soybeans, which are described as GRAS by FAO (Zhang et al., 2015). In vitro studies have shown that fecal bifidobacteria and lactobacilli species increase in humans after SOS consumption. In addition, SOS consumption has been reported to inhibit Bacteroides and Clostridium species and reduce potential toxic microbial metabolites (Tuohy et al., 2005).

Pectic Oligosaccharides (POS); POS is an important prebiotic oligosaccharide and, like other oligosaccharides, acts as a competitive antimicrobial agent (Li et al., 2013). POS, pectin rich agricultural waste; partial enzymatic hydrolysis is obtained by depolymerization using acid hydrolysis or hydrothermal process (Gómez et al., 2014). However, the prebiotic and antimicrobial activity of POSs has not been elucidated yet (Li et al., 2016). Kapoor and Dharmesh (2017) reported

that pectic oligosaccharides obtained from raw tomato show anti-carcinogenic effect, and this effect is due to galactose and rhamnose, which are commonly found in the structure of pectic oligo saccharides.

Mannooligosaccharides (MOS); MOS, used as animal feed additive, is obtained from the cell wall of yeasts such as Saccharomyces cerevisiae. In addition to the production of yeast, coconut waste is also a rich source of MOS. (Rungrassamee et al., 2014). Previous studies have shown that MOSs increase the activity of beneficial bacteria, especially bifidobacteria and lactobacilli species. In addition, MOS inhibits intestinal fat intake and prevents adiposity. Studies have shown that daily intake of a minimum of 3 g of MOS by an adult person can prevent fat formation by reducing fat formation (Jian et al., 2013).

2.3. Use of Prebiotics in Food Industry

In addition to its many contributions to health, the use of prebiotics in the food industry for various functional purposes continues to increase day by day (shown in Table 3) (Mussatto, Mancilha, 2007).

Table 3. Usage Areas of Prebiotics in Food Industry (Singla, 2017).

FOOD GROUP	APPLIED FOOD	PURPOSE OF APPLICATION
Daıry Foods	•Yogurt, kefir, ymer, cultured buttermilk, cultured cream, filmjolk, koumiss, ice-cream, mozzarella cheese, petit-suisse cheese.	• Sugar substitution, texture, pleasant taste, fiber, oil substitution
Beverages	• Soy-based synbiotic beverages, soy-yacon synbiotic beverage, japanese alcohol 'sake', miso and soy-sauce.	• Sugar substitution, texture, pleasant taste, foam and stabilizer
Bakery Products	•Bread, biscuits, cookies, orange cake, chocolate cake, muffins	• Oil or sugar substitution, texture, pleasant taste and fiber
Chocolates, Confectıonery And Extruded Products	• Chocolate mousse, milk chocolates, sugar-free confections, pasta, spaghetti and snack foods	• Sugar substitution, texture, Moisture stabilizer, pleasant taste and fiber
Sweeteners	•Sugar alcohols like xylitol, sorbitol, maltitol, mannitol, erythritol, lactitol, isomalt, hydrogenated starch hydrolysate. .	• Sugar substitution, thermal resistance, texture
Meat Industry	•Sausages, meat patties, bologna sausage, hamburgers, cooked sausages, dry fermented sausages.	• Sugar substitution, texture, pleasant taste and fiber
Pet Foods and Livestock Feed	•Diet for companion animals and livestock.	--

In addition to their physiological properties and their contribution to nutrition, prebiotics are widely used in the food industry for purposes such as improving the texture properties of foods, increasing the amount of fiber, and providing pleasant taste (Singla, 2017). One of the most important features of the digestive enzymes because they are resistant to low-calorie is (Gibson, 2008).

GOS causes a significant increase in the number of bifidobacteria in the colon. The high solubility of GOS also increased the amount of

use in dairy products such as yoghurt, buttermilk. The addition of GOS in yogurt provides a softer and creamy structure. In addition, since the natural microflora of yogurt cannot break down these prebiotics, GOS can reach the intestines directly without digestion (Sangwan et al., 2011).

In Tanzania, prebiotics were added to plain yoghurts to increase the consumption of yoghurt, and prebiotics masked the sour taste of yogurt, adding a sweet flavor to the product and providing greater acceptability (Irvine and Hekmat, 2011).

CONCLUSIONS AND RECOMMENDATIONS

Prebiotics reach the large intestine without being digested by digestive enzymes, contributing to the selective growth and development of host microorganisms there. While it is used by the beneficial microflora (such as Lactobacillus, Bifidobacterium), it prevents the growth of potential pathogenic microorganisms such as toxin-producing Clostridium, proteolytic Bacteriodes and toxigenic Esherichia coli.

In the last 20 years, clinical and dietetic studies have shown that prebiotics, the majority of which are oligosaccharides, directly and indirectly contribute to human health. Their role in the prevention of food allergies can be given as they increase the solubility and absorption of minerals such as calcium, magnesium and iron ions by lowering the intestinal pH, increasing the number of probiotics in infants.

In this regard, it is important for the rapidly developing functional food sector to identify and develop prebiotics. With this study, the studies that have been done so far have been mentioned and contributed to the formation of ideas about what can be done for the future.

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CHAPTER 3

VISUALIZATION OF IDEOLOGICAL EXPRESSION IN ANIMATION CINEMA

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INRODUCTION

Animation cinema is a field where different techniques are applied according to the genre of film. In accordance with the artist's creativity, there is the possibility of making animated films with almost any kind of material. The critical point here is to give motion to an inanimate object. Each type of drawing and configuration can reflect the true mode of movement in nature. *"Visual representation must either reproduce its subject with mechanical accuracy or-in the aesthetic sense of the term - faithfully execute its inseparable features"*. (Arnheim; 2002:139) The representation in animation cinema, unlike other types of cinema, highlights the technical application. This has led to the emergence of quite a lot of techniques in animation cinema. The difference in the techniques of animation cinema emerged from the search for methods to give motion to still objects, and this technical search also provided the power to create an intensely symbolic expression. Animation cinema has established itself in its historical process based on the evolution of its technical applications, so it cannot be considered separate from the technique. The expansion of narrative and the provision of dramatic phenomenon in the historical process has been made possible by the acquisition of technological flexibility in motion and recording devices The film *Voyage a Treves L' Impossible (1904),* by Melies, was one of the first experimental films of animation cinema, in which real footage was supported by a stop motion animation technique consisting of paste animation and hand-drawn animation. The characters travel to space, to sun, to hell or another planet by train, airship to the sky, accompanied by Art Nouveau style

decor in this avant-garde art film. Finally, a fantastic narrative is captured, with the scene in which the submarine turns into a fish while navigating by a submarine.

1. AVANGARDISM AND PROPAGANDA IN EARLY ANIMATION CINEMA

During the early years, animation cinema was home to avant-garde artistic expressions. This led first to the creation of symbolic expression and then to experimental artistic endeavor. Since every art movement and artistic expression is shaped by an ideological pursuit, there is a need for an approach in the dimension of different directors, countries and ideologies in order to perceive the ideological dimension of animation cinema. On the other hand, it is possible to describe the situation created by a particular artistic stance starting from avant-garde cinema. Attempts to visualize ideological expression in the field of cinema have been initiated with documentary films. So it has become important to reflect the ideological views of power, not the filmmaker or director. In addition, the views of some organizations as supporters of power have also become dominant in film production. The structural accuracy of the documentary and its commitment to real life have become important in the propaganda processes Propaganda films in documentary form, which were used extensively, especially from the first World War, were used to motivate soldiers and the public and to build public opinion. *"The heart of a metropolis of four million people beats like a searing breath amid the speeches of propagandists. Here, a new and modern language was spoken that had nothing to do with the*

old and so-called popular forms of expression; this language is a brand new artistic style, the beginning of an exuberant and provocative style of expression (Virilio: 1998:10) Virilio's views also make clear that governments began using films as a potential and new tool of power after the first World War, the process of Nazi Germany and the Soviets nationalizing the media, and Japan's use of especially propagandistic films**. In America, during and after World War II, Disney's general anatomy relates to tensions between realism and the avant-garde.Two different artistic approaches have been influenced by the existing ideological structure, resulting in different films based on technique and style. Disney animation cinema has always reflected ideological influence on its narrative basis and stylistic structure. *"The Film is produced to make the viewer identify with sheer perception, as oudart's concept of ideological stitching points out. Techniques such as Angle/counter angle allow the viewer to identify with the player's gaze and take it upon himself. That way, all the material signs of the environment will be erased. But it is also purely cinematic fiction that shapes the audience's freedom."* (Diken and Laustsen; 2010:31) With cinematic fiction, the details of daily life can become a dramatic narrative.. Lumiere's *Sortei d'Usine (1895)* gives the film a naive narrative of the man and his dog on a bicycle accompanying the workers leaving the factory in a happy and enthusiastic manner, while the film *Repas de Bebe (1895)* emphasizes the happiness of feeding a baby to the family. In *Demolition d'un Mur* (1895), the process of breaking down an ordinary wall reverts back to its original form, which disrupts the linear visual memorization.

2. CINEMA SCREEN AND ANIMATED VISUALIZATION

The relationship between visualization and the concept of motion as a phenomenon manifested at the beginning of the twentieth century is related to the specificity of film and the distinction between chronotography and animating photography, which was called film in the early period. According to Deleuze, the moving images of giving motion to non-moving objects are parallel to the struggling situation for the way of life that separates itself from matter. Since there is a relative shift in time and space from moving images to moved images, giving motion to non-moving objects reveals a sense of settlement regarding a new time and space. The latest stage of fiction complements this new evolutionary filmic dimension**. (Clarke and Doel; 2007:591)   In Lumiere's film *Barque Sortant da Port (1895)*, three people in a boat and three people on land form two different narrative dimensions in the same space and time. A departure scene appears in the film *Leaving Jerusalem by Railway (1896)* when the camera is placed behind the train. In the film *Bataille de Boules de Neige (1896),* people who don't know each other fight snowballs in the street. The mounted firemen appear in the film *Pompiers a Lyon (1896).* While these short shots convey a certain lifestyle, the spaces of daily life settle into a new space with a fictional dimension.

Cartoon characters need to be dealt with in order to reveal the difference between seen and copied. While the word mimesis, which comes from the word Mimic, can be translated in different ways as a Greek term, as a similarity, as a copy or as a re-presentation, it can also

result in our rejection of the fact of the description. Due to the qualified application of visual techniques related to cartoons and the effects of contemporary art, it is often possible to receive criticism from the audience that they do not resemble the real one. The main difference is between giving a re-presentation of things and making the appearance of things possible. Putting it in a different state does not mean copying the look of things. (Graham; 2000:89-90) The films *Alibaba and the Forty Haramis (1905)* and *Aladdin's Magic Lamp (1906*), directed by Pathe Freres are adapted from the tale and feature-length Orientalist films. In these films, the theatrical decors gained an intensifying expression of the fantastic dimension with the combined use of cartoon animation and stop motion technique. At this point, the phenomenon of analogy is aimed at fairy tale imagery rather than realist, and it does not seem possible to question a reality that the viewer will fall into. These films do not appear as copy or re-presentation characters, but as a defining element of the place. In animation cinema, it is not enough to give movement to the characters, but also to mobilize the spaces, decor, and intertwine with mechanical craftsmanship and art.

3. IDEOLOGY AND ANIMATION CINEMA

In the case of the intense power of indicators and the production of character-space from nothing to immobility, the term re-meaning has been used for ideological analysis. Given the political theoretical structure of a particular indicator, we need to put forward a change in different meanings. Everything within the scope of the debate arises in that moment and place with an ideological theory. In this case, how

does the politicization of film Theory and practice arise in the reconstruction of indicators? The impotence of the indicators leads to questions about the ideological structure of the film. Electronic reproduction of sounds and images as a mechanical tool constitutes a system of differences. The problem at this point is the re-presentation problem rather than the linguistic one, forcing the emergence of more specific arguments in the process of making sense of the film**.** If the universality of the indicators is to be mentioned, it should be accepted that the similarity codes of cinema reveal the concept of presentation.. (Rosen; 1981:7-8) cinematic codes, which have become one of the most important elements affecting the emphasis of the narrative by entering a rapid development process from the first periods of cinema, are the most important concept supporting the concept of presentation. Max Linder is one of the first directors in the history of cinema and has a unique narrative style. In his *Max Takes a Picture (1913)* movie the shooting times were long, and a character presentation was performed using multiple scenes in one shot, replacing dialogues. The camera is stationary, the acting is strong. Seen as the French equivalent of Charlie Chaplin, the rhythm of this film of the director is slow and emotional. *Max Sets the Style (1914)* is a film with elite culture and fashion criticism, with a high degree of close-up and an art nouveau design setting out the object-product The director tried to create a universal language of cinema by revealing his view of life and critical identity in various forms with his serial films.

Especially during the historical transition period, film analyses are important for political significance. What kind of vehicle the film is in the social arena has begun to make sense of. Signifying practices has been made more important to the artists and audiences than the film itself in relation to a particular context and a particular form of expression. In this case, the artistic point of view or individual identity can be associated with the theoretical mechanism that creates the expression of self and identity. Traditional literature and film theory refers to creative artists achieving artistic excellence and having special powers. Structuralist and poststructuralist theory, however, recognizes that critics, audiences, artists, and filmmakers are individuals who set and limit the goals of their creativity within a specific institutional and cultural framework. These frameworks become ideological, serving the needs and relevant areas of the existing social system. Althusser asserts that the idea of an independent subject is part of an ideological operation. The individual thinks of himself as free and is not dependent on anyone. The cinematic appparatus, on the other hand, is a means of reinforcing the status quo. Dominant narrative cinema has come into the service of the ideological function that designs the individual as the subject. The nature of the star system, the systematics of the continuum editing and the narrative realism had built the individual all alone. The Destiny lines of individuals are the key creators of individual social structure and historical change, structured as the expression of their natural structure**.** The mechanism that re-fictionalized these individuals has become cinematic apparatus in the plane of narrative storytelling, creating fictional and imaginative world characters living

independently of themselves. Thus, film theory has defined cinema as a system that forms the ideology of the individual. (Telotte; 2007:237-238) Although there are different ideologies in the world, the director's view of the world through the camera reveals his own ideological framework**.** In the film of Cricks and Martin's *A Visit to Peel Frean and Bo.'s Biscuit Work (1906)*, working life of workers is presented and this preseantation looks like Kino Pravda of Soviet cinema**.** Similarly ,Kineto Production Company's film *A Day in The Life of a Coalminer (1910)* describes a day of mine workers and ends with a comparison of worker's daily life with that of a bourgeois family. In Harold Lloyd's film *The Campus Wamp (1928),* a romantic, humorous critical narrative was directed against the elitist class**.** In the film the poor are satisfied with his life and his life does not become tragic, poverty is treated as an individual problem, not a mass one.

Soviet animation cinema can be given as a powerful example of ideological visualisation. McFadyen proposes a philosophical and analytical approach to Soviet animation cinema, not historical, in line with Husserl's principles of phenomonology. In this way the analysis of the heroic and patriotic-themed structure of animation cinema will be more efficient**.** Soviet animation was a distinctive art form and acquired an artistic style independent of political structure. Despite the censorious nature of the media and the system, Soviet animation had a broader and more internal structure. (Linsenmaier; 2007:301-302) The artistic style of Soviet animation cinema was strongly based on pre-Soviet artistic practices. This caused ideological expression to come

under the influence of this style. In this sense, Soviet animation cinema has a tradition of animated films with its own philosophical and cultural artistic characteristics. The themes that conform to the concept of socialism, such as heroism and patriotism used in Soviet animation cinema, were inherited from the themes found in Russian literary and visual art in previous periods. The messages of Soviet animation cinema used the cornerstones of the ideological structure and had a special and competent place in the history of cinema in terms of style.

CONCLUSION

Animation cinema has been one of the most widely produced cinema genres since the first period of cinema history.. Different literary forms are the most important sources for animation cinema, as well as experimental and postmodernist animation cinema continues to exist. Animation cinema continues to exist in different forms as a genre that children as well as adults prefer to watch.. Animation cinema has a range of propagandistic, advertising purposes, intended to influence public opinion, ranging from publicity studies to brand configuration. In addition to all this, all animated films have inevitably ideological messages. In these films, ideological messages can sometimes be presented openly and sometimes made implicitThe ideological visualization of animated films stipulates a collaboration in the field of art-cinema and design. The relationship between art and ideology, the ideological use of art tools, and the relationship of different forms of power to art are the elements that must be addressed when approaching an animated film. it seems that in the light of new technological developments, animation cinema will continue to gain importance as a digital design. In this respect, further and deeper academic work is needed in the field of animation cinema. Besides its technical elements, animation cinema seems to be able to be studied on political, sociological and psychological grounds.

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CHAPTER 4

LIFE SATISFACTION OF UNIVERSITY STUDENTS: AN EVIDENCE FROM ADANA

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INTRODUCTION

Policy implementations still seem to be poor towards students satisfaction with life in terms of social support, psychological consultancy and guidance, state financial aid and state construction of students dorms. Fortunately, a monthly 50 TL (about 9 dollars per month) increase has recently been made to state financial aid. However, a substantial decline in retirement pensions has declined household income and hence families financial support to students. No well-being or life satisfaction index or assessment of universities has yet been published in the literature. To shed some light to university students' satisfaction with life, their psychological states, educational factors, social capital and socio-economic factors are used as explanatory variables. Psychological states of students are controlled with self-reported depression, hopelessness and loneliness. Another explanatory variable, income plays an important role in providing life satisfaction to students. In that respect this study assesses the impact of student income in the form of state financial aid, family financial aid and income from additional job. In addition, social capital and environment perception of students are also important in explaining their LS. The effects of noise, air pollution, lack of green space, water quality, bad public transport and traffic are measured to reflect the efficiency of the institutional policies. For social capital, human trust and social contact is expected to show positive impact on LS of students.

For higher satisfaction with life, previous research usually focuses on finding the most effective demographic, socio-economic, socio-capital and spatial factors. Overall related literature review indicates that health, income, income inequality, social contact and environment are important

determinants of LS. Asadullah and Chaudhury (2012) report that an increase in household income provides a higher life satisfaction. Ferrer-i-Carbonell (2005) finds the same result with an increase in individual income and asymmetry of income inequality. According to Dasgupta (2001), GNP per capita continues to be regarded as the quintessential indicator of a country's living standard. Bernini et al. (2013) measures community well-being that includes three main domains affecting individual well-being and QoL: Community/environment satisfaction, Personal life satisfaction and Leisure activities satisfaction. Recent research includes intra-city variations in life satisfaction (Wang and Wang 2016; Węziak-Białowolska 2016).

Hedonic wellbeing is essentially how a person feels about his or her life. Subjective well-being, an indicator of hedonic functioning, is typically defined as one's positive and negative mood coupled with a cognitive evaluation of satisfaction with one's life (King and Hicks 2012). Angner (2010) propose an interpretation according to which subjective measures presuppose preference hedonism: an account according to which well-being is a matter of desired mental states. Hedonic and eudaimonic living today is all about the needs to be satisfied in a particular period of time to enhance life satisfaction (LS), which is subjective nature of well-being (SWB). According to Diener (2006), SWB is an umbrella term for the different valuations people make regarding their lives, the events happening to them, their bodies and minds, and the circumstances in which they live. Camfield and Skevington (2008) deduce that LS is 'nested' within overall QoL, and

subordinate to the overall concept. DeNeve and Cooper (1998) conceptualize SWB with happiness and life satisfaction and relate them to personality using transient measures such as positive and negative effect.

This paper aims to determine psychological, perceived environmental, educational and income effects over LS and to contribute to university students LS in developing countries. Ordered logit models are used to explain life satisfaction.

The remaining sections of the study is stuctured as follows: In the methodology section, after sample size requirement, reliability and construct validity of data are checked, statistical methods are described. Hypotheses and models are stated; and dependent and independent variables are introduced. In the findings section, descriptive findings and model estimation results are tabulated. First, descriptive statistics of life satisfaction with respect to explanatory variables is provided. Second, the relationships between objective spatial variables, psychological variables and environment perception variables, and life satisfaction is determined. In discussion section, the findings of this study are discussed. The study concludes with possible implications for life satisfaction policies and their implementation.

1. MATERIAL AND METHOD

1.1. Data Source

In January 18-28, 2019, a social survey using simple random sampling method was conducted to 855 students at Cukurova University. Survey includes demographic, socio-economic, psychological, social capital and spatial factors. The minimum sample size requirement was met with 855 residents participating in the survey. Sample size should be minimum 403 with 5% margin of error.

1.2. Reliability and Validity of Data

Cronbach alpha reliability test is conducted using SPSS to measure reliability of the questionnaire with 27 items (questions). Cronbach alpha reliability value is 0.702 which is acceptable.

Construct validity was tested by principal component analysis applied to the questionnaire consisting of 27 questions. The rotation matrix was obtained by varimax method. KMO value 0.839>0.60 indicates that there are sufficient questions for each factor. The Barlett test significance level p=0.000<0.001 shows that the correlation matrix is significantly different from the zero matrix. Total explained variance was 57.3%.

1.3. Dependent Variables

This study used self-reported life satisfaction social survey questions. Life satisfaction is included as dependent variables in logistic regression models. A seven point scale SWLS item for life satisfaction was adapted from Diener et al. (1985): "I am satisfied with my life". The

seven-point scale is 1=strongly disagree, 2=disagree, 3=slightly disagree, 4=neither agree nor disagree, 5=slightly agree, 6=agree, 7=strongly agree. Dependent variables is SWLS which is reduced to five-point scale.

1.4. Independent Variables

OS, PS, SE and SC variables were included as independent variables. OS variables are defined as location of living which consists of six regions: 1=central pedestrian areas, 2=intensive transit junctions, 3=secondary pedestrian areas around the city center, 4=intensive public transport locations in and around city center, 5=vehicle dependent neighborhoods, 6=remote neighborhoods.

SE variables were gender, age, the number of people are living together in family, education status, monthly income and health status.

SC variable is human trust. A five-point scale question for each was asked. "How much do you trust people in general?" Scales were 0=never trust, 1=don't trust, 2=neither trust nor distrust, 3=trust, 4=trust a lot.

PS variables are for environmental disturbance. Students were asked "what problems do you face most near your home?" by allowing multiple options to be marked from 0= access to services, 1=noise and traffic, 2=bad public transportation, 3=air pollution, 4=no problem. This question was followed by "to what extent the problem you are experiencing is disturbing you" with the options 0=very disturbing, 1= disturbing, 2=neither nor, 3=not disturbing, 4=not disturbing at all.

1.5. Hypotheses and Models

The hypotheses are that (1) Urban-remote difference through socio-economic and social capital factors show no spatial significance in explaining life satisfaction, (2) environment perception shows some significant effects, (3) greater level of psychological states is associated with a decrease in life satisfaction, (4) financial aid is the most important income factor in explaining LS.

Ordered logistic regression model (1) is adapted from Ala-Mantila et al. (2018) and Mavruk et al. (2019) to confirm the above hypotheses:

$$LS_i = \alpha_i + \beta_1 \text{Socio-economic}_i + \beta_2 \text{Location}_i + \beta_3 \text{EnvironmentPerception}_i +$$
$$\beta_4 \text{SocialCapital}_i + \beta_5 \text{PsychologicalState}_i + \varepsilon_i \tag{1}$$

where ε_i is the error term and LS_i is life satisfaction receiving a value from 1 to 5.

Ordinal regression model (logit) which essentially gives treshold estimates and a test of proportional odds assumption is run. α_i in (1) gives threshold values for i=1 to (number of categories – 1). Test of parallel lines (the test of proportional odds) with p>0,05 shows no significant evidence to reject the null hypothesis, which indicates that the relationships are holding (coefficients are the same) across the scales on life satisfaction. Therefore, ordered logistic regression model is used to find how explanatory variables affect LS relative to their reference categories.

2. FINDINGS

2.1. Descriptive Findings

The frequency distribution of LS shows that nine percent of 855 students who identified as strongly dissatisfied with life, 19.3 percent as dissatified, 29 percent as neutral, 37 percent as satisfied and five point six percent as very satisfied with life. Percent distribution based on residential area indicates that 23.5 percent of the respondents were from heavy pedestrian area, 11 percent from heavy transit junctions, 11 percent from the secondary pedestrian area, 9 percent from heavy public transport area, 44.4 percent from car dependent neighborhoods and one percent from remote neighborhoods.

Table 1. Descriptive Statistics For Some Variables

	Minimum	Maximum	Mean	Std. Deviation
Life satisfaction	1	5	3.11	1.07
Financial aid	1	6	4.73	1.71
Household income	1	8	2.57	1.26
Location of living	0	5	3.41	1.69
Health	1	5	3.89	0.72
Noise	1	6	2.36	1.35
Neighborhood safety	1	5	2.86	1.18
Frequency of seeing relatives or friends	1	5	3.27	1.05
Depression	1	4	1.73	0.85
Loneliness	0	1	0.46	0.50
GPA	1	4	1.82	0.87

Table 1 shows that financial aid and health have higher mean scores than other variables based on selected variables.

Pairwise correlations between the variables are presented in Appendix B. GPA, income, health, environment perceptions and negative factors were correlated with LS. These correlations are in the range of

0.01–0.55, indicating a low to moderate overlap between variables. The lowest overlap is between social contact and financial aid. The highest overlap is between neighborhood safety and housing cost. The second highest overlap is between LS and human trust.

LS percentages based on environmental disturbance and perception are given in Appendix A.

Cross tabulation of LS with accessibility to services shows that 56.1 percent of 19.2 percent are strongly dissatisfied with accessibility to services, 48 percent of 24.4 percent who are dissatisfied with accessibility to services, 44.3 percent of 24.6 percent who are neutral, 34 percent of 20.4 percent who are satisfied with accessibility to services, 6.3 percent of 4.4 percent who are strongly satisfied with accessibility to services have no or low LS.

Some other cross tabulation of LS shows that 78.1 percent of 34.5 percent who are strongly dissatisfied with traffic, 64.4 percent of 33.6 percent who are dissatisfied with traffic, 81 percent of 29.5 percent who are strongly dissatisfied with noise, 62.1 percent of 37.1 percent who are dissatisfied with noise, 84.3 percent of 33.7 percent who are strongly dissatisfied with air pollution and 58 percent of 35 percent who are dissatisfied with air pollution have no or low LS.

2.2. Relationship Between Location of Living and LS

Table 2 reports that location of living relative to remote neighborhoods is not related to LS. Remote neighborhoods are more related to LS than other locations.

Table 2. Average Marginal Effects of Location of Living Over LS

OS variables Reference: Remote neighborhoods	Psychological State(depression)	Psychological State Noise	Psychological State Noise Financial aid Human Trust
Central pedestrian areas	.081 (.102)	.108 (.099)	.030 (.094)
Public transport areas	.023 (.107)	.042 (.103)	-.032 (.098)
Secondary pedestrian areas	.063 (.105)	.086 (.102)	-.003 (.096)
Intensive transit junctions	.061 (.105)	.093 (.102)	.031 (.096)
Vehicle dependent neighborhoods	.060 (.101)	.082 (.098)	.013 (.093)
Pseudo R^2	.0341	.0416	.0902
N	855	855	855

Dependent variable: Higher LS

**Significant at 5%, *Significant at 10%, robust standard errors are in paranthesis

2.3. Relationship Between Psychological States and LS

Table 3 reports that when financial aid is kept at its own value, depression relative to not decreases the average probability of higher LS of students by 32.4 pp. Human trust significantly contributes 5.7 pp (-.267+.324) to the effect of depression the probability of higher LS. Noise somewhat decreases the probability of higher LS.

Table 3. Average Marginal Effects of Psychological States Over LS

Psychological states	Direct effect	Income[a]	Income Human trust	Income Human trust Noise	Income Human trust Noise GPA
Dependent variable: Higher LS: Pr(LS=4)					
Depression	-.329***	-.324***	-.267***	-.269***	-.262***
	(.040)	(.041)	(.051)	(.050)	(.049)
Pseudo R^2	.0334	.0405	.0866	.0889	.0960
Hopelesness	-.224***	-.219***	-.167***	-.164***	-.160***
	(.036)	(.034)	(.034)	(.034)	(.035)
Pseudo R^2	.0279	.0341	.0802	.0812	.0917
Loneliness	-.144***	-.141***	-.105***	-.102***	-.094***
	(.024)	(.025)	(.023)	(.023)	(.023)
Pseudo R^2	.0149	.0225	.0701	.0723	.0787

*** Significant at 1%, [a] Income is financial aid for depression and loneliness, and household income for hopelessness, robust standard errors are in paranthesis

2.4. Relationship Between Income and LS

Income is classified as state financial aid, additional job income, financial aid from family, state support to family and household income.

2.4.1. Relationship Between State Financial Aid and LS

Location did not contribute to direct effect of additional job income as expected. The direct effect of financial aid (1000-1500 TL) was the strongest over higher LS with 0.451. Household income, social contact and GPA together did not contribute ($\partial SFA/\partial X_3 = 0.454$, p<0.001) much to direct effect of financial aid. However, Table 4 reports that 1000-1500 has strongest effect over lower LS.

Table 4. Average Marginal Effects Of Financial Aid Over LS

Financial aid (reference < 500)	Household income	Household income Social contact	Household income Social contact GPA
500-1000	.383*** (.030)	.387*** (.030)	.381*** (.030)
1000-1500[2]	.455*** (.031)	.456*** (.027)	.454*** (.028)
1500-2000	.293** (.131)	.323 (.200)	.332** (.028)
2000+	.296*** (.015)	.230*** (.019)	.210*** (.020)
none	.345*** (.018)	.342*** (.019)	.346*** (.021)
Pseudo R^2	.0173	.0476	.0693

Dependent variable: Pr(LS=4)

*** Significant at 1%, ** Significant at 5%, * Significant at 10%, robust standard errors are in paranthesis, [2]LS=2 (lower LS)

Table 5 reports that additional job income of 2000+ TL relative to none seems to decrease the probability of higher LS through location. Overall students seems to be dissatisfied with life although they have an additional income of 2000+. On the other hand, a financial aid from family of 2000+ relative to none increases the probability of higher LS through location and human trust by 14 pp.

Table 5. Average Marginal Effects of Additional Income Over LS

Dependent variable: Pr(LS=4) Higher LS			
Additional job income Ref. None	Location	Location Human trust	Location Human trust GPA
2000+	-.147** (.074)	-.111 (.079)	-.130* (.078)
Pseudo R^2	.0100	.0520	.0531
Financial aid from family Ref. None			
2000 +	.087 (.116)	.140* (.079)	.125 (.088)
Pseudo R^2	.0100	.0575	.0531

** Significant at 5%, * Significant at 10%, robust standard errors are in paranthesis

2.4.2. Relationship Between State Support and LS

Table 6. Average Marginal Effects Of State Support Over LS

Dependent variable: Pr(LS)			
State Support (ref. None or other)	Financial aid	Financial aid Social contact	Financial aid Social contact GPA
Green card[3]	.009* (.005)	.009 (.007)	.008 (.008)
Coal[5]	-.028** (.014)	-.027** (.014)	-.028** (.013)
Green card and coal[3]	.009*** (.003)	.011*** (.004)	.011*** (.002)
Old age pension[4]	-.023 (.055)	-.017 (.061)	-.018 (.063)
Destitution wage[2]	.107*** (.037)	.075 (.049)	.094** (.045)
Pseudo R^2	.0104	.0403	.0461

*** Significant at 1%, robust standard errors are in paranthesis

Table 6 reports that destitution wage relative to no support or other increases the probability of students higher LS by 10.7 pp. Family receiving coal support relative to none decreases the probability of students higher LS through financial aid by 2.8 pp.

2.4.3. Relationship Between Household Income and LS

Table 7 reports that the probability of LS increases as the effect of household income through financial aid increases. A household income over 30000 TL incraeses probability of LS by 29.3 pp.

Table 7. Average Marginal Effects of Household Income Over LS

Household Income (reference <1999)	Dependent variable: Pr(LS=4) Higher LS		
	Finacial aid	Financial aid Social contact	Financial aid Social contact GPA
2000-3999	.114*** (.038)	.106*** (.036)	.101*** (.036)
4000-5999	.099** (.041)	.099** (.039)	.096** (.040)
6000-7999	.148*** (.050)	.143*** (.045)	.148*** (.045)
8000-9999	.103 (.067)	.135* (.073)	.142* (.073)
10000-19999	.183** (.072)	.190*** (.070)	.193*** (.068)
20000-29999	.235* (.131)	.252*** (.091)	.250*** (.083)
30000+	.293*** (.041)	.277*** (.042)	.275*** (.040)
Pseudo R^2	.0173	.0476	.0534

*** Significant at 1%, robust standard errors are in paranthesis

2.4.4. Relationship Between PS Variables and LS

Table 8 reports that satisfaction with environmental factors have positive and statistically significant effects over LS. LS is better explained by perceived spatial variables through state financial aid. The higher life satisfaction is more related to neighborhood safety and housing cost than noise, public transport and water quality.

