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INTERNATIONAL SCIENTIFIC  
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# ALBANIA

## Gjirokastër

01-04 JULY 2025

## ABSTRACT BOOK



UNIVERSITETI I  
GJIROKASTRËS  
Universiteti Eqrem Çabej



**SERPA**

SÜRDÜRÜLEBİLİRLİK EĞİTİM,  
ARAŞTIRMA VE UYGULAMA DERNEĞİ

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## THE POPULATION OF THE CITY OF GJIROKASTRA AND SOME PARAMETERS OF ITS MICROEVOLUTIONARY PROCESSES

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**Abstract:** Surnames are used to analyze the genetic structure of the population. Surnames meet almost all the conditions of the neutral theory of evolution since, in most populations, since they are inherited paternally, they are considered as alleles of a gene on the Y chromosome. The purpose of this study is to evaluate several different parameters and indicators that are characteristic for understanding microevolutionary processes in the human population of the city of Gjirokastra. All data for the study were collected from marriage registers starting from 1946 to 2006 for every 5 years. In total, data for 2503 marriages were analyzed. From the data processing, parameters indicating the richness of the population's surnames, as well as parameters indicative of the migration rate, were estimated. The comparison of the distribution of surnames between residents and newcomers was carried out, among other things, through the study of the distribution regression line:  $\log_2 k - \log_2 S$  ( $S$  – the number of surnames that appear  $k$  times) for residents and newcomers, while the relationships between different time periods were also expressed according to the Euclidean distance and the Lasker similarity coefficient. A large wealth of surnames is evidenced in the population. The study of the regression line of the distribution:  $\log_2 k - \log_2 S$  for residents and newcomers showed that the slope of the regression line varies significantly with respect to origin. The highest values of surname wealth are evidenced in immigrants since this group consists mostly of separate individuals or small groups of individuals, offering a much greater variety of surnames than in residents. This indicates that migration was carried out mainly individually or in small family groups. Parameters such as the Lasker coefficient and the Euclidean distance reinforce this conclusion. The opening of the population and the increase in its genetic wealth are in harmony with factors of economic, political and social development.

**Keywords:** surname wealth, surname distribution, Lasker coefficient, Euclidean distance, residents, immigrant

## HRM CHALLENGES AND OPPORTUNITIES IN THE TOURISM SECTOR, GJIROKASTËR DISTRICT

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**Abstract:** Tourism, as one of the most important economic and social sectors in many countries around the world, including Albania, plays a major role in economic development and job creation. According to government statistics, in recent years tourism in Albania has become one of the main drivers of the economy, contributing to the growth of the number of tourism businesses and employment. The growth trend is also evident in the Gjirokastra region, which holds significant potential for tourism development by preserving and promoting the cultural, historical and natural heritage, offering a sustainable path for economic growth. Although published employment data are not specific to the tourism sector, according to INSTAT, approximately 65.2% of the businesses employing 568,000 people operate in trade, accommodation and food service, transport and communication. This indicates the orientation of our economy towards tourism services and highlights the necessity of research on HRM, considering the important role of HR in the success of the sector. From this perspective, this study was conducted, identifying that the main challenges faced by the employees largely depend on the sector, geographical location and organizational culture. The article also highlights the opportunities available in the Gjirokastra Region for the use of cultural and natural tourism resources through capacity building and self-employment.

**Keywords:** HRM, Tourism, Challenge, Opportunity, Gjirokastra.

## **SAMI FRASHERI, THE FIRST CONSTITUTIONALIST OF THE MODERN ALBANIAN STATE**

**Prof. Dr. Ksenofon KRISAFI**

**Abstract :** Sami Frashëri, the prominent and erudite Renaissance figure, our great scholar, endowed with deep and well-established knowledge of the state and law, was the first architect of the institutional and legal mosaic of the modern Albanian state. His famous work “Albania, What It Was, What It Is and What It Will Become”, is considered one of the first Albanian treatises of a political and legal-constitutional character. Modest in volume, but profound in ideas and content, it also represents a kind of theoretical and legal manifesto of the Albanian National Renaissance, in which the project for the structure of the Albanian state is outlined. He envisioned Albania’s future through ideas resembling legal and constitutional provisions. Advocating for a free, democratic state, politically modeled after advanced Western systems. Sami explored the details of institutional and legal organization expressing professionalism on everything from legislation to the legislative, executive, and judicial bodies. According to him, Albania was to be a parliamentary republic with a clear separation of powers: the executive power led by a seven-member Council of Ministers and the legislative exercised by the General Council (parliament) of over 100 members, elected at one per 20000 inhabitants. This republican government form incorporates the most functional state elements. The “Constitution”, as the fundamental act of a democratic-bourgeois regime, would embody democratic principles and spirit. With his vision, Sami imagined his homeland one of Europe’s, and even the world’s, most beautiful countries. Optimistic and enthusiastic about the future of Albania, he addressed it figuratively: “With this mindset, the Albanian nation will soon become one of the wisest and most civilized nations on earth, and the Albanians, who have been living in poverty and misery for so many years, will all become rich and happy and live as human beings.”

**Keywords:** Albania, Renaissance, powers, legislative, executive, judicial, republic, parliament, democratic state, constitution, government, etc.

## ART AND GJIROKASTRA HERITAGE: AN INTERDISCIPLINARY APPROACH TO STUDENTS' CULTURAL EDUCATION

(The Case of the 9-Year School "Urani Rumbo")

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**Abstract:** The development of interdisciplinary projects in schools represents one of the most effective approaches for implementing competence-based curricula, as it enables the functional integration of knowledge in connection with students' real-life experiences. According to Heidi Hayes Jacobs (1989), interdisciplinary projects help create links between disciplines and increase student motivation. Similarly, Beane (1997) emphasizes that such an approach promotes meaningful learning and social sensitivity. In the Albanian context, scholar Nikoleta Xhaçka (2018) highlights the importance of coordinating interdisciplinary content in developing key competencies and shaping responsible citizenship. This paper presents a project developed at the 9-year school "Urani Rumbo" in Gjirokastra, titled "Art and Gjirokastra Heritage," which integrated subjects such as Albanian Language, History, Civic Education, Visual Arts, and Information Technology. Using project-based learning methodology (Thomas, 2000), students engaged in research activities, interviews with artisans, documentation of cultural heritage, and the preparation of an exhibition showcasing their work. The process stimulated critical reflection, cultural sensitivity, and communication skills. The results demonstrate strong student engagement and increased awareness of heritage values. The experience of this project confirms that interdisciplinary initiatives not only implement curricula in an integrated way but also build bridges between the school and the community, fostering conscious and active citizenship (Dewey, 1938; Freire, 1970).

**Keywords:** interdisciplinary projects, cultural heritage, project-based learning, active citizenship, integrated education, Gjirokastra

## VIEWS ON LOVE IN THE FIRST TURKISH NOVEL, SAMI FRASHËRI

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**Abstract:** Sami Frashëri is one of the most important figures of the Albanian National Renaissance and a renowned contributor to Albanian literature and culture. He was born in 1850 in Frashër, Albania, and became known for his works in the fields of literature, education, translation and politics. One of his most important contributions is the novel “Talat’s Love with Fitnet”, which is considered the first Turkish novel. This novel was first published in Istanbul in 1872 in Turkish. The work is a love story that takes place in a social and cultural context of the Ottoman Empire. Through this novel, Sami Frashëri addresses the themes of love, tradition and the conflict between individual feelings and social norms. The characters of the novel are strong characters and through the narrative the author reflects the reality of the time, explores the challenges faced by the love of the protagonists by offering an insight into life and culture in that period. “Talat’s Love with Fitnet” is a work that has influenced the development of the Turkish novel and has paved the way for other authors who would develop this genre. The author has also distinguished himself with this work for the detailed descriptions and emotional and psychological depth of the characters. Sami Frashëri through this novel has “opened the green light” to this genre, not only in Turkish literature, but has also helped in the formation of the Albanian national identity and has promoted the values of Albanian culture.

**Keywords:** first novel, tradition, feeling, faith, disaster

## OBSTACLES TO THE INCLUSION OF CHILDREN WITH SPECIAL NEEDS IN PRIMARY EDUCATION

A STUDY ON CHALLENGES AND OPPORTUNITIES IN THE TERRITORY OF THE  
FIER REGIONAL EDUCATION DIRECTORATE

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**Abstract:** This study aims to develop a set of practical recommendations for primary school teachers to address the main obstacles in inclusive classroom teaching. The methodology used includes the validation of criteria and the development of reliable instruments to study teacher–parent interaction in inclusive primary school classes under the jurisdiction of the Fier Regional Education Directorate. The criteria for characterizing learning in inclusive classrooms are divided into two blocks: the pedagogical organization and parental support for inclusive education. The diagnostic methodology included two simultaneously administered questionnaires: one for teachers and one for the parents of students attending inclusive classrooms. The results showed that a high level of parental awareness contributes to better identification of children’s needs and improves collaboration with teachers and school administrators. A weak positive correlation was found between parental awareness and a culture of cooperation, as well as a strong correlation between parental knowledge about inclusion and their level of engagement in the educational process. Data analysis was used to describe the main challenges encountered in inclusive primary education in southern Albania and to outline directions for improving teaching practices. As a result, a set of practical recommendations was developed for primary school teachers with varying levels of experience in inclusive teaching, addressing aspects such as parental involvement, awareness of inclusive education, and support for inclusive initiatives.

**Keywords:** practical recommendations, culture of cooperation, inclusive education policy, equal access to education, social integration

## THE ROLE OF FORMATIVE ASSESSMENT IN DIFFERENTIATED INSTRUCTION AND SELF-REGULATED LEARNING SKILLS

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**Abstract:** The purpose of this paper is to address formative assessment as part of the interactive learning process. This paper examines the impact of different types of formative assessment on the adaptation of differentiated instruction and the development of self-regulated learning skills in students. Formative assessment consists of a wide range of techniques, including open-ended questions, self-assessment, peer-assessment, constructive feedback, and learning portfolios, which provide ongoing feedback on student progress and encourage reflection for improvement of the learning process (Black & Wiliam, 1998). Differentiated learning methods, on the other hand, focus on adapting the content, pace, and manner of learning based on the needs, interests, and styles of students, promoting their autonomy and personal responsibility (Tomlinson, 2014).

The study methodology consists of a critical review of academic literature, empirical research that addresses the relationship between formative assessment, differentiated instruction, and the development of self-regulated learning skills. The results show that the integration of these approaches strengthens students' metacognitive skills, including planning, monitoring, and regulating their own learning process, which are essential for learning autonomy and academic performance (Zimmerman, 2002).

In conclusion, this study demonstrates that the integrated use of various formative assessment techniques and differentiated instruction methods creates a supportive and effective learning environment that empowers students' self-regulation and improves their academic outcomes

**Keywords:** interactive learning, formative assessment, differentiated instruction, self-regulated learning

## ORIENTALISMS IN THE POETIC DISCOURSE OF DRITËRO AGOLLI

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**Abstract:** Studies conducted by both Albanian and foreign linguists regarding borrowing in the Albanian language are numerous. They examine the time and conditions under which these words entered Albanian language, the place and role they hold in the language, their relationship with native words, and more. Borrowings are a subject of study not only for linguists but they also attract the attention of various lecturers and writers, who find in this lexical layer expressive tools. Artistic creation embraces all layer of words, to meet ideological, emotional and expressive demands as well as stylistic purposes. Albanian writers and poets frequently choose orientalisms for the realization of literary works. These elements often constitute a distinctive feature of artistic discourse. Dritëro Agolli is one of the poets who has made use of orientalisms for expressive and stylistic purposes, which have entered the Albanian language in different historical periods and under different conditions. In his poetic creativity, these borrowings are not only prominent in number but also particularly impressive as they serve expressive and stylistic purposes. This paper aims to provide an overview of the orientalisms in Agolli's verses, as well as to interpret their stylistic functions and purposes, such as: adding color to the setting; evoking the image of an ordinary person through colloquial vocabulary, bringing memories of a past time, etc.

In conclusion, we will assess the status of orientalisms in Dritëro Agolli's poetry and in the Albanian language.

**Keywords:** orientalism, borrowings, discourse, reception, coloring

## ABOUT TURKISH BORROWINGS IN “FJALOR ME FJALË E SHPREHJE POPULLORE NGA E FOLMJA E UJEMUJËS” OF HAJRË SHEHU

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**Abstract:** The historical development of a country determines and reflects its linguistic development too. The contacts of Albanians with other people over the centuries have been of different natures and have undoubtedly left their traces and influences on each other. Turkisms are an important element, which demonstrate the Turkish influence and the coexistence of Albanian with Turkish at different times in history. The purpose of our paper is to extensively treat the Turkish borrowings used in Differentiating Dictionary of Hajri Shehu. This Dictionary includes over 8000 words from the speech of Ujemuja, which is part of the subdialect of Central Gheg. In the Dictionary there is a considerable number of Turkish loanwords, such as: *aga, agallëk, ahër, ajet, aksham, alltan, baxhë, çakërdis, dadë, delenxhi, evlat, esnaf, fajdexhi gazep, hafiz, hallvë, hall, hallal, hyzmet, ibret, jeshil, rahat, rahmet, shamataxhi, sabah, sheh, taze, tentene, tenxhere, xhade, xhami, xhezve, zeher* etc., which animate and are widely used in the daily communication of Ujemuja speakers. From the study and examination of the concrete material in the Dictionary, it is seen that in general the words borrowed from Turkish belong to different grammatical categories. They are encountered in almost all spheres, activities and life phenomena of the speakers of these 12 villages, which lie in the north of Peshkopia city.

**Keywords:** Vocabulary, Turkish borrowings, the speech of Ujemuja, usage

## THE SYNTACTIC AND SEMANTIC ROLE OF NOMINAL SENTENCES IN THE CONSTRUCTION OF DISCOURSE

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**Abstract:** The period in which we live is a time of major, multifaceted, and profound transformations, which have also influenced the development of the syntactic structure of the Albanian literary language, making it more direct, more diverse, clearer, and more expressive. It has been enriched, made more flexible, and improved to a considerable extent. Among the phenomena and particular tendencies of a linguistic nature, which are related to the phenomena and factors of social and cultural development, is linguistic economy, associated with phenomena such as ellipsis, the widespread use of certain forms of nominal sentences and word-sentences, to a certain degree. In this paper, we will present the syntactic and semantic role of nominal sentences in the correct construction of all types of discourse, ensuring that it is well-organized, precise, vivid, error-free, free from harmful influences, and in accordance with the norms of the literary language. We will reflect this process in connection with concrete phenomena of the development of the syntactic structure of the Albanian language, as well as with extralinguistic factors that are increasingly enriching the literary language. We will treat this role in two aspects:

First, in the normative aspect, emphasizing the grammatical and semantic characteristics of nominal sentences, their structural classification according to grammatical composition, their classification according to function, their distinction from other sentences, a brief overview of various attitudes held toward them over time, their selection and use, and their position within the system of the language. Second, in the functional aspect, which has gained priority as one of the most important spheres for realizing the values of these sentences. We will treat their functions and role in all types of discourse, viewing them as closely related to certain extralinguistic factors, with which their presentation and behavior are strongly connected. We will highlight their stylistic use in artistic literature, as well as their linguistic meaning and sensitivity. The recognition and correct use of these sentences unquestionably supports the language not only as a bearer and expresser of thought, but also as a full reflection of how the linguistic community reflects all changes.

**Keywords:** nominal sentence, function, structure, usage, meaning, discourse.

## TIME THROUGH SPACE IN ALBANIAN

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**Abstract:** There is a unique relationship between space and time that is invisible to the eye of the simple observer. Since time is a philosophically abstract concept, it is best understood and treated in terms of actual objects and their spatial locations.

The Albanian language has its unique set of lexical units and structural elements that use the category of space and its three-dimensionality to generate the abstract idea of time. By examining how time is imagined and expressed through words, which originate from bodily experience and the physical perception of the world, this study seeks to explore this interweaving in the context of the theory of conceptual metaphors. The propensity to measure time with units of space is seen in the following phrases: three yards worth of time, three palms worth of time, long time, short time, the year before last year, the day before yesterday, etc. These bear witness to the time-space relationship's institutionalized metaphorical evolution.

The two most basic and significant conceptual domains of human thought are space and time. An examination from the standpoint of cognitive linguistics enables us to draw attention to how people perceive reality.

**Keywords:** time, space, conceptual metaphor, preposition, adverb, cognitive semantics.

## FROM PRESERVATION TO GROWTH: CULTURAL HERITAGE IN DEVELOPING COUNTRIES, CASE STUDY OF THE CITY OF GJIROKASTRA

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**Abstract:** Cultural heritage constitutes a valuable asset for every country, but especially for developing countries. The city of Gjirokastra, part of the World Heritage List, represents a typical case of a cultural destination of a developing country that faces complex challenges in its journey to economic growth and the protection of CH(cultural heritage). The policies undertaken by governments to improve the infrastructure of this cultural destination and by drafting strategies and intensive promotion are insufficient to guarantee sustainable and long-term development in both dimensions; heritage preservation and sustainable economic growth. The physical degradation of historic buildings, the insufficiency of ongoing funds, the disproportionate distribution of economic benefits derived from tourism, as well as lack of coordination and unprofessional management without a clear long-term vision are just some of the problems. The aim of the paper is to understand the development model of cultural destination in a developing country and the challenges they face by studying the city of Gjirokastra, specifically these indicators:: the physical condition of protected buildings,; the level of investment for protection and restoration,; the perception of the local community on the management of the destination and its protection.

The methodology used in the study will be a combined descriptive and comparative analysis of quantitative and qualitative data, referring to official sources from local and international institutions, as well as a questionnaire addressed to the community. This study aims to contribute to the development of standards for the sustainable management and development of cultural heritage destinations.

**Keywords:** sustainability, cultural heritage, politics, developing countries.

## THE POTENTIAL OF PROTECTED AREAS IN RURAL DEVELOPMENT (CASE STUDY: PËRMET MUNICIPALITY)

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**Abstract:** The study aims to assess the potential that Protected Areas have to promote sustainable rural development, using the Municipality of Përmet as a case study. Përmet, as one of the richest municipalities in natural heritage in Albania, includes several important protected areas such as the National Parks “Bredhi i Hotovës-Dangëlli” and “Lumi Vjosa”, as well as 25 Natural Monuments with high biodiversity values. This potential can help strengthen the rural economy, increase the quality of life, and curb migratory movements, a challenge that the rural population of this geographical area is facing. The paper also highlights the opportunities offered by Protected Areas in the development of ecotourism, agrotourism, traditional agriculture, handicrafts, etc. The results show that although these opportunities for sustainable development exist, they are used partially and often in an unorganized manner. Improving the interaction of the rural population with natural heritage is a necessity for better community integration within the framework of sustainable tourism development and in the efficient management of the relationship between rural planning and environmental policies. To carry out this article, quantitative and qualitative data sources have been used in order to provide an exhaustive interdisciplinary analysis of the topic in question, as well as to further enrich the existing literature.

**Keywords:** Municipality of Përmet, Protected Areas, rural development, potential, interdisciplinary analysis.

**DEMOGRAPHIC DEVELOPMENT AND NATURAL HERITAGE:  
AN ANALYTICAL APPROACH TO THE INTERACTION BETWEEN POPULATION  
AND PROTECTED AREAS IN THE MUNICIPALITY OF PËRMET**

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**Abstract:** The territory of the Municipality of Përmet represents one of the geographically richest areas in Albania in terms of natural heritage. Since the 1990s, demographic changes and gradual depopulation have posed a series of challenges, threatening the sustainable development of the area. This paper aims to contribute to the analysis of the relationship between demographic dynamics and the environment through an interdisciplinary approach, thereby enriching the existing literature in the field of human–environment interaction studies. This study aims to highlight the demographic developments in the territory of the Municipality of Përmet, including the overall population decline, population aging, migratory movements, and the abandonment of rural areas. These phenomena have significantly influenced the processes of conservation or degradation of Protected Areas, land use patterns, and the effectiveness of territorial management. A particularly important aspect of the analysis is the assessment of the direct impact of demographic decline on the sustainable use of natural resources and the development of tourism. These dynamics help identify both the opportunities and risks associated with sustainable economic development, which relies on the preservation of natural heritage and the active involvement of the local community. The study is based on a combination of quantitative data (statistics) and qualitative data (interviews and field observations), with the aim of providing an in-depth and multidimensional analysis of the interaction between demographic developments and the environment.

**Keywords:** Përmet Municipality, demographic change, protected areas, natural heritage, sustainable development, human–environment interaction.

## REDESIGNING UNIVERSITY CURRICULA AT “EQREM ÇABEJ” UNIVERSITY: A STRATEGIC APPROACH TO REGIONAL DEVELOPMENTS

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**Abstract:** This paper will address the redesign of university curricula at “Eqrem Çabej” University, viewed from the perspective of a strategic approach to regional developments. Education in our country in general and that at “Eqrem Çabej” University in particular is facing several important challenges that have affected its effectiveness. To address these challenges, this study aims to provide an in-depth analysis of the labor market in the Gjirokastra Region, focusing on aligning academic supply with real labor demand. The results of the study will serve as recommendations for the redesign of curricula and the development of new academic policies. The article will include an assessment and analysis of the compatibility between the study programs of “Eqrem Çabej” University and the regional developments of the Gjirokastra region. The database will be collected from enterprises, public institutions and graduates who have already become part of the labor market. This process will help to increase the quality of higher education, strengthen the links between the university and labor market actors, as well as improve the employment rate of graduates. To carry out this study, two main types of data were used: qualitative and quantitative, in order to provide a comprehensive and detailed analysis of the suitability of curricula with labor market needs. The collected data were processed through descriptive and statistical analysis.

**Keywords:** curricula, “Eqrem Çabej” University, region, market, strategy.

## THE IMPACT OF AI IN PUBLIC ADMINISTRATION: TRANSFORMING GOVERNANCE AND SERVICES

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**Abstract:** The integration of Artificial Intelligence (AI) in public administration is rapidly transforming the nature of governance and the delivery of public services. This paper investigates the implications of AI deployment across various domains of government operations, with a focus on how intelligent systems are reconfiguring administrative processes, public policy implementation, and citizen engagement. AI technologies—ranging from predictive analytics and natural language processing to robotic process automation—are enabling governments to streamline bureaucratic procedures, enhance real-time decision-making, and provide more personalized and accessible public services. The research adopts a multidisciplinary approach, combining insights from public administration, information systems, and governance studies to examine both the transformative potential and the inherent risks of AI adoption in the public sector. While AI promises greater efficiency, cost reduction, and data-driven policymaking, its integration also raises significant ethical, legal, and institutional concerns. These include algorithmic bias, lack of transparency in automated decisions, the erosion of public trust, and the displacement of public sector jobs. Furthermore, the paper highlights the necessity of ensuring democratic accountability, safeguarding fundamental rights, and preserving human agency in an increasingly automated administrative environment. Through a critical review of international case studies and policy frameworks, the paper identifies key factors that contribute to the successful and equitable implementation of AI in public governance. It argues that a balanced approach—grounded in transparency, inclusiveness, and ethical oversight—is essential for harnessing AI's benefits while mitigating its risks. The findings contribute to current debates on digital transformation in the public sector and offer practical recommendations for policymakers, practitioners, and scholars concerned with the future of public administration in the age of intelligent technologies.

**Keywords:** Artificial Intelligence, Public Administration, Digital Governance, Algorithmic Accountability, Public Service Innovation

## WOMEN'S RIGHTS IN ALBANIA IN THE YEARS 1991-2001

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**Abstract:** Women's rights are an integral part of human rights and freedoms. The latter represent rights that have precedence over the positive law of the state, that is, over the normative acts issued by the state. All laws are drafted based on them and if the fundamental human rights and freedoms are respected. When we mention the word woman, we understand that it must be fulfilled and supported in a more beneficial way both by the family and the state institutions. The female element in Albanian society, as in previous centuries, has faced difficulties, being isolated and unsocialized within Albanian society. It has a significant impact on today's society, as major issues related to contemporary elements are being addressed. In addition, the trend of increasing women's participation is evident in public civil service institutions. In 2016, 60% of appointees were women and 40% were men. Compared to 2015, the gender distribution shifted further in favour of women with an increase of approximately 4%. The 1948 Universal Declaration of Human Rights emphasizes the principle of non-discrimination and proclaims that all human beings are born free and equal in dignity and rights and that everyone is entitled to all the rights and freedoms set forth therein, without distinction of any kind. This declaration has proclaimed the principle of equality and non-discrimination in a single provision (Article 7), which provides that: "All are equal before the law and are entitled without any discrimination to the equal protection of the law. Everyone has the right of equal protection against any discrimination that violates this Declaration.