Table 8. Effects of Satisfaction With Environmental Factors

Independent variables	LIFE SATISFACTION		
	Financial Aid	Financial Aid Health	Financial Aid Health Location of Living
Satisfaction with access to services vs strongly dissatisfied	.124***	.097**	.096**
	(.040)	(.038)	(.039)
	.0153	.0417	.0423
NP with noise vs strongly dissatisfied	.153***	.126**	.134**
	(.056)	(.055)	(.055)
	.0158	.0421	.0433
Satisfied with traffic vs strongly dissatisfied	.099***	100***	.100***
	(.038)	(.035)	(.035)
	.0117	.0401	.0409
NP with public transport vs strongly dissatisfied	.139***	.122**	.122**
	(.049)	(.049)	(.050)
	.0118	.0401	.0406
Not disturbed with air pollution vs very disturbed	.109***	.078**	.080**
	(.041)	(.039)	(.039)
	.0126	.0391	.0401
Not disturbed with lack of green vs very disturbed	.109**	.092**	.093**
	(.043)	(.040)	(.040)
	.0112	.0389	.0396
NP with water quality vs strongly dissatisfied	.190***	.142***	.147***
	(.047)	(.045)	(.045)
	.0161	.0415	.0424
Not disturbed at all with Syrians presence	-.061	-.013	.031
	(.047)	(.049)	(.057)
	.009	.0366	.0374
NP with theft vs very disturbed	.067	.046	.046
	(.045)	(.043)	(.043)
	.0100	.0371	.0379
NP withbeing abused vs very disturbed	.049	.020	.022
	(.042)	(.041)	(.041)
	.0110	.0380	.0388
Very satisfied with neighborhood safety	.374***	.342***	.343***
	(.038)	(.039)	(.039)
	.0420	.0639	.0644
Very satisfied with housing cost	.305***	.276***	.276***
	(.041)	(.039)	(.038)
	.0317	.0583	.0589

***Significant at 1%, **Significant at 5%, *Significant at 10%

DISCUSSION AND CONCLUSION

The study determined how life satisfaction of students is affected by their psychological states, income and environment perception. Overall evidence indicates that income shows the strongest effect in explaining higher LS. It seems that students expectation of income is not high. However, they are highly dependent on any form of income because most of them have no additional jobs. The higher LS is more related to perceived environmental factors than objective environmental factors. Satisfaction with neighborhood safety is stronger than satisfaction with housing cost in explaining higher LS. This result shows that students prefer to stay and live in safe neighborhoods. Among objective environmental factors, having no problems with water quality, noise and public transport respectively show stronger effects than satisfaction with accessibility to services, traffic, green areas and air quality. It seems that priorities for students are quality of water for better health, quite neighborhoods for studying and staying close to public transport because most have no cars. After income and perceived environment factors, psychological states show the third strongest effect over higher LS.

This paper contributes to the literature of university students' satisfaction with life by showing important determinants of higher LS.

Model estimation results confirmed all the hypotheses as expected. Urban-remote difference did not show any spatial significance. Higher LS is more likely related to remote areas was confirmed. Depression is stronger than hopelessness and loneliness in explaining higher LS was

confirmed by the estimation results. Financial aid is the most important income factor in explaining higher LS was confirmed by the estimation results, indicating that the effects of psychological states over higher LS were stronger through financial aid than through other income factors. Destitution wage is the most important state support to explain lower LS of students. Water quality has the most significant and strongest direct effect over higher LS. Water quality seems to be more likely related to students who are not concerned about quality of water relative to those very disturbed. Public transport, noise and access to services were also important environmental factors in explaining higher LS and was confirmed by the estimation results, indicating that the effects of satisfaction were positive and significant.

IMPLICATIONS FOR POLICIES

An important conclusion for policy makers is that financial aid to students, state support to their families enhance students satisfaction with life. Students priorities are financial aid, staying in safe and quite neighborhoods with public transport and quality water availability. Depression substiantially decreases students satisfaction with life. The implications suggest that policies should be towards improving these negative issues. For policy implementation, we recommend that university administrations identify poor students for possible financial support and potential depressed students on campus to provide psychological counseling and guidence.

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Appendix A. Distribution of Environmental Factors

Table A1. LS Percentages Based on Environmental Disturbance and Perception

	Strong dissatis	Dissatis	Neutral	Satisfied	Strongly satisfied	No Problem
	Life satisfaction					
Access to services	19.2	24.4	24.6	20.4	4.4	7.0
Noise	29.5	37.1	14.6	11.4	2.0	5.5
Public transport	38.0	29.7	14.5	9.8	3.0	4.4
Air pollution	33.7	34.5	15.8	10.1	1.6	3.9
Lack of green	21.8	32.4	23.3	13.1	3.6	5.9
Traffic	34.5	33.6	15.8	9.7	3.0	3.4
Syrians	45.0	21.6	18.3	7.5	3.2	4.4
Abuse	44.0	19.3	15.1	7.5	3.9	10.2
Theft	41.5	22.0	16.7	8.2	3.5	8.1
Water quality	17.2	27.8	26.4	15.4	5.2	8.0
Neighbood safety	15.9	23.3	26.1	28.0	6.8	-
Housing cost	21.8	26.2	27.7	20.6	3.7	-

Appendix B. Pairwise Correlations

Table B1. Pairwise Correlations of Some Selected Variables

	LS	Gender	Age	GPA	1	2	3	4	5	6	7	8	9	10	11
LS	1														
Gender	-.010	1													
Age	-.045	.117*	1												
GPA	.118*	-.068**	.060	1											
1.Fin.Aid	-.059	.012	063	-.092*	1										
2.HH inc	.094*	.078**	-.011	-.037	.156*	1									
3.Noise	.112*	.067	-.037	-.133*	-.006	.100*	1								
4.Health	.259*	.103*	-.054	.074**	-.002	.035	.059	1							
5.Hous cost	.242*	-.045	-.073**	-.040	-.007	.058	.200*	.114*	1						
6.Neig Safe	.305*	.008	-.082**	.022	.051	.135*	.249*	.179*	.552*	1					
7. Trust	.371*	.084**	.079**	.039	-.028	.037	.176*	.162*	.248*	.286*	1				
8. Soc cont	.203*	.044	-.039	.009	-.001	.091*	.129*	.079**	.139*	.161*	.232*	1			
9.Hopeles	-.260*	.089*	-.033	-.045	-.022	-.070**	-.098*	-.174*	-.065	-.110*	-.147*	-.086*	1		
10.Depres	-.282*	-.017	.006	-.021	.083**	-.066	-.050	-.198*	-.054	-.098*	-.148*	-.095*	.277*	1	
11. Lone	-.197*	-.055	-.026	-.065	-.034	-.094*	-.082**	-.140*	-.117*	-.150*	-.167*	-.147*	.227*	.262*	1

*significant at 1%, **significant at 5%

CHAPTER 5

THE ORGANIZATIONAL BURNOUT[*]

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INTRODUCTION

Organization is a "group or institution arranged for well-organized work. Organizations have a structure to enable people to work together towards a certain goal. Similarly, an organization is a deliberate arrangement of people to accomplish some specific purpose; it shares three common characteristics such as having a distinct purpose being composed of people and developing some deliberate structure so members can do their work" (Buchanan & Huczynski, 2011, p. 73). "An organization is an institution, society, foundation or establishment founded for a religious, educational, professional, or social purpose; a foundation created to pursue a particular type of endeavor, such as banking by a financial institution or a political institution. They consist of consistent and organized pattern of behavior or activities that is self-regulating in accordance with generally accepted norms" (Hodgson, 2006, p. 3).

1. ORGANIZATIONAL BURNOUT

1.1. Short History of Organizational Burnout

Freundenberger (1974) created the term burnout. As a psychiatrist working in an alternative health care, volunteers working with him experienced a gradual emotional depletion and a loss of motivation and commitment. Freundenberger (1974) pointed out that this process was accompanied by mental and physical symptoms like exhaustion and normally took a year to be noticed. Maslach, Schaufeli and Leiter (2001) stated that burnout was initially found among human services and health care workers, such as health care, social work, psychotherapy, legal services and police work in the United States in the late sixties and early seventies. Burnout is also found among individuals who entered their careers enthusiastically with great expectations and high goals. Maslach (1976) was the second founder of the term burnout. She was a social psychology researcher who studied ways in which people cope with emotional arousal on the job, interviewed a wide range of human services workers emotional stress of their jobs. Her discovery was that coping strategies such as detached concern and dehumanization in self-defense had important implications for people's professionalism and job behavior. She disclosed her findings to her attorney who told her that poverty lawyers called it burnout.

1.2. Definition of Organizational Burnout

Job burnout is defined as an excessive tiredness and losing commitment and idealism for work (Maslach, 1982). Job burnout is also defined as one's alienation from the real meaning and purpose of their jobs and showing no interest to those who they are supposed to serve or can be defined as one's psychological withdrawal from his job upon a reaction to excessive stress and no satisfaction. It is more often seen among jobs which directly serve people and where satisfying people with service quality is really important (Maslach & Leiter 2005: 498). Furthermore, burnout is described "as a loss of productivity or lack of ability to perform tasks due to a lack of resources or motivation to support one's professional activities. Additionally, job burnout is described as a long term exposure to harsh working surroundings which therefore results in an employee losing energy to perform their job tasks. (Orlemans & Bakker, 2014: 304). In numerous works, Job burnout is defined as a condition where several signs and signals such as physical exhaustion, bad attitude toward other employees and the life itself occur due to long time professional work in an emotionally demanding environment (Arslan & Acar, 2013:285). Similarly, job burnout is described as the most excessive type of job-related stress in which the employee experiences physical, mental and emotional exhaustion, caused by long term exposure and involvement in emotionally demanding situations. Burnout is defined as a means of reducing employee's physical and psychological energy and leading

them to exhaustion. For instance, dealing and interacting with traumatic people on a daily basis (Dimitrios & Konstantinos, 2014).

1.3. Dimensions of Organizational Burnout

Job burnout is typically characterized as consisting of three components: reduced personal accomplishment, emotional exhaustion, and depersonalization (Maslach, 1982). The three dimensions of job burnout will be discussed in detail below:

Emotional Exhaustion: Exhaustion refers to the emotional pressure of the work environment, which often precludes the service provider's capacity to interact with and address the needs of the client (Maslach & Jackson, 1981). Furthermore, Dimitrios and Konstantinos (2014) define emotional exhaustion as an employee's feeling of mental fatigue that makes him or her lack the energy to invest and dedicate to his or her work. Emotional exhaustion is also defined as having lack of energy, having fatigue and experiencing lethargy and not being able to go work (Gorgin, 2011).

Depersonalization: Depersonalization refers to the development of negative feelings about work (Sari, 2004). In addition, depersonalization indicates an unresponsive and unfriendly attitude towards work (Ahola, 2007). Furthermore, Hollet-Haudebert, Mulki and Fournier (2011) describes depersonalization as uncaring responses and a callous attitude toward coworkers and other individuals. Relations with others become detached and are characterized by considerable

amount of distance and reservation towards patients or customers and also the lack of compassion and empathy.

Reduced Personal Accomplishment: Reduced personal accomplishment represents feelings of insufficiency, incompetence and lack of achievement, as well as feelings of unproductiveness (Maslach et al., 2001). Similarly, reduced personal accomplishment is experienced when there are decreased feelings of competence and achievement (Sari, 2004, p.293). In addition, reduced personal accomplishment is described as diminishment of individual's perception of their ability to excel and perform worthwhile tasks (Ellahi & Mushtaq, 2012).

2. PROFESSIONAL GROUPS THAT BURN OUT THE MOST

Medical Doctors: Medical doctors are more likely to be burned-out because they work long and irregular hours dealing with life and death situations, carrying out a high volume of procedures and dealing with multiple simultaneous deadlines, because they have too much expectations from them, they are expected to maintain high standards of excellence in their work, they must follow ethical rules which govern their work and they should have no tolerance to mistakes. The pressure they have from the society and their profession leave them emotionally drained (Nedrow, Steckler & Hardman, 2013). In addition, they do not have adequate time to spend with their families therefore their working conditions leave them highly strained, exhausted and stressed (Ellahi & Mushtaq, 2012).

Nurses Educators: Nurse educators have great responsibilities such as teaching, counselling to students, working on committees and engage in clinical practice in their organizations therefore they are at high risk of getting burnout. Also nurse educators are at risk for burnout because they spend a considerable amount of time with students who need help acquiring knowledge, critical judgement, and psychomotor skills. They are responsible for many roles and tasks in their organization and often work an average of 59 hours per week. Time pressures and increasing job demands further increase their risk of burnout (Kızılcı, Erdoğan & Sözen, 2012, p. 307). In addition, the prevalence of burnout in nursing especially new graduates is particularly high, because of lack of supervisor support, unmanageable workloads, negative workload conditions, turnout intentions, too many tasks in too little time are frequent complaints among educators. (Laschinger & Fida, 2014). Furthermore, nurses on duty may go for long shifts because of lack of staff to rotate with this causes a great amount of burnout (Todaro-Francesch, 2013).

Psychiatrist and Psychologist: Psychiatrist and psychologist on a daily basis deal with difficult or unpleasant patients with different psychological disorders and they deal also with vulnerable populations such as abused victims this is emotionally stressing and draining leading to burnout (Jacobson, 2012). Furthermore, psychologist burnout more often because of the number of client contact hours per week. The total number of hours spent on professional activities was a significant contributor of emotional exhaustion among doctoral-level

psychologists (Jordaan, Spangenberg, Watson & Fouché, 2007). Additionally, it was found that psychiatrists scored higher in job-related emotional exhaustion compared to other dimensions of burnout. Psychiatrists have been found to experience frustration from violent patients, patient suicide, high work demands, and feelings of helplessness against mental illnesses and distress of getting mentally ill as well. Another reason why psychiatrists are vulnerable to burnout include working with problematic and hostile relatives of patients, poor interpersonal communication skills of psychiatrists and decrease of doctors choosing to specialize in psychiatry (Omoluabi & Coker, 2010).

Sales Peoples: "Sales people have to deal with customers and other employees on a daily basis. They often are exposed to negative customer reactions, rejections, and even verbal aggression. Continuous exposure to these stressful conditions leads to burnout. Adding on, sales people not being reinforced or motivated by their managers for their work also contribute to high levels of burnout" (Sand & Miyazaki, 2000). Sales people experience high proportions of burnout because they have pressure to reach particular number of sales in a month or a year and they compete with other sales people to reach target sales in order to be promoted at work. When target sales are not met they compare themselves unfavorably with their peers leaving them emotionally drained and stressed (Hollet-Haudebert et al., 2011).

Social Workers: Social workers are among those heaviest-hit by burnout secondary to job demands. Many social workers manage 20 to 50 individual cases at any given time and are asked to make assessments that affect the wellbeing of children and families (Acker, 2004). Furthermore, burnout is triggered by lack of job autonomy by social workers not being able to manage their schedules and tasks and lack of involvement in decision-making (Kim & Stoner, 2008). Social workers have demanding jobs which causes burnout. The demanding job involve working with children and adults with physical and learning disabilities and caring for orphans and homeless children ensuring that they find safety homes for them. This job demands triggers emotional tiredness and fatigue. Moreover, the job demands experienced by social workers include increasing paperwork, unmanageable caseloads, problems with difficult clients, as well as staff shortages and reduced availability of adequate supervision (Liu, Spector, & Jex, 2005).

3. VARIABLES THAT EFFECT JOB BURNOUT
SOCIO- DEMOGRAPHIC VARIABLES

Age and Work Experience: Young employees are more likely to be burned out, because they have less working experience than 30-40-year-old employees who have more working experience and they have adapted to extensive workload (Dimitrios & Konstantinos, 2014). Similarly, Bayani and Bagheri (2013) in their study of burnout among teachers in Iran found that younger teachers are more liable to burnout because they have less teaching experiences and are not familiar with the coping skills used to minimize burnout. Older teachers have learned

how to better pace themselves in their work in order to minimize burnout and are familiar with their role expectations. Similarly, younger workers seem to be more predisposed to experiencing burnout than older workers because with increased age, individuals normally become more stable and mature (Harry & Coetzee, 2013). Correspondingly, Smit (2007) found that younger employees are the most vulnerable to burnout. Young teachers, who are new in the profession, tend to be committed and are often very nervous to perform and accomplish professionally. When they fail to relate and understand their students, they feel unappreciated and underestimated in their performance. They feel more nervous and insufficient and become susceptible to burnout. In addition, Rothmann and Barkhuizen (2011) found that younger workers of the ages of 29-40 are likely to experience higher levels of exhaustion and depersonalization than their older colleagues of the ages of 50 and above. Adding on, workers between the ages 60– 69 years', experience lower levels of exhaustion compared to their coworkers between the ages 20-29 years, 30-39 years and 40- 49 years respectively. Furthermore, older colleagues have less emotional exhaustion because they do more rewarding works since most have top positions at work compare to junior colleagues. In contrast aging employees between the ages of 40-50 years are likely to burn out the most because of prolonged stress which occurred during their earlier phases of work. This prolonged stress might have resulted because of being dissatisfied in their job and not getting any recognition regardless of working at the same organization for a long time. Furthermore, aging employees are prone to burnout because they might have been

promoted at work during their later work years which means more responsibilities (Ahola, Honkonen, Virtanen, Aromaa & Lonnqvist, 2008). Also, Smit (2007) mentioned that workers who stay in the profession after they become dissatisfied, eventually burn out after before their 10th next teaching year. This proposes that burnout escalates with age and the length of time they spend whilst feeling extremely unhappy. In addition, Louw, George and Esterhuyse (2011) identified that workers with more than 10 years' work experience, experience more emotional exhaustion than workers who have less than 10 years' work experience. In Contrast, Rothmann and Barkhuizen (2008) observed that workers with less work experience are prone to have higher exhaustion and depersonalization compared to those with more work experience. Gavish and Friedman (2010) disagrees with Smit (2007) and Louw et al., (2011) by mentioning that emotional exhaustion experienced by workers reduce after their first year of working, possibly as their tasks became increasingly routine, less new, or they learn to adjust to the new system, to balance their workload and prioritize demands efficiently. Furthermore, workers experience more depersonalization than other components of burnout during their first year of working. Their views and expectations towards their working environment during the first year affect mainly their interaction with other co-workers leading to alienation and distancing. In-contrast Yoleri and Bostanci (2012) found that there is no differences between years of work service and dimensions of burnout and overall burnout.

Gender: Tilakdharee, Ramidial and Parumasur (2010) identified that males and females differed significantly in their levels of burnout, and that males obtained larger degrees of depersonalization, exhaustion and overall burnout. In-contrast, Bezuidenhout and Cilliers (2010) stated that female teachers experienced greater degrees of depersonalization and overall burnout. Female teachers are more likely to be detached towards their students because of an increase number of class sizes and an increase number of students who need supervision. In-contrast Yoleri and Bostanci (2012) found that male academicians experienced higher scores on depersonalization than females. In-contrast Harry and Coetzee (2013) identified that men and women experience burnout in equally similar ways. Small differences exist in that women have a tendency to experience more of the emotional exhaustion part of the burnout. Similarly, Rothman and Barkhuizen (2008) mentioned that woman and man experience burnout in similar ways, differences exist slightly in that woman report higher levels of emotional exhaustion and man experience higher levels of depersonalization a component of burnout which differs to what was stated by Bezuidenhout and Cilliers (2010). In contrast man experience more emotional exhaustion compared to female workers, as it is culturally expected of men to be the main breadwinner in the family therefore men tend to work extra harder than women. In addition, man might have a high emotional exhaustion perhaps they have difficulties in handling emotional situations at work especially male psychologists (Jordaan et al., 2007).

Marital Status: Research yielded differing results about marital status and burnout. Those who are unmarried (especially men) seem to be more prone to burnout compared to those who are married On the other hand, Sears and Navin (1983) found no significant correlation between marital status and burnout. According to Jordaan et al. (2007) identified that single workers are prone to burnout than those who are married, due to lack of social support from spouses, with single workers experiencing even higher burnout levels than divorced workers. Jackson and Rothman (2005) concurs with the above statements by stating that singles have a greater risk of getting burn out compared to those who are living with a spouse. It is claimed that social support from spouses might relieve stress.

Monthly Income: Yoleri and Bostanci (2012) found that there is no differences between monthly income of workers and dimensions of burnout and overall burnout. Montgomery, Mostert and Jackson (2005) stated that workers who get low monthly income experience high depersonalization and overall burnout compared to those who get middle and high monthly income. Workers with a high monthly have an increase in sense of personal accomplishment. Moreover, Eker and Anbar (2008) in their research found that workers especially teaches who work long hours for less pay are more likely to be excessively burnout because of the amount of their work they carry in a day.

Level of Education: Employees who are highly educated are prone to burnout because they hold many responsibilities and they have higher expectations for their jobs and they experience high stress levels if their expectations are not met (Shyman, 2010). De Sousa (2013) agrees with Shyman (2010) that individuals with higher qualifications are accountable for multiple of tasks at work therefore resulting in them to have burnout. Furthermore, highly qualified individuals have too much expectation at work such as leadership roles, higher salaries, health insurance packages etc., and they are worried if these expectations are not met. Workers in the helping professions who have higher levels of education such as professional nurses experience higher levels of burn out because they are often faced with larger duties and tasks because they are more qualified, skilled and experienced to undertake certain duties (Thomas, Kohl & Choi)

Type of Organization: Workers in health public sectors such as nurses experience high burnout levels compared to nurses in private sectors. Nurses in public sectors complain of high levels of burnout due to low and inadequate compensation, lack of appropriate incentives, excessive workloads, great responsibilities, staff deficiency, insufficient resources, diminished communication with superiors. Nurses in public sectors had increasingly burnout levels because their amount of effort they applied was not consistent with sufficient rewards such as an increase in salary, status and prospects for career development (Pienaar & Bester, 2011). Subramanian and Kruthika (2012) indicated that the private sector executives are prone to have

greater level of emotional exhaustion compared to the ones in public sector. Private sector executives are prone to have face-face communication with the customers nonstop and also are involved in observing the follow up activities in order to settle the business transactions effectively, hence, they likely to experience high levels of emotional exhaustion. Chovwen, Balogun and Olowokere (2014) posits that employees in private organizations experienced more burnout levels and they had more plans to resign their work than those in public sector. Employees in the private sector experienced intense job demands which included meeting a challenging target, especially in the greatly competitive markets compared to employees in public organization. In addition, employees from the private organization had high levels of burnout because they perceived their organization to have an unfair system in terms of provision of rewards, salary and promotion choices.

4. OTHER VARIABLES THAT EFFECT JOB BURNOUT

Working Condition: Long and irregular working hours performing high volume procedures contribute to emotional exhaustion among workers especially Doctors with little time to rest (Ellahi & Mushtaq, 2012). Insufficient resources at the work place contribute to burnout such as having to share offices and laptops with colleagues and not having programmes such as employee assistance which will assist workers with work related problems. In addition, in adequate social support from supervisors or co-workers after experiencing a stressful day contribute to burnout among interns in the nursing department

(Maslach et al., 2001). According to Aksu and Temeloglu (2015) organizational burnout occurs mainly in a busy working environment such as a hotel business in which regular customers are tourist. The workers are prone to get burn out because working hours are not certain, they can get customers any time of the day which need their services and also workers get burnout because they get low wages and no promotion or recognition for their hard labour.

Responsibilities: Beheshtifar and Omdivar (2013) stated that burnout among employees develop when they have too many responsibilities such as supervising too many people for instance a lecturer dealing with large class sizes and overcrowding and too many phone calls to clients. According to Angerer (2003) a person may experience burnout due to multi-tasking which involves handling too much work which was done by two or more people before corporate retrenching. Additionally, due to lack of accurate job description often all the tasks in hospital units are put on the nurses' shoulders which causes burnout among nurses include taking care of the patients by feeding and dressing them, making sure the patients have taken the right doses of medicine, supervising the doctors' work, determining the kind of medical supervision to cure the patients (Bemana, Shokrpour & Seif, 2013).

Workload: Researchers stated that workers get burned out when they have excessive work-loads. Excessive workloads experienced by workers which contribute to burnout include long or unpredictable hours, too many responsibilities, work at a too-rapid pace, too many phone calls, dealing directly with difficult people without sufficient relief (Ellahi & Mushtaq, 2012). Correspondingly, workers get burnout from having too much work which is too complex to handle and is needed in short space of time and feeling pressured and feeling physically and emotionally exhausted due to workload. (Brewer & Shapard, 2004).

Contact Overload: Professionals such as teachers, counsellors and lawyers frequently interact and encounter clients who are distressed and unpleasant. These professionals usually experience high caseloads therefore not enabling them to control their work resulting in job satisfaction and burnout (Kutluturkan, Sozeri, Uysal & Bay, 2014). Burnout increases when people spend more time on working in a close relation with other people especially working with a number of people in a day (Maslach et al., 2001).

Role Ambiguity: Burnout can develop among workers due to role ambiguity which reflects the degree of uncertainty employees feel about their job functions and responsibilities. Lack of clarity about job functions may result in workers spending effort in unproductive work which can lead to emotional exhaustion and drainage. In addition, spending time on unproductive work can lead workers to be frustrated, angry and develop negative attitude towards work (Beheshtifar &

Omdivar, 2013). Burnout can occur among workers who have difficulty understanding their role at work. This occurs when workers lack information concerning the proper performance of their job. For instance, someone gets promoted to be a manager but his role as a manager is unclear and not defined it results in frustration, anxiety, fatigue, absenteeism, low morale, noxious state leading to burnout (Cephe, 2010).

Lack of Professional and Personal Support: Gavis and Friedman (2010) identified that burnout can develop among new employees if they did not receive a warm welcome by the top management, since the top management is accountable for welcoming new workers to their institutes. In addition, new workers experience burnout if the principal or other senior teachers did not assist them to have a smooth adjustment. Likewise, Montgomery et al. (2005) observed that workers experience burnout mainly high reduced personal accomplishment and emotional exhaustion if they do not have adequate supervision and management, feedback regarding performance and sufficient knowledge regarding their roles and responsibilities from their supervisors or managers.

5. WAYS TO PREVENT ORGANIZATIONAL BURNOUT/ PERSONAL COPING TECHNIQUES

Social Support: To buffer burnout workers need social support such as consulting their supervisors and colleagues especially if they have role ambiguity being uncertain of what to do (Sand & Miyazaki, 2000). In addition, some workers prevent burnout especially junior

counselors by speaking to their professional advisers or mentors when they have overwhelming and vast caseloads (Johnson, Batia & Haun, 2008). Positive social support is a good way of fighting burnout, employees should limit the time spent with others who are sad and gloomy and seek out workmates and mentors who have a more positive perspective. In addition, mentorship is another technique to combat burnout. A mentor who is a senior colleague will help a junior colleague with procedure-related adverse events, difficult or unsuccessful procedures. Additionally, junior colleagues will also be educated on regularity, signs, and symptoms of burnout (Keswani, Keefer & Surawicz, 2014).

Balance Personal and Professional Goals: Workers to prevent burnout they need to clarify what is most important in their personal and professional life. They must be able control their work schedules and be able to identify factors that contribute most to burnout. In addition, identify conflicts and finding ways to solve them helps prevent burnout (Surawicz, 2014).

Religious Activities: Brown (2012) state that some workers cope with job stress and burnout by going to church to pour out their troubled hearts by praying, praising, worshiping God and listening to spiritual testimonies that will make them well adjusted to the stress they face. Furthermore, when workers go to church they tend to be happier and jolly and the negative outcomes associated with stress as such feeling hopeless, feeling insignificant or suicidal thoughts are reduced, because they feel safe and protected by God.

Relaxation Techniques: Workers cope with burnout by engaging in a different social activities during their free times. The most popular techniques for combating job- related stress which leads to burnout among workers include walking, hiking, listening to music, watching movies, engaging in internet social networks, sleeping, reading magazines, baking or cooking (Brooks, 2011). Khadhiravan and Kumar (2012) agree by stating that workers can relieve burnout by spending their lunch period at work doing something that is less straining like taking walk, talking to other colleagues, listening to music. Furthermore, Brooks (2011) stated that when workers feel overwhelmed with their work they can do breath in and exercises.

Team Building Activities: Henry (2014) stated that interventions to buffer burnout amongst new employees who are not used to working with other people include activities such as overnight retreat with dinner and entertainment using room and table assignments to pair workers that usually do not mingle. In addition, team building which helps with buffering burnout must be facilitated with an expert to workers to help explain team dynamics, personal behavior styles, communication with others and creating safe environments that foster candid communication.

Reducing Workload: Burnout can be prevented by reducing amount of work to do in day and focusing on more important tasks. Increasing delegation and team work among workers help buffer burnout. Furthermore, offering advanced technology and training also helps reduce workload (Henry, 2014). Workers to reduce workload and help buffer burnout they should make a daily-to do list and stick to it.

They should list things they must do on a specific day or the important things which must be attended to immediately (De Wet, 2009). Similarly, Nevid, Rathus and Greene (2011) note that for workers to cope with stress related to burnout they need to have a to do list. A daily 'to do list' will keep workers on track in terms of meeting deadlines for their tasks. Another way of reducing stress related to burnout among workers is to do one thing at a time and throwing away unnecessary papers and filing their notes in order to avoid confusion.

Time Management: Schafer (2000) notes that workers should be able to maintain a balance with regard to time-allocation for different aspects of their lives. Workers should schedule their work by having time tables, time maps and calendars. Another way for workers to avoid burnout is to break challenging tasks into small pieces and allocate time to each and should avoid spending too much time on one task and if difficulties are encountered in a task the worker should move on and comeback to it when he or she is refreshed.

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CHAPTER 6

POSITIVE PSYCHOLOGY IN ORGANIZATIONAL CONTEXT; POSITIVE ORGANIZATIONAL BEHAVIORS IN EDUCATIONAL INSTITUTIONS

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INTRODUCTION

The term "positive psychology" was first coined by Maslow, believing that when the science of psychology focused on only repairing negative events in life, this would mean fulfilling only half of its potential. He also suggested new topics to study in psychology such as growth, courage, acceptance, love, self-sacrifice, optimism, kindness, actualization of potential and contentment (Wright, 2003; 437).

Seligman and Csikszentmihalyi (2000; 5 cited in Wright, 2003; 437) suggested the purpose of positive psychology as moving the focus of psychology from only "repairing the worst things in live" toward "building positive qualities", and creating a change of focus in this respect. Psychologists such as Seligman, Diener, Peterson, Snyder and others defined the purpose of positive psychology as investigating what is right instead of what is wrong, focusing on strengths instead of weaknesses, resiliency instead of vulnerability, emphasizing developing a good life, wellness and prosperity instead of repairing pathologies (Luthans, 2002a; 697).

Positive psychology states certain characteristics of people such as hope, social intelligence and self-regulation strategies can protect them against the negative events in life (Peterson & Park, 2011; Hickman et al., 2008 cited in Salmela and Uusiautti, 2015; 118). Positive psychology embraces subjective experiences such as well-being, contentment, and satisfaction (in the past); hope and optimism (for the future); and flow and happiness (in the present) at the

subjective level. "It is about positive individual traits: the capacity for love and vocation, courage, interpersonal skill, aesthetic sensibility, perseverance, forgiveness, originality, future mindedness, spirituality, high talent, and wisdom" at the individual level. "It is about the civic virtues and the institutions that move individuals toward better citizenship: responsibility, nurturance, altruism, civility, moderation, tolerance, and work ethic" at the individual level (Seligman and Chikszentmihalyi, 2000; 5).

At the organizational level, positive psychology focuses on positive organizational behaviors (Özen-Kutanis and Yıldız, 2014; 136). Luthans (2002a, 2002b) also suggested a new and positive viewpoint in organizational studies and offered to focus on positive organizational behaviors (POB). He (2003; 179) defined POB as "the study and application of positively oriented human resource strengths and psychological capacities that can be measured, developed, and effectively managed for performance improvement in today's workplace." In line with this framework, studies on positive organizational behaviors prefer investigating features that yield positive results on individuals, groups and institutions that have not been researched so far (Cameron, Dutton and Quinn; 2003; 2-3).

Studies with a positive viewpoint investigate topics like optimism, hope, psychological resilience, subjective wellbeing, self-efficacy, life satisfaction, interpersonal relationships, coping strategies, proactivity, authenticity, self-confidence, metacognition, forgiveness and the like (Özen-Kutanis and Yıldız, 2014; 137).

Educational processes can be investigated along with this framework as well.

Hoy and Tarter (2011; 429) suggest studies at schools generally focus on negative topics such as "bullying, dropouts, teacher burnout, alienation, student failure, gang behavior, and deviance in general". They believe "it is time to begin an examination of what works in schools, for example, research on nurturing, resilience, trust, hope, achievement, affiliation, commitment, and positive normative behavior". Therefore, Hoy and Tarter (2011; 429) suggest educational research topics should include "what is good about schools, what works, and what is attractive" so that schools can be improved. This study focuses on teachers, and investigates some of their characteristics in terms of positive organizational behaviors.

1. METHOD

This study employs the literature review method. Literature regarding teacher characteristics in relation with positive organizational behaviors has been reviewed, and 57 accessible resources were selected for the study.

2. RESEARCH METHOD

This research was conducted as a survey and employed **descriptive content analysis method** since content analysis method enables researchers organize similar data under certain concepts and themes, and make comments on them in a format that readers can

understand (Creswell, 2012).This study conducted a content analysis, and an evaluation of qualitative and quantitative studies regarding POB in educational institutions.

3. FINDINGS (LITERATURE REVIEW)

Some of the research findings conducted regarding teachers' some characteristics in relation with their positive organizational behaviors are classified into tables in terms of the variables of the research and presented below.