**Keywords:** women's rights, human rights, equality, non-discrimination, participation

## ETHICS AND INTEGRITY IN PUBLIC ADMINISTRATION IN ALBANIA REGULATORY FRAMEWORK

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**Abstract:** Ethics in public administration relates to the practical application of moral standards in governance and is connected to how an individual feels they should behave. It implies values and their application in a given situation; however, various discussions on ethical issues often provoke more emotional discussions than logical ones. The work has as its main objective to highlight the importance of ethics for public employees in carrying out all functions in accordance with ethical principles in order to ensure the functioning of public administration in accordance with the highest standards. Furthermore, the work aims at comprehensive knowledge of the legal and sub-legal framework in force within the sphere of ethics and integrity in public administration, in addition to providing knowledge and increasing capacities related to the methodology for assessing integrity risks as a key instrument for evaluating the level of exposure of public institutions to the risk of corruption and to ethically and professionally unacceptable actions/acts. Aristotle stated, "People should not expect to gain absolute knowledge from the study of ethical issues," because ethics is not an exact science. During the discussion of an ethical issue, the aim of ethical decision-making is not for performance to be perfect, but to be at an optimal level, in the best possible way.

**Keywords:** Public Administration, Ethical Principles, Public Employee, Ethical Decision-Making, Legal Framework, Ethics.

**JEL classification:** M41, M42, M48.

## PRACTICES OF MANAGEMENT OF PRESCHOOL INSTITUTIONS AND PROFESSIONAL SUPERVISION OF EDUCATORS

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**Abstract:** This study focuses on the analysis of management practices in both public and private preschool institutions, with a particular emphasis on internal professional and pedagogical supervision of educational staff. The main objective is to provide substantive data on the role of the institution's director in ensuring the quality of the educational process, through continuous observation and mentoring of educators during their interaction with children.

The study is based on qualitative methodology, integrating contemporary theoretical perspectives on institutional leadership and methodological approaches in early childhood education. The scientific contributions of experts in the field of management and preschool education are analyzed. In addition, they are correlated with empirical data collected in the field.

The research sample includes 15 leaders of preschool institutions, of which 10 are from the public sector and 5 from the private sector. The main research instrument was a semi-structured interview, which enabled the collection of in-depth information on supervision practices and challenges encountered at the institutional level. In addition, an analytical review of institutional documentation was carried out to assess the existing management system and professional monitoring of the performance of educators.

The study findings demonstrate a significant lack of functional internal pedagogical oversight structures, both in public and private institutions. This situation reflects the need for sustainable development policies in terms of building leadership capacities, strengthening professional mentoring mechanisms, and institutionalizing pedagogical monitoring of the work of educators.

Based on the data analysis, a series of recommendations have been formulated for policymakers and institutional leaders, which aim to contribute to improving the standards of preschool education and the services provided to children at this early stage of development.

**Keywords:** Preschool management, institutional leadership, pedagogical supervision, educators, educational quality, professional development.

## INTEGRATION OF DRAMA AND THEATRE IN TEACHING (PRACTICE AND PERSPECTIVE FROM SCHOOLS)

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**Abstract:** The purpose of this study is to examine the educational role of drama and theater and the level of implementation of theatrical performances in school, within the framework of the learning process.

The research follows a qualitative approach, where data was collected in the field through tools such as semi-structured interviews with municipal directorates of education and culture, school principals and teachers, as well as through a structured questionnaire for students.

The sample includes fifth and seventh grade students, teachers, school principals and municipal representatives of education and culture. The data were categorized according to respondent groups and analyzed in accordance with the research questions, being interpreted and described within the thematic chapters of the study. As a result, a comprehensive report with theoretical and empirical data was prepared.

The study provides important information on the role and importance of drama and theatre in education, as art forms and educational tools, and sheds light on the level of their inclusion in schools. Finally, based on the data collected, concrete recommendations have been formulated for responsible parties, including educational stakeholders and policymakers.

**Keywords:** educational drama, theatre in education, education through art, artistic education

## EDUCATION ON CHILDREN'S RIGHTS IN TEACHER TRAINING PROGRAMS: A REFLECTIVE APPROACH

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**Abstract:** The recognition and respect of children's rights within the educational system constitute a fundamental prerequisite for building an inclusive, democratic, and safe school environment. Students in teacher education and social sciences programs must be thoroughly prepared to understand not only the rights but also the responsibilities that children have as learners. According to Hart (1992), children's participation in school decision-making processes is an essential dimension of their democratic development. Lansdown (2001) emphasizes that education on children's rights contributes to fostering civic awareness and has a positive impact on the learning environment.

This paper aims to analyze the importance of educating students on children's rights and responsibilities as a core component of their professional and ethical formation. Through both theoretical and practical analysis, the study outlines the benefits of this education in fostering healthy teacher-student relationships, preventing forms of abuse or discrimination, and empowering the child's voice in the classroom. The research is grounded in contemporary literature and the national and international legal framework on children's rights, including the United Nations Convention on the Rights of the Child (1989) and the Law on Pre-University Education in Albania.

The study follows a qualitative approach, aiming to explore the knowledge, perceptions, and attitudes of students. Data were collected through structured interviews and focus group discussions, involving 20 final-year students from both "Bachelor" and "Professional Master" programs. Participants were selected using purposeful sampling, targeting students who had attended courses related to civic education, pedagogy, or child development psychology, and who are currently practicing teachers.

Findings highlight the need for the systematic inclusion of children's rights topics in university curricula, as well as the development of interdisciplinary modules that promote sensitivity, awareness, and students' professional engagement in child protection.

**Keywords:** children's rights, student responsibilities, civic education, students, teachers, professional ethics, inclusion, international conventions.

## ANALYSIS GEOMORPHIK OF THE VJOSA BASIN

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**Abstract:** Analysis geomorphik of the Vjosa Basin. The Vjosa River is considered a heritage site that is viewed with great care and precision by local and foreign researchers. Vjosa is a river that originates in the northwest of Greece in Epirus and flows into Albania into the Adriatic Sea. In antiquity, Vjosa was known as Anio. In Albania, the Vjosa River spans approximately 192 km, passing through mountainous and flat areas, until it flows into the Adriatic Sea. It serves as a border for many protected areas along its valley, some of which have been declared a Natural Park according to IUCN definition category II. The Vjosa Valley passes through several cities including Ersekë, Përmet, Gjirokastër, Ballsh, Fier, and Vlorë. With a length of 270 kilometers (170 miles), 190 km of which are located in Albania, the river flows naturally and unobstructedly through narrow canyons, rapids, islands, and bends that create serpentine landscapes. According to an assessment conducted during the year 2020/2021 by disaster researchers and specialists in the field, erosion mini-gastras were established to.

**Keywords:** Public Administration, Ethical Principles, Public Employee, Ethical Decision-Making, Legal Framework, Ethics.

## THE SILENT VOICE OF EMOTIONS: A VISUAL APPROACH TO CHILDREN WITH MUTISM AND LEARNING DIFFICULTIES

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**Abstract:** Emotions are an integral part of every child's life, yet they can often become hindering factors, negatively affecting the child's ability to build social relationships and placing them in difficult positions both in and outside the classroom. While many children experience a stable and conflict-free childhood, others face emotional difficulties that lead to feelings of guilt, shame, and self-isolation. In their efforts to connect with peers, children with emotional challenges often fail, resulting in deeper withdrawal and limited interaction with others. If the causes of this self-isolation are not identified and addressed in time, it can lead to significant social disadvantages. The approach to these children should not resemble clinical treatments focused on the "illness", but rather consider the child as a whole—recognizing their potential, behaviors, and emotions. One of the most effective tools to access their inner world is visual art, which enables children to express their emotions and build bridges of communication with others. This mini-study was conducted with children aged 5 to 7 attending kindergartens and first-grade classes in the city of Gjirokastër. The selection was based on the children's social profiles, including those from divorced families, children in foster care, children with special needs, children from rural areas, and children diagnosed with mutism. The researchers applied a quantitative methodology over a seven-week period, using art therapy techniques. The children were assigned tasks such as: “Draw yourself”, “Draw your house”, “Draw your family”, “Draw a tree”, and “Draw your circle of friends.” The aim of this mini-study was to explore how visual art and its specific techniques contribute to the emotional development of children with learning difficulties, especially those with mutism—a disorder characterized by the selective absence of speech, often seen as a form of internalized aggression, self-blame, or excessive self-control. Findings revealed that through the use of colors, spatial composition, and geometric forms to depict human figures, the children expressed their emotional states and attitudes toward family members. Art served as a therapeutic “massage” for their inner emotional pain. In particular, two children with mutism managed to express their emotions through drawing. The analysis of their artwork proved to be an effective way to shed light on their suppressed emotional world.

**Keywords:** emotions, visual art, mutism, children, family, teacher

## THE ROLE OF ARTIFICIAL INTELLIGENCE AND HUMAN RESOURCES IN THE TRANSFORMATION OF PUBLIC ADMINISTRATION

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**Abstract:** In the last decade, artificial intelligence (AI) is revolutionizing the way public services are delivered, bringing greater efficiency and transparency to the public. In Albania, the process of integrating artificial intelligence in administration is still in the development phase, but it is expected to have profound impacts on the organization of public institutions and on the role of human resources (Brynjolfsson & McAfee, 2017; Dumi, 2022). This technological transformation raises important questions on the adaptation of public administration and the challenges that must be addressed for a successful transition, including the reduction of human resources and the need to reconceptualize the supervisory role of public administration.

This study uses a combined methodology, including literature analysis, case studies and interviews with experts in the field. The descriptive and exploratory approach aims to assess the innovations and challenges of artificial intelligence in the Albanian public administration, analyzing factors such as legal framework, ethics and economic impact (National Authority for Information and Communication Technology, 2023). While EU countries have defined clear policies for AI management, Albania still faces significant challenges in adapting institutions to this digital revolution (Silver, 2019).

This study aims to contribute to policy-making on AI, providing recommendations for the adoption of these technologies in a balanced and sustainable manner. The results of the study are expected to help policy makers and public administration in defining strategies for an effective use of AI, maintaining the supervisory role of human resources and minimizing the potential challenges of this transition.

**Keywords:** Artificial Intelligence (AI), Public Administration, Policy Making, Human Resources, Digital Transformation.

## NATURAL AND CULTURAL TOURISM: PERSPECTIVES FOR SUSTAINABLE RURAL DEVELOPMENT IN ALBANIA

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**Abstract:** This study analyzes the geographical distribution of tourist arrivals in Albania, during the period 2016-2024, in the natural and cultural heritage systems in Albania. The results show significant contrasts in the county level, reflecting a specific cultural or natural profile. The number of foreign tourists has increased by 247% compared to 2016. These tourists have entered Albania for personal reasons at the rate of 98.5%. During this 8-year period, the specific weight of tourists who have chosen to visit Albania by land has decreased from 84.5% to 68.0%, the number of those who have chosen the sea has decreased from 5.9% to 4.4%, while the number of tourists who have entered by air has increased from 9.6% to 27.6%, dominated by tourists from Kosovo, North Macedonia, Greece, Italy and England. The number of tourists visiting cultural attractions has decreased from 14.2% in 2016 to 11.2% in 2024, with an increase in world heritage sites such as: Butrint Archaeological Park, National Historical Museum, Gjirokastra Castle, Butrint National Park, Apollonia National Archaeological Park. The number of tourists visiting protected areas has increased from 24.5% in 2016 to 47.6% in 2024, especially in national parks, natural monuments, natural reserves and protected landscapes. The creation of the database helped in the design of the tourist map and the identification of differentiated regional tourist contrasts. The work methodology is based on the full Microsoft package for statistical processing and GIS for cartographic analysis. The findings in the study constitute a contribution to the development of sustainable rural development strategies and policies, promoting a comprehensive tourism development approach.

**Keywords:** Albania, UNESCO, tourists, natural tourism, cultural tourism, sustainable rural development

## LINGUISTIC REVIEWS IN THE WORK OF NONDA BULKA

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**Abstract:** Studying the literary and artistic creativity of a writer is not only a great responsibility but also a pleasure. These take on even more value when you have in your hands the works of the authors of the 1930s. Quite a few studies have been conducted on this period, but their works pave the way for further studies in other fields such as: ethnography, phonetics, dialectology, grammar, lexicology, language culture, etc. In this paper, we will reflect only on some of the linguistic characteristics of the poetic discourse of Nonda Bulka, as one of the most prominent representatives of journalism and poetic prose of the 1930s in Albania.

Nonda Bulka is self-aware when he writes, and he demonstrates this best in his works, in the way he uses language, not only as an artistic tool but also as an instrument of denunciation and social awareness. His style is a combination of spoken language, irony, cutting sarcasm, and emotional figuration, which is still tangible today for the Albanian reader.

In the literary-artistic discourse of Nonda Bulka, the originality expressed through the power of language and deep humanitarian sensitivity stands out. He has generally written in standard language, and his works provide significant contributions to the processing of syntactic structures, enriching expressive tools that belong to everyday discourse, and concrete vocabulary, addressing essential issues of the current Albanian context of this period.

**Keywords:** Nonda Bulka, discourse, sarcasm, irony, literary language, society.

## LABORATORY DATA ON INSULIN RESISTANCE AND POLYCYSTIC OVARY SYNDROME (PCOS), CLINICAL CASE PRESENTATION.

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**Abstract:** Polycystic ovary syndrome (PCOS) is a common endocrine disorder affecting women of reproductive age. It is characterized by ovulation disorders, high androgen levels, and the presence of many small cysts in the ovaries. PCOS is often associated with problems such as irregular menstrual cycles, infertility, acne, and excessive body hair growth. It affects approximately 6–20% of women worldwide and is often diagnosed late, due to the variety of symptoms it presents.

The aim of this presentation is to provide a brief overview of the clinical features, diagnosis, and current treatments of PCOS, along with the presentation of 2 clinical cases observed during our clinical practice. Diagnosis is usually based on the Rotterdam criteria, while treatment includes lifestyle changes, hormone therapy, and treatment of insulin resistance.

PCOS is a complex condition that requires an integrated and individualized approach to its management. Early treatment helps prevent long-term complications such as type 2 diabetes and cardiovascular disease.

**Keywords;** PCOS, Insulin, Blood Sugar, Insulin Resistance.

## THE REAL POTENTIAL FOR THE DEVELOPMENT OF PASTORAL TOURISM IN THE LABËRIA REGION

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**Abstract:** Labëria region is one of the largest ethnographic areas in Albania. What really sets this region apart from others are its rich ethnographic elements such as rituals, customs, traditions, customary law, dialect, traditional clothing, and many more. However, its most distinctive feature lies in its economic structure. Due to factors such as terrain, climate, and abundant pasture resources, the primary economic activity of this region has historically been livestock farming. This practice has evolved over thousands of years and has remained largely unchanged throughout the region.

As a result of this unique economic characteristic, ideal conditions now exist for the emergence of a new sub-sector in the economy: pastoral tourism. With the growing number of tourists visiting Albania, interest in traditional livestock farming has also increased. But what attracts the tourists to these traditionally organized shepherd camps?

The greatest attraction in this aspect is the shepherds' way of life—an ancient and perhaps archaic lifestyle, the processing of dairy products within the camp itself, and the interesting tools and structures that are part of the shepherds' daily environment. These include constructions made from local materials, milking areas, dairy-processing equipment, and other everyday shepherding tools. These elements collectively offer a compelling and authentic experience of pastoral life in the Labëria region, making pastoral tourism a promising path for enhancing household and regional economic development.

**Key words:** livestock farming, tradition, shepherd camp, ethnography, Labëria.

## IMPROVING THE PROFESSIONAL OUTCOMES OF TEACHERS ESSENTIAL FOR THE SUCCESS OF SCHOOLS

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**Abstract:** The role and influence of teachers in the learning, formation, development of students and their confrontation with life, through their performance and different roles, is and will always be the main priority in school environments. School is the most important place for students to learn and develop their educational and social skills, for scientific-cultural, emotional, physical formation, as well as social emancipation. Teachers play an important role in ensuring the education of students, the formation their personal and professional. Every school tries to recruit good and qualified teachers, trained with international curriculum changes and cultural, technological, social and societal transformations. Teacher support in terms of teaching in school environments, their professional and intellectual development is essential for the success of schools and students. Numerous resources are needed to assist teachers in their professional growth. Sometimes additional support is needed to help teachers develop so they can meet performance standards.

The purpose of the study is related to the impact of the teacher's professional development, his performance, on the improvement of the students' achievements.

**Keywords:** Teacher, performance, achievement, student, professional development.

## **CURRICULUM ANALYSIS AND CAREER DEVELOPMENT, OPPORTUNITIES AND ADAPTATION IN EDUCATION AND EMPLOYMENT**

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**Abstract:** Curriculum analysis and career development are essential for achieving excellence and adapting education systems and employment markets to contemporary dynamics. For countries in transition like Albania, strategic career development is critical for economic progress, innovation and long-term sustainability. This process requires an integrated approach that addresses skills gaps, promotes a culture of lifelong learning and ensures the relevance of educational programs.

Universities play an irreplaceable role, serving not only as centers of academic and professional training, but also as catalysts for research and bridges to industry. They must constantly adapt their programs to reflect the demands of a rapidly transforming global labor market. This global labor market is influenced by technological advancements, artificial intelligence, globalization, demographic changes, and economic crises, creating ongoing challenges for job seekers and employers, especially in terms of digital, green, and transversal skills. This proactive improvement of curricula aims to bridge the gap between educational offerings and real-world demands, addressing the specificities of sectors such as public administration and labor law. This paper, based on a research approach that includes in-depth analyses of curricula, quantitative and qualitative methods, as well as the study of best practices in career development, aims to identify effective strategies. These strategies will align education with market needs, promoting excellence in professional preparation and the continuous adaptation of the workforce.

The paper addresses current challenges and contributes to building a competitive workforce and an inclusive and sustainable society in Albania, offering concrete recommendations for policymakers and educational institutions.

**Keywords:** Career development, Curriculum analysis, Labor market, Innovation.

## UNIVERSITY RESEARCH CENTERS: DEVELOPMENT ENGINES IN THE CONTEMPORARY ERA – THE CASE OF "EQREM ÇABEJ" UNIVERSITY, GJIROKASTËR

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**Abstract:** In the global landscape of higher education and development, university research centers have become essential engines of innovation and socio-economic transformation. This abstract examines their strategic importance, particularly in the context of "Eqrem Çabej" University Gjirokastrë.

In this era, where local challenges require knowledge-based solutions, the creation of a university research center is not a luxury, but a necessity. "Eqrem Çabej" University, positioned in a region with unique potentials (tourism, cultural heritage, natural resources), can serve as a catalyst for development by addressing the real needs of the community. Through applied research, such a center would generate concrete solutions, accelerate entrepreneurship, and strengthen human capacities through the involvement of students and academic staff.

The experiences of OECD member countries successfully demonstrate the impact of university research centers. These centers have resulted in increased productivity, efficient technology transfer and strengthened competitiveness at regional and national levels. They serve as bridges between academia, business and government, creating innovation ecosystems. Their successful model emphasizes the need for interdisciplinary collaboration, sustainable financial resources, and full integration with development policies.

The establishment of such a center in Gjirokastrë, following international best practices, will position "Eqrem Çabej" University as an essential reference point and source of knowledge, expanding its influence at the national, European and international levels.

**Keywords:** University Research Center, Local Development, Innovation, Applied Research, OECD Interdisciplinary Cooperation, Knowledge Transfer.

## REGIONAL INITIATIVES VERSUS MULTILATERISM IN ALBANIA. CASE STUDY: OPEN BALKAN

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**Abstract:** Since the early 1990s, the number of regional trade agreements in the world has experienced a remarkable evolution. But it remains debatable whether the countries involved in these regional integration agreements benefit or lose. Bhagwati's (1991) phrase: "Are Regional Integration Agreements building blocks, obstacles, or stepping stones towards multilateralism?" is well-known and leads to a more comprehensive question for economists in recent decades. Are these regional agreements good or bad for the multilateral system in general?

Albania, like all the countries of the Western Balkans, has the ambition of membership in the European Union and has expressed a willingness and desire for regional cooperation.

This paper, through existing theory and quantitative analyses referring mainly to trade data of Albania with the Western Balkan countries, aims to emphasize the importance of regional integration (like "Open Balkan" Initiative) for small and underdeveloped countries like Albania and the remaining WB6, as a step that precedes integration on a larger scale.

In addition to the theoretical aspect and relevant recent literature, in order to reach valid conclusions, the method of study consists on gathering several data related to GDP growth in %, import and export performance of the WB6 during the last decade, trade volume within the WB6, exports and imports of goods and services as a share of GDP in the Western Balkans from 2015 to 2023.

Quantitative analyses show that increased regional interaction can bring benefits to the countries of the region, but these benefits are associated with high risks whether they are comprehensive or selective. In this sense, deeper trade opening with further reduction of trade barriers between countries should be well studied and consulted widely and in every detail with business groups.

**Keywords:** Regional Integration, Western Balkans, International Trade, Albania, Open Balkan

## FOREIGN SUFFIXATION: A COMPARATIVE STUDY OF DERIVATIONAL PARALLELISM AND MORPHOLOGICAL ASSIMILATION IN ALBANIAN AND ENGLISH

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**Abstract:** The aim of this paper is to present a comparative analysis of word-formation processes in Albanian and English, focusing specifically on abstract nouns derived through foreign suffixation. The study consists of two interconnected parts. The first provides a general overview of the role of nominal derivation with foreign suffixes in present-day Albanian, while the second part expands this discussion through a cross-linguistic comparison with English, drawing on shared morphological tendencies despite the structural differences inherent in the respective languages. This study focuses on how both Albanian and English have gradually integrated suffixes of foreign origin—primarily from Latin, and Greek—into their lexical and grammatical systems. Suffixes were extracted from the editorial section of “*Panorama*” newspaper and analyzed morphologically using a pre-defined list of suffixes. Based on the banks of words, a few foreign suffixes proved to be more productive than the others. For example, in the case of Albanian, suffixes such as *-izëm* (*socializëm, komunizëm*), and *-itet/-iteti* (*aktivitet, sensibilitet*) etc., have become productive tools in the formation of abstract nouns. In contrast, English adopts classical suffixes such as *-ism* (*capitalism, totalitarianism*) and *-ity* (*activity, curiosity, sensitivity*) etc., by preserving their form while removing inflectional flexibility, resulting in fixed derivations. There is hardly any study to date to examine *derivational parallelism* in both languages, a shared tendency to expand creation of abstract nouns through foreign suffixes. This paper will contribute by filling such a gap by offering a synchronic description and semantic characterization of a selected set of suffixes in both languages, and by illustrating how cross-linguistic borrowing serves as a powerful mechanism for lexical and semantic expansion.

**Keywords:** suffix, word-formation, derivational parallelism, lexicon, semantics.

## THE IMPACT OF AI IN PUBLIC ADMINISTRATION: TRANSFORMING GOVERNANCE AND SERVICES

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**Abstract:** The integration of Artificial Intelligence (AI) in public administration is rapidly transforming the nature of governance and the delivery of public services. This paper investigates the implications of AI deployment across various domains of government operations, with a focus on how intelligent systems are reconfiguring administrative processes, public policy implementation, and citizen engagement. AI technologies—ranging from predictive analytics and natural language processing to robotic process automation—are enabling governments to streamline bureaucratic procedures, enhance real-time decision-making, and provide more personalized and accessible public services.

The research adopts a multidisciplinary approach, combining insights from public administration, information systems, and governance studies to examine both the transformative potential and the inherent risks of AI adoption in the public sector. While AI promises greater efficiency, cost reduction, and data-driven policymaking, its integration also raises significant ethical, legal, and institutional concerns. These include algorithmic bias, lack of transparency in automated decisions, the erosion of public trust, and the displacement of public sector jobs. Furthermore, the paper highlights the necessity of ensuring democratic accountability, safeguarding fundamental rights, and preserving human agency in an increasingly automated administrative environment.

Through a critical review of international case studies and policy frameworks, the paper identifies key factors that contribute to the successful and equitable implementation of AI in public governance. It argues that a balanced approach—grounded in transparency, inclusiveness, and ethical oversight—is essential for harnessing AI's benefits while mitigating its risks. The findings contribute to current debates on digital transformation in the public sector and offer practical recommendations for policymakers, practitioners, and scholars concerned with the future of public administration in the age of intelligent technologies.

**Keywords:** Artificial Intelligence, Public Administration, Digital Governance, Algorithmic Accountability, Public Service Innovation

## ACADEMIC INTEGRITY AND PLAGIARISM: MISSING LAWS OR RULES NOT ENFORCED?

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**Abstract:** Law is a tool. But is it sufficient to guarantee proper behavior in an institution? In the field of higher education, where academic integrity is the foundation of every degree, the question gains particular weight. Albania has a legal framework that, in theory, provides measures against plagiarism and ethical violations. But in practice, does it work? Are we dealing with missing laws or with laws that are simply not enforced?