Table 1. Some Studies Regarding Teachers' Self-Efficacy As A Positive Organizational Behavior

Source	The Scope of the Research	Participants and their characteristics	Method	Findings
Betoret (2006)	Secondary school teachers' stressors, self-efficacy, coping resources, and burnout	247 secondary school teachers in Spain	"Self-efficacy scale", "School Coping Resources Scale", "Stressor Multilevel Context Scale" and "Burnout Scale"	It was found that teachers with a high level of self-efficacy and more coping resources suffered from less stress and burnout than teachers with a low level of self-efficacy and fewer coping resources and vice versa.
Dussault (2006)	The relationship between teachers' instructional efficacy and their organizational citizenship behavior	487 French Canadian high school teachers	"Teacher Efficacy Scale" and a questionnaire	Positive and significant correlations between teachers' personal teaching efficacy and organizational citizenship behaviors was found.
Çelikkaleli (2011)	Burnout and occupational self-efficacy beliefs of teachers, teaching adults	101 teachers working in Mersin Public Education Center	"Maslach Burnout Inventory" (MBI) and "Teacher Self-efficacy Scale"	Each dimension of MBI was found to be significantly related with the dimensions of Teacher Self-efficacy Scale negatively.
Yorgancı, Bozgeyikli (2016)	Class teachers' interpersonal self efficacy beliefs and organizational trust	300 class teachers working in central Kayseri	"Teacher Interpersonal Self-Efficacy Scale" and "Organisa-tional Trust Scale"	Teachers' gender, marital status and seniority were found to have no effect on their perceptions on interpersonal self-efficacy beliefs.
Ghaffar, Hamid, Thomas (2019)	The role of teachers' self-efficacy towards motivating students' learning process in intermediate colleges in Karachi	312 intermediate college teachers working in Karachi city	A questionnaire	The results of the study showed that teachers' self-efficacy has positive effect on goal achievement, active learning and learning environment significantly. Also, teachers' self-efficacy was found to have significant

				positive impact on performance goal and science learning value.
Razmjoo, Ayoobiyan (2019)	The connection between EFL teachers' resilience and self-efficacy	92 EFL teachers (56 females and 36 males) teaching general English courses to adults and teenagers in private language institutes	Teacher Self-Efficacy Scale (TSES) and resilience scale (RISC)	The results of the correlational analysis indicated that all three self-efficacy subscales had a significant positive relationship with teachers' resilience.

Table 2. Some Studies Conducted Regarding Teachers' Positive Psychological Capital and Positive Psychological Capacity As A Positive Organizational Behavior

Source	The Scope of the Research	Participants and their characteristics	Method	Findings
Hajloo (2013)	Relationship between female teachers' sense of humor and positive psychological capacities	80 female teachers in Ardabil city in Iran	"Multidimensional Sense of Humor Scale" and "Positive Psychological Capacity Questionnaire"	Optimism, resilience and confidence were found to have a significant relationship with the sense of humor.
Büyük-göze (2014)	The relationship between organizational support and psychologic capital in terms of high school teachers' perceptions	337 teachers from 8 high schools	"Psychological Capital Scale" and "Perceived Organizational Support Scale"	A meaningful moderate relationship was found between teachers' perceived organizational support and their psychological capital.
Kaya, Balay, Demirci (2014)	Secondary school teachers' psychological capital level	325 secondary school teachers	"Psychological Capital Scale",	Teachers' psychological capital level was found at a medium level.
Wang, Chen, Hsu (2014)	Psychological capital & teaching effectiveness	274 teachers	"Teachers' Psychological Capital Scale"	Some suggestions were extended.
Kelekçi, Yılmaz (2015)	The relationship between teachers' positive psychological capital and their efficacy beliefs	424 teachers from different school types	"Positive Psychological Capital Questionnaire" and "Teacher Efficacy Belief Scale"	A positive and moderate correlation was found between the teachers' positive psychological capital and their personal efficacy beliefs.
Akman (2016)	Teachers' perceptions regarding their positive psychological capital level	380 teachers	"Positive Psychological Capital Scale"	The study found teachers' perceptions regarding their positive psychological capital level "high".
Ocak, Güler, Basım (2016)	The effects of psychological capital on commitment and satisfaction attitudes of teachers	215 teachers working in 7 different schools	"Psychological Capital Scale", "Job Satisfaction Scale", and "Organizational Commitment Scale"	Only optimism was found to have positive effects on organizational commitment and job satisfaction.
Oral, Tösten, Elçiçek (2017)	The relationship between teachers' perceptions regarding their positive psychological capital and burnout level	1395 teachers from 14 cities of Turkey	"Maslach Burnout Scale" and "Positive Psychological Capital Scale"	Teachers' perceptions regarding positive psychological capital were found at a high level.

Tösten, Arslantaş, Şahin (2017)	The impact of teachers' positive psychological capital on their burnout	487 teachers in Batman, Turkey.	"The Maslach Burnout Scale", and "Positive Psychological Capital Scale"	A moderate and negative correlation between psychological capital and burnout was found.
Adil, Kamal (2018)	The role of promotive and preventative psychological ownership in the relationship of authentic leadership and psychological capital with burnout	500 faculty members of various public sector universities of Pakistan (209 male and 291 female teachers)	PsyCap Questionnaire, "Authentic Leadership Questionnaire", "Psychological Ownership Questionnae", and "Maslach Burnout Inventory Educator Survey"	Psychological capital and perceived authentic leadership had a negative influence on burnout.
Demir (2018)	The relationship between psychological capital and stress, anxiety, burnout, job satisfaction, and job involvement	335 teachers in 27 schools from the schools at Hatay's Kırıkhan district, Turkey	"The Psychological Capital Scale", "Stress Scale", "Anxiety Scale", "Burnout Scale", "Job Satisfaction Scale", and "Job Involvement Scale"	Psychological capital negatively affects teachers' burnout levels through the partial mediation effects of stress and anxiety.
Kaya, Altınkurt (2018)	The role of psychological and structural empowerment in the relationship between psychological capital and burnout	374 teachers working in the city of Muğla, Turkey	Positive Psychological Capital InstrumentPsychological Empowerment InstrumentConditions of Work Effectiveness Questionnaire-II (CWEQ-II), Maslach Burnout Inventory	Psychological capital with psychological and structural empowerment might be effective in reducing teacher burnout.

Table 3. Some Studies Conducted Regarding Teachers' Organizational Commitment

Source	The Scope of the Research	Participants and their characteristics	Method	Findings
Karacaoğlu, Güney (2010)	The effect of teacher's organizational commitment on their organizational citizenship behaviors	206 teachers working in nine high schools in Nevsehir, Turkey	"Organizational Citizenship Scale" and "Organizational Commitment Scale"	A low but positive correlation between teachers' organizational commitment and organizational citizenship behaviors existed.
Nartgün, Menep (2010)	Elementary school teachers' perceptions regarding organizational commitment	710 elementary school teachers working in Şırnak/Turkey	"The Organizational Commitment Questionnaire'"	Years of teaching showed a meaningful difference in the affective commitment.
Arslan, Bakır (2014)	Teachers' opinions about organizational commitment in their schools	728 teachers teaching in Malatya, Turkey	"Teachers' Organizational Commitment Scale"	The level of organizational commitment of teachers in private schools was higher.
Gören, Sarpkaya (2014)	The organizational commitment level of teachers	529 teachers and 46 administrators	"Organizational Commitment Questionnaire"	A low level of organizational commitment was found.

Karaaslan, Köse (2014)	Relationship between teachers' organizational commitment & organizational silence.	253 primary school teachers working in Ankara, Turkey	"Employee Silence Scale" and "Organizational Commitment Scale"	A meaningful relationship between organizational commitment & organizational silence was found.
Kurşunoğlu, Bakay, Tanrıöğen (2014)	Organizational commitment level of elementary school teachers	353 teachers working in elementary schools in İzmir, Turkey	"TCM Employee Commitment Survey"	No meaningful relationship was found between teachers' commitment & their union membership.
Cheng, Kadir (2018)	The relationship between work environment and organizational commitment among private school teachers in Klang Valley	110 private school teachers	Three-Component Model (TCM) Employee Commitment Survey Questionnaire	A moderate relationship between teachers' work environment and teachers' organizational commitment was found.
Yang, Badri, Rashedi, Almazroui (2018)	The determinants of expatriate teachers' organizational commitment	3,704 expatriate teachers	A survey	The social and organizational environment of the school greatly contributed to the organizational commitment of expatriate teachers.

Table 4. Some Studies Conducted Regarding Teachers' Well Being

Source	The Scope of the Research	Participants and their characteristics	Method	Findings
Pillay, Goddard, Wills (2005)	Teachers' well-being, burnout and competence	157 mid-career teachers	A questionnaire	Nearly half of the participants thought the effort they put into their work was greater than rewards.
Chan (2010)	Gratitude, gratitude intervention and subjective well‐being among school teachers in Hong Kong	96 Chinese school teachers	A pre‐test/post test design with outcome measures of subjective well‐being	The dispositional gratitude of teachers correlated positively and significantly.
Öztürk (2015)	The predictor role of life goals teachers have and social support on subjective well-being	193 teachers	"Life Goals Scale", "Social Support Scale" and "Subjective Wellbeing Scale"	A positively meaningful relation between teachers' life goals and subjective well-being was found.
Jalali, Heidari, (2016)	The relationship between happiness, subjective well-being, creativity and job performance of primary school	330 primary school teachers from Iran.	"Oxford Happiness Inventory", "Subjective Well-being Scale", "Creativity Inventory" & "Patterson Job Perf. Inventory"	A significant relationship between happiness, subjective well-being, creativity and job performance of teachers was found.

	teachers			
Calaguas (2017)	A connection between job satisfaction and subjective well-being	251 teachers	"Generic Job Satisfaction Scale" and "Satisfaction with Life Scale"	The results showed that the teachers had high job satisfaction.
Brouskeli, Kaltsi, Loumakou (2018)	Greek secondary teachers' resilience and occupational well-being	201 secondary teachers	Resilience Scale, Occupational Well-being of School Staff	The urbanization level of the school seemed to affect resilience as well as occupational well-being.
Virtanen, Vaaland, Ertesvåg (2019)	The relationships between patterns of teacher-student interactions and the wellbeing of teachers	79 lower secondary school teachers in Norway	Observed classroom interactions, Teacher questionnaires	Teachers' wellbeing has the potential to improve teacher-student interactions and vice versa.

Table 5. Some Studies Regarding Teachers' Satisfaction As A Positive Organizational Behavior

Source	The Scope of the Research	Participants and their characteristics	Method	Findings
Koustelios, Tsigillis (2005)	The relationship between burnout and job satisfaction	175 Greek physical education teachers	"The MBI" and "the Employee Satisfaction Inventory"	It was found that job satisfaction was affected by 'job itself', 'supervision' and 'working conditions'.
Pearson, Maomaw (2005)	The relationship between teacher autonomy, stress, work satisfaction & professionalism	300 teachers working in Florida	"Teaching Autonomy Scale".	It was found when teachers' curriculum autonomy increased their on-the-job stress decreased.
Ertürk, Keçecioğlu (2012)	Relations between the levels of teachers' job satisfaction and burnout in terms of socio-demografic variables.	224 teachers working in primary and secondary schools in Kemalpaşa town of İzmir,Turkey.	"Job Identification Scale", "MBI" and a "Socio-demographic questionary"	A meaningful difference was found between the results of the teachers teaching in the town center and in villages in terms of reduced personal accomplishment.
Altınkurt, Yılmaz (2014)	Relationship between teachers' occupational professionalism and their job satisfaction	363 teachers working in schools in Kütahya city center, Turkey	"Occupational Professionalism of Teachers Scale" and "Job Satisfaction Scale"	It was found that teachers' perception for professionalism and job satisfaction were of medium level.
Eldor, Shoshani (2017)	The relationship between school climate & teachers' engagement, satisfaction, and intention to leave	423 teachers from 30 different schools in Israel	A questionnaire asking some demographic information	Service-oriented resources may be significantly affecting teachers' work attitudes.

Akhtar, Khan (2019)	The relationship between emotional intelligence and job satisfaction with respect to age, gender, designation, qualification and work experience of university teachers	288 teachers in the faculties of social sciences	Self-Report Measure of Emotional Intelligence (SRMEI), Job Satisfaction Survey (JSS)	The professors and above 50 years of age are most stable persons and highly satisfied from their jobs, and associate professors and teachers between 46-50 years of age are most unstable and dissatisfied from their jobs.
Olčar, Rijavec, Golub (2019)	The relationship between primary school teachers' life goals and life satisfaction	480 primary school teachers from different regions of Croatia	Aspiration Index, Work-Related Basic Need Satisfaction Scale, The Work-Related Flow Inventory	The positive relationship between life goals and life satisfaction was found.

Table 6. Some Studies Conducted Regarding Teachers' Optimism

Source	The Scope of the Research	Participants and their characteristics	Method	Findings
Hoy, Tarter, Woolfolk Hoy (2006)	Academic optimism of schools was researched.	A random sample of teachers from 96 high schools in a midwestern state, USA.	"The academic emphasis subscale of the Organizational Health Inventory", the Collective Efficacy Scale", "Omnibus Trust Scale"	Academic optimism was found to make a significant contribution to student achievement.
Çoban, Demirtaş (2011)	The relationship between schools' academic optimism and teachers' organizational commitment	671 teachers	Çoban, Demirtaş (2011)	The relationship between schools' academic optimism and teachers' organizational commitment
Özdemir Kılınç (2014)	The relationship between bureaucratic school structure and teachers' level of academic optimism	211 teachers teaching in 14 primary schools in Kastamonu, Turkey	"Enabling School Structure Scale" and "Academic Optimism of Individual Teacher	Bureaucratic school structure was found to be positively and significantly associated with teacher academic optimism.
Biroğul, Deniz (2017)	Academic optimism of teachers and their vocational self-esteem	303 teachers in Kocaeli, Turkey.	"Academic Optimism Scale" and "Vocational Self-esteem Scale"	Gender and teachers' academic degrees were found to have no effect on teachers' academic optimism.
Bostancı Bülbül (2018)	The relationship between teachers' organizational trust levels and academic optimism perception about their schools	299 teachers working in primary, secondary and high schools in Uşak province, Turkey	The Organizational Trust Scale, The Organizational Trust in Colleagues Scale, School Academic Optimism Scale	The primary teachers' trust in the administrator does not predict school academic optimism levels.

Some other studies on teachers' psychologic resilience, for example the one conducted by Sezgin (2010) found more than half of the teachers (56%) had low level of psychologic resilience. In addition, Sezgin (2012) also found no meaningful relationship between psychologic resilience and age and seniority. Some studies on another topic, teachers' flow, were conducted and Bakker (2005)'s study indicating job resources had a positive relationship with the balance, challenges, and skills of the teachers. Studies on teachers' psychological hardiness as a positive organizational behavior, for example, Bozgeyikli and Şat's (2014) study found that organizational citizenship behavior and level of psychological hardiness of teachers change significantly depending on several variables. Some studies conducted regarding teachers' organizational trust, such as Yılmaz and Altınkurt's (2011) stated management by values and trust in colleagues are found to be significant predictors of organizational citizenship, explaining nearly two fifths of the variance, and although primary school teachers' trust to principal was a significant predictor of organizational citizenship in isolation, it does not create a significant effect on organizational citizenship of teachers when other variables are concerned. Ayık, Şayir and Yücel (2015)'s study investigated the relationship between management by values and organizational trust, and found the results showed teachers "strongly agreed" management by values. Also, management by values was found to be related to teachers' perceptions of organizational trust. Boydak-Özkan and Özdemir (2013)'s results revealed that organizational trust affects organizational commitment, burnout and organizational communication of elementary school teachers significantly.

Some studies regarding teachers' emotional intelligence were also conducted. Yin, Kin Lee, Zhang, Jin (2013)'s study found that teachers' emotional intelligence had a positive and significant effect on two emotional labor strategies and teaching satisfaction. Also, Çelik and Yılmaz's (2015) study investigating the relationship between teachers' occupational professionalism and burnout found that teachers had a moderate level of perception of professionalism. Wang, Zhang and Jackson (2013)'s study found self-esteem was a positive predictor of psychological empowerment of teachers.

DISCUSSION

Research regarding teachers' self-efficacy perceptions and their effects on educational institutions reveals that high levels of self-efficacy and coping perceptions of teachers positively correlated with their perceptions of organizational citizenship and organizational trust. It can be said that the higher teachers' self-efficacy perceptions are the more positive their perceptions on organizational dynamics become.

The literature also indicates that some research focused on teachers' level of psychological capital, which is another positive psychology topic, and topics like teachers' self-efficacy, hope and optimism are also included in studies about teachers' level of psychological capital. It is seen that organizational processes are positively influenced when teachers' perceptions regarding their level of psychological capital increases. It can also be stated that there is a negative correlation between teachers' psychological capital and burn out.

Studies on teachers' organizational commitment indicate a significant and positive correlation between teachers' organizational commitment and organizational citizenship and their positive perceptions regarding their schools. Similar results are also available for academic optimism and teachers' organizational commitment for teachers with high optimistic levels. Job satisfaction studies in the literature also include burn out extensively, and a negative correlation was found between them in varying degrees. Similarly, studies on organizational trust and burn out reflect similar results indicating a negative connection between them.

Research indicates that teachers' well-being, personal success levels, life goals, job satisfaction, creativity levels and the nature of teachers' relationships with their students are all related with positive organizational behaviors. That reveals positive personal qualities of members can be effective in the formation of positive organizational processes directly or indirectly. Other results which may be related with positive organizational behaviors depict that job satisfaction is affected by work conditions, members' attitudes regarding their work and teachers' perception of professionalism. Also it can be said that when teachers' autonomy on curriculum increases their work stress decreases. Work stress also decreases when teachers view themselves academically competent.

Research on organizational processes include other topics such as subjective well-being, psychological resilience, emotional intelligence, flow, management by values and empowerment. It can be

seen that basic concepts of positive psychology are investigated in the literature studying teachers in different dimensions. In conclusion, it can be said that the existence and sustainability of positive organizational behaviors in educational institutions are affected by several qualities of teachers. Positive approaches of individual teachers support the formation of positive consequences in organizations.

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CHAPTER 7

DETERMINATION OF MICROBIOLOGICAL, CHEMICAL, PHYSICAL, TEXTURAL AND SENSORY CHARACTERISTICS OF HALVA CHEESE DESSERTS DERIVED FROM SHEEP, GOAT, AND COW CHEESE

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INTRODUCTION

Milk and the desserts that are derived from milk have immense importance and are very effective when it comes to the reduction the risk of bone diseases, such as osteoporosis, due to the rich nutrients that they contain. Besides the desserts derived from milk such as sütlaç(rice pudding), kazandibi (pudding with a caramel base), keşkül (milk pudding with coconut), profiterol and güllaç(rice wafers stuffed with nuts) are very popular and widely consumed. Morover the desserts that are derived from cheese are beloved by the consumers. The most popular desserts that are produced in Turkey and derived from cheese are Künefe (kunafa), Hosmerim (sweet made with unsalted cheese) and cheese halva desserts. The most prominent desserts derived from Cheese and produced outside of Turkey are cheesecake and tiramisu (Rapaillle and Vanhamelrijck 1992, Mleko 1997, De Wijk et al 2003, Tarrega et al 2004, Cengiz 2006).

Cheese halva desserts, popular and loved by many, have many different name variations depending on the regions of production. Cheese halva deserts are especially widely consumed and loved in Tekirdağ, where they are consumed to be traditional desserts. The desserts, on a huge scale particularly during the summer season in Tekirdağ. Cheese halva desserts, which have gained popularity over time, are now being produced in the pastry manufacturing plants and cheese halva manufacturing plants, and are being sold in high quantities in grocery stores, markets and supermarkets, due to its widespread distribution network (Şener et al 2010).

The methods of production of cheese halva desserts vary from producer to producer, but in general terms, cow or sheep milk is boiled at a temperature near the boiling point (90-95 C^0) and subsequently pasteurised. The milk is then fermented using the cheese yeast, and the unsalted cheese is obtained. This cheese is then cut into large batches. The cheese, which is put on the oven at low temperature, begins to melt and stretch. When the cheese begins to pore by boiling, approximately 200 gr flour is added to 1 kg cheese. During this entire process, the mixture has to be continuously mutilated. Color of the dough, in which the cheese was purified and brayed o make it fibrous, turned yellow. The final stage of the process is that 300 g of sugar should be proportionately added to 1 kg of cheese, in such a way that will ensure the homogenous distribution of sugar. Although it could be seen that some of the manufacturers of the cheese halva desserts add eggs during the production process, it is known that most of them use one or two drops of high quality of color additives to give the desserts their recognizable yellow color (Şener et al. 2010). Another form of producing, cheese halva desserts can be obtained by coagulating cheese with yeast, leaching until the clot reaches the acidity like stretching gum at the time of cooking, and then cooking with flour, semolina, sugar, etc. (Cengiz 2006). The most important factors that determine the taste and the aroma of the cheese halva desserts are the features of the milk that was used as a base for obtaining cheese (the type of animal etc.), the proportion of fats the cheese and the type of fat added later during the process

(Cengiz 2006). Patients who suffer from diabetes are directed to consume the desserts that contain artificially made sweeteners. Artificial sweeteners are defined as chemical substances that are produced as the alternative for sugar. They contain less calorie compared to sugar. The halva desserts produced with sweeteners are manufactured for a number of reasons. They allow the patients suffering from diabetes to taste the products, help those who want to keep their body fit, and protect themselves from the detrimental effects of sugar on dental health (Unal 2011).

This study revealed that in the process of manufacturing cheese halva desserts, the salt can have positive impact in terms of making the melting process easier and more standardized, under the conditions that the amount of the salt used during the process was adjusted carefully. (Kurultay 2005). The ability of the salt to bind calcium makes it possible to manufacture the hard-melting cheese with very small fat globulins. Having considered these properties, in order to facilitate the cheese halva desserts manufacturing process, the salt can be used to ease the process, shorten the period of production, and help the mechanisation process while preserving the same quality and standard (Kurultay 2005). In a study conducted by Kurultay et al. (1999) in Tekirdağ province, the cheese halva desserts that were presented for consumption varied according to the production method and the manufacturer, and each product has a distinctive shape and product formulation.

The most important stage of the cheese halva desserts production is when the fresh saltless cheese reaches the homogenous consistency while baking. Mistakes that take place in this stage of production are the reason for the formation of the product, such as not reaching the desired level of homogenous and solid structure of the product. Keeping the melting process under control and developing new process techniques are important for the future place in consumers' society of this traditional dessert (Evyapan 1995).

1. MATERIAL AND METHOD

The cheese has been produced under laboratory conditions, and it was derived from goat, sheep and cow milk, obtained from farms whose production is controlled conditions. By using the cheeses obtained from these milks, the production of cheese halva dessert was carried out 3 times in laboratory conditions. To produce the cheese halva dessert, firstly the raw milk was heated to the fermentation temperature (25 - 30 ° C) and then 2 tablespoons of cheese yeast was added to the 5 kg of milk and fermented altogether. After waiting for 1-1.5 hours, the curd was formed. After the cooking started, it was stirred continuously until the boiling point, and sugar was subsequently added. When the temperature reached 85-90 ° C, flour was added and stirring and cooking process continued until the curd thickens. After the curd thickened, the cooking process was terminated and the packing and cooling took place. For the process of obtaining cheese used in the study, Tekinşen (2000) was used as the source, whereas Evyapan (1995) and Ünal (2011) were used as the

primary sources for deriving the cheese halva dessert from the previously obtained cheese. (Evyapan 1995, Tekinşen 2000, Ünal 2011).

The dry matter content of the samples was determined by gravimetric method (AOAC International 1995). The values of cinder were determined by gravimetric method as well (Cemeroğlu 2013). Tekinşen et al. 2002 was used as a source to determine the level of fat and titration acidity. The pH values of the samples were determined at 25 ° C with an electronic pH meter (inolab-series wtw 7310) (Lambooij et al 1999). The color analysis was performed with Illuminant D65 Minolta Chroma Metre (CR-400 model, Konica Minolta, Osaka, Japonya), that Diffuse/O 8 mm illumination range (Röhrle ve ark 2011). TA XT plus texture analyzer brand texture for determination of texture value the analyzer was used.

In the sensory evaluation part, cheese halva of the samples were evaluated by 6 panelists, on the scale from 1 to 25 points (Cengiz 2006).

Samples taken in the aseptic conditions were brought to the laboratory under the cold chain and coagulase (+) *Staphylococcus*, yeast-mold, coliform group microorganism, *e. coli*, *salmonella spp*, *listeria monocytogenes* were investigated in accordance with the following methods.

Total viable microorganism counts were made according to the Food Drug Administration Bacteriological Analytical Manual (FDA 2001). In order to determine the number of coliform bacteria, the microorganisms were sown on Violet Red Bile Agar medium and the colonies were formed on platelets in aerobic conditions at the temperature 35-37 ° C during the span between 24-48 hours of incubation (Hitchins et al 1992). The yeast and mold count was made in accordance with ISO 21527-1: 2008 (ISO 2008). In the determination of number of coagulase positive S. aureus, instead of BPA foods, eggyorktelluridi was added, and the plaques left for incubation at 37^0C temperature for 24-48 hours. For the detection of E. coli in the samples, the primary source was AOAC 1995. The presence of the Salmonella Spp. was determined by TS EN 6579 (ISO 2005). The detection of listeria monocytogenes was done according to ISO(2004).

The Statistical Analysis

Analysis results were obtained by applying Anova test, version SPSS 20. The interpretation of the study was made according to the test results.

2. RESULTS

The final findings show that none of the following microorganisms; Coagulase (+) *Staphylococcus*, *coliform* group bacteria, *yeast-mold*, *E. Coli*, *Salmonella Spp.* or *Listeria monocytogenes*, were detected in cheese halva desserts samples.

Two sets of results are given in the table below. The average chemical, physicochemical and textural analysis values of the cheese halva samples are given in Table 1 whereas the sensory analysis values are given in Table 2.

Table 1. Average Values of Chemical, Physicochemical, and Textural Analysis of the Cheese Halva Values

Property	Day	Type			
		Goat	Sheep	Cow	p
Dry matter (%)	0. Day	50.92 ± 2.20	56.18 ± 3.00	54.43 ± 0.38	0.060
	7. Day	53.00 ± 0.08	55.38 ± 0.81	53.37 ± 1.50	0.080
	14.Day	51.32 ± 2.90	54.29 ± 1.00	52.63 ± 1.00	0.230
P		0,500	0.520	0.210	
Fat (%)	0. Day	24.00 ± 1.00^{a}	24.67 ± 0.58^{a}	21.33 ± 0.58^{b}	0.003**
	7. Day	24.00 ± 1.00^{ab}	24.67 ± 1.53^{a}	21.33 ± 1.16^{b}	0.040*
	14.Day	23.67 ± 1.53^{ab}	25.00 ± 1.00^{a}	23.33 ± 0.58^{b}	0.020*
P		0.930	0.910	1.000	
Ash (%)	0. Day	1.07 ± 0.17	0.97 ± 0.02	0.83 ± 0.19	0.100
	7. Day	1.07 ± 0.16	0.90 ± 0.13	0.81 ± 0.15	0.170
	14.Day	1.11 ± 0.08^{a}	0.93 ± 0.04^{ab}	0.82 ± 0.13^{b}	0.050*
P		0,920	0,630	0,990	
Acidity	0. Day	0.73 ± 0.15	1.02 ± 0.13	0.84 ± 0.10	0.080
	7. Day	0.60 ± 0.04	0.88 ± 0.39	0.72 ± 0.00	0.390
	14.Day	0.56 ± 0.09	0.70 ± 0.26	0.70 ± 0.05	0.540
P		0.190	0.420	0.070	
pH	0. Day	5.59 ± 0.22^{a}	5.12 ± 0.15^{b}	5.09 ± 0.12^{b}	0.020*
	7. Day	5.72 ± 0.32^{a}	5.06 ± 0.09^{b}	5.02 ± 0.18^{b}	0.013*
	14.Day	5.83 ± 0.25^{a}	5.08 ± 0.09^{b}	5.10 ± 0.12^{b}	0.002**
P		0,570	0,830	0.810	
CIE L*	0. Day	76.13 ± 0.27^{xa}	68.48 ± 0.17^{xc}	70.86 ± 0.19^{xb}	0.000***
	7. Day	71.28 ± 0.22^{za}	67.63 ± 0.21^{yc}	69.14 ± 0.11^{yb}	0.000***
	14.Day	74.95 ± 0.01^{ya}	66.20 ± 0.05^{zc}	67.20 ± 0.28^{zb}	0.000***
P		0.000***	0.000***	0.000***	
CIE a*	0. Day	-2.61 ± 0.03^{xb}	-1.61 ± 0.21^{xa}	-3.45 ± 0.16^{c}	0.000***
	7. Day	-9.40 ± 0.71^{yc}	-1.77 ± 0.15^{xa}	-3.57 ± 0.11^{b}	0.000***
	14.Day	-3.11 ± 0.04^{xb}	-2.44 ± 0.11^{ya}	-3.83 ± 0.31^{c}	0.000***
P		0.000***	0.002**	0.150	
CIE b*	0. Day	12.29 ± 0.19^{yb}	17.18 ± 0.25^{a}	17.23 ± 0.01^{xa}	0.000***
	7. Day	36.19 ± 0.20^{xa}	16.60 ± 0.30^{b}	16.77 ± 0.21^{yb}	0.000***
	14.Day	14.30 ± 1.5^{yb}	17.03 ± 0.19^{a}	16.42 ± 0.19^{yab}	0.002**
P		0.000***	0.071	0.002**	
Texture	0. Day	16.39 ± 1.10^{xa}	8.22 ± 0.31^{xb}	15.96 ± 0.53^{za}	0.000***
	7. Day	11.35 ± 1.73^{yb}	5.62 ± 1.22^{yc}	17.65 ± 0.38^{ya}	0.000***
	14.Day	9.33 ± 2.23^{yb}	5.43 ± 0.46^{yc}	20.75 ± 0.81^{xa}	0.000***
P		0,007**	0.008**	0.000***	

The differences are shown in the same column in x, y, z; the differences are shown in the same
row in a, b, c $p<0.05^{*}$, $p<0.01^{**}$, $p<0.001^{***}$

Table 2. The Average Sensory Values for the Cheese Halva Samples

Property	Day	Type			p
		Goat	Sheep	Cow	
	0. Day	22.07 ± 0.42^{xa}	19.87 ± 0.81^{xb}	23.27 ± 0.23^{xa}	0.002**
Sensory	7. Day	19.47 ± 0.50^{ya}	18.13 ± 0.64^{yb}	20.47 ± 0.42^{ya}	0.005**
Analysis	14.Day	0.00^{z}	0.00^{z}	0.00^{z}	1.000
P		0.000***	0.000***	0.000***	

The differences are shown in the same column in x, y, z; the differences are shown in the same
row in a, b, c p<0.05*, p<0.01**, p<0.001***

DISCUSSION

By examining the results of the study, it was found that the average pH values of cheese halva samples on days 0. 7. and 14 had no significant differences within themselves. However, differences were noticed between the groups of samples on days 0 and 7 (p<0.05) and 14.(p<0.01) (Table 1). As of the last day of storage, the pH values of the samples were found to be at an acceptable level. In terms of the pH values, the study based on cheesecake conducted by Hao et all (1999) found the pH value to be 4.98, Cengiz (2006) found the value to be 5.69, Şahan et al (2006) found the value to be 6.34, Şengül ve Ertugay (2006) found the value to be 5.30, Aydın et al (2008) found the value to be 5.04, Kurultay et al (2006) found the value to be 5.62 and 5.62 and Ünal (2011)found the value to be 5.62. The value of the pH in this study was lower than the value from the research conducted by Şahan et al. (2006), however it showed similar value to the results of the following studies; Aydın et al. (2008), Kurultay et al. (2008), Şengül and Ertugay (2008) when the desserts were obtained from different types of milk. The results of the study conducted by Can

(2007) that were obtained on the day 7 in the samples derived from goat cheese, and the results of the study conducted by Aydin et al (2008) on the day 7 in the samples derived from sheep cheese, and the results of Kurultay et al (2008) on the day 0 in the samples derived from the goat cheese were found to be almost identical. Values in the study conducted by Hao et al. (1999) on cheesecake, very popular desserts worldwide, turned out to be lower than the value in this study. The conclusion that we can derive is that the days on which the analysis of the samples were performed are not reported in the studies. This is the main reason for the occurrence of differences in terms of value in different studies. In addition, the fact that the type of milk that was used to manufacture the cheese halva samples is not known could be a plausible explanation for both differences and similarities that occurred with other studies. Analysis of the dry matter values of the cheese halva samples on days 0, 7 and 14 (p> 0,05) showed no significant difference (Table 1). The values found in the similar studies were as follows; for Evyapan (1995) it was 76.10%, for Hao et al(1999) it was 55.1% for the study conducted on cheesecake, for Taş (2004) it was between 58.24;61.21%, for Aydın et al (2008) it was 77.13%, for Cengiz (2006) with the addition of different amounts of curd cheese for the cheese halva desserts it was between 67.10; 75.80%, for Güven and Demir (2010) it was between 74.17; 78.60%, and for Ünal (2011) it was between 68.75;78.25%. In most of these studies dry matter values were higher than the dry matter values in this study. It is thought that the main cause for the differences in values is that the length of cooking process was not clearly stated. It is

predicted that dry matter values are high in cheese desserts due to cooking process which last until samples got thicker. The results of the research with cheesecake conducted by Hao et al. (1999) showed similar values to the values from this study. As of the last day of storage, the percentages of dry matter in the samples were found to be on an acceptable level. The main cause for the differences is considered to be the lack of standardized method of manufacturing the desserts and that the different methods used to manufacture the cheese halva desserts were not reported. Another plausible explanation for the differences in the results could be attributed to the fact that the amount of fat in cheese used in different studies is unknown. Furthermore, the estimated amount of raw materials used to manufacture the desserts, such as semolina or flour that have the property of absorbing fat, is not reported. Cooking time of the samples is not specified as well.