This paper addresses the issue not only through a review of legal norms and internal regulations of higher education institutions in the country, but more importantly by examining how these norms are applied—or not applied—in everyday reality. Punishments for plagiarism are rare, sometimes nonexistent. Ethics councils operate with limited capacity, often without technological support and standardized procedures. In many cases, there is a lack of will to enforce the rules.

In the second part of the study, a comparison is made with the practices of European Union countries—nations that have addressed academic integrity not as a formality, but as a philosophy embedded in university life. Through independent boards, mandatory training, and the use of technology, these countries have created a system where honesty is not left to individual conscience, but is supported by clear structures and standards.

The paper does not offer simple answers, but raises a fundamental question: is the problem the law itself, or the way we use it? And it suggests: only when academic honesty is treated as a value and not a formality will regulations take on real meaning.

**Keywords:** Plagiarism, academic integrity, law enforcement, higher education, university ethics, European Union.

## **THERAPEUTIC TREATMENT OF CLINICAL MANIFESTATIONS OF BRUCELLOSIS DURING THE PERIOD 2013-2023 AT GJIROKASTRA HOSPITAL**

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### **Abstract**

**Introduction:** Brucellosis is one of the most common zoonotic diseases spread worldwide. Albania, as part of the Balkans, is recognized as one of the regions with the highest incidence of this disease, which has led to continuous epidemiological and clinical studies. Analysis of the epidemiological data from the Institute of Public Health (ISHP) shows that the incidence peaked in 2005 at 33.1/100,000 inhabitants, dropped to 3.5/100,000 inhabitants in 2019, and since then has remained even lower, around 1-2/100,000 inhabitants. Epidemiological investigations by the ISHP show that 70% of infected individuals have had direct contact with infected animals.

**Materials and Methods:** This study analyzed 98 patient records of individuals diagnosed with brucellosis at the "Omer Nishani" hospital in Gjirokastra, between 2013 and 2023. The therapeutic treatment of these patients was studied based on their clinical conditions.

**Results:** The data collected from the study of the 98 patient records revealed that the basic treatment for brucellosis is doxycycline. In the majority of cases (92%), a combination therapy was applied. Ceftriaxone was the main companion of doxycycline (82%). Only 3% of the cases were treated with a combination of three antibiotics. About 51% of hospitalized cases also received corticosteroid therapy, and 47% were treated with anti-inflammatory drugs. The condition of patients upon discharge from the hospital showed that 38% were fully recovered, and only 4% were transferred to the University Clinical Center of Tirana (QSUT) for more specialized treatment.

**Conclusions:** Despite the measures taken to reduce the incidence of brucellosis, it remains a significant zoonosis in both epidemiological and clinical aspects. Hospital treatment has shown good efficacy. Doxycycline is the main antibiotic used for treatment. There is a significant difference in the combined therapy used at the Regional Hospital of Gjirokastra compared to the protocol recommended at QSUT. The widespread use of antibiotics may present a long-term issue related to antimicrobial resistance.

**Keywords:** Brucellosis, antibiotic therapy

## LIQUIDITY DILEMMA AND THE WAYS OF ITS MANAGEMENT IN BANKING FIRM

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**Abstract:** Indirect financing is realized through significant financial methods and techniques. Among them, an important role and place is occupied by banking firm. It realizes the biggest part of the indirect financing transactions. On the other hand, the monetary policy implementation mechanism is closely related to the functioning of the banking system.

This study uses a combined methodology, including literature analysis and case studies of managing the liquidity dilemma from best bank practices.

This is the reason why in this paper we will analyze and focus our attention on banking firms as representatives of financial intermediaries and the ways of managing the liquidity dilemma, a phenomenon everywhere found in banking system. To face this dilemma, there are several ways and techniques of managing it.

Also, to better understand the functioning of the banking firm, we will first analyze a general instrument of control and management, which is the balance sheet of the firm. Then we will analyze the ways the bank manages its assets and loans, two main activities on which the banking firm bases its activity.

The paper ends by giving some conclusions and recommendations on the best ways of dealing with liquidity dilemma.

This paper aims to contribute to the banking sector by helping bankers in managing difficulties and meeting their needs for liquidity and availability.

**Keywords:** Liquidity Dilemma, Banking Firm, Management, Balance Sheet, Indirect Financing

## **THERAPEUTIC TREATMENT OF CLINICAL MANIFESTATIONS OF BRUCELLOSIS DURING THE PERIOD 2013-2023 AT GJIROKASTRA HOSPITAL**

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**Abstract:** Brucellosis is one of the most common zoonotic diseases spread worldwide. Albania, as part of the Balkans, is recognized as one of the regions with the highest incidence of this disease, which has led to continuous epidemiological and clinical studies. Analysis of the epidemiological data from the Institute of Public Health (ISHP) shows that the incidence peaked in 2005 at 33.1/100,000 inhabitants, dropped to 3.5/100,000 inhabitants in 2019, and since then has remained even lower, around 1-2/100,000 inhabitants. Epidemiological investigations by the ISHP show that 70% of infected individuals have had direct contact with infected animals. **Materials and Methods:** This study analyzed 98 patient records of individuals diagnosed with brucellosis at the "Omer Nishani" hospital in Gjirokastrë, between 2013 and 2023. The therapeutic treatment of these patients was studied based on their clinical conditions. **Results:** The data collected from the study of the 98 patient records revealed that the basic treatment for brucellosis is doxycycline. In the majority of cases (92%), a combination therapy was applied. Ceftriaxone was the main companion of doxycycline (82%). Only 3% of the cases were treated with a combination of three antibiotics. About 51% of hospitalized cases also received corticosteroid therapy, and 47% were treated with anti-inflammatory drugs. The condition of patients upon discharge from the hospital showed that 38% were fully recovered, and only 4% were transferred to the University Clinical Center of Tirana (QSUT) for more specialized treatment. Despite the measures taken to reduce the incidence of brucellosis, it remains a significant zoonosis in both epidemiological and clinical aspects. Hospital treatment has shown good efficacy. Doxycycline is the main antibiotic used for treatment. There is a significant difference in the combined therapy used at the Regional Hospital of Gjirokastrë compared to the protocol recommended at QSUT. The widespread use of antibiotics may present a long-term issue related to antimicrobial resistance.

**Keywords:** Brucellosis, antibiotic therapy

**ASSESSING THE IMPACT OF SAFETY PROTOCOLS IN MARIKATEX:  
ENHANCING WORKER WELL-BEING AND OPERATIONAL EFFICIENCY IN  
ALBANIA'S TEXTILE SECTOR**

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**Abstract:** This study evaluates the implementation and outcomes of a newly piloted workplace safety protocol at MarikaTEX, a leading textile manufacturer based in Gjirokastrë, Albania. Developed in collaboration with the "Eqrem Çabej" University and funded by AKKSHI, the project aimed to improve occupational safety conditions in a sector historically characterized by limited regulation and high operational risk.

Through the introduction of structured safety guidelines, mandatory training modules, ergonomic interventions, and regular on-site inspections, the initiative targeted both physical and psychological well-being of workers. The impact assessment combined quantitative data (incident reports, production metrics) with qualitative insights (worker surveys and interviews). Key findings show a 37% reduction in reported incidents, a measurable increase in worker satisfaction, and a 12% improvement in production line efficiency within the 3-month pilot window.

From a financial standpoint, early data suggest a decrease in indirect costs related to work stoppages, medical leave, and staff turnover. Moreover, improved compliance with international safety standards has positioned MarikaTEX more competitively in the global B2B procurement space, particularly for clients in defense and public safety sectors. The projected return on investment (ROI) for full-scale protocol adoption is estimated at 18% over a 12-month horizon, based on reduced downtime and higher output per labor unit.

This paper offers an evidence-based case for embedding safety as a core operational strategy in Albania's industrial landscape. Recommendations include phased scalability of the protocol, ongoing training investments, and digitalization of monitoring tools to ensure long-term cost-efficiency and compliance.

**Keywords:** Occupational Safety, Operational Efficiency, Cost Reduction, Return on Investment (ROI), Textile Industry, Workplace Productivity

## A LOOK AT TURKISH BORROWINGS IN PEDERSEN'S WORK "ALBANESISCHE TEXTE MIT GLOSSAR"

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**Abstract:** This paper presents a linguistic look at the borrowings of Turkish origin in the work "Albanesische Texte mit Glossar" by the Danish albanologist Holger Pedersen. His work, published at the end of the 19th century, contains a collection of folk texts collected in the field, which reflect the spoken language of the time and foreign influences on it, especially those of the Ottoman period. Special attention is paid to the originality of the fairy tale texts (about 35 of them) and the way in which the words are explained in the glossary. The aim of this study is to identify and analyze the Turkish words included in these texts, the lexical fields where they appear most frequently and the way in which they are integrated into the phonetic and morphological system of the Albanian language. Through the examination of the texts and the glossary, we will be able to analyze the use of these words and the areas where these borrowings appear most frequently. The words that mark the elements of this culture include such areas as: administration, religion, economy, daily life, etc. According to this analysis, we aim to show the role that Turkish borrowings played in the enrichment and development of the lexicon of the Albanian language of that time, their presence in certain areas and the importance of the work for all Albanian studies.

**Key words:** Pedersen, Turkish borrowings, glossary, sphere, texts, fairy tales, influence, use.

## THE IMPORTANCE OF THE PROGRAM AND CURRICULUM IN LITERARY READING, SUBJECT PLANNING, SCIENTIFIC RESEARCH METHOD

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**Abstract:** The literary reading program, like the Albanian language program, also defines the explanatory notes, the purpose of the teaching-educational tasks in accordance with the importance of the subject in the 8-year school, the most important teaching methods that should be used and provides general instructions for explaining pieces of poetry, various folklore fragments. Therefore, the program itself contains the volume of theoretical knowledge that students should acquire, such as: skills in literary reading, recitation, development, as well as reading outside the classroom, or in written work. The teaching of literary reading has the following subdivisions, such as: Instructions and exercises to acquire the technique of expressive reading, forced reading outside the classroom, ideo-artistic analysis of literary pieces, hours at the teacher's disposal. If, for example, we have a six-month plan for the subject of literary reading, as well as for language, it is drawn up mainly based on the curriculum, program and literary reading texts, but this does not exclude the critical use of auxiliary literature or articles from the pedagogical press. Some teachers add others to these categories, such as ideological and political education, work on the development of speech, for writing or written work. Critical thinking. Critical thinking is the process of in-depth thinking, accompanied by an attitude and evaluation oriented towards thinking strategies in solving problems. The scientific inquiry method is one of the most straightforward methods. Thus, answering questions will be the primary activity of students in the classroom, but questions serve different purposes at different times. At the beginning of the lesson, questions are used to review previous learning. After review, questions related to reading are used to develop and build understanding. Questions take a third form during individual work, when students work with worksheets or workbooks. Teachers tend to select and organize activities, such as questioning, to achieve certain goals and objectives during teaching time, in order to integrate the knowledge built and created with previous ones and use it in real life.

**Keywords:** methods, curriculum, critical thinking

## THE SITUATION OF FORMER POLITICAL PRISONERS: THE CHALLENGES IN THE EFFECTIVE REALIZATION OF THEIR RIGHTS IN ALBANIA

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**Abstract:** This article examines the current challenges faced by former political prisoners/persecuted persons in Albania, in the context of transitional justice and human rights. The communist regime in Albania ended in the early 1990s. Nevertheless, the consequences of political persecution continue to be present in the daily lives of survivors and their families. This paper seeks to highlight three key aspects: firstly, reparations and legal recognition; secondly, the systematic treatment of the burial sites of the victims; lastly, public remembrance and awareness of the crimes of the regime. The procedures regarding financial reparations for former political prisoners have been fragmented and slow, as well as sometimes politicized. Several laws have been approved to compensate these victims. Nevertheless, their implementation has been accompanied by bureaucratic barriers, insufficient funds, frequent legal changes, and more. Many beneficiaries are elderly and in poor health conditions, thus it is crucial to accelerate these procedures. There hasn't been a stable or transparent mechanism for reparations. This has raised concerns about the capacity of Albanian state structures to guarantee human rights in a post-totalitarian context. The state of the burial sites of victims of communism is another serious problem. Many of the victims executed or disappeared during the communist regime remain unidentified, while efforts to locate and identify them are limited and inconsistent. The lack of a national strategy to address this issue constitutes a violation of the right to know the truth, as defined in international human rights standards. Finally, the commemoration of the victims of communism and historical education about the crimes of the regime remain fragmented. While some initiatives have been taken to establish memorials and museums, a consistent state policy to build a culture of memory is lacking. The article highlights that the lack of a comprehensive and institutionalized approach to transitional justice in Albania constitutes a serious obstacle to the guarantee of human rights and the building of a democratic society. In conclusion, recommendations are presented for the improvement of the legal and institutional framework, including the acceleration of reparations processes and the integration of historical education into the educational system.