No significant difference was found between the all groups and the samples of the analyzed cheese halva desserts. However, it was determined that there was a difference between the groups on the 14th day ($p < 0.05$) (Table 2). In the studies similar to this, the results were presented as follows; the result value of the study based on cheesecake done by Todd et al (1983) was 1.03, the value of the study conducted by Kurultay ve ark (1999) was between 0.78-0.97, the study of Taş (2004) got results between 0.83-0.94, Demir (2005) found the values between 1.48-1.61, Şengül and Ertugay (2006) 1.49, Şahan et al (2006) 0.47, Can (2007) 1.71 and Aydın et al (2008) 0.77.

In a study by Cengiz(2006) curd cheese and melting salt were added, making the values in the desserts between 1.09-1.75. By applying the same method Güven ve Demir (2010) found the values to be between 1.48-1.61 and Ünal (2011) between 0,96; 1,26. The percentages of cinder values are lower than those of Evyapan (1995), Demir (2005), Şengül and Ertugay (2006), Can (2007), Cengiz (2006) and Güven and Demir (2010). The values are higher compared to those of Şahan et al. (2006) 0.47, Aydın et al. (2008). The values of Kurultay et al. (1999) and Taş (2004) were similar for each day for different cheeses used to manufacture cheese halva desserts. Reason for the different values of ash is that the values of sugar generally speaking were unknown is the studies.

In the study, there was no significant difference found in the fat values of the analyzed cheese halva samples (p>005). However, it was determined that there was a difference between groups in samples made from different cheeses. The differences were found to be insignificant on the day 0 (p>0.05), whereas the differences on the days 7 and 14 were quite significant (p<0.05) (Table 1). The examination of fat content in the studies based on the cheesecake desserts showed the following results; In the research conducted by Todd et al the fat content values were 24.5, in Evyapan's (1995) it was 3.2. In Demir's (2005) dissertation study, the value for the fat in the cheese derived from cow were 25.5 whereas the value for the fat in cheese obtained from sheep was 23.7. In the mixture of cow and sheep, the fat content value was 25.00. The fat content value in

Cengiz's (2006) study was 7.5, in Şengül ve Ertugay (2006) it was 37.44, in Aydin et al (2008) 0.49, in Kurultay et al (2008) it was between 14.13;16.5, in Güven and Demir's (2010) study it was between 11.20;11.90, and in Ünal's (2011) study it was between 11.3;11.5.According to these results, the values in this study are higher than the results of Evyapan (1995), Cengiz (2006), Aydın et al. (2008), Kurultay et al. (2008), Güven and Demir (2010) and Ünal (2011). The research conducted by Sengül and Ertugay (2006) found the values that were higher than the values in this study. The study on cheesecake conducted by Tood et al. (1999) showed similar values to the study of Demir (2005). It is presumed that the main cause of this resemblance is due to the fact that the milk used in the manufacturing desserts was from the same type of animal. In other studies, it is considered that the results are different because there was no standardized method of desserts manufacturing and that the origin of the milk is unknown. As a result of the acidity values of analysed cheese halva samples, no significant difference could be detected among the groups within themselves (Table 1; $p>0.05$). Similar studies conducted show following values; Evyapan (1995) has an average of 0.23, Taş (2004) between 0.20 and 0.28, Cengiz (2006) between 0.08 and 0.21, Şengül and Ertugay (2006) 0.21 , Ünal (2011) between 0.232 and 0.246. The values found in all of the aforementioned studies were higher than those of this study. Similar to the studies on hosmerim dessert, the reason behind the differences in the values stem from the fact that the type of cheese and the amount of flour used to manufacture desserts are unknown.

As a result of the texture analysis of the cheese halva samples, it was determined that there was significant difference in the desserts derived from goat, sheep (p <0.01) and cow (p <0.001) cheese. There was a significant difference between the groups of desserts on days 7, 14 (p <0.001) (Table 1). The average texture values for the cheese halva desserts samples derived from goat, sheep and cow cheeses were listed as 16.39;8.22;15.96 on day, 0 11.35;5.62;17.65 on day 7 and 9.33;5.43;20.75 for the day 14. In a similar study Ünal (2011) tested the textual properties of different samples with addition of lactitol and the results of the study were 4.22;12.02. According to these values, Ünal's (2011) results were similar to the samples derived from the sheep cheese on day 0, the samples derived from goat and sheep cheese on day 7, and the samples derived from goat and sheep cheese on day 14.

In the result of sensory evaluations of cheese halva desserts of goat, sheep and cow, it is indicated that statistically differences were found among samples on days 0, 7 and 14.(p<0.001), and between groups on days 0 and 7 (p<0.01). There was no significant difference found among the groups on the day 14 (Table 2). The reason for this is that the panelists do not want to taste. In a similar study, Demir (2005) found that the aroma and taste values of the samples that were found to be 4.40-6.40 at the refrigerator temperature and 4.71-6.35 at the room temperature. Based on these values, it was concluded that it was suitable to add semolina to the cheese halva desserts in case they

would be consumed in a short time, and that flour should be added in case the desserts would be consumed in a long-term period. He also stated that cheese must be obtained from sheep + cow or sheep milk. In Cengiz (2006) study, panelists graded the appearance, color, structure, taste and smell of the samples. Each section was evaluated with the maximum of 25 points and the values were found to be between 97 and 119. However, in this study, samples with that used cow cheese as the raw material had lower values compared to samples that used other types of cheese as the raw material. Unal (2011) asked 6 panelists to evaluate the sensory properties, such as appearance, structure, color, taste and smell over the scale of five. The average values were found to be between 14.10-19.30. When these values were examined, it was seen that the results were partially similar. The reason for this situation is that the society more cow cheese compared to the others, therefore, the society is more used to it. However, this is contrary to the research in which Demir (2005) has found that the cheeses derived from sheep milk were more delicious in terms of smell and taste.

Color is an important quality criterion for consumers. The values L *, a *, b * are the indicators of color changes in cheese desserts, and they can be measured instrumentally. Color coordinates L * (brightness), a * (red, +60, red, -60, green) and b * (jaundice, +60, yellow, -60, blue) are based on CIE L *, a *, b * color coordinates system. The values that were obtained on days 7 and 14in the study of the cheese halva samples derived from goat, cow and sheep cheese

(p<0.001) were found to be significant. There was a significant difference between the groups of cheese desserts on days 7 and 14 (p <0.001) (Table 1). The a* values for cheese halva desserts on days 0, 7 and 14 showed difference in desserts obtained from goat (p<0.001) and sheep (p<0.01) cheese, whereas the difference was not seen in desserts obtained from the cow cheese. Among all the dessert groups, the difference was found between values on day 0. (p <0.001) 7. (p <0.001) and the day 14. (p <0.01) (Table 1). The b* values for cheese halva desserts on days 0, 7 and 14 showed difference in desserts obtained from goat (p<0.001) and cow(p<0.01) cheese, whereas the difference was not seen in desserts obtained from the sheep cheese. It has been observed that no additive color was applied on the cheese halva desserts during the examinations.

This study also examined whether coagulase (+) *Staphylococcus*, *coliform* group bacteria, *yeast-mold*, *E. coli, Salmonella Spp*. and *Listeria Monocytogenes* exist or not in the samples. As a result of the analysis of the microbiological aspects of the cheese halva desserts produced in the , no microorganisms were detected. In microbiological study on the cheesecake dessert; Todd et al. (1983) found coliform microorganisms in 12% of 465 samples, while in 12% of 465 samples yeast mold was detected. They also reported that no *salmonella* could be detected in any samples .Güven and Demir (2010) kept samples that they prepared with *salmonella* and different flour in their study in room temperature for 15 days and refrigerator temperature for 1 month. As a result of analysis of

samples kept at room temperature for 15 days, TMAB number was found to be <104-21x105 CFU / g, number of *coliform bacteria* was found to be <3-6.1 CFU / g and *yeast-mold* number was found to be <104 CFU / g. Analysis of the cheese halva desserts samples stored at refrigerator temperature for 30 days had the TMAB number at <103 CFU / g, *coliform group bacteria* was found to be <3-9.3 CFU / g, *yeast-mold* was found to be<103 CFU / g. In the result of analysis, it was reported that it is not appropriate to keep cheese halva desserts in room temperature for 15 days but keeping them in refrigerator for 1 month would be appropriate. In this study, it is seen that keeping desserts in refrigerator for 14 days is suitable microbiologically. In the study working on cheese halva desserts samples prepared with lactitol (artificial sweetener) and curd cheese, Cengiz (2006) reported the number of TMAB was found to be between 620-18400 CFU / g and that neither coliform nor *E. coli* or *yeast-mold* were encountered. With these results, it is seen that the values in our study were the same except for the TMAB values. When comparing these results with other studies, Cengiz (2006) suggested that the samples used in other studies may be incompatible in terms of production and storage conditions. In the study conducted by Aydın et al (2008), TMAB number was found to be 10-4.9x107 CFU / g, coliform group bacterial results were estimated at 10-5.4x103 CFU / g, in the study with cheese halva samples made in Tekirdağ and Balıkesir (Evyapan, 1995), TMAB was found to be 2.2x103 and 2.3x104 CFU / g; Demirel and his friends (2005) found TMAB results in unbaked cheese halva cheese dessert samples to be 1.7x102 and

4.1x104 CFU / g, and TMAB results in bakes cheese halva dessert to be <10 and 2.8x102 CFU / g. Şengül and Ertugay found the TMAB results to be 4.9x107 CFU / g. In terms of *S. aureus,* Evyapan (1995) found the value to be 34 CFU / g, Aydın et al(2008) found it as 2.3x103 CFU / g, while Kurultay et al (1999) found it as <10-45 CFU / g. Demirel et al (2005) reported that while in 2 unbaked cheese halva samples, 1x102 and 2.0x102 CFU / g *S.aureus* was found respectively; in baked cheese halva dessert samples, there was no *S. aureus* detected., Sengul and Ertugay (2006) reported that *S. aureus* was not found in the study they conducted. In Aragon-Allegro et al. (2007) study on the desserts similar to cheese halva dessert, it was reported that *S. aureus* was found in the values that were above the Brazilian microbiological standards in 19 of 71 dessert samples. In another study, in 6% of the 28,835 cheese halva samples the value found was > 104 CFU / g (Eleftheriadou et al 2002). Aydın et al. (2008) reported that *S. aureus* was found in 39% of the samples in the study based on cheese halva dessert and hosmerim. In terms of *yeast molds*, Evyapan (1995) found 4.0x105 CFU / g, Şengül and Ertugay (2006) 6.4x104 CFU / g and Aydın et al (2008) found 1.2x103 and 3.0x103 CFU/g. Aksu (1996) studied *Salmonella spp.* on different types of desserts and cake samples put on sale in Istanbul. Eleftheriadou et al. (2002) in a study conducted in Cyprus, found *Salmonella spp*. in 38 out of 2402 cheese halva samples. Aydın et al. (2008) reported that *Salmonella spp*. has not been detected in hosmerim and cheese halva dessert samples . Aksu (1996) and Aydın et al (2008) have reached similar results with their studies. *Salmonella*

Spp. in food is not desirable because it can lead to some serious health problems. As a result of the examination, it has been seen that there are very few microorganisms in the cheese halva samples produced in the laboratory environment if the prevention measures are undertaken during the manufacturing or storing process.

CONCLUSION

As the results of the research show, it can be concluded that cheese halva desserts can be preserved microbiologically and chemically for 14 days and sensually for 7 days after production under standard conditions and packaging with appropriate materials. As one of the conclusions, in order to prevent the differences it is necessary to state clearly the type of cheese used to manufacture the cheese halva desserts on the label.

As of now, there is no standardized method for manufacturing the cheese halva desserts and the method changes from region to region. It can also be seen that consumers in particular regions perceive höşmerim and cheese halva desserts as the same desserts. Provided that the original taste and appearance of the desserts is preserved, every research and documentation that would ensure standardization of manufacturing process together with having high quality in terms of hygiene, will be taken into consideration. The product, packing materials and storage conditions must be known and applied in the same, standardized way.

ACKNOWLODGEMENTS

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CHAPTER 8

SUSTAINABLE DEVELOPMENT AND URBAN POVERTY

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INTRODUCTION

In the aftermath of the Second World War, an uncontrolled development process has emerged with overpopulation, capitalist, technological and industrial developments as well as excessive consumption. The concept of sustainability and development gained importance when it was realized in the late 1960s that ecological balances started to deteriorate due to these technological and industrial developments and the reason for this was the connection between environment and development.

The main point of the economy, unlimited human needs can be met with scarce resources within the framework of the theory of a balance between human and nature to meet the needs of today's and future generations without consuming natural resources until the end of the development of Sustainable Development, which is defined as economic, social and environmental dimensions and gained a global. Sustainable development, which has gained a global dimension by crossing borders, not only aims at economic and environmental development, but also equitable distribution of welfare between countries and groups within countries and human development. Poverty and the struggle against poverty, which is considered as the social dimension of sustainable development, is an important problem that must be overcome. In order for all segments of society to participate in the development process, poverty reduction and effective allocation of resources are required. Of developed or developing countries and also in Turkey in the past with all the

different aspects of poverty we face today it has been one of the biggest problems of development economics.
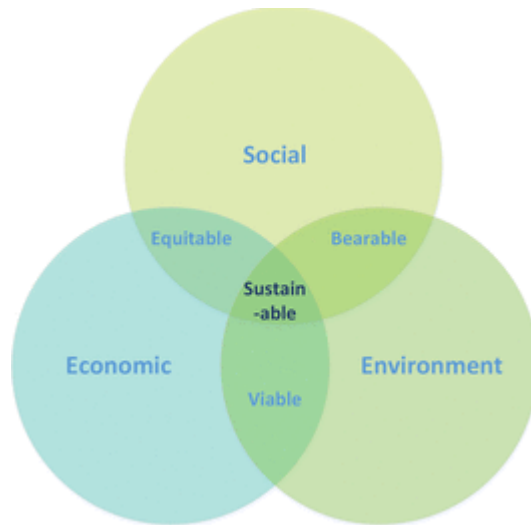
1. SUSTAINABLE DEVELOPMENT

The term sustainability is used to ensure the sustainability of productivity and diversity without disrupting the resource balance, while the concept of sustainable development was first introduced in 1987 by the United Nations World Environment and Development Commission (WCED) under the chairmanship of Norwegian Prime Minister Gro Harlem Brundtland.). Accordingly, sustainable development is defined as kalkınma development that meets today's needs without sacrificing future generations to meet their own needs ve and has been widely used since then.

"Sustainable development", a development model that can meet the needs of modern generations without compromising the ability to meet the needs of future generations, 20. towards the end of the century, it entered the world agenda and became a global implementation plan with the international treaties signed in the 1990s. The understanding of sustainable development sets the common denominator in countries economic and Social Development Goals as "sustainability". This common goal, which also holds the future, is aimed at enabling everyone to meet their basic needs and expectations for a better life. The implementation of a development strategy, whose relations between the environment and socio-economic development are not well established, may meet the current

needs but jeopardize the future basic needs of the people. Because it is not certain which limit the growth will lead to environmental disasters, and environmental degradation is often irreversible. Therefore, the main philosophy of sustainable development is to evaluate the economic and social structure and environmental interaction in a holistic way and ensure that present and future generations benefit from the opportunities brought by development in a fair manner. Past experiences better emphasize the importance of this approach (www.surdurulebilirkalkinma.gov.tr).

Graph 1. Sustainability and Its Relationship with Other Areas

Source:

http://benkoltd.com/suyapo/surdurulebilir/surdurulebilirlik.asp

The interconnection of economic, social and environmental dimensions is also important in achieving sustainable development.

Economic and social dimensions interact in matters such as income distribution, poverty reduction, and the solution of unemployment problems. When these socio-economic conditions of society become stable, their approach to the environment will become sustainable. Developing societies continue to live on natural resources. Societies with better socio-economic conditions will have more regular demands on their natural capital. The social and environmental dimension envisages equal use of natural resources as well as equality in income distribution.

2. RELATIONSHIP BETWEEN SUSTAINABLE DEVELOPMENT AND POVERTY

The concept of sustainability is becoming increasingly central to the agenda and policy mix of both developing and developed countries. Since 2015, the Sustainable Development Goals, which will replace the Millennium Goals, will provide policy makers with the most guidance on poverty and poverty alleviation. For this reason, it is necessary to emphasize that poverty has an impact on the three dimensions of sustainability and is influenced by the policies in these areas in order to eliminate poverty permanently with the vision of sustainability in this period when the goals are tried to be established. Therefore, not only the reasons directly affecting poverty, but also the interaction structure between the elements in the three areas and the ways in which this structure affects poverty should be taken into consideration(sosyalyardimlar.aile.gov.tr).

In order to realize these policies, issues should be addressed by their economic, ecological and social dimensions. Poverty constitutes both an obstacle to sustainability and as a result of the failure of sustainability. For this reason, sustainability, in its conceptual emergence and development process, emphasized poverty and deterioration in ecological capacity.

Poverty does not allow the sustainability balance to be maintained even in generations due to its natural results and the resources that reveal it. Failure to achieve sustainability will lead to intergenerational transfer, diffusion and chronicization of poverty, as it means damaging the potential of future generations to meet their needs, rather than creating poverty within the current generation.

3. POVERTY

Poverty is a phenomenon that is as ancient as the history of mankind despite its changing nature and is struggled by all societies whether primitive or modern in order to overcome it (Güneş,2010:11). However, there is no agreed definition yet. In fact, it is not easy to make a standard definition of poverty. The main difficulty in making this definition is the large number of components that constitute poverty, the various relationships between these components and the definition that can be shaped by the personal accumulation of the person working on this subject (Odabaşı, 2010:11).

It is also possible to define poverty in the form of absolute, relative and human poverty, which is generally described as a

situation where people are unable to meet their basic needs. Lack of ability to access the minimum standard of consumption to meet basic physical criteria is often expressed as absolute poverty or deprivation (May, 2011:25). Uncovering absolute poverty requires determining the minimum consumption needs necessary for individuals to live their lives (Ensari, 2010:9).

Poverty arises from the inability to produce much and the fact that the values obtained as a result of production cannot be shared fairly among individuals, regions and sectors. Reasons for not being able to produce more; Some countries, or some regions in terms of climate and natural conditions, lack the capacity to produce more. In this case, the people of that country or region will inevitably become poorer. Rapid population growth, on the one hand, allows countries to produce more, on the other hand causes countries to consume more. Moreover, if there is a rapid population increase in the country or in the regions that are not in a very good position in terms of climate and natural conditions, impoverishment becomes inevitable (Öztürk ve Çetin, 2009:2668). Although it is difficult to count the causes of poverty due to the large number of components and the complex and diverse relationships between the components; unjust income distribution, high interest rates, unfair tax systems, unregistered employment, monopolization in the markets, political systems, socio-economic and economic structure that are difficult to change politically, can be counted as the general causes of education.

4. DIMENSIONS OF POVERTY IN THE WORLD

Poverty, as a global problem, has reached universal dimensions regardless of the developed-underdeveloped distinction. Poverty has not only been a problem experienced by underdeveloped regions of the world, but has become an important problem for developing countries and even developed countries. Today, 10% of the world's population earns more than seventy percent of the total world income. Of the world's population of six billion two hundred million, 2.5 billion - half of which live below the $ 2 poverty line per day, and about one-sixth of the population live below the $ 1 poverty line per day. Along with poverty, the dimensions of inequality between countries and regions are gradually increasing. On average, the income gap between countries is widening, as poor countries have a slower growth rate than rich countries. In 1960, while the income of the 20 richest countries was 18 times higher than that of the poorest 20 countries, this ratio doubled in 1995 to 37 (Tosuner, 2007: 64).

While there are about 30 million people in the US today, there is a problem of hunger, and the great potential for development in the United States is associated with this inequality. Economic growth and capital accumulation are realized through impoverished people. While the richest 10 percent of the European Union earns 25 percent of all revenues, it is ten times that of the poorest 10 percent, which can only account for 2.6 percent of the wealth distribution.

Table 1. Number of Populations Living with Less Than $ 1.25 Per Day (Million)

180 ve 181. Sayfadaki tablolar bu şekilde olsa daha iyi olur.

Bölge	1990	2005	2015f	2020f
Doğu Asya ve Pasifik	873	317	120	83
Çin	683	208	70	56
Avrupa ve Merkez Asya	9	16	7	5
Latin Amerika ve Karayipler	50	45	30	27
Orta Doğu ve Kuzey Afrika	10	11	6	6
Güney Asya	579	595	388	352
Hindistan	435	456	295	268
Altı Sahra Afrikası	296	387	366	352
Toplam	1817	1371	918	826

Poverty Ratio (%)

Bölge	1990	2005	2015f	2020f
Doğu Asya ve Pasifik	54,7	16,8	5,9	4,0
Çin	60,2	15,9	5,1	4,0
Avrupa ve Merkez Asya	2,0	3,7	3,7	1,2
Latin Amerika ve Karayipler	11,3	8,2	5,0	4,3
Orta Doğu ve Kuzey Afrika	4,3	3,6	1,8	1,5
Güney Asya	51,7	40,3	22,8	19,4
Hindistan	51,3	42,6	23,6	20,3
Altı Sahra Afrikası	57,6	50,9	38,0	32,8
Toplam	41,7	25,2	15,0	12,8

Note: f is the estimated value

Source: World Bank, Global Economic Prospects, Trade, Regionalism and Development (2005),

Poverty studies published by many international institutions, especially the World Bank and UNDP, reveal the high level of poverty in many countries around the world. According to the World Bank data, the distribution of poverty for the periods 1981-2020 (2020 is estimated) by regions is shown in Table 1. According to the World Bank (WB) data, while the hunger limit between 1981 and 2001 was taken as a base of $ 1, between 2005 and 2020f, the rate of poor population was calculated based on 1.25 $ (Table 1). While the ratio of the poor who earn less than $ 1.25 per day in the total world population is 41.7% in 1990, it is expected that this ratio will decrease to 12.8% in 2020. Based on these data set by the World Bank in 2020, in terms of poverty rates by the poverty line of $ 1.25 per day, the regions with the most intense poverty are Sub-Saharan Africa (32.8%), India (20.3%), South Asia (19.4%), Latin The US and Caribbean (4.3%) are estimated to be Asia & Pacific and China (4%), the Middle East & North Africa (1.5%) and Europe & Central Asia (1.2%).

5. DIMENSIONS OF POVERTY IN TURKEY

Poverty, as in many countries, Turkey has always been one of the most fundamental problems. On the one hand, inequality in income distribution, on the other hand inequality in the distribution of national income, economic crises in recent years and ineffective policies have brought poverty to a more severe dimension and urgent measures have become a priority.

1980 is an important process of structural transformation in Turkey. With the new economic program put into effect on January 24, 1980, a radical change took place in the economic and social structure. The process of globalization, neo-liberal policies and the economic crisis of the combined effects of the deterioration of income distribution in the country, have taken the lead to an increase in deepening poverty and the gap between social strata and Turkey, being a country where relatively evenly distributed income to come out, rich with which the size and reach to deserve the qualification abyss of difference between the poor has become a country. (avekon.org/papers/544.pdf)

Table 2. Poverty According to Household Size in Turkey, 2007-2010

Hunger Limit (TL)					Poverty Limit (TL)			
Household Size	2007	2008	2009	2010	2007	2008	2009	2010
1	105	122	127	141	283	341	365	396
2	159	185	192	213	428	515	552	599
3	201	233	243	269	540	651	699	759
4	237	275	287	318	638	767	825	86
5	271	313	328	363	728	874	944	1,025
6	301	350	365	404	809	976	1,050	1,140

Source: TÜİK, 2009 Poverty Study Results

When Table 3 shows the average monthly hunger and poverty line rates according to household size, when the hunger and poverty line figures are examined; There has been a change in proportion to household size. As the number of individuals living in the household increased, the numbers related to hunger and poverty line increased. While the hunger limit of one household was 105 TL in 2007, the poverty limit was 283 TL. In 2010, the hunger limit for one household was 141 TL and the poverty limit was 396 TL. In 2010, the hunger limit of a family of 6 people is 404 TL. (poverty line consisting of food and non-food expenditures) is TL 1,140.

Poverty increases monotonously with each household member added when three individuals start. Large households are poorer than smaller households, because the added household members are children with a higher poverty rate. Poverty rates of households without children or with only one child are below average. There is also a relationship between the presence of the elderly in the household and the poverty of the household, but this relationship is not as significant as the effect of the number of additional children in the household. (İbrişim, 2008:53).

Table 3. Individual Poverty Rates According to Poverty Line Methods, 2010-2015

Methods	Individual poverty rate (%)					
	2010	2011	2012	2013	2014	2015
Turkey						
Below $ 2.15 per person per day	0,21	0,14	0,06	0,06	0,03	0,06
Below $ 4.3 per person per day	3,66	2,79	2,27	2,06	1,62	1,58
City						
Below $ 2.15 per person per day	0,04	0,02	0,02	0,02	.	.
Below $ 4.3 per person per day	0,97	0,94	0,60	0,64	.	.
Rural						
Below $ 2.15 per person per day	0,57	0,42	0,14	0,13	.	.
Below $ 4.3 per person per day	9,61	6,83	5,88	5,13	.	.

Source: TÜİK, Poverty Study,

2015-2010 In Turkey, about 0.21% of individuals live below the poverty line of $2.15 per person per day, compared to 0.06% in 2015. As seen in Table 4, the population living below the poverty line in urban and rural life has decreased over the years. In addition, in 2014 and 2015, there were no individuals in the city and Prairie whose per capita daily expenditure was $ 2.15 and below $4.3 according to purchasing power parity.

6. URBAN POVERTY

While poverty and the problems it creates become more and more severe, cities emerge as areas where poverty deepens. Urban poverty refers to the poverty experienced on the basis of the city. Urban poverty resulting from the spread of poverty to the wider population is not only limited to low income and injustices in income distribution; In addition to the lack of economic opportunities, education, health, housing, security and so on. It also includes the inability to meet basic needs such as benefiting from social rights and opportunities.

Beyond being an economic problem, urban poverty, which is dealt with in a wider picture, is defined with emphasis on eight factors that reflect different aspects of poverty occurring in cities. These eight factors are: inadequate income, inadequate and unstable resources, inadequate housing, inadequate public infrastructure services, deprivation of social security, lack of legal security of the poor, poor inability to participate in the decision-making process and silence of the poor (Aytaç, 2009: 142-144).

The dimensions of urban poverty have brought different definitions. The first is the concept of working poor. Employee poverty; working people are poor in terms of disposable net income. Poverty in turn refers to the enrichment of one group over the others within the urban poor on the basis of unequal power relations (Işık & Pınarcıoğlu, 2003: 80). The new poverty, on the other hand, is not socially, politically and economically excluded; relatives, family or

friends (Batmaz, 2016: 40-41). In our study of Urban Poverty, any social reality that is one of the elements of Urban Poverty is worth examining. In this sense, it is not possible to prioritize and move from one center.

6.1. Urban Poverty in Turkey

The period that started in the 1950s and lasted until the 1980s is considered as the period of rapid urbanization and intense internal migration of Turkey. The national development model based on imported substitution, which was followed while being integrated into world capitalism, caused a thaw in the countryside along with mechanization in agriculture, modern agricultural techniques and capitalization. The 1980s and 1990s were years in which urban space was as determined by the capital as it was in any period. It reveals a new situation in which the rants created by the city are perceived by the bourgeois class as a means of capital accumulation and the accumulation is directed towards urban areas like other rant areas.

A feature of the 1990s is that the inhabitants of the city are economically, socially and culturally separated from each other. As a result of these fragmentation in everyday life, groups listening to reggy at one end of the city, eating lunch at McDonalds, while at the other end of the city, families sheltered in nylon tents and street children collecting bread from garbage have emerged from an urban landscape.

6.2. Causes of Urban Poverty

It is not possible to try to explain urban poverty for one or more reasons. However, it will not be right to address the issues that are seen as reasons independently. Exclusion and spatial segregation, employment structure of the city, economic crises and income distribution imbalances will also be handled in this process.

6.2.1. Migration from Rural to Urban Areas and Slums

The main reasons for the migration from the village to the city which started in the 1950s in our country are population growth, mechanization in agriculture and uneven economic development. On the other hand, the fact that the developing industry in cities is in need of labor has made the cities a center of attraction for rural areas and an intensive and rapid migration process started from villages to cities until today.

In parallel with the rapid development of the service sector in production in the 1950s, the reflection of providing services in areas not covered by organized sectors and thus gaining permanence in the urban economic space to the physical space of the city is the reflection of the makeshift barracks established on the sides of the cities, and the factories start to take advantage of this cheap labor force in order to benefit from this cheap labor force. areas in the slum has caused the formation of warm look.

6.2.2. Urban Employment Structure, Unemployment and Economic Crises

Among the causes of poverty, the reasons arising from labor markets are prioritized. The inadequacy of employment opportunities and thus the problem of unemployment is one of the leading causes of urban poverty (Sipahi, 2002: 19).

It is observed that the employment level is low and the opportunities for creating new jobs are very limited and the less accessible resources are less accessible, and in less developed or developing countries, large households face more poverty. The fact that households with such patriarchal characteristics are concentrated in rural areas makes it difficult to obtain income and production that will cover subsistence expenditure by decreasing the amount of land per capita through inheritance.

6.2.3. Exclusion and Spatial Decomposition

Two of the prominent concepts when discussing poverty are social exclusion and social acceptance. These two concepts distinguish whether the structure of poverty occurs within or outside the system. On the one hand, it is possible to keep these positions in the system and to maintain these positions in some way, but to become impoverished due to the constant fall in real wages, on the other hand social, political and economic exclusion from the system, and in no way have the power to fight these two corresponds to poverty (Işık & Pınarcıoğlu, 2003: 67-68).

6.2.4. Unbalanced Income Distribution

Causes of income inequality, which is one of the main determinants of poverty, are among the main interests of poverty studies. The degree of inequality in income distribution varies from region to region. Increasing inequalities in income and wealth distribution in Turkey and informalization tendency in labor markets increase poverty as emphasized in structuralist analyzes.

CONCLUSION

The multidimensionality of poverty has the opportunity to express in real terms with the concept of sustainability. The causes of poverty originating from many different areas coincide with sustainability policies. Poverty is a dilemma in front of sustainability and sustainability is not possible without overcoming the poor problem.

When analyzed in terms of poverty profile of Turkey, when looking only at the expense of food poverty rates based on years of food poverty is reduced by the nominal. In Turkey, where lower individual rate of food poverty, but the difference is that this ratio increases with non-food poverty.

The fact that poverty is on the agenda of every country regardless of underdeveloped or developed countries will be felt by itself, even if it is tried to be effective with indirect struggle approach to increase the incomes and living standards of the poor by means of the rapid growth of all the world countries in the fight against poverty. It is essential that a multi-faceted approach in which different methods

are put into practice together with national and international levels is necessary in order to achieve a significant success in the reduction of poverty and inadequacy of the organizations on their own in combating poverty. In this context, considering poverty as a problem that can be solved only in the long term, effective and efficient policies should be produced in order to fight against poverty and the capacities of institutions and organizations providing services in this field should be increased.

Poverty rates in rural areas are higher than in urban areas and poverty in cities is more effective than rural areas. Poverty is essentially a macroeconomic problem. The elimination of imbalances and unemployment in the regional income distribution are the most important elements of the struggle against poverty. The most basic way to solve the urban poverty problem is to provide employment-oriented local development. Increasing employment means that individuals living in the city are equipped with income and consumption opportunities that will ensure the minimum standard of living. Increasing employment and implementing local development can solve many main and intermediate topics on urban poverty. In this sense, increasing employment opportunities and equipping people with income play a key role. Other than that, all kinds of solutions are temporary and dressing. The main issue to be discussed about urban poverty is how to plan the local development model, how to make the division of labor between institutions and how it can be passed to social life without creating new grievances.

Local governments are the only mechanisms to combat poverty at the local level. Local governments should be better informed about the daily developments in the society and should monitor poverty more effectively and take necessary measures due to urbanization and population growth. In addition, it is not enough to make policies and implement them only in cities to combat urban poverty. Policies to prevent rural to urban migration and policies to make rural areas livable should be established.

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CHAPTER 9

TAX EVASION IN TURKEY'S CAUSES AND NECESSARY PRECAUTIONS

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INTRODUCTION

Taxes form the basis of public expenditures. Taxes are used both for the financing of public expenditures and for social and economic purposes. Taxes are the most important source of income for the state while creating expenses for taxpayers. Taxpayers apply various ways to avoid tax, one of which is tax evasion.

In the first part of this study, the definition of tax evasion, what is the tax evasion according to the Turkish Tax Procedure Law and the current tax evasion methods are mentioned. In the second part, economic and financial reasons, legal and administrative reasons, psychological and social reasons of tax evasion are mentioned. In the third part, economic and financial measures, legal measures, administrative measures, psychological and social measures to be taken in tax evasion are mentioned.

1. TAX EVASION IN TURKEY

Before mentioning tax evasion, it is useful to define the tax in order to repeat the characteristics of the tax. Tax are the economic values that the state receives unpaid and under legal obligation to the extent that they are able to pay from the institutions and organizations that make up the society in order to cover the financing of public expenditures (Pehlivan, 2011: 93). In other words, tax is a tool that connects the state and the taxpayer. The government intends to collect taxes fully in order to realize public expenditures. Taxpayers, on the other hand, want to get rid of the tax due to unpaid and

compulsory taxation. Therefore, taxpayers resort to various ways, one of which is tax evasion.

Tax evasion, taxpayers, who are obliged to pay taxes, do not deliberately fail to fulfill these obligations through illegal means, resulting in unfair profits and tax loss of the state. (Kapusuzoğlu, 2008: 125). In the Turkish Tax Procedural Code, tax evasion is defined by the taxpayer or the responsible person as deliberately causing tax loss. The acts constituting the crime of tax evasion and which are the material elements of the crime are listed in paragraphs a, b and c of Article 359 of the Tax Procedure Law.

a) In books and records held or regulated in accordance with tax laws and required to be kept and presented;

- Account and accounting fraud,

- Opening an account on behalf of unreal persons

- To register the accounts and transactions that are required to be registered to other books, documents or other recording media in order to reduce the base,

- Distorting or hiding books, records and documents,

- Misleading documents in terms of content or the use of these documents,

b) Held or regulated in accordance with the tax laws and obliged to store and present;

- Destruction of books, records and documents,

- Not to replace the sheets of notebooks or replace any sheets with any sheets,

- The originals or copies of the documents are forged or used in whole or in part.

c) Printing or deliberate use of the documents that can be printed by the persons who have an agreement with the Ministry of Finance without having an agreement with the Ministry.

Those who commit the elephants listed in paragraph "a" of Article 359 of the Tax Procedure Law shall be sentenced to imprisonment of eighteen months to three years. It is not possible to convert the prison sentence to a fine. However, it is possible to postpone the imprisonment term of two years or less according to Article 51 of the Turkish Penal Code. Furthermore, the maximum limit of imprisonment is three years for those who have not completed the age of 18 and have completed the age of 65.

Those who commit the elephants listed in paragraph "b" of Article 359 of the Tax Procedure Law shall be sentenced to imprisonment of from three to five years. It is not possible to convert or postpone this fine.

Those who commit elephants in the end "c" clause of Article 359 of the Tax Procedure Law shall be sentenced to imprisonment of from two years to five years.

As can be understood from the law, the penalties to be applied to smuggling crimes are imprisonment sentences. With the amendment made in article 359 in 1998, the creation of tax loss is no longer an element of the crime. The smuggling crime is an optional mobile crime. For example, fraudulent issuing of documents required to be issued in accordance with tax laws will result in a crime. Crimes to arrange false documents and using false documents apart from the offenses are separate and independent (Öner, 2016: 165).

According to the Turkish Tax Procedural Law, if the partners involved in the crimes of smuggling have no interest in committing these crimes, the penalty to be imposed by the Turkish Criminal Code is reduced by half (VUK Art. 360/I).

According to the Tax Procedural Law, if more than one person participates in the execution of the acts deemed to be smuggling, each of the actors who have committed the act or directly committed together shall be punished with a penalty for that act on the condition that they benefit separately. The same penalties shall be imposed on those who are determined to commit such acts. (VUK Art. 360/II).

According to the Turkish Tax Procedural Code, if a crime of offense is also caused by a tax offense, in addition to the penalties binding on freedom, a tax loss penalty, which is a financial and administrative penalty, shall be applied. However, the tax office imposes the penalty in three layers instead of one (VUK Art. 344/II, 359/last).

Tax inspectors and assistant tax inspectors who have determined that the crimes stated in Article 359 of the Turkish Tax Procedure Law are directly informed by the opinion of the relevant report evaluation commission and by other officials authorized for tax inspection by the relevant tax assessment department and the Chief Public Prosecutor's Office. (VUK Art. 367/I).

The Chief Public Prosecutor's Office, which learns in other ways that the crimes stated in Article 359 of the Turkish Tax Procedure Law are committed, immediately informs the relevant department and requests an examination (VUK Art. 367/II).

The opening of a public case depends on the notification of the result of the examination to the Chief Public Prosecutor's Office (VUK Art. 367/III of the Law).

The imposition of penalties for smuggling offenses does not constitute a separate application of tax loss or irregularity penalties (VUK Art. 367/IV of the Tax Procedure Code).

The decisions of the criminal court are not effective on the transactions and decisions of the authorities and authorities that will impose the tax penalties written in the second part of the fourth book of this law and the decisions of these authorities and authorities do not bind the criminal judge (VUK Art. 367/V). In summary, the decisions of the criminal court do not affect the decisions of the tax administration or tax courts (Pehlivan, 2013: 97).

Some of the current methods used for tax evasion are listed as follows:

- Passing through tax havens of imports or exports, leaving a portion of the profit here,

- Although it operates in developed places, it is necessary to prioritize the most important regions in the development of less tax ,

- Where a portion of the profit obtained by selling goods or services at low or high prices to the related company through transfer pricing is established in a less taxable place abroad ,

- Providing as many documents as desired to those who are taxed by the simple procedure, these documents are not recorded or recorded as different amounts ,

- By paying self-employment services under the name of royalty gain as if it were a work due to low taxation ,

- Option, futures, forward, swap transactions through gold, credit or stock, even though there is no expense on the paper ,

- Moving the profit to the next year using financial instruments ,

- While it is actually subject to valuation at the end of the year (bond), it is shown as a stock and the postponement of the reporting period

- By continuing to operate without registering with the tax office ,

- Inventory records records that do not meet the actual doing ,

- Not to issue invoices or issue incomplete sales of goods and services ,

- The income for the current period is shifted to the following year as if it were the income of the following year ,

- Taking advantage of exemptions or exceptions , although they do not meet the required conditions ,

- Late notification of taxable work to the tax administration ,

- By not paying the maturity difference in installment sales to legal books as income ,

- Operating under the name of a tax-exempt foundation or association ,

- Real trading activity in real estate is by showing undervalued ,

- Depreciation of assets subject to depreciation is written directly to the expense ,

- In the case of widespread construction over the years, although the temporary admission was made in the current year, it is shown as if the work has been completed in the following year and the corporate tax declaration is extended to the following year and thus the tax is postponed for another year ,

- Establishment of partnerships, companies and carrying out activities on them by opening tax records on behalf of wealthy,

fictitious or dead persons. There are many ways to perform by using tax evasion is la. (Gunduz, 2005: 25-29).

2. TAX IN TURKEY CAUSES OF TRAFFICKING

Tax evasion has many negative effects on economic, social and legal structure. It is necessary to combat tax evasion with such devastating effects. In order to do this, the factors causing this phenomenon must be known first.

2.1. Economic and Financial Reasons

The most important reason that pushes taxpayers to evade taxes is the economic factor. "When the tax evasion tendency is considered in terms of economic and financial factors, the concept of rational choice comes to the forefront" (Öz Yalama and Gümüş, 2013 : 77-97). The taxpayer chooses the best benefit for himself by comparing the payment and non-payment of the tax. The tax revenues of the state are reduced if the taxpayers choose the benefit for themselves, namely tax evasion. Since tax revenues constitute almost 90% of our budget, the decrease in tax revenues causes a budget deficit.

One of the economic problems that lead taxpayers to evade tax is inflation. Taxpayers whose nominal income increases as a result of inflation are taxed on the high income tranche. As a result, the amount of tax paid by the taxpayer increases despite the fact that the real income does not increase. Inflation leads to both a decrease in the real income of the individual and the payment of excess tax.

In terms of income distribution; it is clear that there is a positive relationship between the source of income and tax evasion and this is due to the tax system (Şaan, 2008: 12). Although there is no tax evasion in income taxed from source, self-employed are more likely to evade tax. In times of economic crisis, individuals are forced to work in the informal economy if they cannot find jobs in the formal economy when they become unemployed. The informal economy leads to tax evasion.

The fact that income taxes are global in our country, that each income element has a separate income tax, causes further problems.

There is a direct relationship between tax rates and the informal economy. There are several known studies on this subject. Laffer reveals the relationship between tax rates and tax revenues. When tax rates are increased to the optimum point, tax revenues increase. However, if tax rates exceed the optimum, tax revenues decrease. In summary, increasing tax rates does not lead to an increase in tax revenues, on the contrary, the tendency to evade tax increases and tax revenues decrease after the optimum point.

The belief that tax rates are high in our country is one of the most important factors affecting tax evasion. Value Added Tax and Special Consumption Tax rates are high by the majority of taxpayers. The rise in tax rates and the emergence of tax inflation to close the budget deficits cause taxpayers to feel exploited and encourage taxpayers to evade taxes.

2.2. Legal Reasons

All taxes are levied on the basis of the law. However, justification of the law does not mean that taxes are fully applied and collected. Frequent changes in tax laws, exemptions and exceptions, and insufficiency of laws cause significant problems.

The complexities of the tax law affect the taxpayers' correct declarations. Frequent changes in tax laws reduce the trust of taxpayers and increase the tendency for tax evasion. In addition, continuous changes put both tax administration employees and judiciary members difficult.

Another reason for the complexities in the tax law is the arrangements made by the administration as a result of the powers given to the administration. Both the legal regulations and the regulations made by the administration are numerous and their conflicts with each other prevent taxpayer's tax compliance.

The fact that tax penalties are not deterring is one of the reasons that increase tax evasion. The tax penalties in our country cannot fulfill their duty and if the taxpayers do not pay the tax, they are not disturbed by the existence of penalties. Reconciliation is one of the elements that prevents tax penalties from deterring. Reconciliation is the negotiation of the taxpayer and the tax administration about both the original tax and the tax penalty. As a result of reconciliation, the original tax and the tax penalty are reduced. This leads to tax loss. The taxpayers who

pay the tax on time think that they have been wronged in this case and the possibility of evading these taxpayers increases in the future.

Tax amnesties prevent the formation of tax awareness by making tax penalties more difficult. "Frequent tax amnesty creates a new amnesty expectation for taxpayers after a certain period of time and as a result, taxpayers do not declare their income or do not fulfill their obligation to pay even if they declare" (Aydoğdu, 2009: 16). One reason for tax amnesties is the decrease in the income of the country in times of economic crisis.

The high number of tax and lawsuits prevents the collection of taxes on time. These cases cause a loss of time and resources for both the administration and the taxpayer.

2. 3. Administrative Reasons

One of the administrative reasons for tax evasion is the structure of the tax administration. Tax administration should have a structure that can fully and timely fulfill the tax laws. The tax administration in our country cannot fulfill this duty properly. This situation arises from the personnel structure of the tax administration, the organizational structure, the inability to provide the necessary services to meet the tax services, excessive bureaucracy, lack of coordination between the units and technological inadequacy. The inefficient tax administration cannot do its job and informality increases.

Another reason for administrative reasons is the inadequacy of audits and the lack of coordination in audits. In our country, only 2% or 3% of total taxpayers can try in a year. In other words, all taxpayers are audited every 25 years. This situation reveals how unhealthy the inspections in our country, why the informal economy rate is high and why tax evasion is done so much.

Another administrative reason is the lack of a sufficient and timely tax administration to detect the event that causes the tax. If the time of the tax-generating event is also determined, the emergence of the informal economy can be largely prevented.

2.4. Psychological and Social Causes

Taxpayers can apply for tax evasion by comparing the benefit they receive when paying the tax and the penalty they will face. Personal characteristics such as education, age, gender and marital status also affect tax evasion.

Tax evasion has significant effects on the social structure of society. In societies where tax evasion is high, the informal economy starts. In societies where the informal economy is high, investments decrease, national income decreases, unemployment increases and other economic problems occur. In addition, trust in the state is undermined in societies where the informal economy is high. Illegal forms of governance occur in societies where the state is not trusted.

One of the reasons damaging the trust in the state is that the collected taxes are not spent in the required areas. If society thinks in this way, tax resistance and tax evasion will increase. A study published by the Finance Ministry and, from that of every 10 people in Turkey believe that nine of tax justice, however, revealed that 10 people from each of the eight thought it made splurge in government spending (Habertürk, 07/12/2016).

3. PRECAUTIONS IN COMBATING TAX EVASION IN TURKEY

3.1. Economic and Financial Measures

One of the economic measures to be taken in the fight against tax evasion is to prevent injustice arising from the high inflation rate. In case of high inflation, arrangements should be made that will not aggravate taxpayers. Since the inflation rate is low in our country in recent years, the victimization of taxpayers does not increase.

Declaration procedure is adopted in the tax system in our country. This makes it easier for taxpayers to show low tax base and cause tax evasion. Such a situation is not encountered in the taxes deducted from the source. Taxpayers need to be strictly monitored in the declaration procedure, thus reducing tax evasion.

Most taxpayers think that the tax rates in our country are high. This thought increases the tendency of tax evasion seriously. In order to prevent this situation, it is necessary to keep the tax rates at a

lower rate and increase the number of taxpayers and the number of taxable tax bases. Thus, taxpayers do not refrain from paying taxes and the tax revenues of the state are increased.

3.2. Legal Measures

The legal basis of taxes is the law. However, the confusion of tax laws, frequent amendments to the laws, and exemptions and exceptions prevent taxpayers from making the right statements. Tax laws should be simple and clear as all taxpayers understand, and changes should not be made too often.

In preparing tax laws, provisions that ensure conflict of interest, not unity of interest between individuals, should be introduced. If it provides a union of interests between the buyer and the seller to show the price of the goods low, it becomes difficult to speak of the tax law functioning properly (Çelik, 2005: 5).

The fact that tax penalties are not sufficiently dissuasive also increases tax evasion. Very heavy penalties should be imposed on taxpayers who do not pay the taxes charged, who knowingly base their misdemeanors and who are tax evaders. Because the taxpayer should remember how high the penalties are and be afraid to make the same mistake again.

Tax amnesty, which has become a commonplace in our country, is one of the main factors triggering tax evasion. It does not pay taxes from taxpayers who think that a tax amnesty will occur and does not

hesitate to evade tax. Tax amnesties should be made less and tax amnesty should not be given to taxpayers, especially those with a negative tax record.

3. 3. Administrative Measures

In order to reduce tax evasion, the structure and operation of the tax administration is of great importance. The tax administration needs regulations that will increase the efficiency of the tax system and minimize tax evasion. With these regulations, the qualifications of existing personnel should be increased, new personnel should be hired according to merit principle, technological innovations should be included in the tax system and bureaucracy should be reduced.

In order to increase the efficiency and efficiency of tax auditing in our country, first of all, tax auditing should be planned and implemented from a single center. Thus, undesirable conflicts of authority and duties between units can be prevented (Kocayılmaz and İstemi, 2015: 54). It is inadequate that 2% or 3% of all taxpayers can be audited in a year. Low levels of audits facilitate tax evasion by taxpayers. Tax audits should be conducted more regularly and more frequently.

3.4. Psychological and Social Measures

The solution that is more effective than tax laws, penalties and measures in tax evasion is tax awareness and tax ethics. Tax awareness is the level of willingness of taxpayers who know the importance of tax

on tax payment. Tax ethics means that taxpayers fulfill their obligations arising from tax laws in accordance with the law. In order to develop tax awareness and tax ethics in the society, it is necessary to raise public awareness about tax and to provide education on this subject.

The existence of the informal economy undermines the trust of taxpayers in the state and increases tax evasion. In order to prevent this situation, the tax administration must fulfill its duties more meticulously.

If taxpayers think that the state is wasting with the collected taxes, the tendency to evade tax increases. In order to prevent this situation, it is necessary to inform the public in a timely manner, to explain to which items the expenditures are made, and to prevent misconduct and corruption. Taxpayers who believe that the taxes are converted into real expenditures do not hesitate to pay their taxes.

CONCLUSION

There are many reasons affecting tax evasion in our country. The main reasons are economic and financial reasons. High inflation rate, tax declaration procedure, informal economy rate and high tax rate increase tax evasion. Legal reasons include confusion in tax law, frequent changes in tax laws, non-deterrence of tax penalties, high number of tax amnesties and tax cases. Administrative reasons are the structure of tax administration, excessive bureaucracy, inability of the administration to comply with technological developments, inadequacy of tax audits and lack of coordination in audits. Psychological and social reasons are the education level of the taxpayer, the existence of the informal economy and the belief that the public spending is wasteful.

A good analysis of the causes of tax evasion provides information about the importance of tax evasion. The main measures such as revising the tax legislation, abolishing the provisions causing informality, if any, carrying out comprehensive activities aimed at increasing the social awareness about the importance of the registered economy, increasing the cost of not complying with the tax system, increasing efficiency and efficiency in tax auditing, and rationalizing information technology tools should be implemented (Atar, 2013).

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CHAPTER 10

TRADITIONS IN SHERMAN ALEXIE'S
THE ABSOLUTELY TRUE DIARY OF A PART-TIME INDIAN

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INTRODUCTION

Alexie is a Native American writer who is known for his clear portrayal of the unpleasant social realities of Native people in reservations. He is unconventional, but rather a postmodern voice of the perpetual search for Native American cultural identity and social reality. His works are the reflection of the Native American community. Scholars, reviewers, and critics opine that Alexie's works are the realistic representations of the Indian American involvements in confrontation to the modern American mainstream. In his works, Alexie depicts a real picture of Indians in the reservation and off the reservation.

Basically, Alexie lays stress on three major issues in the Native American community: alcoholism, self-representation, and stereotypes. These three concerns can be seen as the modern culture of Native Americans. In addition, the writer shows the urban Native Americans who are mixed with white immigrants and have lost their culture. For Alexie, culture is a substantial part of identity and the Indians forget their cultural identity. Many urban Indians are mix-blooded. Instead of questioning their identity, Native Americans are addicted to alcohol severely. He exposes the modern culture and identity of Native Americans. The reader can easily be attentive to Alexie's techniques: for instance, turnabout stereotypes are seen in his works. Besides, humour is seen as superficial. He censures the prevailing culture with the stereotypes attached to the Indians.

Alexie's writings demonstrate the overwhelming effects of intoxication, lack of health care, unemployment, suicide, poverty, housing, reservation, and racial struggle that permeate through Indian lives on the reservation in addition to anger, which arises from the annihilation and misrepresentation of a factual identity of Native Americans. In the twenty-first century, Native Americans are still suffering from the injustice and the racial trauma in the modern American society. The writer, as a real Indian, appropriates his writings with modern problems in the modern era. He writes for nowadays Native Americans to display the miseries, suffering, inequality and immorality of their lives.

1. NATURE AND NURTURE IN *THE ABSOLUTELY TRUE DIARY OF A PART-TIME INDIAN*

Sherman Alexie's novel *The Absolutely True Diary of a part-Time Indian* won the National Book Award for Young People´s Literature the same year of its first publication in 2007 and soon afterwards many other rewards followed suit (Jirsová, 2012: 24).

The Absolutely True Diary of a part-Time Indian is Alexie's debut novel for young adults. It articulates the story of a 14-year old teenager's life. The novel is a semi-autobiographical description. Even though the story is narrated from the first-person point of view, the draft was originally written in the third person. Alexie is self-conscious in employing Native American voice for his novel. Alexie comprehends that the emotional distance was created by such kind of narrative and

thus it was useless. Besides, he believes that the use of third person voice was done unconsciously, as he is scared of his particular history, and even though Alexie is not so good at writing autobiographies and history for young audience, his novel becomes extremely popular (Harmanci, 2007: 1).

Arnold Spirit Junior is the protagonist of Alexie's *The Absolutely True Diary of a part-Time Indian*. He is fourteen years old. Junior lives with his family near Wellpinit city on the Spokane Indian Reservation. He also attends school on the Indian reservation, and he is delighted to start high school with his friends on the reservation. His is particularly into geometry. When he realizes that his mother studied the same book of geometry in high school, he becomes so angry for the school's incapacity to change old books and replace them with new ones. He throws the book at the teacher's face and breaks his nose. His parents and grandmother were annoyed with Junior's behaviour; therefore, they punished and suspended him. Following this event, Junior tries to see his teacher for apologizing for the misbehaviour. After that, Junior's instructor, Mr. P, talks with Junior calmly and advises him to move to a school off the Reservation. Studying at the high school off reservation has become a part of Junior's plan in his mind and he reveals it to his parents.

Junior starts school at Reardan High School. He is overlooked and anxious at the beginning. Consequently, he gets into a battle with a boy who makes racist remarks at that point gets a boy who is exceptionally shrewd. Junior soon starts an affair with a girl named Penelope. Junior's

popularity is sealed when he and Penelope become something of an "item." He is happy at Reardan, and he creates a basketball team with his friends there, in spite of the fact that he regularly must walk half or all of the distance way because of the limited resources of his parents. Junior's lifetime on the Reservation is not bright. As Junior's parents anticipated, numerous people annoyed him, for he challenged to dream for something that the Reservation could not offer him. Rowdy, Junior's best friend, is one of those who are angry with him and make Junior's life hopeless on the reservation.

On the basketball court, Junior confronts Rowdy. He is rather angry at him to the point he waits the chance to take him out of the match. With the starting of the next game, Junior tries hard to take the lead from Rowdy and the Reardan team successes effortlessly. Immediately, Junior is humiliated for his wish for revenge and exact vengeance since he is familiar with the tough circumstances of life lived by the other members of the team.

Like Alexie's other novels the protagonist's life is filled with bereavement. Junior sees that his dears are dead around him because of alcohol. For example, his grandmother's death, a drunk driver runs over his grandmother and dies. One of the best friends of his father is shot and killed over a drink. At the same time, his sister is drunk in her mobile house with her husband when a fire destroys it. His sister indeed never awakens and is burned to death.

At the end of the story, after school has finished for the summer season, Rowdy comes to visit Junior. Rowdy states, however he is still

angry at Junior but is uninterested. Rowdy states that he has known Junior, and would like him to decide to leave and spend the rest of his life off the Reservation and asks Junior to promise him to stay in contact from wherever he goes. Then they spend night playing basketball with each other, but none of them gained even a score.

Alexie's novel is censured by the critics and scholars positively and by parents and school boards negatively. The content of the novel made a controversy; therefore the novel was banned in several schools. According to (Marshal University Libraries), more than twelve schools complained about Alexie's novel. For instance, in 2015 the book was challenged from the high school of Meridian (ID) and additional reading list after complaining about the book by some parents. The complaints state that the novel "discusses masturbation, contains profanity, and has been viewed as anti-Christian." (Aulia, 2017: 4) The novel also talks about Native Americans poverty on the reservation, depression, racism, physical mistreatment, sexual and gang fighting which were all practiced by the protagonist of the story, Junior, as a Native American. Overall, in Native American literature, there is still a limitation for both the author and the reader. Only a few of Native American authors intend to shed light on Indians, and unearth their authentic lives.

Kathleen Noone is another scholar who reveals her attitude about Sherman Alexie's novel *The Absolutely True Diary of a Part-time Indian*. She opines that the novel is a story of coming-of-age boy. It is narrated in first person narrative from the point of view of fourteen-

year-old Arnold Spirit Jr, known as Junior. As the title of the novel suggests, the narrative includes a confessional attribute, as Junior shows his sentiments to the per-user through utilizing his visual and verbal language. Noone attempts to look at the style or technique that Alexie uses in his Young Adult novel as well.

Moreover, she states that the style is humorous and frequently disrespectful. This is due to the fact that Junior is sometimes aggressively honest about his feelings and encounters. Occasionally, this attitude may be not comfortable for the reader. For instance, when Junior learns about the passing of his sister, he is concerned about as he states; "Yep, I had a big erection when I learned of my sister's death" (Alexie, 2007: 202). And she argues that this quality helps the central character's voice to be so authentic. The novel's on going action is united with an exploration and examination of the emotions and feelings of Junior. Despite the commonly positive response, violence, sexual innuendo, slang and dirty language may even seem troubling to adult readers and have the negative impact on this class of society (Ibarrola, 2016: 182).

The Absolutely True Diary mingles words and draw images to reveal the valiant journey, which is taken by a 14-year old Native American Indian boy away from a family and community overwhelmed and often ruined by the problematic issues as poverty and alcoholism "to somewhere beyond the boundaries of his reservation where he can look for hope and a better future." (Armendariz, 2015: 185). This journey is definitely not so tranquil and it frequently embraces breaking

considerable blockades for one who is adult: alienated himself from his authentic culture, lost contact with his best childhood friend and adjusted himself to an entirely new environment, etc. Maybe the most difficult scene of Junior's metamorphosis throughout the novel is his understanding that it will be impossible for him to attempt to find even a single place as home in Reardan High: "Traveling between Reardan and Wellpinit, between the little white town and the reservation, I always felt like a stranger. I was half Indian in one place and half white in the other. It was like being Indian was my job, but it was only a part-time job. And it didn't pay well at all (2007: 118).
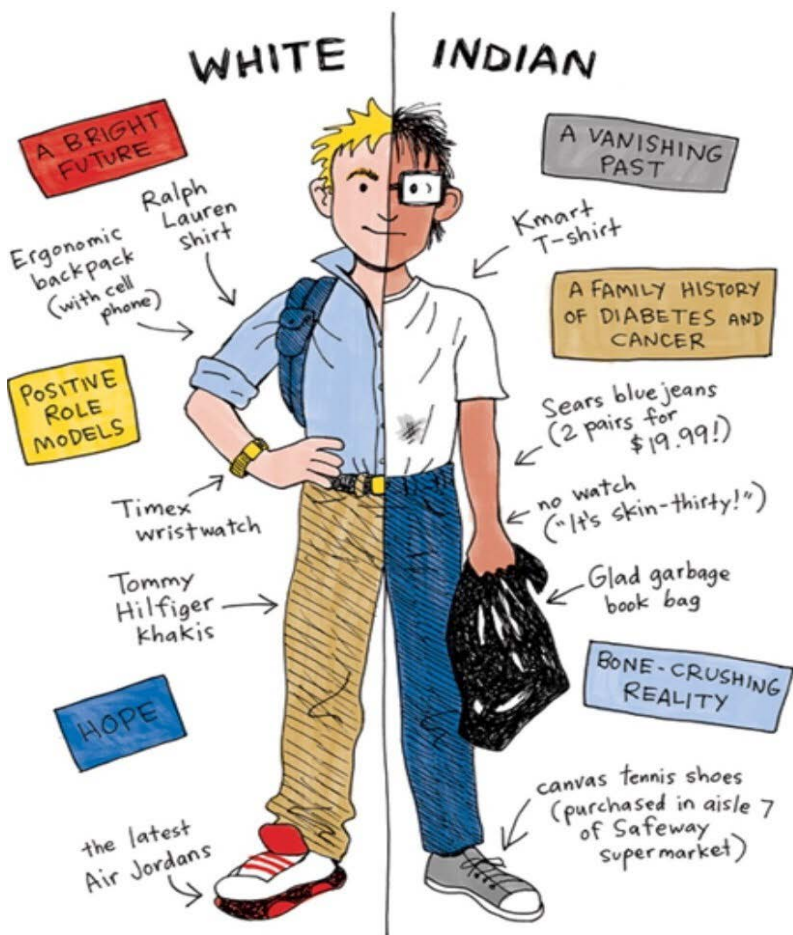
(The Absolutely True Diary of a Part-Time Indian, 57*)*

This image is taken from page 57 of *The Absolutely True Diary of a Part-Time Indian,* which is drawn by Ellen Forney. It shows the influence of modern society on Junior. In fact, it depicts the torn personality of Junior. He does not only lose his tradition but also his whole personality. Half of him is white and the other half is Indian. It

also reveals the difference between life on the reservation and one who lives there and life in predominant white city and one who lives there.

Due to the fact that Sherman Alexie addresses humanitarian issues in his novels, he is loved by people all over the world. In an interview with Sherman Alexie, he comments on his life and how people look at him:

> People look at me and make a connection; they intuitively believe that I am half of whatever they are. Humour plays a big part, but also, I appeal to universal aspects of life, like the feeling of being trapped by this or that …. But another reason that I appeal to people is that everybody loves Indians…

> That's one of the things I try to teach Indian kids today. Our own elders have taught us that we're hated, and the truth is that we're not. People love Indians. Everywhere I go in the world, Indian people are admired. It worries me when people tell Indian kids to leave their hearts behind when they leave the reservation because that implies that the world is a dangerous place for our hearts and it's not. There are so many allies out there, and if you don't bring your heart, you won't find them (qtd. in Blasingame, 2008: 72).

2. THE CLASH BETWEEN TRADITION AND MODERNITY IN *THE ABSOLUTELY TRUE DIARY OF A PART TIME INDIAN*

Sherman Alexie skilfully writes *The Absolutely True Diary of a Part-Time Indian* to concentrate on the conflict between Indian traditions on the reservation and modern life off the reservation. He also decides bravely which place brings hope. Of course, there is not even a joint point between these two backgrounds, as Alexie argues: "Reardan was the opposite of the rez" (Alexie, 2007: 56). For this purpose, Alexie makes the protagonist, Arnold Spirit, transmits him from Spokane Indian Reservation to Reardan, a small White American city. Spokane Indian Reservation is a place which is established upon Indian tradition and customs.

In the novel, Arnold identifies Indian culture completely: "powwow celebration… singing, war dancing, gambling, storytelling, laughter, fry bread, hamburgers, hot dogs, arts and crafts, and plenty of alcoholic brawling" (Alexie, 2007: 17). As such, he differentiates between good and bad cultures. According to Arnold, singing and dancing are two great cultures of Indians and he labels those Indians who are not singers or dancers as talentless, rhythm less, and tuneless. And he is even afraid of them since those Indians possibly will get drunk and hit any "available losers" and he is constantly "the most available loser" (Alexie, 2007: 17). In addition, one of the most restricted traditions of Indians, which Arnold uncovered for the reader, is that Indians have a habit of remaining in only one place, and this

tradition makes a blockade in front of Arnold to abandon Indian reservation.

Arnold articulates the sad story of his early life on the reservation, but in a humorous way. Humour is Alexie's approach in opening the sordid situation or critiquing the specific destination, particularly Indians on the reservation. At the beginning of the novel, Arnold describes his body build and his unhealthy brain. He reveals that he was born with hydrocephalus, water in the brain, but he survived in a surgery. He had a crowded mouth with forty-two teeth, ten more teeth than normal human. Therefore, he goes to the dentist to pull out the extra teeth all in one day. The white dentist gives him a half Novocain. He claims that the dentist thinks that Indians feel half pain. When he describes his eyes, he says "my eyes are, like, enemies, you know, like they used to be married to each other but now hate each other's guts" (Alexie, 2007: 3). When he was a three-year old child, he wore glasses and he tells that he runs around the reservation like a grandfather in three years old. He continues in describing his body completely:

> My hands and feet were huge. My feet were size eleven in third grade! With my big feet and pencil body, I looked like a capital *L* walking down the road. And my skull was enormous. My head was so big that little Indian skulls orbited around it. Some of the kids called me Orbit. And other kids just called me Globe. The bullies would pick me up, spin me in circles…. (2007: 3)

In addition to all these physical problems, he was mocked by the people on the reservation. The reader cannot control laughing as Alexie

uses humour. Moreover, he finds a way for Arnold to get far from these terrible situations. Therefore, Arnold draws cartoons instead of talking with stutter and a lisp and any reaction to all these miseries. He had a very tough life condition on the reservation, especially with his boy friends who were always beating him and were making fun of him. This forces him to think about escape from the reservation and finding out a better life outside but he considers that he could not escape from all these inappropriate cultures. For this reason, he thinks to stay at home in his bedroom alone since it is safer than going around this society on the rez. In his bedroom, he always reads books and draws cartoons.

He draws cartoons because he thinks that words are very restricted and erratic and the entire world will understand cartoons "So I draw because I want to talk to the world. And I want the world to pay attention to me" (Alexie, 2007: 6). Here Alexie wishes to reveal that the adults have different dreams and they have noteworthy things to display to the world. As it can be realized in this story, rich and famous are two focal dreams of Arnolds everyday thinking and the only one way to get to his dreams is to escape from Indian reservation, a centre of Indian tradition according to Arnold's point of view. adults do not want to stick to the tradition and culture since the circle of tradition do not let the new generation hang up towards the modern way of invention. Tradition is a closed circle' humans have to remain in this circle, and Alexie here breaks down this circle by narrating his early life story through the novel via Arnold.

Junior is not the one who sticks forever to the Indian tradition, when Rowdy, his best friend on the reservation told him to come to the Spokane powwow celebration. Junior rejected to go to powwow because he believes that home is safer for him than powwows, but Rowdy insists on taking him to the party. He is not happy about the party at all but about the chicken dancers and this is for his main purpose "I think the chicken dancers are cool, well, they dance like chickens. And you already know how much I love chicken" (Alexie, 2007: 19). Here Junior tells the reader that tradition is not so vital when human is in need of basic need of life. Junior feels hungry and likes chicken in that circumstance and he needs to fill up his stomach not to watch powwows. As such, poverty denotes the existence of the protagonist, and food in the powwows' Indians tradition is just for watching not filling the empty stomach and gets rid of hunger.