**Key words:** former political prisoners/persecuted, human rights, reparations, historical memory, transitional justice

## **ZGJIDHJA E PROBLEMEVE REALE SI MJET PËR TË NXITUR TË MENDUARIT KRITIK NË KLASËN E TRETË TË ARSIMIT FILLOR.**

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**Abstrakt:** Zhvillimi i të menduarit kritik në mjedisin bashkëkohor arsimor, është një ndër objektivat më të rëndësishëm të procesit mësimor. Punimi ynë paraqet përvojën praktike në klasën e tretë të arsimit fillor, e cila përdor problemet reale të jetës së përditshme si një strategji për të nxitur të menduarit kritik, krijues dhe reflektues tek nxënësit. Nëpërmjet integritit të matematikës dhe situatave nga jeta e përditshme, si blerjet në treg apo ndarja e burimeve, nxënësit mësojnë të analizojnë, të arsyetojnë dhe të propozojnë zgjidhje të ndryshme për të njëjtin problem. Gjatë prezantimit do të diskutohen shembuj konkretë të aktiviteteve mësimore, mënyrat e vlerësimit të të menduarit kritik, si dhe reflektimet mbi ndryshimin që sjell kjo qasje në angazhimin dhe zhvillimin kognitiv të fëmijëve. Ky studim praktik mbështet idenë se arsimi cilësor në ciklin fillor duhet të përqendrohet jo vetëm në përvetësimin e njohurive, por edhe në formimin e shprehive mendore që shërbejnë për të përballuar sfidat e jetës reale.

**Fjalë kyçe:** Të menduarit kritik, zgjidhja e problemeve, problem reale, situatë nga jeta reale, kompetenca e të menduarit, strategji mesimore.

## THE ROLE OF THE NATIONAL SECURITY STRATEGY IN THE WAR ON TERRORISM IN ALBANIA

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**Abstract:** This article aims to provide a comprehensive and critical analysis of the strategic role of the National Security Strategy of the Republic of Albania in addressing and preventing threats stemming from terrorism, radicalization, and violent extremism. Through an interdisciplinary approach that combines academic literature with official documents prepared by state and international institutions, the article examines the institutional security architecture, the legal framework that supports it, as well as the inter-institutional coordination mechanisms designed to strengthen the state's capacities in this field. Particular attention is given to the need for an integrated approach to policymaking and the implementation of counter-terrorism strategies, emphasizing the role of cross-sectoral cooperation between domestic institutions and law enforcement agencies, as well as the importance of international partnerships within the framework of Albania's commitments to NATO, the UN, the EU, and other regional and global security initiatives. The article argues that an effective approach to these challenges requires not only the harmonization of policies and legislation but also capacity building and the cultivation of trust between state actors and civil society. In this context, the National Security Strategy is seen as a foundational document that not only guides institutional actions but also reflects the Albanian state's commitment to contributing to regional and global security in an increasingly complex and intricate security environment.

**Keywords:** National Security Strategy, Terrorism, Radicalization

## COOPERATION OF ALBANIAN INSTITUTIONS IN THE FIGHT AGAINST TERRORISM

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**Abstract:** This paper examines terrorism and organized crime as serious threats to national security and constitutional order in Albania, with particular emphasis on the role of security forces and institutional cooperation. It begins by exploring the historical background and classification of various forms of terrorism globally and nationally, including political, religious, ethnic, and state-sponsored terrorism. The analysis continues with an overview of the tools and methods used by terrorist organizations, as well as their sources of funding—particularly drug trafficking and transnational networks. A dedicated section focuses on the Albanian context after the 1990s, a period during which the influence of extremist religious ideologies and the lack of institutional oversight created a fertile ground for radicalization. The study concludes with an evaluation of policies and institutional mechanisms implemented to combat terrorism, including relevant legislation and international cooperation, and offers concrete recommendations for preventing radicalization and strengthening state capacities in this field.

**Key Words:** Terrorism, strategy, radicalism, organization, influence

## FROM TRANSIT POINT TO TOURIST DESTINATION: FACTORS INFLUENCING THE UNTAPPED POTENTIAL OF THE CITY OF TEPELENA

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**Abstract:** Tepelena, a city with a rich history and distinctive nature, is located at a key point in southern Albania. Despite its great potential for tourism development, it remains primarily a transit point for travelers who briefly stop on their way to Gjirokastër, the Ionian Riviera, or other natural parks. This paper aims to analyze the reasons that have hindered the city from developing as a sustainable tourist destination and to offer some concrete perspectives for the future. The study is based on a mixed approach, using statistical data, local development documents, and interviews with stakeholders involved in the tourism sector. Three main challenges have been identified: the lack of adequate infrastructure (accommodation, tourist orientation, road access), the lack of human capacities and inter-institutional cooperation, and the lack of cultural offerings that would motivate tourists to stay longer. Nevertheless, Tepelena has much to offer: rich cultural layers from antiquity to modern times, historical events and phenomena including the figure of Ali Pasha Tepelena and his period of influence across the Albanian territories, which attracted the attention of the European powers of the time; the Vjosa River with its two branches, Drino and Bença, now declared a national park; and its location on one of the main transportation arteries in the south of the country. These elements constitute a solid foundation for building a sustainable tourism profile. If these resources are carefully managed through a long-term strategy and institutional cooperation, Tepelena can transform from a transit point into a destination that offers an authentic experience and added value to the local economy and community.

**Keywords:** sustainable tourism, local development, cultural heritage, tourist destination.

## OPPORTUNITIES FOR THE DEVELOPMENT OF ALTERNATIVE FORMS OF TOURISM IN THE PROTECTED AREAS OF GJIROKASTËR

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**Abstract:** Tourism is considered one of the most important economic activities in the global economy. For many regions, it is a significant factor for economic development. Its impact is classified into three categories: economic, socio-cultural, and environmental. Measuring these impacts is important for local economies. For this reason, recognizing the available tourism potentials, as well as raising awareness among local residents about the benefits of this sector, is essential.

The purpose of this paper is to analyze the tourism potentials that enable the development of various forms of alternative tourism in the protected areas of Gjirokastër. This paper will include a description of local residents' perceptions regarding these alternative forms of tourism, which represent great development potential and could turn the area into a sustainable tourist destination.

**Key words:** alternative tourism, protected areas, local community

## ENGLISH FROM OLD TO MODERN: WHOSE LANGUAGE IS IT TODAY?

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**Abstract:** This paper embarks on an in-depth exploration of the evolutionary changes in the English language, tracing its journey across distant past and more recent historical periods. It investigates significant milestones that have shaped English's phonological, morphological, syntactic, and semantic systems, with particular emphasis on the pivotal influences of the Germanic tribes, the Norman Conquest, British colonial expansion, and the standardization facilitated by the advent of the printing press. Through this historical lens, the paper highlights the linguistic and cultural forces that have contributed to the continuous transformation of English over centuries.

Moreover, the paper examines the status of English today as a globalizing language—one that exerts a profound and avenging influence on the very languages and cultures that once shaped its evolution. Designated as the dominant language of technology, science, aviation, navigation, and international communication, English is not only altering linguistic performance but also reshaping socio-cultural behaviors in communities worldwide. Its expansive reach has fostered bilingualism and, in some cases, multilingualism, creating new linguistic realities.

In conclusion, the paper invites readers to reflect on a pressing question: Does English still belong to its native speakers, or has it evolved into a shared, global entity shaped by the diverse voices of all who use it?

**Keywords:** language evolution, English globalization, linguistic performance, bilingualism, multilingualism.

## MODERNITY IN THE POETRY OF FATOS ARAPI

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**Abstract:** Modern Albanian literature represents a crucial stage in the history of national literary development, marking a clear break from the traditional model of the Rilindja (National Awakening) period and opening the way to a new poetics, more introspective and more emancipated in both form and content. These essential features find continuity and further development among contemporary Albanian authors, who reevaluate literary expression within new historical, social, and cultural circumstances. Within the rich and enduring tradition of Albanian poetry, Fatos Arapi occupies a distinct place, as one of the most original and sensitive voices of literary modernism. He brings a fresh spirit to Albanian poetry, reimagining it with innovations both formal and thematic. Arapi experiments with new poetic structures and employs innovative linguistic techniques that transform the traditional verse form, introducing a poetry that is freer, more personal, and more focused on poetic expression. His poetic language is characterized by aesthetic flexibility, symbolic richness, and often a metaphysical depth, which liberates poetry from rigid ideological frameworks and allows space for multiple interpretations and emotional resonance. In terms of content, his poetry stands out for its wide-ranging and profound themes that go beyond the social or political concerns of the time. Arapi approaches reality with a renewed creative consciousness, exploring the philosophical and existential dimensions of life: love, identity crisis, individual freedom, the search for meaning, and the human condition. Philosophical meditation is naturally intertwined with civic engagement and social critique, giving his poetry a dual dimension, both personal and universal. Fatos Arapi represents the model of the modern poet, building bridges between socialist realism and modern literature, while maintaining a deep sensitivity to reality and reworking it through an individualized artistic vision. He creates introspective poetry, rich in imagery, and sustained by a meditative tone, where emotion and reflection coexist in a refined aesthetic form. For all these reasons, Arapi is not valued merely for the volume of his publications, but above all for the high artistic quality of his work and his essential contribution to the transformation and modernization of Albanian poetry.

**Keywords:** poetry, modern, universal, traditional, existential, vision, aesthetic

## FLORISTIC WEALTH AND ITS IMPACT ON THE PASTURES OF THE GJIROKASTRA DISTRICT

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**Abstract:** This work aimed to carry out a complete and multifaceted study of the floristic richness of pastures in the Gjirokastra Region. This was made possible through expeditions carried out by us in the field, in all the pasture habitats of this region, starting from the plains, to the hilly ones, to the summer subalpine and alpine ones. During this work, we were able to identify the complete floristic diversity of these habitats. We have also always been careful to differentiate the types that pose problems for animal nutrition in this sector of the country's economy. These are exactly the types of poisonous plants found in almost every pasture. But in addition to this, in terms of importance, the identification of forage plants with high nutritional value in the entirety of the diversity of this flora is also considered of equal value. The identification of rare and endangered plants has also been considered very important. Determination through many keys (presented in the relevant literature) has made it possible for us to identify, in the pastures in question, a pasture floristic wealth of 535 plant species, among which 57 species are represented by rare and endangered plants, 21 species by poisonous vegetation and 21 species represent specific forage plants with higher nutritional values.

**Key words:** Pasture flora, Poisonous plants, Forage plants, heads, hectare, pasture.

## IDIOMATIC TRANSLATION AS A FEATURE OF TRANSLATION STYLE BY SOTIR CACI IN ÇOÇARJA

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**Abstract:** A recurring pattern of Sotir Caci's translation style in Çoçarja (La Ciociara) by the Italian writer Alberto Moravia is the translation of normal, stylistically neutral, non-phraseological language in the Italian source text with phraseological and other expressions in the Albanian target text. In this article we focus on and discuss this translation pattern, which we believe constitutes a feature of Sotir Caci's translation style. We first present the data and analyze them according to their common characteristics and the function they fulfill in the target text and then compare them to their equivalents in the English and Spanish translations. We offer a tentative explanation for this translational behavior based on Zohar's polysystem theory and Venuti's concept of domestication as a translation strategy as well as discuss some potential effects of such a translation choice.

**Keywords:** idiomatic translation, explicitation, translation pattern, translational behavior, domestication.

## CRIMINAL LAW AND THE KANUN OF LEKË DUKAGJINI

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**Abstract.** In the history of customary law, customs have been conceived as a set of unwritten norms, passed down orally from one generation to another and which have served to regulate social legal relations in socio-economic contexts, based on private property. The medieval civil codes that form the basis for Albanian customary law are: The Kanun of Skanderbeg, The Kanun of Lekë Dukagjini, The Kanun of the Mountains and The Kanun of Labëria. All the variations of the Kanun, without exception, provided a number of norms of criminal character. Among these, the Kanun of Lekë Dukagjini takes pride of place. According to it, a criminal offence was considered any action or inaction which violated important social relations, specially protected by the Kanun.