Junior feels pleased about his first day of high school, when he was fourteen years old. He was most particularly passionate about his first geometry class. A geometry teacher Mr P at Wellpinit High School distributes geometry books. Junior opened his book and is shocked when he saw his mother's name "Agnes Adams" (Alexie, 2007: 31) on the inside front cover of the geometry book. He understands that the book is thirty years older than him. It is the same book that his parents studied on. He comprehends that science will not change on the reservation. He is astonished at this: "My school and my tribe are so poor and sad that we have to study from the same dang books our parents studied from" (2007: 31). For Junior, it is a horrible and absolutely the most miserable thing in the world he has ever seen. He

considers all his dreams are gone with the wind. He is overwhelmed with humiliation and anger. As a result, he threw the book at his teacher and smashed his face. He broke Mr. P's nose. Here, the author evidently encourages the adults to prevent old things in their life, and go towards their dream and modern things. Junior's mind is totally new. He adores new books. He loves living in new places far from the reservation. The book has become Indian tradition, since it is as older as it had been handed down from parents to children.

Junior apologizes for this incident. He is very regretful and sorry about his teacher's face with a big bandage on his nose. Junior considers that his teacher will punish or kill him. Nevertheless, it is not the idea of Junior's teacher to take revenge and he sits and talks with him in a tranquil and friendly manner. Soon his teacher knows about the reaction of Junior to the old book. All these are due to his capacity and at the same time, he cannot stand looking for only culture and tradition. Therefore, the teacher forgives Junior for his insensible behaviour.

Junior and his teacher have the same purpose of revolutionizing Indian culture. Junior believes that ancestral tradition and culture are something remaining in the past, and regarded as a dead thing nowadays. His purpose behind hitting is not hurting a living person but hitting an inanimate object as he claims: "I was planning on hitting something, you know? Like the wall or desk or the chalkboard. Something dead, you know, not something alive" (Alexie, 2007: 34). According to Junior, the Geometry book is as old as the walls,

chalkboards, and desks of the school and all these unchangeable things have become the Indian tradition on the reservation.

Moreover, according to Mr P, all things need to be changed, and humans can give up some old cultures at the expense of the new and honourable culture. For instance, he tells about his old behaviour with Indian students "When I first started teaching here, that's what we did to the rowdy ones, you know? We beat them." But now he changed his mind and he calmly asked Junior to forgive him since he believes it is "the only thing that keeps me from smacking you with an ugly stick."

Furthermore, Mr P believes that these cultures of smashing and hitting are planted by the colonizers in order to kill their authentic cultures. He states that they are cultivated to assimilate Indian culture, as he argues "That's how we were taught to teach you." White teachers were understood to make Indians to cease being Indian. They tried to kill Indian's songs, stories, language, and dancing, as Mr P reveals it clearly to Junior and argues, "We weren't trying to kill Indian people. We were trying to kill Indian culture" (Alexie, 2007: 35). Now everything has changed. Unlike the past days, Mr P desires to forgive Junior as an Indian student; however, he could not apologize to the rest of the students that he hurt them before.

Despite of blaming himself, Mr P recommends Junior to abandon the reservation. He ruminates that everything on the reservation is bad but Junior is the good thing. Junior informs Rowdy about his story. Rowdy is his dearest friend, who hits everybody on the reservation but loves Junior from his childhood. He has never hit him. He always helps

Junior particularly when someone bullies Junior. He does not let the time pass for taking revenge on those who tortured Junior. When Junior expresses that Rowdy does not hurt him, Mr P replies Junior that is because "you're the only good thing in his life" (2007: 42). He tells Junior that Indian kids are only taught how to give up things especially their dreams. If they have their own dream, they have to keep it secret because of being shy and being laughed at. Junior's sister desires to be a writer but she is obliged to keep it top-secret for the special reason as Mr P tells Junior that "She was shy about it" since she thought "people would make fun of her" (2007: 37). Here, he blames the Indian society on the reservation for not accepting any new idea.

CONCLUSION

Sherman Alexie reveals that Native Americans cannot continue their ancient traditions because of the effects of European colonization. Upon the arrival of Europeans, they were distracted and began to adopt a modern style of any kind and other lifestyles like alcoholism on the reservations. Native Americans quickly got used to living on the reservation as if a part of their Indian tradition. Poverty stricken Indians experiences various troubles including homelessness, unemployment and suicide. Alexie tries to portray the real picture of the Native American society on the reservation in a realistic way.

Sherman Alexie struggles to pay attention to detrimental effects of alcoholism which turn into some Native American culture. He emphasizes all other issues Native Americans confronted on the reservation. Also, he wants to inform the reader that Native American ancestral tradition is far from Native American tradition of the present time.

Alexie is aware of the fact that tradition might be an obstacle in the way of change or choosing a new lifestyle, and traditions transform over time. With the advancement in technology, industry, constitution, and other issues, so does human beings involuntarily. Unless one keeps pace with the innovations, they will remain behind the civilized and modern community. In other words, continuity and progress are the indispensable part of life as the fact goes "the only thing that cannot change is the change itself."

Additionally, change in Alexie's works dominates a large area. Throughout his writings, Alexie hardly attempts to show Indians that their life in a constant way will lose their identity and all their properties. Indians are accustomed to spending their bohemian life only drinking alcohol. For this reason, Alexie makes the protagonist change his life and find a better life off the Indian reservation.

Sherman Alexie's *The Absolutely True Diary of a Part-Time Indian* is a heartfelt and valuable novel, it is a complex one, though. The novel gives a full account of Native American culture, tradition, and their lifestyle, notably on the reservation. Besides, the novel provides the reader with some other perceptions into the exclusive associations that human beings can progress with their own cultures and live correspondingly with other civilizations. As a graphic book, the portrayals of the pictures in the book provides readers with significant details just as the same extent that words do. The novel shows the difference between life or personality on the Indian reservation or Indian traditions and lifestyle in the modern mainstream of the civilised America. Reader are also given the whole picture from a Native American's point of view. Alexie admits that life of Native Americans on the reservation is chained by horrible field of Indian tradition. He believes that Indians need to escape from the reservation and intermingle with a new and different community in order to get a modern style of life and keep themselves from the routine of isolation on the reservation.

Alexie reveals that Indians can stick to their, identities, traditions and cultures no matter how hard the conditions are. He also thinks that Indians remain in between as well by depriving themselves from a modern and developed life. He shows this when Junior the protagonist refused to study the same book which his parents studied on. For this reason, he decides to leave the reservation and study the new book in the city where white man lives. Besides that, he carries a new identity out of the Indian reservation. On the reservation, the Indians always call him Junior while the white man calls him Arnold. To put in a nutshell, Alexie's writing is both positive and negative about customs and culture. He demonstrates the predicament of the Native American Indian as having a duality.

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CHAPTER 11

COMPARATIVE STUDY OF LEGISLATION OF NATURE CONSERVATION AREAS BETWEEN TURKEY AND MALAYSIA PERSPECTIVE

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INTRODUCTION

The most significant way of protecting nature is by protecting natural areas. Nature protection is a socio-cultural task within the scope of environmental protection. The target of nature protection is to keep and protect the area, species protection such as plants and animals together with their specific biotic communities, habitats and general living conditions that are worth preserving (Wildermuth, 1994; Yücel, 2005). Pelzer (1993) pointed out that the main difference between nature and environment protection is the view of the application. Environmental protection has the target to protect the basics of human life while nature protection has the target to protect the natural resources by taking into account human activities. Erz (1980) defined nature protection as the protections and process to conserve living plants and animals as they are one of the elements in a cumulative landscape. According to Scherzinger (1996), nature protection involving the wildlife, species of plants, their habitats, as well as the promotive and conservator plans for landscape.

Protected areas (PA) are necessary for biodiversity conservation by providing habitats and biotopes; protecting the endangered and threatened species from certain human activities such as hunting by legal regulations. Protection enables to maintain of ecologic processes which cannot survive properly in different landscapes. Currently, the conservation of nature and natural resources has been spreading throughout the world. According to the International Union for Conservation of Nature (IUCN), more than 5% of the earth is

considered a protected area. However, in some countries with a high level of awareness, the percentage can reach up to 20% (Ministry of Environment and Urbanisation, 2018). Conservation works in two ways, by protecting vital resources, and works against the irresponsible practices of businesses and large corporations. The biodiversity, in the other words the variety of life on earth, means sustainable ecological factors such as edaphic, hydrologic, etc. and has an ability to recover more expeditiously from natural disasters and a capacity to adapt more easily to a changing climate. Preserving the diversity of species can be a great advantage for nature and humans (Bank Australia, 2017; Conserve Energy Future, 2018). Drawing attention to the conservation of protected areas is vital for assessing sustainability as the nature conservation provides benefits on the local communities and humanity (Lu et al., 2014; Ghoddusia et al., 2018; Zwartkruis et al., 2018; Chen et al., 2019).

Even though Yellowstone National Park is the first national park in the world established in 1872 in the USA, the first protected area was New Forest with the status of the wildlife reserve in the 16th century in England. Therefore, it can be said that the early practices of nature conservation began in the 16th century in Europe (Çolak, 2001). The early practices have a similar feature like the scope of the national park. However, these practices have been taken from countries' legislation in the progress of time. Most countries in the world have considered meeting a middle ground since the 1960s when environmental awareness has begun due to global warming has been posed a threat to

the environment all around the world. According to Agnoletti (2014), the increasing interest in natural and rural landscapes as one of the important perspectives on sustainable development was being promoted at the global level by significant institutions such as UNESCO, IUCN, FAO and CBD. These institutions have been promoted through vital regional directives and policies. Tremendous changes away from the usual traditions are required in order to achieve internationally sustainability goals of climate change and biodiversity (Zwartkruis et al., 2018).

1. THE LEGAL SYSTEM OF TURKEY AND MALAYSIA

The Republic of Turkey has a unitary structure in terms of administration, thus the decision-making depends upon by the centre. There are no units called states or provinces, and cities come after the central administration. Executive, judiciary and legislature powers are the main functions of the state, so it is possible to express that local authorities' administrations do not have such power over the administration. Structure of Central Administration in Turkey consists of capital organization and provincial organization. Capital Organization includes the President of Republic, the Council of Minister, the Prime Minister and the Ministries while the provincial organization have three kinds of administrations; province, country, and district. Local authorities were established to supply services in place and the government is represented by the governors and city governors. Within this unitary framework, Turkey is subdivided into 81 provinces for administrative purposes and the capital city is Ankara. Each

province is divided into districts municipalities, for a total of 923 districts. In addition to that, Turkey is subdivided into 7 regions and 21 sub-regions for demographic, economic and geographic purposes; however, it is not referred to as an administrative division (Aksel, 2013; Turan, 2016; Ministry of Interior, 2018).

There are several types of the legal system which are practiced in the whole world such as the civil law system, common law system, Muslim law system, customary law system and mixed law system (Allott, 1999). The definition of the mixed legal system is a combination of two or more than two legal systems (Esin Örücü, 2008; Merwe, 2012). Malaysia, for example, practices the mixed legal system including the common law, Islamic law and customary law (Tew, 2011).

Malaysia is principally governed by the system of federal constitutional monarchy (Fuat, 2013). Basically, the legal system was modelled after the British legal system (parliamentary democracy and constitutional monarchy) with His Majesty, the *Yang di-Pertuan Agong* (the King) ruling ceremonially as the Head of State (Fuat, 2013; Fernando, 2014). Although the constitution stipulates that the Federal Government's executive power is delegated to the King, he is still obliged to operate that power on the advice of the Cabinet headed by Malaysia's Prime Minister. Moreover, the legal system in Malaysia contains laws that originated from three significant periods in Malaysian history, from the Malacca Sultanate to the spread of Islam to Southeast Asia and to the introduction of British colonial rule into the

indigenous culture, which introduced constitutional government and common law (Sarkawi and Abdullah, 2014). Fundamentally, different internal and external influences the form of the legal system in Malaysia.

Located in Southeast Asia, Malaysia is made up of thirteen states and three federal territories. Accordingly, Malaysia has thirteen State Constitutions and a federal constitution of the country (Sarkawi and Abdullah, 2014). Malaysia's states and federal territories are the main administrative units. Malaysia's Federal Constitution clearly divides the Federation's legislative authority into its legislative, judicial and executive authority. There is also a separation of powers at both the state and federal level. The federal legislation enacted by the federal assembly, known as the Malaysian Parliament, applies across the country. There are also state laws regulating local government and Islamic law passed by the state legislature in the state (Ariffin, 2012; Mokthsim and Salleh, 2014; Noordin and Supramaniam, 2016; Ministry of Home Affairs, 2018). Principally, the Federal Government does not have to follow laws enacted by the Government of the States.

2. NATURE PROTECTION IN TURKEY AND MALAYSIA
Turkey Perspectives

Turkey is known as a country that has a diverse array of flora and fauna, tremendous genetic diversity and high levels of endemism. The government has taken several measures in progress of protecting the nature and important biodiversity areas. However, due to Turkey's pressures such as intensive tourism, urbanization, industrialization,

environmental degradation and toxic pollution, some species diminishing (Gross, 2012; Küçük and Ertürk, 2013). Furthermore, the major threats to biodiversity in Turkey are uncontrolled intensive tourism activities, environmental pollution, habitat loss, overgrazing, and nature degradation (Gross, 2012). Turkey also implemented Environmental Impact Assessment (EIA) for the individual activities that can have harmful effects on environment and lead to lowered biodiversity. In Turkey, a good few protected areas declared as in accordance with the legal process are under the risk. The areas that are entitled under protected areas are essential to protect according to the legal regulations and included in the EIA before any development can take place in those areas (Ozcan and Strauss, 2014). Basically, there are certain criteria to determine an area as a protected area, which then can be declared as a national park, nature park and other categories (refer Table 1).

Table 1. The General Criteria for the Declaration of the Protected Area (Yücel, 2005)

1.	Criteria related to the condition of the area	i. Size of the area ii. Location iii. Condition of transportation

2.	Criteria related to the structure of the area	i. Ecologic Criteria
		  ▪ Naturality
		  ▪ The IUCN Red List Of Threatened Categories such as EX (Extinct), EW (Extinct in the wild), CR (Critically endangered), EN (Endangered), VU (Vulnerable), NT (Near Threated), LR (lc) (Least concern), DD (Data deficient)
		  ▪ Non-renewable source
		  ▪ Diversity
		  ▪ Rarely seen
		  ▪ Representation

3.	Criteria related to the progress of the area	i. Administrative c. ii. Technical c. iii. Attendance
4.	Criteria related to management and legislation	i. Legal situation ii. Organizational structure iii. Financial situation
5.	Legally protected area	i. National Park ii. Natural Protection Area iii. Nature Park iv. Natural Monument v. Wildlife Protection Area vi. Wildlife Development Area vii. Natural Site Area

The terms of "National Park" was identified as the first in the year of 1948 in Turkey. Within the legal framework, it was stated in Article 4 and Article 25 of the Forest Act 1956 with no. 6831. The developments of protected area have been started since 1983 when the National Parks Act No. 2873 was enrolled in this country (Yücel, 2005). Today, there are certain criteria, several acts and regulations to determine the protected areas and the nature conservation areas (refer Table 2). Other areas are protected under International Agreements

such as Ramsar Site, Biogenetic Reserve Areas, World Heritage Areas, and Biosphere Reserve Areas, CITES, European Landscape Convention and others.

Table 2. The Status and Criteria of Protected Area (Conservation of Cultural and Natural Prosperity Act, 1983; National Parks Act, 1983; Land Hunting Act, 2003; Yücel, 2005)

Status of Protected Area	Criteria for declaring as a protected area	Acts
National Park	▪ Natural, cultural value and recreational potential in the area have significant value at national and international level ▪ The resources are a great value to be inherited from generation to generation ▪ Resource value is not to be damaged, and the resource need to be in a condition that can be generated back even if must need to be demolished ▪ Except for certain specific conditions, field size needs to be 1.000 ha at a minimum and includes protected zones excluding administrative and tourist development areas	▪ National Parks Act No: 2873; ▪ Regulation of National Parks (1986)
Natural Protection Area	▪ Involves the samples regarding rare, unique or threatened species or ecosystems or natural either traditional land-use types emerged by natural process ▪ Has a resource-rich condition in terms of habitat, ecosystem, life form, important biological and geological diversity ▪ Has adequate size to provide species to survive and continue their existence ▪ Must be under government ownership	▪ National Parks Act No: 2873; ▪ Regulation of National Parks (1986)
Nature Park	▪ Potential in terms of recreation, the point of view, wildlife, flora, extraordinary psychogeography structure at a local or national level ▪ An adequate size to provide a point of view and resource ▪ A rich potential in terms of open-air recreation	▪ National Parks Act No: 2873; ▪ Regulation of National Parks (1986)

Natural Monument	▪ Must have a rare flora, geological and geomorphological formation having importance at a national level in terms of scientifically and aesthetic aspect ▪ Not to be damaged or very less damaged by human activities ▪ Field size must have an adequate size to provide a protection target, however, it must be less than a national park ▪ Must be under government ownership	▪ National Parks Act No: 2873; ▪ Regulation of National Parks (1986)
Wildlife Protection Area	▪ This status is determined based on a wild animal under the scope of the law ▪ Endemic plant species considered necessary, ▪ Species' considered as endangered within the scope of threatened categories ▪ Species' need to be protected in terms of its gene pool ▪ High level of biological diversity	▪ Land Hunting Act No. 4915; ▪ Regulation on Wildlife Preservation and Wildlife Development Areas (2004)
Wildlife Development Area	▪ The areas have an appropriate condition for providing basic needs of living like habitat, catchment, reproduction to wildlife ▪ Sufficient size to involve migration area and route, reproduction area except for the endangered species'	▪ Land Hunting Act No. 4915; ▪ Regulation on Wildlife Preservation and Wildlife Development Areas (2004)
Natural Site Area	▪ Must be a natural asset that needs to be protected ▪ Must have several rare features for scientific research, geological structure, environmental observes and topographic structure	▪ Conservation of Cultural and Natural Prosperity Act No: 2863; ▪ Legislation for the Conservation of Cultural and Natural Property (1987)
All these features mentioned above must be determined by relevant institutions		

The protected areas that are under different status in Turkey are managed by different authorities such as Ministry of Environment and Urbanisation (refer Table 3), General Directorate of Nature Conservation and National Parks under Ministry of Forestry and Water

Affairs. There are 15 regional directorates as the provincial organization of the Ministry of Forestry and Water Affairs (General Directorate of Nature Conservation and National Parks, 2018). The status of protected areas can be divided into the national parks, nature parks, natural monuments, nature conservation areas and wildlife protection and improvement areas (refer Table 4).

Table 3. Protected Areas in Turkey (Ministry of Environment and Urbanisation, 2018)

Status of Protected Areas	Number
Natural Site Areas	
▪ Grade 1 Natural Site Area	1090
▪ Grade 2 Natural Site Area	334
▪ Grade 3 Natural Site Area	536
Natural Heritages	
▪ Monumental Trees	306
▪ Caves	1250

Table 4. Protected Areas in Turkey (General Directorate of Nature Conservation and National Parks, 2018)

Status of Protected Areas	Number
National Parks	43
Nature Parks	224
Natural Monuments	111
Nature Conservation Areas	30
Wildlife Protection and Improvement Areas	81

Malaysia Perspectives

Malaysia has been a successful developing country in economic, politic and social targets for the development since 1957 when achieved its independence. It can be said that the critical issue of the environment

is about degradation issues causing land use exploration such as agricultural activities, industrialization activities and socialization activities (Mokthsim and Salleh, 2014). According to Malaysian Nature Society (2017), Approximately 60.000 life forms species a year got lost in Malaysia due to natural areas being cleared to make way for development, plantations, logging, housing and various other human exploits in the last 15 years. Therefore, reducing the severity of environmental impacts is essential for sustainable development. The government of Malaysia tries to overcome these environmental issues. There are acts with the aim of nature protection such as Protection of Wild Life Act (1972) repealed by the Wildlife Conservation Act 2010/*Act 716*, Environmental Quality Act 1974/ *Act 127,* Land Conservation Act 1960/*Act 385*, and Protection of New Plant Varieties Act 2004/*Act 634.* Malaysia tried to implement the best practices in their activities to achieve sustainable society. Based on the National Economic Policy (NEP), this policy is to promote economic, social and cultural progress through an environmentally sound and sustainable development (Mokthsim & Salleh, 2014). Within this context, the preservation studies on representative samples of natural forest ecosystems in Malaysia is particularly important.

One of the solution for environmental issue in Malaysia that has been adopted was EIA that will be reviewed by Department of Environment (DOE), Malaysia before any high risk development project or related to environmentally sensitive area take place (Department of Environment, 2007; Khalil, Husin, Mahat, & Nasir, 2011). It is recommended that to achieve significant improvement in

environmental issues, the government, public, as well as the developer, should manage to acquire adequate knowledge and develop appropriate concern for environmental issues. This country has had a long history of protected area as the first management, the Chior Wildlife Reserve, being gazetted in 1903 in Perak state (United Nations Development Programme, 2015). Basically, some of the protected areas were established and managed by Federal Government while others are managed by individual States. At the Federal Government, the departments within Ministry of Natural Resources and Environment (NRE) such as Department of Wildlife and National Parks (DWNP) and the Forestry Department Peninsular Malaysia (FDPM) administered the protect areas in Malaysia (United Nations Development Programme, 2015).

As Malaysia is divided into two provinces, Peninsular Malaysia (thirteen states) and Eastern Malaysia (Borneo), Sabah and Sarawak, Borneo's protected areas is not under the control of the Federal Government. State government agencies such as Sabah Forestry Department, Sabah Foundation, Sabah Wildlife Department and Sabah Parks manage protected areas in Sabah (Bryan et al., 2013). Simultaneously, the Sarawak Forestry Department is under a single authority (Mohd-Azlan, 2018). For the conservation of genetic diversity, natural habitats, and wildlife, protected areas are essential. Peninsular Malaysia's protected areas can be classified into two categories: (i)Wildlife Protected Areas and (ii) Permanent Reserve Forest (refer Table 5,6 and 7).

Table 5. The Status and Criteria of Protected Area in Peninsular Malaysia (United Nations Development Programme, 2015)

Categories	Criteria for declaring as a protected area	Act
Wildlife Protected Areas	- Protected areas established primarily for wildlife protection and biodiversity conservation (National Parks, State Parks, Wildlife Reserves, Wildlife Sanctuaries, Nature Reserves) - These areas are mostly enacted under parks and wildlife-related laws	- National Parks Act 1980; - Wildlife Conservation Act 2010; - National Land Code 1965; - and the state-level enactments
Permanent Reserve Forests	- Primarily for forest protection to ensure climatic and physical conditions of the country, for instance, safeguarding of water resources, soil fertility, environmental quality, and minimization of flood damage and erosion to rivers and agricultural lands - Classified into four major functions: a) Production Forest; b) Protection Forest; c) Amenity Forest; and d) Research and Education Forest	National Forestry Act 1984

Table 6. The Status and Criteria of Protected Area in Sarawak (Forest Department Sarawak, 2018)

Totally Protected Area (TPA) in Sarawak refers to forest lands so designated and established under the provisions of the National Parks Ordinance, 1998 and Wild Life Protection Ordinance, 1998		
Categories	**Criteria for declaring as a protected area**	**Act**
National Parks	Open to the public for recreation	- Forest Ordinance (Cap.126) 1958; - Wildlife Protection Ordinance, 1998; - National Parks and Nature Reserves Ordinance, 1998
Wildlife Sanctuaries	- Wildlife sanctuaries have limited public access - Strictly for conservation and research - Conservation and protection of wildlife and their habitat	
Nature Reserves	- Open to the public for recreation - Smaller in size, being less than 1,000 ha	

Table 7. The Status and Criteria of Protected Area in Sabah (Sabah Wildlife Department, 2018)

Protected areas in Sabah are owned by the State government, managed by a specified government authority		
Categories	Criteria for declaring as a protected area	Act
Conservation Areas	▪ Purpose of fast and flexible protection of wildlife and habitats	▪ Land Ordinance 1930 (as a reserve for conservation purposes);
Wildlife Sanctuaries	▪ Strongest conservation category for fauna, flora, genetic resources and habitats	▪ Parks Enactment 1984 (as a Park),
Wildlife Hunting Areas	▪ Intended for animal population management by regulated hunting	▪ Wildlife Conservation Enactment 1997 (as Wildlife Sanctuary); ▪ Forest Enactment 1968 and its subsequent amendments (as Forest Reserve)

Table 8. Total Forested Area in Different Years ('000 ha) Category (United Nations Development Programme, 2015)

Category	1990	2000	2005	2007
Permanent Reserve Forest				
▪ Peninsular Malaysia	4,750	4,800	4,800	4,696
▪ Sabah	3,350	3,600	3,600	3,605
▪ Sarawak	4,500	6,000	6,000	6,000
(a) Total PRF	12,600	14,400	14,400	14,301
(b) State Land Forest	6,820	4,640	4,141	3,416
(c) National Parks and Wildlife & Bird Sanctuary	1,120	1,120	1,120	1,946
Total Forested Area (a+b+c)	20,540	20,160	19,661	19,663
(d) Rubber plantation	1,836	1,431	1,229	1,207
(e) Other lands (Oil palm, agricultural crops, urban and other uses)	10,480	11,265	11,966	11,986
(f) Inland water bodies	119	119	119	119
Total area for country (a+b+c+d+e+f)	32,975	32,975	32,975	32,975

Principally, the Federal and State policy and legislative framework supporting the establishment and management of Malaysia's protected areas is quite wide-ranging. One of Malaysia's long-term strategies to address the threats to terrestrial biodiversity such as land-use change, illegal hunting, and illegal logging, is to have an effective, well-managed network and well-resourced of PA sites in Malaysia. In order to achieve

these strategies, the most effective mechanism is by having integrated into broader land-use and development-planning systems.

DISCUSSION

Several barriers currently compromise the effectiveness of a potential national system of protected areas in both Turkey and Malaysia. It can be stated that there are three barrier levels; (i) at the national system level, (ii) within the sub-national level, (iii) at individual sites. As mentioned by United Nations Development Programme (2015), for Malaysia's case, by having inadequate government capacity at the national level to manage and financially support the national PA system, this will hinder the creation of a representative, effective and well-managed national PA system. Malaysia PA's network consists of numbers of sub-PA numbers as mentioned before such as Federal Government and different State level management, and governed by different laws thus, this will create unintegrated and unharmonized management. For Turkey's case, one of the issues that come to light is the various changes into environmental laws removed remaining environmental obstacles to housing, construction projects, and dams, leaving Turkey's protected areas unprotected in this situation (Gross, 2012). Moreover, as the PA's systems are governed by different laws, the process of de-gazettement will produce many issues in the ecological functions in the future. As both countries have increased growth in the tourism sector for economy purposes, sustainable eco-tourism needs to be strengthened in order to reduce the impacts on protected areas. Not only in the regional context,

a strengthened national PA system also supports and complements the goals of sustainable developments of the whole world. Anew wildlife corridor in both countries will offer hope for further conservation progress.

The countries governing bodies must conscious and alert of their duty for environmental conservation as a whole. The damages brought to the environment and biodiversity threaten the existence of the creature globally. This issue requires that each country must conserve the environment by considering national and international measures. Both countries have their own geographical position and remarkable biodiversity and are striving hard to fulfil its commitments under national and international conventions. By having more protected areas projects not only locally, but internationally may enhance the effectiveness and financial sustainability in both countries.

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CHAPTER 12

ENVIRONMENTALLY FRIENDLY "GREEN HOSPITAL"

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INTRODUCTION

It is a known fact that ozone layer is perforated and air is polluted for many years. Towards the end of the 20th century, 40% of the total material in the world; water 12.2%; energy is known to be consumed by 40%. It is necessary to use the limited resources that exist in a society that consumes continuously. Many economically developed countries have sparingly exploited the available resources. Then, underdeveloped countries followed the same path as developed countries and continued to consume raw material resources unconsciously (Işıldar, 2018). The world has been damaged in this race that never stops. Especially at the beginning of the 20th century, societies and states started to become conscious and took different measures. Different countries have introduced different certification systems and these systems have spread to the world with globalization. The most used ones are; BREEAM for Healthcare are recognized and used certification systems such as LEED for Healthcare and Australian Green Star. Apart from these, there are less commonly used certification systems such as Green Health Practices (Practice Greenhealth / PG), Green Guide for Health Services, American Society for Health Engineering, and Non-Harmful Health (Çilhoroz, 2019). With awareness, the concept of green building has come to the forefront and has been applied in large buildings such as hospitals, schools and shopping malls.

1. GREEN BUILDING CONCEPT AND HISTORICAL VIEW

What green buildings are or what works is determined from different angles. Firstly, the green building is better than the average building considering the environmental impact; secondly, green building is emphasized as "an important development"(Terekli, 2013). If a general definition is made, green buildings can be evaluated as environmentally friendly structures that use recyclable resources that continue to adapt to the life cycle of the country in which they are located and which evaluate these resources in an optimal way and that act in accordance with the conditions of that region and the energy usage is minimum. Mankind has spent a long time since it existed. During this time, different structures were revealed. They have introduced structures that meet the environmental conditions and the needs of the ecosystem, whether they realize it or not, and have installed different features on these structures.

With the emergence of the Industrial Revolution from the 18th century onwards, mass production accelerated and new industries emerged (Özdemir, 2017). With this deterioration, there have been differences in human life and savings have been made within the framework of sustainability. In the first world exhibition held in Milan in the early 19th century, passive systems such as underground air cooling box and roof fan were used to regulate the indoor temperature of British Palace (Hoşgör, 2014). In the early 20th century, the New York Times and Flatiron Buildings designed buried windows to preserve light in America. Green buildings started to sprout in this

period, and then new structures emerged with the disruption of the ecosystem and human awareness. In the 1960s, American architect Paola Soleri united the words ecology and building and introduced the concept of "ecological building". The International Association of Architects Conference in Chicago in 1993 played an important role. The Architecture at the Turning Point conference is today recognized as an important point in the green building movement (Bakan, 2016). In the early 1975s, America introduced ASHRAE, "The Energy Saving Standard for the Design of New Buildings (Hoşgör, 2014). Towards the 21st century, the construction sector has progressed rapidly and the rate of urbanization has increased. Continuous buildings have been built and certificate systems have been introduced to these buildings. In 1990, BREEAM (Building Research Establishment Enviromental Assessment Method) was introduced (Kılıç, 2018). BREEAM assessment method with the spread and use of countries such as Canada and Australia, new evaluation systems have started to be developed. Then in 2011, LEED for Healthcare certification system, followed by the 2003 Green Star certification system. The green building industry developed rapidly after the 90s and many sample projects were produced and researched.

2. GREEN HOSPITAL AND BENEFITS

Hundreds of years ago, hospitals have emerged as small buildings that have been established near natural resources and benefiting from natural energies (Yıldız, 2019). However, when we look at the present day, it has become a matrix structure that produces tons of waste,

consumes continuously, is open 24/7 and employs dozens of personnel. Research shows that 15% of the hospital waste (medical waste) is non-recyclable waste but the remaining 85% shows that it is recyclable. Research on green buildings; if the buildings are designed and operated in this way, saving between 24% and 50% in energy usage compared to the average buildings designed and operated by traditional methods, between 33% and 39% in carbon dioxide emissions, between 30% and 50% in water consumption, 70% in solid waste amount, and maintenance costs (savings) can be achieved by 13% (Hoşgör, 2014). It is also possible to see these savings in the green hospital. In addition, as it can be seen in the researches, it is determined that saving energy will be 20% in the field of energy saving. Again, these studies have shown that using energy sources more efficiently in the health sector will cause less harm to hospitals and the environment, which are very large structures (Özdemir, 2017).

3. GREEN HOSPITAL EVALUATION SYSTEMS

Today, there are more than 34 green building evaluation systems developed and used around the world (Bakan, 2016). These systems are accepted by the member countries of the World Green Building Council. These systems include (Somali, 2019);

- Australia - Green Star,
- Canada - LEED® Canada,
- Germany - DGNB Certification System
- India - IGBC Ranking System & LEED® (India

TM Green Building Rating Systems)

- Japan-CASBEE (Comprehensive Assessment System for Building Environmental Efficiency),
- New Zealand - Green Star NZ
- South Africa - Green Star SA
- United States - LEED® (Leadership in Energy & Environmental Design)
- United Kingdom - BREEAM (Building Research Establishment Environmental Assessment Method),

Initially, the idea own local standards of each country, construction methods, considering the climatic data and culture was to create a unique system. However LEED in recent years and has achieved an international reputation by attacking their BREEAM and many countries have started to use these systems and evaluation systems such as Turkey, countries in which there started to use these systems. In fact, many countries that have their own evaluation system have started to use these systems or to develop their own systems inspired by these systems (Somali, 2019). Turkey also wants to use this application also failed to provide a one hundred percent success.

It is very difficult to calculate the extra cost LEED and BREEAM will bring to the projects because each building is unique in itself and has its own specific inputs and outputs. Applications brought during and during the project have the potential to contribute to the project, while otherwise damaging the project. Therefore, for an investor to obtain a LEED or BREEAM certificate for the building, there are no

fees other than the existing fees for the certificate; for another investor, adapting the building to LEED or BREEAM may lead to an out-of-existing budget and forcing the investor (Işıldar and Gökbakar, 2018). LEED and BREEAM were originally designed to give the same idea, but they used different criteria in different countries under different conditions. There are differences between the certificate systems used in developed countries and developing countries. These differences are inevitable and there are differences in the scoring system (Işıldar and Gökbakar, 2018).

4. LEED CERTIFICATION SYSTEM

LEED (Leadership in Environmental and Energy Design) certification system introduced by USGBC in 1998 is the most widely used certification system so far (Çilhoroz, 2019). The certificate, which is revised and developed every few years, is divided into several categories and separate guidance documents are prepared for each category; new buildings, existing buildings, residences, settlements and interior design categories. Over time, the certificates and the guiding documents started to separate according to the building typologies; schools, core, shell structures, warehouses, logistic centers, hotels, accommodation facilities, data centers, retail buildings and hospitals (Özdemir, 2015). LEED BD + C: There are various evaluation degrees for hospitals to get Healthcare certification. The upper limit is 110 points. Certification levels (new.usgbc.org/leed);

• Certified: 40-49 points,

• Silver: 50-59 points,

• Gold: 60-79 points,

• Platinum: 80 and above points.

This scoring results from the combination of evaluations made in various categories. These categories are;

• Location and transport (9 points),

• Sustainability (9 points),

• Water efficiency (11 points),

• Energy and environment (35 points),

• Materials and construction (19 points),

• Indoor environment quality (16 points),

• Innovation (6 points)

5. BREEAM CERTIFICATION SYSTEM

BREEAM (BREEAM) was first introduced by BRE in 1990 and is the first green building evaluation system. The BREEAM system has several categories, just like the LEED. However, many of these categories are systems developed with the conditions of England in mind, and implementation in other countries is very troublesome. To this end, BRE has introduced international versions of BREEAM since 2008 (Somali, 2019).

In the system where the highest 132 points can be obtained, certificates can be issued at 5 different levels. These are (Gunewardane, 2018);

• Pass (30 points)

• Good (45 points)

• Very Good (55 points)

• Excellent (70 points)

• Exceptional (85+ points)

The evaluation criteria have subheadings (Brophy and Lewis,2011:131);

• Health and Welfare

• Energy

•Transportation

• Water

•Material

• Waste

• Land Use and Ecology

•Pollution

6. COMPARISON OF LEED AND BREEAM SYSTEMS

Review your topic by updating the ratings of LEED and BREEAM, but observing differences in rating methods. While LEED directly requires the building to calculate the energy saving potential of the building, BREEAM links it to CO2 emissions (Bakan, 2016). In addition to BREEAM and LEED, the two are mainly involved in internationally accepted standards and ideal methods (best practices) compared to third parties. In addition, local standards in the country or city where the assessment will be conducted are sought, and if international standards are not added or more stringent, local standards are allowed to score at local standards (Somali, 2019).

Considering the comparison of LEED and BREEAM systems applicability to mind in Turkey are discussed. Some points in this system in Turkey may be encountered in obtaining procedural difficulties. In order to obtain the renewable energy score in the LEED field, renewable power plants in the country should be able to sell the amounts they have saved from their carbon expenses within the country. There was no widespread practice in our country yet. Another example is also wanted in both the FSC system (Forest Stewardship Council) certified timber is provided that this feature is very limited in Turkey to provide timber having (Somalia, 2019). However since 2012, the Ministry of Health stipulates that private and municipal hospitals with more than 200 beds should be activated, transformed or built as a green building.

7. WORLD EXAMPLES FOR GREEN HOSPITAL BUILDINGS

Examples in Turkey

The first building on the appropriate green hospital concepts in Turkey; Istanbul Florence Nightingale Hospital with TUV Hessen Green Building certificate and Medistate Kavacık Hospital. The 219-bed Istanbul Florence Nightingale hospital in Şişli has 11 highly organized operating theaters and 2 delivery rooms established with laminar airflow to control the number of particles and microorganisms, amount of temperature, humidity, fresh air, ambient air pressure and air movements (Savaş, 2018). Medistate Kavacık Hospital; the most beautiful aspect of the hospital is that the submarine design makes it possible to use the available space in the most efficient and environmentally friendly way. The Vehbi Koç Foundation American Hospital continues its efforts to achieve the Platinum level of the LEED certificate. Turgutlu Hospital in Manisa can be shown for the first example of becoming a green hospital in public hospitals (Kılıç, 2018). VKV American Hospital applied for the highest level platinum certificate. The world's first LEED Platinum certified full-fledged hospital; it is the Memorial Bahçelievler Hospital, built with many important criteria such as energy efficiency, sustainable land planning, indoor air quality, and waste management (Savaş, 2018).

Examples in the World

West Kendall Baptist Hospital; One of the most important features of West Kendall Baptist Hospital in Miami (Florida), which is capable of withstanding even a fifth category hurricane, is its ability to

self-sustain for at least five days even after such an event (Yıldız, 2016). Dell Children's Medical Center of Central Texas; This hospital, which was established to provide services to US children differently from other hospitals, became the first hospital in the world to receive LEED Platinum certification in 2008 with its activities in the fields of sustainable facilities, water saving, energy efficiency, environmentally friendly materials, environment-friendly resource usage and hospital internal environment quality (Çilhoroz, 2019). St. Mary's Hospital: Located in Sechelt, Canada, as a result of the renovation and expansion works completed in 2013, the installation of 125 drilling holes and panels providing radiant heat and the supply of carbon-free heating and cooling system, the 19 kilowatts of solar panels for electricity. It is stated that 40% energy saving is provided by applications such as helping to provide energy and integrating green applications with hospital design and the hospital can be the greenest hospital not only in Canada but also in North America (Savaş, 2018).

CONCLUSIONS AND RECOMMENDATIONS

Işıldar and friends (2018) evaluated the certification criteria in the green buildings according to the level of development of the countries and it was found that there were differences between the development levels of the countries and the number of green buildings. Geographical conditions, financial conditions and developed levels of countries are a major factor in determining these criteria. From this context, Turkey is a developing country. External dependence and geographical conditions should also be addressed. In other words, it is thought that each country should develop criteria and systems according to their own conditions. Hospitals are encouraged by various international funds or organizations that attach importance to green. It should provide material and moral support to the government for the implementation of a slightly greener building and adopt appropriate laws. When we look at the practices in the world, such initiatives are supported and green support is increasing. Hospitals should give importance to green and take important steps towards becoming a green hospital and get the necessary certificates. But once established, they will be difficult to make decisions. In this context, it is recommended that they be installed by performing the necessary swot analysis during the installation phase.

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CHAPTER 13

HISTORICAL DEVELOPMENT PROCESS OF MENTAL HEALTH SPACES AND COMMUNITY MENTAL HEALTH CENTERS

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INTRODUCTION

Mental health is defined by the state of well-being that each individual is aware of his / her own potential, able to cope with the stress of daily life, and be productive, beneficial and able to contribute to the society in which he / she lives (WHO, 2005). This kind of well-being is the basis for thinking, acting emotionally, communicating, getting along and having fun, which are the individual and social abilities of people. Mental disorder can be defined as mental pain, disability, disease, neurological and substance dependence disorders that may occur with genetic, biological, psychological characteristics and environmental factors of the individual (WHO, 2013). This definition is accepted and applied in many parts of the world today. The studies conducted in this field also affect the typological formation of mental health hospitals and follow a path parallel to the new philosophy produced in the field of psychology.

The formation of mental health hospitals occurred much later than the acceptance of madness as a concept in the society and emerged with the desire of the society dissociating from them. These structures have made a space separation between patients and society and have drawn boundaries between them. This boundary task, which was the main function of the hospitals of that period, also affected the environmental conditions of the structure and has made desolation the most common characteristic of mental hospitals. With the universal prominence of human rights and the promotion of humanist life, these concepts of desolation and segregation have also turned into concepts

of unification and integration. This reaffirmed the image of mental and neurological hospitals in society. Nowadays, these types of hospitals have started to be built not in the deserted "outside the city" but in the crowded "city center". In addition to its location, dimensional and functional features of the mental health hospitals have changed.

In this study, the typological formations, changes and configurations made by the philosophy that is hidden behind mental hospitals are examined. In this sense, the milestones in the evolutionary process of mental health hospitals from the past to the present is determined and how the mental state of human beings shape the architecture is discussed.

1. HISTORICAL PROCESS OF MENTAL HEALTH SPACES

Madness, as old as the history of mankind, has been based on supernatural powers in connection with fate and often religions in past ages. Although these supernatural powers vary from culture to culture, they are often based on the devil as a result of behavioral disorder (Porter, 2002). The fact that the physical and scientific explanation of mental health has not been made yet has caused the clergy's view of the devil phenomenon and superstitions / traditions to be applied as the primary treatment method. As a result, the demand for specialized space for patients with mental health disorders was not seen as a need by society.

Firstly, in 357 BC Hippocrates discovered that mental illness was cerebral (Özakkaş, 2006), and he rejected the divine causes. (Hippocrates, BC400). In certain subsequent centuries, Christianity and Islamic culture gave direction to society based on this idea of Hippocrates (Porter, 2002).

In medieval Europe, mentally deranged people have emerged as an increasing number of local problems in cities. Mentally ill patients are confined to a closed structure of their local area, such as dungeons, or towers. Mentally ill patients who were sent from foreign regions were sent to other regions by various vehicles such as ships (Foulcault, 1992). Towards the end of the Middle Ages, special departments were established in hospitals for such patients. The Paris Hotel Dieu Hospital has created special cells for patients, and the first mental illness clinic was opened at the Bethlem Royal Hospital in London in 1247 (Akkoyunlu, 2013) (Figure 1). The fact that these patients were seen as embarrassment for the rest of the family (Porter, 2002), caused them to be imprisoned at home, prevented them from receiving treatment and caused them to be isolated from the society.
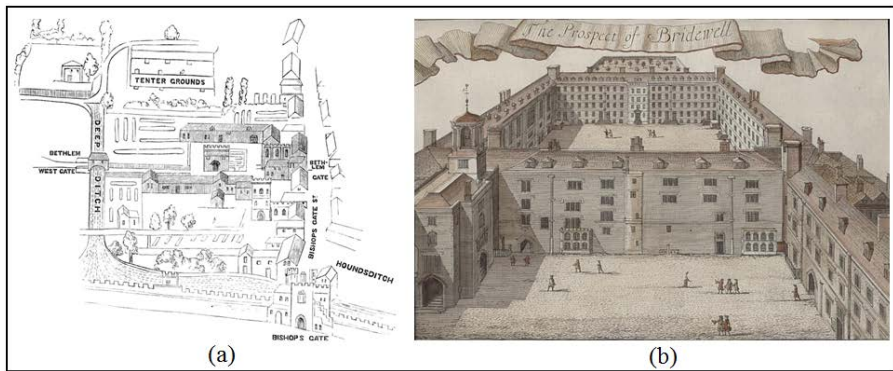
Figure 1 (a). Bethlem Royal Hospital Plan (Tuke, 1882), (b) Perspective of Bethlem Hospital (Wikipedia, 2012)

In Central Asian culture, Islamic thinkers and scientists have been inspired by Greek traditions and believed that the body can be treated with energy balance (Porter, 2002). They used elements such as religious rituals, water and music in order to maintain the balance of the human soul (Tunaboylu-İkiz, 1999). For this purpose, in the hospitals called Bimarhane in the middle Ages, they made acceptance of mental health patients as well as other patients and applied different treatment methods (Afacan, 2010).

In the New Age, Europe has begun to experience a period of reform for the mental health disorders. With the enactment issued in 1656, the existing structures were re-evaluated and functionalized and a separate space had been provided for mental health disorders. Some of the examples of these structures are; Salpetriere (Figure 2), which was rebuilt as an armory during the reign of the previous king, XIII. Bicetre, which Louis wanted to give to the Saint-Louis sect to build a nursing home for war veterans, Institution building and hospital

belonging to big and small Pitie, Nursing Home on Saint-Victor Street, Scipion Institution Building and Hospital, The Savonnerie building and all the sites, areas, houses and buildings connected to them (Foulcault, 1992). According to Foucault, these structures were seen as another way of keeping people away from society, even if it started as reform. The conditions within the structures are defined as being closer to the prison conditions rather than a hospital and are reported in various sources in which patients are chained and suppressed in that period (Treece ve ark., 2011).

Figure 2. La Salpetriere Hospital (URL 1)

In the New Age Ottoman Empire, the first ward separation began in the 16th century in the Suleymaniye Bimarhane (Akkoyunlu, 2013) (Figure 3). They were treated in two different ways as medicine and religious treatment by using the traditions from Seljuk and scientific knowledge obtained from Arabs. The reason why these treatments are relatively modern compared to Europe is that the mad is seen by the public as marginals seeking help (Tunaboylu-İkiz, 1999).

Figure 3. Suleymaniye Bimarhane Plan in the Suleymaniye Complex (İstanbul Kültür Mirası ve Kültür Ekonomisi Envanteri, 2010).

Towards the end of the 18th century (towards the Near Age), the first hospitals, which were formed by accepting mental and neurological diseases as physiological rather than a religious phenomenon, are based on the typology of the prison, which is the reflection of the closure phenomenon on architecture. The structures were formed by the U-shape of the building units revolving around a courtyard (Akkoyunlu, 2013) (Figure 4). In particular, the Panopticon plan, which began to be shaped by the Industrial Revolution of England, was designed to reflect the mental health reforms in the field of architecture (Lipuma, 2015). However, later this aim became a symbol of control, power and discipline.
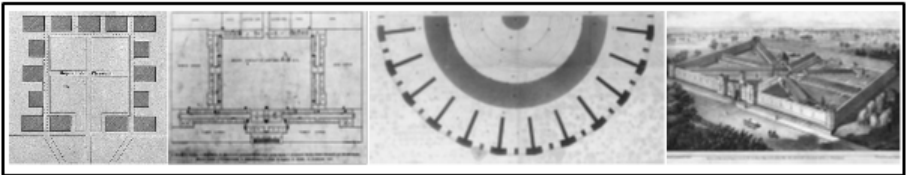
Figure 4. Royal Naval Hospital, New York Mental Hospital, Panopticon Plan, Pensilvanya Hospital (the USA) (Akkoyunlu, 2013)

Although the Bicetre Mental Hospital was not built as a mental hospital, it was re-functionalized into a mental hospital because of the conditions of the time and the political activity of the French Revolution. It is one of the leading hospitals in the psychiatry branch where patients are isolated from the phenomenon of "closure". For the first time, patients received detailed care about mental illnesses and started to give positive results to treatment (Faulcault, 1992). During the same period, Pinel's attempt to free his patients from "chains ve and his right to humanitarian life brought innovation to the public's view of mental hospitals (Alataş and Ark., 2009). The plan of Bicetre Hospital was drawn as Pavilion plan type. The structure is a combination of divided interconnected parts rather than a monoblock body (Figure 5).
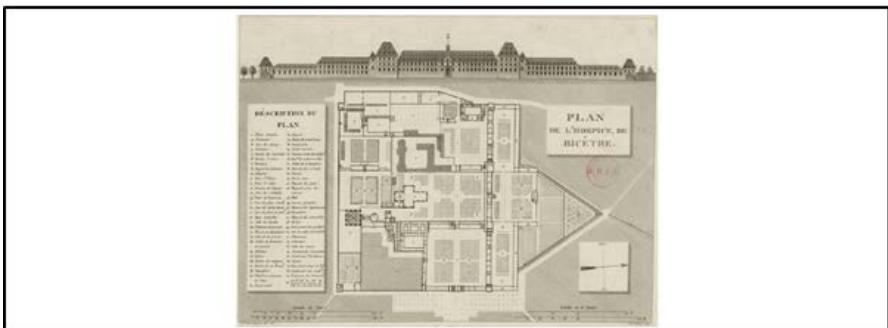
Figure 5. Bicetra Hospital, Paris (Guignard, 2015)

Another hospital opened in the late 18th century is York Retreat Hospital, designed by William Tuke. This hospital is designed as a response to a number of malpractice treatments for mental rehabilitation in general. He aimed to improve the treatment methods and conditions of patients and as a result, it provided a new perspective in both the field of psychiatry and architecture (Anonymous, 2016a). Its plan is divided into the central building, the women's section and the men's section, giving the patients a wider

area (Figure 6). According to Tuke, structures for mental illness need to be intimate and home-like environments.
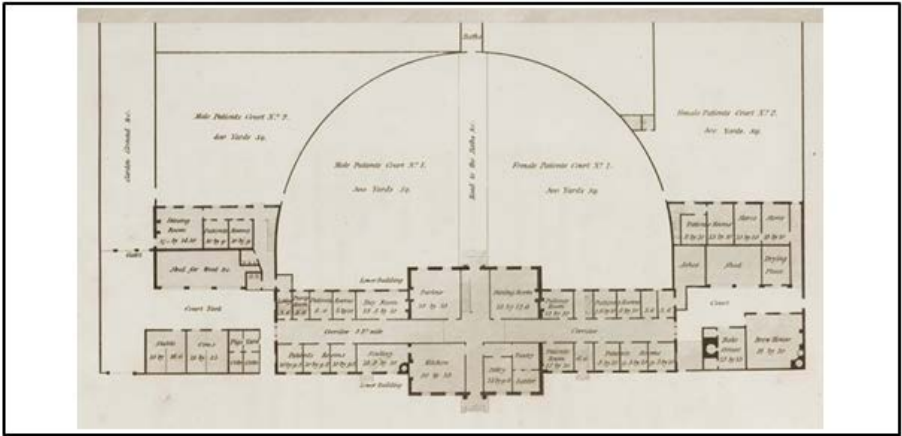
Figure 6. York Retreat Hospital, England (URL 2)

1.1. Kirkbride Plan

Thomas Kirkbride has created a fundamental change in the field of psychology and architecture. The Kirkbride plan and its principles, inspired by Tuke's plan, formed the prototype of mental hospitals around the world for nearly a century. (Akkoyunlu, 2013). The plan he creates is basically composed of three parts and their subdivisions. The plan is arranged symmetrically and linearly. There is a management section in the middle part of the building, while one of the arms opened to the sides constitutes the women's part and the other forms the men's part. The women's and men's sections each have their own sections divided according to the degree and diagnosis of the disease. While the least controllable patients were present at the lower floors and ends of these sections, patients with regular behaviors were placed in the upper floors and near the management part (Figure 7). This type of plan is ideally designed for all patients to benefit from

fresh air, natural light and the surrounding landscape. (Kirkbride, 1854)

Another idea Kirkbride advocates is that these structures should be 2 - 3 miles outside the city. Thus, he thought that patients could move away from society and recover more easily. Isolation has been proposed as a way for patients to benefit from fresh air and to benefit from various activities such as agriculture and play and to develop their social skills with a sense of responsibility (McElroy, 2016). However, the monoblock structure of the buildings, the presence of activity areas and the width of cities has opened the discussion of the area covered by these structures. As an alternative to the Kirkbride plan, Florence Nightingale proposed a plan in H and O form to reduce the space occupied by the structure and to divide the units into structures (Figure 8) (Nightingale,1863), but their proposals remained in the background and Kirkbride's plan became more acceptable.
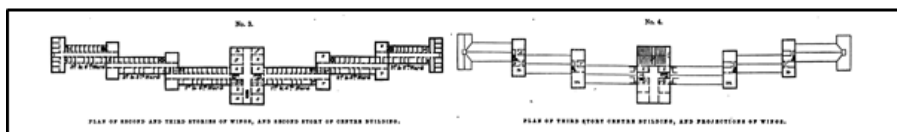
Figure 7. Example of Kirkbride Plan (Kirkbride, 1854)

1.2. Pavilion Plan

Florence Nightingale proposed the Pavilion plan type against the monoblock form of psychiatric structures which caused to space and dysfunction problems. Nightingale expressed this problem in the following way:

"One of the most common mistakes in hospital plans, even in some of the most recent of those I have seen is mixing up together, in

the same block, sick wards and administrative offices of all kinds. It need hardly be pointed out that such and attempt must necessarily lead to a very complicated structure, containing large wards and indefinite number of rooms of different sizes, all connected by passages and stairs more or less dark, badly ventilated, and diffusing a common atmosphere throughout the building." (Nightingale,1863 s:90)

Pavilion plan type takes up less space than Kirkbride. According to Nightingale, fragmented or disintegrated structures could simply be better ventilated and illuminated than a monoblock body (Figure 9).
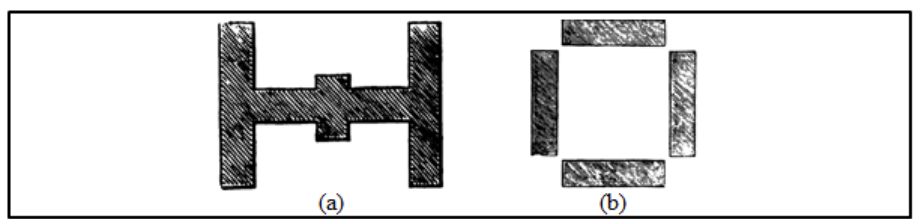
Figure 8. (a) Pavilion Type For Medium Size Hospitals (Nightingale,1863), (b) Pavilion Type For Large Size Hospitals (Nightingale,1863)
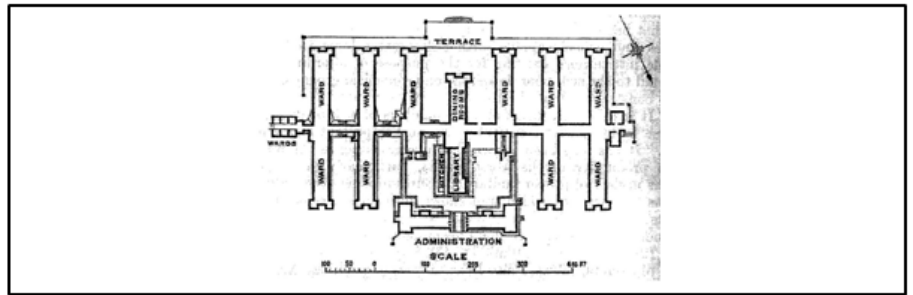
Figure 9. The Royal Herbert Hospital, Woolwich, London. First Hospital Built in Pavilion Type (Anonymous, 2016b)

1.3. Cottage Plan

Cottage Plan is a type of plan which is thought to be divided into units and thus saved. Its founders were Dr. John S. Butler and Frederick Law Olmsted. Butler and Olmsted argued that smaller structures would consume less water and energy and would be less costly with the possibility of wood. (Akkoyunlu, 2013).

Figure 10 (a) Illinois Mental Health Hospital, 1878 (Akkoyunlu, 2013), (b) Example of Cottage Plan (Nightingale, 1863)

2. COMMUNITY MENTAL HEALTH CENTER

Since the 1950s, a number of developments in the field of medicine have improved the effectiveness of drug and psychological suggestion processes, and the ability of mental health patients to intervene in society has increased. However, the unsupervised and unprepared involvement of patients in the society caused the patients to be re-admitted to the hospital as a result of relapse of the disease or

legal attacks (Zhenru and Jern-Yi, 2014). This awareness has turned into a political movement and has become a representative of social reform (Hassel, 2014).

In 1963, the American Congress and the Community Mental Health Movement (Law, 88-164) were enacted for the first time on this subject, and financial support and planning opportunities were provided to the states and regions determined by the law. This law encompassed people who do not have access to mental health or have insufficient afford financial requirements (Ozarin, 1966). According to the nationally published guidelines, in the Community Based Mental Health Project created during this period; five main sections have been proposed as inpatient treatment, outpatient treatment, partial treatment in hospital, counseling and training and finally emergency services (Tomes, 1973).

Simultaneously, Italy started reform studies in the field of psychiatry. In the 1970s, the law 180 Law was adopted and a society-based mental health system was introduced. From this date on, Italy has refrained from opening new mental health centers and instead has started to establish regional small-scale Community-Based Mental Health Centers. The basic understanding of the centers was human rights and it is aimed to reintegrate patients into society (Giudice, 1998).

The Hospital for Mental Diseases in Turkey sought to meet rising demand until the 2000s The studies started in 2001 continued until the text of "National Mental Health Policies" published in 2006. In this paper, it was proposed to integrate this system which is wide spreading in Europe and America to Turkey (Alataş ve Ark, 2009). In the Mental Health Action Plan Proposal published in 2007, CMHC system was mentioned again and also emphasized the importance of enacting mental health law (Yanık, 2007). Following the publication of the 2009 European Progress Report, efforts accelerated, and in 2011 the National Action Plan was published which explained the implementation of the CMHC in detail. According to this plan, it is announced that the project will be implemented in three phases starting from 2011 In the first phase, it is planned to open CMHC in 9 provinces, in the second phase it is planned to open CMHC structures in 26 provinces and finally in the remaining 47 provinces in the third phase. The qualifications of Community Mental Health Centers were put into practice by stating in the guidelines of Community Mental Health Centers published in 2011 and 2014. In addition to the working principles of the Centers, the guideline also regulated the physical standards and made the spaces suitable for internal and external users. This guideline necessitates the following units in CMHC (Table 1).
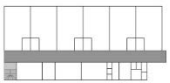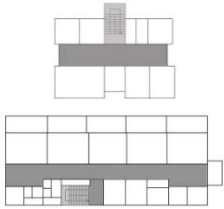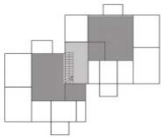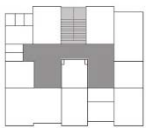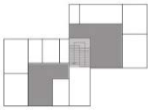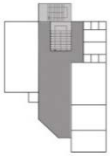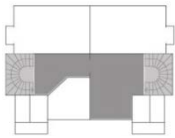
Table 1. Necessities Required by Regulation in CMHC Buildings / Units

Units	Features
A. Entrance Hall	Reception and Registration Desk Control and Waiting area (for security staff) Waiting area for patients and their relatives (sufficient seating group)
B. Group Therapy Area	For the purpose of; Education General meeting Group therapy
C. Occupational Therapy Room/ Rehabilitation Area	At least 1 (chair / stool, table, shelf, wall board, cabinet, enough for the equipment according to the nature of the occupation)
D. Library / Reading Room	(big enough for table, chair, wall board, computer, bookcase)
E. Dining Area and Therapy Kitchen	Patient occupation Patient food preparation Volunteer meal preparation
F. Multi-Purpose Hall	Patient Rest Area
G. Patient Observation Room	To be used in sleep with drug action and seizure situations
H. Sports Area	Within the building: ❖ Adequate ventilation ❖ Locker Room ❖ Shower Can be outside the building
İ. Interview Room	Patient physician interview Suitable for personal lockers, tables, chairs, computers, filing cabinets.
J. Team Room	For employees. At least 1 Suitable for filing and archiving cabinets, computers, seating groups, personal cabinets.
K. Wet Areas	Washbasin Toilets Showers
L. Storage	Cleaning supplies store

Community Mental Health Centers in Turkey is primarily programmed in refunctioned buildings. In accordance with the spatial limitations, flexibility has been created in sub-functions. This has led to an increase in the typological diversity of spaces used or used in CMHC buildings or building areas. Therefore, it provided a variety of feedback of the function to meet the space requirements. However, the diversity of the plan schemes of these spaces also shows the depth of the planning problems (Açık Etike and Yeğin, 2019).

Within the scope of the study, 11 different CMHC buildings in 4 different provinces in the Mediterranean Region were examined and schematic classification of their plans was made (Table 2). Plans were divided into two types as corridor and anteroom type according to circulation type. Each type is subdivided according to the position of the core. According to the complexity of the plans, a simple, add-on and replicated classification was made and a matrix was formed within the framework of the sub-headings.

Table 2. Plan Organization of Re-functionalized CMHC Spaces

CMHC		simple	add-on	replicated
Corridor type	core on the edge			
	core in the middle			
	coreless			
Anteroom type	Single core			
	multi çekirdekli			

CONCLUSION

Humanity has given different meanings to madness since its existence and has influenced daily life in this direction. Architecture, which was formed in life, took its place in this process and provided different categories of living spaces in line with the needs and desires of the society. Historically, these living spaces were determined based on the facts of expelling, hiding, separating, imprisoning and acquiring. The appropriate spaces were revealed by the changes in the building scales and typology.

In the Middle Ages, mentally impaired individuals were pushed out of their living spaces with social pressure and exclusion and faced the concept of expulsion. This ended with family members who are hiding mental ill consanguineous to keep them under control and maintain their dignity in the eyes of society. In a similar manner, the authorities' closure of these individuals to the dungeons of public buildings, such as prisons, has formalized the exclusion of patients from society. The fact that the mentally impaired individuals who require special care had a place in the general hospitals has increased the standards, yet it had not fulfilled the necessary improvement. These patients, who are kept in the most remote part of the hospitals, found themselves in places completely disconnected from the external environment. The studies that started to be conducted on the patients led to the opening of the Mental Health Hospitals and started a renewal period in the world by taking a step for the patients to live in human conditions. The hospital models produced with this logic could not prevent the patient from being separated from the society and consisted of massive and large scale plans with linear corridors outside the city. With the development of humanitarian conditions and increasing the values given to human rights, the idea that people with mental illness can be brought to society has become more widespread

and the foundations of the Community Mental Health idea have been established. The hospital scales proposed for these patient types started to shrink and were brought closer to the geography of the society.

Today, developed countries are still continuing their efforts to close Mental Health Hospitals and to expand CMHC structures. Concordantly Turkey has also been officially integrated the model with the guidelines described in 2011. The system applied in Turkey constitutes a hybrid model of the Mental Diseases Hospital and Community Mental Health Centers.

Although the CMHC structures have the same objectives, they have a very different architectural program from the Psychiatric Hospital. CMHC buildings, which serve a narrower environment, have increased the diversity of activities by reducing the number of users. This program difference has brought typological change allowing the structures to be planned in a more simple and small scale. The CMHC model, which has ideas of integration and deinstitutionalization, manifests itself in various types of plans with sufficient space in the city.

Although the spatial needs of CMHC structure is determined superficial, the unique plan has not yet designed in Turkey. The CMHC buildings, which have been re-functionalized in line with cultural, social and medical needs, are expected to become the best in the process. Therefore, the relationship between function and form maintains its originality and needs scientific studies.

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CHAPTER 14

THOUGHT CHANGERS AND MYTH CREATORS OF THE 'AMERICA'

Literature of 19th century and important figures of America

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INTRODUCTION

Early 19th century -from many aspects- has an important place in American history. After the apparitions like the Revolution War, Declaration of Independence and other there appeared a search for an ideal world, not for only living but also in terms of thought. 'Awakenings' are taking place of 'patriotism' and abiders of New England are meeting with outstanding thoughts and philosophies that were leaving a trace in the other part of the world. From now on, it was possible to call the new nation of America, not New England. This brought the idea that this new country -City Upon a Hill- had to own his own history, literature, and way of thinking. The first ones as John Winthrop while leaving England was dreaming of a New World where they could live freely. The aim was to purify the church. However, when it was the 1800s there was not a certain dominance of church in American society. In America 1 in 20 people strictly belonged to the church. It was losing power. The motto of Puritans 'purifying' the church in a century turned into purifying thoughts in America. The American Scholar which is called as 'A Declaration of Intellectual Independence' came to existence clearly at that time. Now it was time to 'find' the ideal American Society. The population was growing. The population of America was 5.3 million in the 1800s. However, in just 50 years it reached 23.1 million. This brought new opportunities as well as presenting a variety of social problems. On the other hand, began the escape from the urban to nature. That was the time R. W. Emerson and the other significant figure: H. D. Thoreau came with the idea of Transcendentalism.

The best definition of Transcendentalism may be shown in an image of a triangle. At the bottom, there are man and nature. And at the top there is God. In a wide range, it can be said that:

> Transcendentalism is an American literary and philosophical movement that developed in New England in the 1830s and '40s. It emphasizes individual intuition as a central means of understanding reality. Keyed to this idea is a belief in the presence of God in nature. The individual's soul mirrors the world's soul, and we can arrive at these truths by communing with the beauty and goodness of nature (Huckleberry Finn).

On the other hand Transcendentalism defined as "An idealistic philosophical and social movement which developed in New England around 1836 in reaction to rationalism." (Oxford) In the same source, it is said the movement influenced the Transcendentalism was Romanticism which is highly popular at that time in England and another part of the world. However, Transcendentalism is special to New England, in other word to America. There are also philosophies that influenced it. They were Platonism and Kantian thoughts. These ideas combined with the thoughts of R. W. Emerson and H. D. Thoreau America meet with a new way of thinking. It was not only related to only literature. Like any other thought, it had religious, philosophical sides also. In literature, it began to express itself in the 1830s and went on nearly 20-30 years. However, the exact time period for Transcendentalism is 1840-1855. Like the writings of James Fenimore

Cooper and Edgar Allan Poe were fully American, just like the American characters created by these writers.