All the variations of the Kanun without exception, considered the existence of guilt in its two forms: premeditation and negligence as a prerequisite for criminal responsibility.

**Keywords:** Customary law, Unwritten norms, Oral tradition, Social legal relations, Medieval civil codes, Albanian customary law.

## A HISTORICAL PERSPECTIVE ON ALBANIAN CUSTOMARY CRIMINAL LAW

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**Abstract.** A law in its broadest sense is a set of rules of conduct prescribed by a controlling authority that have binding legal force. The laws of a country can be created in different ways. Different ways of creation therefore entail different sources. In the hierarchy of sources of law customary law occupies a special place. Known through its variations the Kanun is a collection of unwritten laws and norms, passed down orally from one generation to another for centuries, which reflect the socio-economic situation of past periods and which in their time protected the interests of certain classes and strata of society. Due to its importance, customary law is treated as one of the sources of law. In this article we focus precisely on Albanian customary criminal law. With this modest paper we aim to draw attention to the importance of the study of this set of laws, its institutions and the concepts that have reached us, through the Albanian customary criminal law of our time. Thus, our article aims to give a general and specific view of customary criminal law, emphasizing the main institutions that it addresses.

**Keywords:** Law, Rules of conduct, Binding legal force, Sources of law, Customary law, Unwritten laws, Albanian customary criminal law.

## BEKTASHISM AND ITS INSTITUTIONS IN THE GJIROKASTËR REGION

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**Abstract:** Historically, the region of Gjirokastër has been home to several religious beliefs, starting with paganism, followed by Christianity, and later Islam. Islam in the area is represented by both Sunni and Shia branches. Bektashism belongs to the Shia branch. In southern Albania, Bektashism emerged as a result of historical circumstances aligned with broader factors that influenced its spread throughout Albanian territories. This Shia belief, with its mystical principles, philosophical doctrines, and practices, gained the support of the Albanian people and evolved into a community that was both religious and patriotic. Bektashi missionaries such as Sari Salltiku, Resul Baba, Mursul Baba, Ballëm Sulltani, Ekri Baba, Turabi Ali Baba, Halil Ravnik Baba, and others, along with Bektashi spiritual leaders, Janissaries, and Albanian pashas like Ali Pasha Tepelena, were key figures in the expansion of Bektashism in Albanian lands. The first Bektashi institutions were established at the beginning of the 17th century (1620–1630). In the Gjirokastër region, the following tekkes (Bektashi lodges) were active: the Tekke of Zalli, Hajdërie (Shtufit), the Central Tekke (Baba Zejnel's), and the Melan Tekke. The renowned traveler Evliya Çelebi, who visited Albania over a span of ten years (in 1672 he visited Gjirokastër), wrote: “In Gjirokastër there are three tekkes, one in Tepelenë and one in Përmet. They are located on the outskirts of the cities.” The Tekke in Tepelenë is the Demir Han Tekke, while the one in Përmet is the Baba Xhafer Tekke. The tekkes in Gjirokastër include: the Tekke of Zalli, the Tekke on the Shtufit Hill (Baba Mane's), where the foundation stone dating to 1630 was found, and the Central Tekke or Baba Zenel's. According to Baba Rexhep, the first cleric with the title “Grandfather” (Gjysh) was Asim Baba (1780–1796), who also built the new Tekke of Zalli in Gjirokastër. The Tekke of Melan was founded in 1869 by Baba Ali Haqi of the Zalli Tekke.

**Keywords:** Geographical, Paganism, Bektashism, Historical circumstances Expansion of Bektashism, Turkish traveler.

## A COMPARATIVE APPROACH ON THE CLASSIFICATION OF SENTENCES IN ENGLISH AND ALBANIAN LANGUAGE: THEIR STRUCTURE AND PURPOSE OF COMMUNICATION

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**Abstract:** The aim of this paper is to identify and then compare the different types of sentences according to the structure and purpose of communication in both English and Albanian. The sentence is the smallest communication unit in which the thought is shaped and linguistically expressed. There have been a variety of approaches which have defined the sentence as either being connected with the judgment as the language was identified with the thought. In order to get an insight into the sentence and its meaning, it is necessary to see not only the semantic part of it, but also the structural aspect as they generate a variety of sentences having different meanings in several contexts. Albanian and English have undergone major changes, in which all their subsystems have become very distant from each other. Consequently, in the Albanian language the classification of sentences according to their structure differs from the variety of subclasses that a sentence can show, compared to the structural classification in the English language. In English and Albanian grammars in general, the way sentences are classified according to the type of communication shows similarities and differences. The classification according to their communicative function in the Albanian does not entirely coincide with the corresponding classification in English. In the grammars of different languages, according to the type of communication, the nature of the content, the role and function they fulfill in the discourse, three types of sentences are distinguished: declarative, interrogative and imperative.

Albanian linguists share different opinions regarding the classification of sentences according to the statement purpose and divide them into three groups: demonstrative, interrogative and imperative-exclamation. Others classify sentences into four groups: demonstrative, interrogative, imperative and exclamations. We think that the classification of sentences in Albanian by the Grammar of the Academy is the most appropriate categorization.

**Keywords:** English, Albanian, sentence, structural, purpose of statement, classification

## A PERSPECTIVE ON TEXTS THAT PROVIDE A CHALLENGE FOR A REWRITING OF THE HISTORY OF ALBANIAN LITERATURE

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**Abstract:** In our university curricula, both at the Bachelor and Master levels, Albanian Literature holds a special and important place, being seen as a fundamental part of our culture and national identity. The literary history of a nation, constructed as a chronological order of the lives and activities of its most prominent writers, is insufficient to understand this literature as a continuous process of change, in which through ongoing creation, entire parts of itself are set aside to give birth and growth to other parts, which again will be replaced by new works, tendencies, and phenomena. Like any history, the history of literature has its authors and actors, who have acted throughout the flow of time. Therefore, studies that follow the contribution of each author are scientifically necessary and always relevant. Albanian literature, until the last two decades, came with significant gaps in all directions: in publications, in monographic studies, and in the stabilization of knowledge in university and academic texts. In fact, Albanian literature continues to remain, even today, a literature still not fully published. This includes not only the early humanist literature but also that of the National Renaissance, the modernization period, and the post-war era. A serious literary history for a literature that still exists massively in manuscript form is very difficult. A new history of Albanian literature is possible, it is necessary, it is an urgent task—not just a matter for forums.

**Keywords:** Literary history, Albanian literature, studies, authors

## **ECONOMIC-PSYCHOSOCIAL EFFECTS ON NURSES IN THE HOSPITAL SERVICE DURING THE PERIOD JUNE-DECEMBER 2020**

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**Abstract:** The Covid-19 pandemic created a chaotic situation not only in the population, but also caused a lot of negative impacts in the economy, as well as in the psycho-social state of the health system, mainly in the nurses of the hospital service, especially in the emergency and infectious department. Who were in direct contact with the infected persons, near the Regional Hospital "Omer Nishani" Gjirokastrë. The immediate appearance as well as the risk of transmissibility caused comprehensive problems for the nurses of two key departments in the hospital service. Assessment of risk factors as well as finding strategies to be followed to reduce negative effects. It is a long-term, descriptive study, carried out in the "Omer Nishani" Regional Hospital, Gjirokastrë during the period June - December 2020. In this study, 80 nurses of the emergency and infectious department were included. An anonymous, self-administered questionnaire was used - such as the caseload and increase of covid-19 patients, the lack of theoretical and practical knowledge about the pandemic, as well as the fear of losing financial income. For the period June - December, it was found that 35% of nurses were afraid of losing finances due to the increase in medication costs and not treating family members in the hospital. Psychological effects were found in 40% of cases due to the increase in the affected number not only of patients but also of the medical staff itself. In 25% of the nurses, the lack of theoretical and practical knowledge was found, which made it possible to increase the confusion in the treatment of patients. Regardless of the fact that nurses have encountered difficulties in this period, the level of performance in practicing the profession, as well as work experience are factors that moderated the effect of the pandemic.

**Keywords:** Pandemic, Finance, Nursing, Psychology.

## **SAMI FRASHËRI – A BRIDGE BETWEEN THE ALBANIAN LEAGUE OF PRIZREN AND TURKISH CULTURE**

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**Abstract:** Sami Frashëri, one of the most prominent figures of the Albanian National Renaissance, played an important role in the Albanian League of Prizren, offering significant contributions in the field of the Turkish language and culture.

As one of the main ideologists of the Albanian National Movement, Sami Frashëri strongly supported the aspirations of the League for autonomy and the preservation of the territorial integrity of the Albanian lands. He used his skills as a writer and publicist to spread national ideas and raise public awareness about the Albanian issue. The topic focuses on two main pillars:

The role of Sami Frashëri in the Albanian League of Prizren, where he made an important contribution in defending the identity and rights of Albanians.

His works in the Turkish language – through which he influenced the cultural and linguistic development of the Ottoman Empire. Sami Frashëri was a bridge between two nations. He loved Albania, but also deeply influenced the Turkish language and culture. One of his most significant works, where the patriotic vision of the writer is clearly highlighted, is the prose “Albania – what it was, what it is, and what it will be.” This prose is a political and patriotic manifesto in which the author expresses a deep love for the homeland and his vision for a free, united, and advanced Albania. In this work, he gives a clear analysis of the glorious past of the Albanians, who, as he himself says, “have been one of the bravest and oldest peoples of the Balkans.” Through the work “Albania – what it was, what it is, and what it will be”, Sami Frashëri has left us a valuable legacy. He teaches us the importance of knowing our history, being aware of the present, and engaging for a better future. Let us follow his example and work for a free, united, and advanced Albania.

Sami Frashëri is not just a writer, but a visionary. His work in both Turkish and Albanian is a testimony of an intellectual who belonged to two worlds but worked for a free and civilized Albania.

**Keywords:** work, Albanian culture, Turkish culture, national awakening, Albanian.

## THE DEVELOPMENT OF SUSTAINABLE TOURISM IN THE PROTECTED AREAS OF GJIROKASTËR COUNTY

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**Abstract:** In the Gjirokastër Region, the tourism sector has become one of the most important sectors for economic development, especially in recent years, during which international attention has also increased. The region includes several protected areas and natural parks, which place it in a different category on the European tourist map and open a new path for sustainable economic and social development. The economic and social impact has already begun to be felt, as almost all indicators related to tourism components show growth. Tourism development is a complex human-environment system. Sustainable development requires not only harmonious relations among stakeholders but also coordinated development among the economic, socio-cultural, and natural environments. Now, the main challenge is setting priorities for the region's sustainable development, since this development cannot be considered merely as a random phenomenon. The aim of this paper is to analyze the quantitative indicators of sustainable tourism development in the protected areas of Gjirokastër County. The paper concludes with several findings and recommendations.

**Keywords:** protected areas, sustainable development, Gjirokaster county

## **SAMI FRASHËRI-URA LIDHËSE MES LIDHJES SHQIPTARE TË PRIZRENIT DHE KULTURËS TURKE.**

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**Abstract :** Sami Frashëri një nga figurat më të shquara të Rilindjes Kombëtare Shqiptare luajti një rol të rëndësishëm në Lidhjen Shqiptare të Prizrenit duke na dhënë kontribute të mëdha në fushën e gjuhës dhe kulturës turke.

Sami Frashëri si një nga ideologët kryesorë të Lëvizjes Kombëtare Shqiptare, mbështeti fuqishëm aspiratat e Lidhjes për autonomi dhe ruajtjen e integritetit territorial të trojeve shqiptare. Ai përdori aftësitë e tij si shkrimtar dhe publicist për të përhapur idetë kombëtare dhe për të ndërgjegjësuar opinionin publik mbi çështjen shqiptare.

Tema ka në qendër dy shtylla kryesore:

- Roli i Sami Frashërit në Lidhjen Shqiptare të Prizrenit ku ai dha kontribut të rëndësishëm në mbrojtjen e identitetit dhe të të drejtave të shqiptarëve.
- Veprat e tij në gjuhën turke- me të cilat ndikoi në zhvillimin kulturor dhe gjuhësor të Perandorisë Osmane.