As the religious aspects were changing, the influence of religious thinking such as Puritanism was diminishing. As it is depicted above, there was not certain religious thinking or the hegemony of a church. The strict rules of Puritanism or the softer approaches of the Calvinist were completely changed. Transcendentalists in terms of religion believed that there are individual spirits and a world of nature. So it is possible to find it in nature. And in terms of a comparison with previous philosophies, it is said that: The Transcendentalists, who were based in New England, believed that intuition and the individual conscience 'transcend' experience and thus better guide to truth than are the senses and logical reason. (Background on American Literature) Contrary to other Puritanism they believed that there is divinity in every person not in the selected ones. However, it is more related to religion, not literature and philosophy, at least at the beginning of the term.

Lawrence Buell's ideas about its religious aspect verifies it. For Buell, Transcendentalism is a movement that began as religious thought at first. As it is depicted it reject the religious aspects of thought that are dominant at that time. And he goes on:

It is an attempt to substitute a Romanticized version of the mystical the idea that humankind is capable of direct experience of the holy for the Unitarian rationalist view that the truths of

religion are arrived at by a process of empirical study and by rational inference from historical and natural evidence (46).

In many sources Transcendentalism is connected with Romanticism and defined as 'American Romanticism'. However, it is a horse of another color. Though Transcendentalism was effected by German and British Romanticism it has not resemblance completely with them. As it holds the notions of American individualism it won't be wrong that the movement is distinctly a different phenomenon. Another distinctive characteristic of the movement is that it began as a religious concept. Moreover, this concept was intermingled with American democracy itself. Though New England or America got off the ground from the religious belief of Puritanism, after some time this religious thought evolved into other kinds. In that way, like Puritanism's aim of 'purifying church' with Transcendentalism tried to change ideas of Unitarianism. Emerson and some other Boston ministers convinced that Unitarian Church became strict they searched for new religious thoughts. Transcendentalism was exactly represented by this thought. Now nature and the human soul were above all the religious thoughts. Another aspect of the movement is its political side. In addition, being a religious theme in American democracy, Transcendentalism is said to be apolitical. In addition it is said that writers such as Thoreau put their transcendentalist beliefs into action through acts of civil disobedience to the government. (Cengage, 2009)

In fact, before giving the exact time of the starting point of Transcendentalism it was necessary to look at the social and political condition of America. Further, there is a need to know Romanticism. As it is known the era of Romanticism based on idealization of the individual. As it was a reaction against convention and was struggling with rationalism. The idea that human beings can reach the truth by logic and reason was not the idea they believe in. The Romanticist believed that the truth is not under the physical world but nature was the correct address. To find the right address emotion and the senses are indispensable. The inspiration of nature the Book Romanticism and Transcendentalism is given as below:

> Romanticism reflected a deep appreciation of the beauties of nature. For the romantics, nature was how the spirit was revealed to humankind. The romantic philosophers believed in the Metaphysical or spiritual nature of reality. They thought that a higher reality existed behind the appearance of things in the physical world. Nature appeared to people as a material reality; however, because it evoked such strong feelings in humankind, it revealed itself as containing a higher, spiritual truth. Romantic artists tried to capture in their art the same feelings nature-inspired in them. (Philips and Ladd, 2006, p. 5)

In the same book, the critical point is the way Romanticism appeared. As it is known in 1789 with French Revolution, there began a romantic way of thinking in Europe. That means Europe started to run after romantic ideals such as equality, liberty, democracy, etc. On

the other hand, we know that in America democracy appeared in 1776 with the Declaration of Independence, starting with the sentence "We the people". So it is the early example of world democracy and idiosyncratic constitution. With the French Revolution, the people in Europe's history began to be considered evolution and the revolution itself was expected as a rebirth and salvation from the past. While European was dreaming of a new life and a new world America itself was a New World trying to construct a utopia for its own people. After Jefferson made the declaration of equality, liberty almost quarter-century before Europe. So all these changed events he movement Romanticism in America. Because European romanticism dealt with wishes to start a new life and a new way of thinking. However, everything was new and it was possible for them to construct a new life in the city upon the hill. So this designates the way Romanticism took place in America.

For some critics both Romanticism and the Transcendentalism cannot be understood fully without the philosophy of the time. Though the important events such as French Revolutions are the spark of the starting point of the era, all the movements and eras have their own philosophy. So, Romanticism and Transcendentalism at that point are related to and influenced by the thoughts of Jean Jacques Rousseau and Immanuel Kant.

So outstanding knowledge about transcendentalism can be said that there is a certain 'individualism' under this Transcendentalism philosophy. The beliefs of the prominent figure of the philosophy;

Emerson and Thoreau are on one hand under the great impact of Kant and his idealism. They focused on the self. As a result, social matters were out of interest. Besides, nature was another important thing to focus on. So, they were idealists (thinking abstractly) but they were naturalists (balancing that introspection with a scientific and spiritual connection with nature.) Thus, they transcended the barrier between self and nature. (Amarang, 2012) Though it was seen as a threat for demolishing established rules of religion, it is a system of God, nature, and meaning, all related to each other and these terms are said to transcend the barriers. As a result, for transcendentalists, it can be said that society and institutions are the basic reason that makes the purity collapse. The best for human beings is to be self-reliant and independent from the outworld except for nature. To get what he wants he needs to find it himself, independently and as an individual.

As a result, as it will be handled in the study Transcendentalism is related to Romanticism and Dark Romanticism. And all these 3 movements are the philosophies of the same time period. And to make it clear, the definitions are as below:

Romanticism is a type of writing in which the author describes nature. The author uses nature as a tool to express his thoughts, and make the story movement. Other aspects of romanticism are individuality, separating one from the rest of the civilization in order to increase emotional growth. There is an important focus on emotions, independence, and spirituality. It is believed that these aspects of life are natural, bringing out the creative and

undistracted sides of humans. The visual arts are an important factor of romanticism as well, the authors making the reading as graphic as possible, leaving the reader to make his own imaginations of the environment described. Transcendentalism is a literary movement of the nineteenth century as well. The transcendentalists were based in New England, inspired by the romanticism movement. The believers thought that the intuition, emotion, individual conscience are more valid and believable than the left-brain. (The American Romantic Movement)

1. RALPH WALDO EMERSON: THE BIG TALKER

The two figure Emerson and Thoreau are as important as Transcendentalism itself. Though there are many who can be talked about in terms of important figures of the philosophy, the two are the most important and indispensable figures of it. Born in Boston (1803) he was Americas's talented writers who graduated from Harvard and he was a class poet. Like important figures of the period and America itself he was one of the writers that saw Europe. Like Cooper, after his return, he wrote about England and Europe. In the year 1836 when he published his masterwork 'Nature' the group of Transcendentalist also held their first official meeting. The same year he met with Henry David Thoreau, who later became the strongest defender and practitioner of the philosophy. The same year also was the time when Emerson made his speech 'The American Scholar'. In any study about Emerson stays missing if there is not any detail about is speech. The speech was given in 1837 at Harvard. As it is known there was a growing –in every part

of life- America and outside of America there were many philosophies that were shaping Europe and the world. Emerson at Harvard called out to the young generation of America, like Atatürk's Nutuk for Turkish young population. In another word, he warned the young population. He stressed the importance of creating philosophical and critical works and he warned the young men with these words:

> Meek young men grow up in libraries, believing it their duty to accept the views, which Cicero, which Locke, which Bacon, have given, forgetful that Cicero, Locke, and Bacon were only young men in libraries when they wrote these books. Hence, instead of Man Thinking, we have the bookworm. Hence, the book-learned class, who value books, as such; not as related to nature and the human constitution, but as making a sort of Third Estate with the world and the soul. Hence, the restorers of readings, the emendators, the bibliomaniacs of all degrees. (Emerson, 1837)

The last sentence of his Call was like this: "A nation of men will for the first time exist because each believes himself inspired by the Divine Soul which also inspires all men." (Emerson, 1837) When Emerson made this speech, in fact, America was not in a good mood. Listeners that were there were dealing with ordinary problems. Because these years were not easy years for Americans. There were big problems with the economy. Manufacturing and other commercial areas were having big problems. Even so, he insisted on talking about the conversation in mind. Because he was on the string of American

spirit. Despite payer of his speech dealing with mundane problems, in his speech there generally spiritual matters of America.

After some years made an unforgettable describing the American Scholar. While Thomas Jefferson was the writer of the Declaration of the Independence, Emerson on the other hand seen as the author of the 'Intellectual Declaration of Independence'. All the time he stressed the idea of experiment. "All life is an experiment. The more experiments you make the better." is one of the unforgettable quotes made by Emerson. Ironically he is the owner of the sentence: "I hate quotations, tell me what you know." also. He was popular, not because he was a brilliant author but also because of his being an excellent speaker. During his career, he delivered about 1500 lectures. On the other hand, his works were in the same directions. Nature, for example, is one of his works that his romantic philosophy is realized clearly. In Nature, nature is described as a world, in that world, everything can be counted as the in a way is the exponent of divinity and soul. So these are the steps to reach God. The thing that has to be done is not focusing on the appearance or physical material but searching for the essence. So transcending into deeper is also the main part of his work, Nature (1836). For him, nature is the symbol of spirit. Moreover, for him, the philosophy of Transcendentalism, on the other hand, is going far beyond.

Emerson affected many writers and thinkers like Whitman, James, W. James, Dewey, Lawrence, and many others:

> Emerson said that Goethe was the cow from which the rest drew their milk. The same may be said of Emerson himself. Walt Whitman derived his poetic inspiration from "The Poet," as Whitman acknowledged by sending a copy of the first edition of Leaves of Grass (1855) to Concord. Emerson was among the few contemporary readers of the book to recognize its genius. (Rosenblum, 2013)

2. HENRY DAVID THOREAU: ISOLATED WRITER

Like the other most prominent writer of Transcendentalism, he was the son of a poor family. He was an essayist and poet. His most important work is Walden, which is a reflection of his thoughts and philosophy of life. Like his essay, which turned into a revolt, Civil Disobedience, he questioned all the rules of his time. Moreover:

> Throughout his life, he reduced his needs to the simplest level and managed to live on very little money, thus maintaining his independence. In essence, he made living his career. A nonconformist, he attempted to live his life at all times according to his rigorous principles. This attempt was the subject of many of his writings. (VanSpanckeren, 1994, p. 29)

In 1841 he went to Emerson, who would later become an important figure in his life. For many years they lived in the same place

and Emerson's Transcendentalism fascinated Thoreau. The idea of the philosophy jarred every bone in Thoreau's body that after some time, in 1845 he left the city life behind and lived in nature. As nature is the place where the individual finds the truths and the meaning of life, he spent two years in a cabin built by him. He built his cabin in four seasons. And his masterpiece Walden was completed in 2 years, 2 months and 2 days. These were the time period he spent his life in a cabin. In fact building the cabin is the symbol of constructing personality:

The building of the cabin, described in great detail, is a concrete metaphor for the careful building of a soul. In his journal for January 30, 1852, Thoreau explains his preference for living rooted in one place: "I am afraid to travel much or to famous places, lest it might completely dissipate the mind." (VanSpanckeren, 1994, p. 30)

And being far away from society is, leaving everybody to live their own life without interrupting them. He tried to put the philosophy of Transcendentalism into action with running from urban life and living far away. The isolated life in the Walden Pond gives his name also a book of Thoreau. The book Walden was a book, consisted of a series of essays written in that cabin. In fact, in terms of literature, the book of essays is not a simple collection. In the book, Thoreau used many metaphors and there are plenty of similes as well. Walden was written in a baroque, epigrammatic style. Thoreau's prose shows ease, clarity, and concreteness that separate it from the more abstract,

eloquent, and frequently involute styles of his contemporaries. Sentences and paragraphs flow smoothly (Patel, 2015)

He is still popular today in terms of some ideas as ecological consciousness and civil obedience and etc. So, he became the pioneer of ecology in another word. He is still modern today because Walden has become inspiration for many writers and works:

> Walden inspired William Butler Yeats, a passionate Irish nationalist, to write 'The Lake Isle of Innisfree,' while Thoreau's essay 'Civil Disobedience,' with its theory of passive resistance based on the moral necessity for the just individual to disobey unjust laws was an inspiration for Mahatma Gandhi's Indian independence movement and Martin Luther King's struggle for black Americans' civil rights in the 20th century. (VanSpanckeren, 1994, p. 30)

Affecting such great names Civil Disobedience, with Walden, is one of the most important works of him. Because in a time period American patriotism occupied the country many years Thoreau made a great revolt against the laws. He fought for governments and remembered for his quote: "That government is best which governs not at all." This became one of the persistent discourses of his day. He interiorized the Transcendentalism is such deeply that he was sent to prison because of his tax resistance. This is only one of action against unjust government action of his country, America. Even, Emerson was not as strict as the father of Transcendentalism.

3. CREATING THE AMERICAN MYTH

James Fennimore Cooper and Washington Irving were among the first and more important writers of America. They are the father of 'first' and 'most' American works and characters. In their works, there are many things related to America. They created new forms; they witnessed many different styles abroad and learned many things in Europe. After their return, they came with new ways of writing. With these styles, they became the ones who went beyond the New World.

3.1. Washington Irving: Writers of the F3.irsts

Called as America's Oliver Goldsmith, Irving is accepted as the first American to achieve an international literary reputation according to The Norton Anthology. Even though there was a problem of the copyright in the first part of the 19th century he had the chance to publish his works in both America and England with getting his payment. Like Franklin, Cooper, Hawthorne he saw Europe and witnessed European culture. Though his reason for going Europe was because of illness - tuberculosis- he turned with a literary vision from Europe. After he returned, he started an anonymous satirical magazine. Then his carrier of the editor of magazines and writer of books and fiction stories begun.

The years after de Revolution, Independence and Constitution was the time when America was creating its own history. Like Cooper and Edgar Allen Poe many writers of that time were creating American works and characters. However many of the writers of that time were also writing for money. However, Irving is the creator of the idea:

writing as a hobby. That was not only 'first' in his life. He is also called as the 'first' man of letters in America. On the other hand, some names him as 'The Father of American Literature'. He was writing satiric, comic and in short. So he shone for his fiction stories. His The Sketch Book of Geoffrey Crayon, which was also his pseudonym contains his short stories. One of these best-remembered stories is *Rip Van Winkle*. The other significant work is *The Legend of Sleepy Hollow*. This book is a collection of satire and a mixture of fiction and reality. Among his firsts was his being the first American humorist. Moreover, he introduces the non-fiction to American literature as a new literary genre. Even he is the first to write in vernacular.

3.2. James Fenimore Cooper: Americanization

Cooper, with Irving, was one of two writers who provide the American writing to known in Europe. He is known as the most famous writer of America. His works are consist of fiction, short stories, non-fiction, Romances, Sea Stories, Historical Novels, Social Criticism. Leatherstocking Tales with Last of the Mohicans was one of the most important works. With producing many novels he contributed the American Literature, which has key characteristics of Romanticism. He also wrote the first volume of epic romance. Moreover, he wrote the first sea novel. Writing international novels of manners was among the other 'firsts'. He is also a full-blooded American family son and known also American national novelist. He created a unique form. In that form, we can find historical romances dealt with frontier and Indian life of America.

Cooper, before being a prominent figure in American Literary World had many difficulties in his early years. His father was a politician and was killed by one of his opponents. So he was alone in the world when he was in his 17s. Then he tried to earn his living. So the best thing to do was go to the sea. He became seamen in ships but this lasted two years. Then he decided to be a farmer. Then began he married and worked in different jobs. He is also one of these writers who spent their years in the motherland, England.

> When, James Fenimore Cooper returned to America in 1833 after his seven-year residence in Europe, he was shocked because of the dramatic changes which had taken place during his absence [….] In the next few years Cooper became the defender of tradition and of the individual against mass-society and mass-democracy as well as the defender of private property against the state and the public. Cooper, who himself had lost his father's estate, wrote about American democracy and tradition. Cooper, who in Europe had defended American democracy against the Continental version now himself became unpopular in his country. (Goldbaek, 1997)

Though Irving and other writers imported gothic elements, big castles, and black stories, Cooper searched for a quite different theme in Europe. And during this search, he obtained the basic myth of America. In fact, till his 30s he had not the aim of being a writer. And he never wrote even a word of a serious literary work. One of the most interesting

reasons that made him write was quite odd. One day after reading an English Romance he said her wife that he could write a better one. So in 1820, he published an imitation work: Precaution. This was an imitation of a great writer of England: Jane Austen. However, after this, he took it seriously and turned into the themes he knew better: Sea. The Pilot is the first fiction of sea and it is great naval work. His work Spy is the first historical novel in the history of American literature. In 1826 he finally wrote the Last of the Mohicans. Then he decided to go to Europe. There are several reasons for him to go to Europe. These are his children's education, meeting with new ideas and the copyright in the European countries. He stayed 8 years in Europe but after he returned to America, things were not the same. The society did not accept him so easy and this demoralized him. Despite everything he made efforts for his country and during his whole life wrote 32 novels and became one of the most important of American literature. His impact was big. After his death, the other important figure Irving said: "The death of Cooper left a space in our literature that will not be easily supplied." On the other hand, for Emerson, he was the most original and national writer of America.

There are many reasons for his being an original and admired writer of his times. These are: Cooper brought new ways of writings and ideas to novels, had the first American characters, critiques American values and morals, gave the people a sense of American History changed how people viewed American Indians and the frontier period of America introduced the American Revolutionary War the

setting, Cooper did something few writers of literature managed to do in America at that time: he made an income from his books. He was largely influenced by nature around him helped pave the way for the American future.

He had more. He accepted America more than any other writer of his time. Many writers imported different adaptations from England and European countries. Contrary to Irving he brought American setting and American characters, not the ordinary gothic themes, legends and other themes. And he went one step more:

> James Fenimore Cooper, like Irving, evoked a sense of the past and gave it a local habitation and a name. In Cooper, though, one finds the powerful myth of a golden age and the poignancy of its loss. While Irving and other American writers before and after him scoured Europe in search of its legends, castles, and great themes, Cooper grasped the essential myth of America: that it was timeless, like the wilderness. American history was a trespass on the eternal; European history in America was a reenactment of the fall in the Garden of Eden. The cyclical realm of nature was glimpsed only in the act of destroying it: The wilderness disappeared in front of American eyes, vanishing before the oncoming pioneers like a mirage. This is Cooper's basic tragic vision of the ironic destruction of the wilderness, the new Eden that had attracted the colonists in the first place. (VanSpanckeren, 1994, p. 23)

He died in 1851 and when he died he was more popular out of America than his home. He had a great impact on writers such as Balzac and Tolstoy. But despite his reputation as being the father of American fiction, some critics say that he has some weakness in fiction and was not well known for his fiction. He was also criticized for being reactionary and romantic. Despite these ideas, he is clear has a solid place in the history of America as the well-known fiction writer of his time and one of the firsts.

4. NATIONAL VOICES

4.1. Philip Freneau: First Major American Poet

Philip Morin Freneau (1752) known as the poet of the American Revolution. Like many writers of that time, he had a sea background. He studied navigation and became a ship captain. After some years he became a journalist. However one of the turning points in his life was the time when he was captured. After working many years in the sea, on his way he was captured by British Ships and stayed there for years. When he released in 1781 he came with the poet The British Prison Ships.

The British Prison Ships is not the only work that related to him. He is one of the important literary figures in America before Civil War. Moreover, for him it is said that:

He is best remembered for his poetry. In many respects, his poetry anticipates the Romanticism poetry of the early 1800s. He

is often known as the Poet of American Independence: Freneau provides incentive and inspiration to the revolution by writing such poems as 'The Rising Glory of America' and 'Pictures of Columbus.' Freneau is often also known as Father of American Poetry: His major themes are death, nature, transition, and the human in nature. All of these themes become important in 19th-century writing. (Reuban, 2013)

As can be seen in works of many American writers of that time Freneau as the father of American Poetry handle nature and in most of his poem. His using 'nature' is not related to his being Transcendentalism. On the contrary, his works are counted as precursors of Thoreau and Emerson. So being a Romantic poet he became an inspiration for the great philosophy of Transcendentalism. Moreover, from the beginning, he wrote for American independence and he had strong patriotic feelings. Though writers of the same period begun to move off this idea he was able to stay. In his poem, there were both nature and Romantic depictions of nature and but also patriotism. Especially a satire for England and its tyranny. He wrote some poems for the patriots of America, especially in the war. The time was he captured by British Ship was the time when he was fighting for America at war. Lastly:

Freneau spent his last years on his family's plantation in New Jersey, fell into poverty and obscurity, and died of exposure when he lost his way home during a snowstorm. Best known for his satires (many of which were anti-British), his polemics, and his lyrics, Freneau

was called 'the poet of the American Revolution,' and many consider him the first major American poet. (Ferguson, M., & Salter, M. J., 2004, p 2095).

4.2. William Cullen Bryant: Viewer of the Death

He was born in 1794, Massachusetts. His traces go back to Mayflower, the ship that brought the ancestors of all the Americans. So his family had an important place in his time. However, he got limited education, then tried hard to get a good education. Then he began his later years as a lawyer. This didn't last long and he left his job and began his carrier as a writer. In 1817 he gave his work Thanatopsis. In Greek, this term means 'view of death'. This poem was a best-known American poem abroad. And in America in schools students were saying it by heart and in a way it was obliged to know it. It was like 'Andımız', which is known and is read by every student at the beginning of school every day. However, there is dissimilarity at one point. The Turkish 'Andımız' is patriotic but the Thanatopsis was about 'Nature' and importance of nature, which clearly fits the mood of the 19th-century writing. Americans were getting out of patriotism and they were returning their face to nature.

Like the other writers and poets given in this study, Bryant is one of the ones who created the 'first'. Bryant is named as a first American writer of verse to win international acclaim. So it was not easy for American society to get used to his absence. So his death became a big event. There are reasons for this. And in a way he resembles Irving:

At his death, all New York City went into mourning for its most respected citizen, and eulogies poured forth as they had for no man of letters since Washington Irving, its native son, had died a generation earlier. The similarity was appropriate: Irving brought international legitimacy to American fiction; Bryant alerted the English-speaking world to an American voice in poetry. (Gado, 2006)

He was not a poet only but was also a translator. He translated Iliad and later Odyssey. Lastly, for him and his poetry, it can be said that: A lot of Bryant's poems had ideas revolving death, sorrow, isolation, and loneliness. Another major theme in his writings is about nature and innocent thinking.

5. THE WRITERS WHO SAW THE DARK SIDE OF ROMANTICISM

Though these three writers were the contemporaries of the father of Transcendentalism, Emerson, and Thoreau, they are called Dark Romantics. There are several reasons for this. First of all, Romanticism brought good feelings. On the other hand, there begun using depressing themes. However, these writers Poe, Hawthorne, and Melville introduced gothic elements and other consequences of sin and wrongdoing. This mad them Gothic style literature. The question arises at this point. What is the difference between these Dark Romantics and Transcendentalists? In fact Poe, Hawthorne and Melville was the opponent of optimistic views of their predecessor. Nature and

environmental approaches affected the Dark Romantics also. Moreover, both groups were influenced by French Symbolism. Both Hawthorne's and Poe's works are full of symbols of horror and other gothic elements such as cats, ravens, castles and many others.

Another interesting difference between these two groups are given as below:

> While the Dark Romantics such as Hawthorne and Poe and Melville did not disagree with Emerson's belief that spiritual facts lie behind the appearances of nature, they did disagree that these facts must be necessarily good, or harmless. Hawthorne, for instance, suggests in his writing that Emerson merely takes the ecstatic, mystical elements of Puritan thought, ignoring the darker side--the Calvinistic sense of innate depravity of human nature, and the also Calvinistic notions of predestination. Hawthorne's perspective in his works is on both the mystical and the melancholy aspects of Puritanism and its thought. (enotes)

5.1. Edgar Allen Poe: The narrator of the American Dream

He is not only in American literature but also in world literature has a major place in terms of his poetry and fiction especially influential short stories he introduced to literature. Like the other Dark Romantics Poe's writings are influenced by the symbolism of French. Poe like his contemporaries at the beginning of the 19th became a figure of firsts. For example, he is seen as the pioneer of detective fiction in American history. On the other hand, he had a great talent for bringing fiction and

fact together. These techniques still today used many postmodern and other writers. While using fact and fiction Poe, draws a gloomy line between them so that the reader cannot be sure what is fiction and what is fact. To sum up, Poe's contributions to American literature can be given as below:

> Poe made important contributions to American literature in three areas: the short story, literary criticism, and poetry. Many of Poe's tales of horror are known throughout the world. His method was to put his characters in unusual situations. Next, he would carefully describe their feelings of terror or guilt. The greatest examples of this kind of story are The Pit and the Pendulum (184 I), The Tell-Tale Heart (1843) and The Black Cat (1843). The author here rarely shows the actual object of horror. Rather, the reader must use his imagination. (Outline)

Poe's detective stories are written in a simple, realistic style. Perhaps this is why they were more popular during his lifetime than his tales of horror. In terms of poetry, his poems are quite different. His poetry shines out because of its sound not for its content. Even the names used in the poems were specially chosen ones to sound good. The Raven is the most important poem he wrote and one of the most popular ones. The Raven itself is among his works that acclaimed long after his death. Interesting knowledge about him is his being an anti-democracy. Instead of contemporary he chose the exotic. But he was against democracy but not against the American nation. Even, with James Fennimore Cooper he is handled as a Southern Gentlemen in

terms of creating an American way of writing. A comparison between them shows Poe's manner about America:

> Poe's writings are based on the experience of a loss, of a disappointment; like Cooper, he is ambiguous towards European culture, but also against American Culture and mass culture. Poe's roots are the 18th century, the rationalism of the 18th century, the Aristocratic South. His aesthetic writings are opposed to the irrationalism of mass culture, but always opposed to romantic transcendentalism, both Wordsworth and Coleridge, and the Concord- transcendentalism of Emerson and Thoreau. (Goldbaek, 1997)

In the same study, it is said that despite everything Poe was effected by transcendentalists and their patriotism or optimism about the world. While talking about Poe, one of the most important aspects is his critical opinions about that period's society. As America was growing every day and with the population, there was a constitution of mass culture. He was fascinated by mass culture. He wanted to help develop national literature for the young country and felt that intelligent criticism was the key. He hated bad books and bad writing. (High, 1986, p. 57) His criticisms were usually accurate. But, as James Russell Lowell complained, they also had "the coldness of mathematical demonstrations". This made him many enemies.

5.2. Nathaniel Hawthorne: Writer of America's Greatest Novel

Before talking about Hawthorne, it is necessary to make a definition of Romance. In literary terms, it is defined as In the strictest academic terms, a romance is a narrative genre in literature that involves a mysterious, adventurous, or spiritual a storyline where the focus is on a quest that involves bravery and strong values, not a love interest. (Literary Terms) However in the Outline of American Literature it is said that:

> The Romance form is dark and forbidding, indicating how difficult it is to create an identity without a stable society. Most of the Romantic heroes die in the end: All the sailors except Ishmael are drowned in Moby-Dick, and the sensitive but sinful minister Arthur Dimmesdale dies at the end of The Scarlet Letter. The self-divided, tragic note in American literature becomes dominant in the novels, even before the Civil War of the 1860s manifested the greater social tragedy of a society at war with itself. (VanSpanckeren, 1994, p. 37)

Many literary studies start with showing Hawthorne's connection with his ancestor in Boston who was a judge in witch trials. Being an opponent of such execution, during his whole carrier he tried to get rid of this bad legacy. He is said to change some letters of his surname. Moreover in his work, The House of the Seven Gables is an example

he tells the reader that Hawthorne used the idea of a curse on the family of an evil judge in his novel The House of the Seven Gables. (37).

His themes used in works are centered on the inherent evil and sins of humanity. Many works have moral messages. And much of his works are centered on New England. Written as a Romantic/Dark Romantic genre, symbolism is widely used. For example, the poem Ocean has a lot of symbolism. On the other hand, he was an isolated man. Most of the time he was shy. Nearly a decade he kept him away from society and stayed alone. He ate alone and didn't get in contact with others. He used allegories most of the time, especially to show the doubleness of Puritanism. He defended that no one is, as it seems. Everybody has a piece of evil inside. On the other hand, no one can be fully good or evil. Humankind is a combination of both.

When looked deeply in terms of literary style for him it we can say that:

Interestingly, most of Nathaniel Hawthorne's novels and short stories employ the supernatural and his name is often associated with romanticism along with other romantic writers such as Mary Shelley (who wrote Frankenstein, a novel which has some of the same themes Nathaniel Hawthorne explores in stories such as "The Birthmark" for instance). While classifying the works of Nathaniel Hawthorne in the movement of Romanticism is not difficult, it is almost impossible to find one solid way of describing his works because so many of them, although they tend

to explore many of the same themes (his favorites include the topic of sin) they are all rather different in terms of complexity and plot. This fact makes him one of the more interesting and widely-read authors in American literature in modern times. (Smith, 2011)

The general opinion is that his the best work in The Scarlet Letter. And this book is named as America's first undoubtedly great novel. This is because:

The Scarlet Letter is a historical romance that takes as its focus the adulterous love between a Puritan minister and Hester Prynne, a married member of his congregation, in the Boston of just two hundred years earlier. It is the one novel of Hawthorne's four which does not deal directly with his own time, though it deals with it indirectly: The Scarlet Letter is a careful measuring of the historical, religious, literary and emotional distance that separated the Puritan New England of the past from the transcendentalist New England of the present, of the change from the old. (Ruland, R., & Bradbury, M. 2016)

5.3. Herman Melville: The Man in the Sea!

He was a novelist, short story writer, essayist, and poet. Many famous writers of the early 19th century had a history with the sea. Though no one was intermingled with sea more than Melville, both Cooper and Freneau and the others spent some time of their life in the sea, working as sailors. Melville, an American man of letters, was born

in 1819. With his contemporaries, Melville had a hard childhood. He got scarlet fever at the age of seven, lost his sight and also lost his father. So things were not easy for him for the rest of his life. He spent many years in the sea, but after some time faced troubles in the sea. During his years in the ship, he became friends with Hawthorne. These travels in the sea affected his writing carrier naturally:

> Melville's writing career, much of which was inspired by his travels, began with the publication of Typee in 1846, followed relatively shortly after by Omoo (1847). The reaction to these first two novels was encouraging enough to make Melville believe, initially, that he had a future as a professional writer. For a short time, contemporaries thought of him as one of the bright young novelists of America. These first two books are based on the author's experiences in the South Seas — Typee on his life with the cannibals and Omoo on his experiences in Tahiti. They purport to be fairly factual adventure stories allowing the audience an unusual view of Polynesian life, and each was a modest critical success. (Cliffnotes)

Like many writers of his time, he became famous after his death. His masterpiece, Moby-Dick was written in 1851 and became his finest book. The book was in a way an autobiographical work. During his lifetime, Moby Dick was largely considered a failure. However, he did not stop writing. But also after the Civil War, he went on writing. It took hundreds of years for him to be known. In the 1900s he was a well-known writer. Another fact about Moby-Dick is that when Melville first

tried to publish his work, he described his book as "A romance of adventure, founded upon certain wild legends in the Southern Sperm Whale Fisheries." Later he met with Hawthorne and dedicated his novel to his friend. There were similarities between the two friends. Herman Melville, like Nathaniel Hawthorne, was a descendant of an old, wealthy family that fell abruptly into poverty upon the death of the father. Despite his patrician upbringing, proud family traditions, and hard work, Melville found himself in poverty with no college education. (VanSpanckeren, 1994, p. 38)

Another detail about Melville is that he is considered as the first modernist poet of his time. However, there is more. Melville is not an ordinary Romantic writer. Especially his work, Moby Dick is a realistic novel when considered literally. When telling the White Whale's story he used realistic descriptions and symbolic connotations. Another important detail is that thought Melville is a contemporary of Transcendentalist writers; there are great challenges to Emerson, father of Transcendentalism. As known, Emerson's and Transcendentalists were optimistic and defend that nature is the biggest friend of humankind. Humankind can reach both God and absolute knowledge of nature. On the contrary, in Moby-Dick nature seems like the enemy and is deadly for Ahab. The sea and the whale are the symbols of nature and humankind is in a struggle with nature. In the end one would survive. Human or nature! To give more detail for the novel:

The novel is modern in its tendency to be self-referential, or reflexive. In other words, the novel often is about itself. Melville frequently comments on mental processes such as writing, reading, and understanding. [….] Moby-Dick has been called a "natural epic" —a magnificent dramatization of the human spirit set in primitive nature — because of its hunter myth, its initiation theme, its Edenic island symbolism, its positive treatment of pre-technological peoples, and its quest for rebirth. In setting humanity alone in nature, it is eminently American. (39).

To sum up, for Melville it can be said that he is not only a Romantic, but also representative of Dark Romanticism and Transcendentalism. And when it comes to evaluating the Moby Dick in terms of these literary movements Moby Dick is romantic because it is related to nature. On the other hand, it fits transcendentalism because of its simplicity. The main character fights against nature. This is also related to Transcendentalism. So it will not be wrong to say that Herman Melville's place in literature throughout that time is unique.

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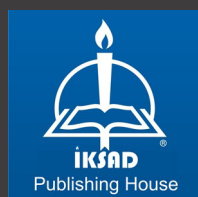"Transcendentalism - Introduction" Literary Movements for Students Vol. 1. Gale Cengage eNotes.com 20 Nov, 2017 <http://www.enotes.com/topics/transcendentalism#themes-introduction>

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