Sami Frashëri ishte një urë lidhëse mes dy kombeve. Ai e deshi Shqipërinë por ndikoi thellësisht edhe në gjuhën dhe kulturën turke. Një nga veprat më domethënëse ku spikatet qartë vizioni atdhetar i shkrimtarit është proza “ Shqipëria ç’ka qenë ç’është e ç’do të bëhet”. Kjo prozë është një manifest politik e patriotik ku autori shpreh dashurinë e thellë për atdheun dhe vizionin për një Shqipëri të lirë, të bashkuar dhe të përparuar. Në këtë vepër ai bën një analizë të qartë të së kaluarës së lavdishme të shqiptarëve të cilët siç thotë vet ai “ kanë qenë një nga popujt më trima dhe më të vjetër të Ballkanit”.

Sami Frashëri përmes veprës “ Shqipëria ç’ka qenë ç’është dhe ç’do të bëhet” na ka lënë një trashëgimi të çmuar. Ai na mëson rëndësinë e njohjes së historisë, ndërgjegjësimin për të tashmen dhe angazhimin për një të ardhme më të mirë. Le të ndjekim shembullin e tij dhe të punojmë për një Shqipëri të lirë, të bashkuar dhe të përparuar.

Sami Frashëri nuk është thjesht një shkrimtar, por një vizionar. Vepra e tij në gjuhën turke dhe shqipe është dëshmi e një intelektualit që i përkiste dy botëve, por që punoi për një Shqipëri të lirë dhe të qytetëruar.

**Fjalë kyç:** vepër, kultura shqipe, kultura turke, zgjimi kombëtar, shqiptar.

## THE ECONOMIC IMPACT OF ARTIFICIAL INTELLIGENCE ON THE LABOR MARKET

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**Abstract:** The rapid development and adoption of generative artificial intelligence (AI) technologies—such as large language models, image generators, and autonomous agents—are transforming labor markets across sectors. This paper explores the economic implications of generative AI on employment, productivity, job displacement, and skill demand. While generative AI offers significant potential for increasing efficiency and lowering operational costs, it also presents substantial challenges, particularly for knowledge-based and creative professions. Generative AI is expected to automate or augment tasks traditionally considered resistant to automation, such as writing, coding, customer service, and design. As a result, occupations with high exposure to generative AI face a shift in the nature of work, potentially reducing demand for certain job roles while creating opportunities in others. Evidence suggests that while some jobs may be eliminated, new roles—especially those involving AI oversight, prompt engineering, and human-AI collaboration—are emerging. This reconfiguration of labor requires a reevaluation of workforce skills and education systems. Economically, generative AI may contribute to productivity growth and innovation, particularly in developed economies where digital infrastructure and skilled labor are more prevalent. However, it also risks exacerbating inequality if benefits are unevenly distributed across industries, regions, and socioeconomic groups. The paper highlights the importance of proactive policy interventions, such as upskilling programs, labor market regulations, and inclusive innovation strategies, to mitigate adverse effects and support a fair transition. In conclusion, generative AI represents both a disruption and an opportunity for labor markets. Its ultimate impact will depend on how businesses, governments, and workers adapt to its capabilities. A balanced approach that embraces innovation while protecting vulnerable workers is essential to ensuring that the economic benefits of generative AI are broadly shared.

**Keywords:** Generative AI, Labor Markets, Job Displacement, Productivity, Skill Transformation

## RAUF FICO, THE FIRST DIPLOMATIC REPRESENTATIVE OF ALBANIA IN KEMALIST TURKEY

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**Abstract:** Among the prominent national figures from Gjirokastër during the first half of the 20th century was Rauf Remzi (Tahmiz) Fico. Abdurrahman Rauf Fico was born in Sana'a, Yemen, on March 13, 1881, and passed away in Tirana on January 23, 1944. He pursued higher education at the “Mülkiye” School, from which he graduated with distinction on July 12, 1903. He served as an administrator in various locations, including Ioannina, Konitsa, Himara, Margëlliç, Kërçova, Konya, Kayseri, Jaban-Abad, and Ankara. Following the Declaration of Independence, Rauf left his post in Kayseri and joined Ismail Qemali in Vlora. In the December 1923 elections, Rauf Fico was elected to the Albanian Parliament for the first time. He resigned from his parliamentary position on January 20, 1926, following his appointment as plenipotentiary minister to Atatürk's Turkey. The First Pact between Albania and Turkey was signed on December 15, 1923, and came into force on June 15, 1925. However, diplomatic missions were not established immediately due to the 1923 elections and the June 1924 political events. The pact emphasized: “...both governments agree to establish diplomatic relations.” On March 13 (often cited as April), 1926, Rauf Fico presented his credentials to Gazi Mustafa Kemal. On this occasion, Rauf stated: “I will do my utmost to consolidate the bonds of friendship that have existed for centuries between our two nations, which have shared common destinies throughout history.” After Rauf Fico's departure from Ankara (then Angora) in 1928, diplomatic relations between Albania and Turkey were nearly severed. As confirmed by Dhimitër Berati in his 1937 publication “Albania”, the two countries entered a “cold war” period lasting three years. Relations were reestablished on January 28, 1932.

**Keywords:** Rauf Fico, Kërçova, Konya, Turkey. Albania, Diplomatic relations.

## RELIGIOUS CULTS AS A VALUABLE ASSET FOR TOURISM DEVELOPMENT IN THE PREFECTURE OF GJIROKASTËR

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**Abstract:** The Pelasgian–Illyrian–Arbëresh territory, inhabited "since before the moon was in the sky," has developed over the centuries a unique religious and cultural syncretism that forms one of the greatest treasures of Albania's historical and cultural heritage. Religious communities, cultic sites, the activities of clerics and communities, clerical figures, and their involvement with national issues have created significant historical, cultural, educational, architectural, artistic, and spiritual values. These elements represent permanent tourist destinations. Among the traditional cults are the Cult of the Stone—including the Pierced Stone in Golem and the "Menhir" Stone in the village of Limar or Kalasa in Përmet; the Stone of Sari Salltiku on Mount Griba; and Selgjikja of Lazarat on Mount Gjerë (Sel = bearer of fate). Also notable are the Cult of the Oak in Levan, Kalivaç, and Alipostivan; and the cults of the eagle, snake, ox, Vjosa River, goat, and others. Across Albania, five religious communities are responsible for 1,668 cultic sites, including 873 mosques, 173 tekkes, 196 Catholic churches, 148 Protestant churches, and 275 Orthodox churches. Of these, 794 have been designated as cultural heritage monuments. In the Gjirokastër Prefecture alone, there are 14 mosques, 7 tekkes, 68 churches, and 23 Orthodox monasteries, of which 13 are officially recognized as cultural monuments. The World Tourism Organization identifies 16 types of tourism, one of which is religious tourism. But what exactly is religious tourism? It refers to travel by individuals or groups undertaken for religious missions or without specific spiritual objectives, whether on designated religious dates or throughout the year, directed toward places of worship.

**Keywords:** Geographical/Territorial, Pelasgian–Illyrian–Arbëresh territory, Albania

## PHRASEOLOGICAL UNITS IN ALBANIAN, AROMANIAN, AND GREEK WITHIN THE FRAMEWORK OF THE BALKAN LINGUISTIC UNION

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**Abstract:** In the Balkan geographical area, for centuries, languages such as Albanian, Aromanian, and Greek, among others, have been spoken. Although these languages originate from different language families, they have displayed common features across many linguistic systems and subsystems, thus forming, along with other Balkan languages, the Balkan Linguistic Union. In this context, the study of phraseological units—which, once created in each language, do not remain isolated but spread from one language to another as a result of long-standing, centuries-old relations between peoples who have exchanged not only material goods but also cultural values—has attracted the attention of many foreign and Albanian scholars. In the Albanian language, one of the most successful achievements in this field is the publication of the *Balkan Phraseological Dictionary* (1999), which also serves as a reference work for phraseological units in both Albanian and Greek. This paper will examine phraseological units based on nouns that denote parts or organs of the human body. Given the difficulties in determining their linguistic origin, the focus will not be on the source language of these phrases, but rather on the typological similarities in their origin, structure, lexico-grammatical value, and so on.

**Keywords:** phraseological units, Balkan, parallelisms, Balkan languages

## ASSESSMENT OF OSTEOPOROSIS' DISTRIBUTION AND ITS RISK FACTORS IN GJIROKASTËR DISTRICT

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**Abstract:** Osteoporosis is a bone disease that affects about 1 in every 5 women over 50 years old, and is defined by a decrease in bone density with a consequent reduction in bone mass, as well as a change in its structure. The objective of this study was to evaluate the distribution of osteoporosis and its risk factors in Gjirokastër District. This is an observational study. The study population consisted of all the female individuals of Gjirokastër District. The measuring instruments that were used are: Radius/Tibia Ultrasound Bone Sonometer, and a questionnaire for the assessment of risk factors. Over the database with the collected data, statistical analysis was performed using SPSS software. The distribution of osteoporosis according to the place of residence is: 24.49% live in Gjirokastër, 23.81% live in Tepelenë, 22.45% live in Memaliaj, 18.37% live in Përmet, and 10.2% live in Këlcyrë. Osteoporosis has an increasing trend with increasing age up to 65 years old. Regarding hormonal changes, 36.62% of cases with osteoporosis are currently in menopause. Regarding BMI, 48.59% of osteoporosis cases are overweight, 26.6% of them are moderately obese, 4.23% of them are severely obese, and 2.11% of them are morbidly obese. Regarding the correlation between the variables, there is a statistically significant negative correlation between BMI and T-score, meaning the increase in BMI values is associated with the decrease in the values of the T-score variable; as well as between the variables premature menopause and T-score. As a conclusion, osteoporosis has a positive upward trend with age up to 65 years; there is a statistically significant correlation between osteoporosis and premature menopause as well as osteoporosis and BMI. We recommend further research in a bigger sample to better understand the epidemiology of this disease.

**Keywords:** osteoporosis, osteopenia, menopause, BMI, osteodensitometry

## ÖFKE İLE MANEVİ İYİ OLUŞ ARASINDA İLİŞKİ VAR MI?

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**Öz:** Sosyal ilişkilerdeki davranışlar, duygular ve düşüncelerden etkilenir. Maruz kalınan durum eğer istenilmeyen bir durum ise insanlar öfke davranışları sergileyebilirler. Bu bazen sözel bir öfke ifadesi olabileceği gibi bazen de kızgınlığı gösteren bir davranış olabilir. Özellikle haksızlığa uğranıldığı düşünüldüğünde, karşı tarafı cezalandırmak ve ondan intikam almak tercih edilebilir. Olayın üzerinden bir süre geçtikten sonra yaptıklarından pişmanlık da duyulabilir. Diğer yandan bilişsel ve duygusal açıdan dengede olmaya destek olan ve olumsuz yaşam olayları ile baş edebilmeyi sağlayan maneviyatın, insanın günlük hayatına doğrudan yansımaları olur. Bu anlamda manevi yönelimi güçlü olan bireylerin, öfke ile daha kolay başa çıkabileceği ifade edilebilir. Araştırmanın **amacı**, gençlerin öfke (durumluk-sürekli) durumları ile manevi iyi oluş düzeyleri arasındaki ilişkiyi incelemektir. Araştırma, **korelasyonel** araştırma olarak tasarlanmış ve verileri elde etme sürecinde anket yoluyla veri toplama tekniği tercih edilmiştir. Verilere ulaşmak için 863 üniversite öğrencisine ölçekleri ve anket sorularını içeren bir anket formu uygulanmıştır. Katılımcıların öfke yönelimlerini belirlemek için öfke ölçeği ve manevi iyi oluşlarını belirlemek için spiritüel iyi oluş ölçeği kullanılmıştır. Bu kapsamda çalışmada şu sorulara cevap aranmıştır: “Katılımcıların öfke düzeyleri ile manevi iyi oluşları arasında anlamlı bir ilişki var mıdır?”, “Eğer anlamlı ilişki varsa bu ilişki, hangi yöndedir?”, “Demografik değişkenlere göre katılımcıların öfke düzeyleri değişmekte midir?” ve “Demografik değişkenlere göre katılımcıların manevi iyi oluş düzeyleri değişmekte midir?” Çalışma bu temel sorular üzerinde temellendirilmiş ve toplanan veriler bu kapsamda değerlendirilmiştir. **Araştırmanın sonuçlarına göre** öfke ile manevi iyi oluş arasında zıt yönde yüksek düzeyde bir ilişki ortaya çıkmıştır. Buna göre katılımcıların manevi iyi oluş düzeyleri arttıkça öfke yönelimlerinin azaldığı tespit edilmiştir. Ayrıca yaş ve yerleşim yeri değişkenleri açısından öfke yönelimlerinin farklılaştığına ulaşılmışken cinsiyet ve sosyo-ekonomik durum açısından ise farklılaşmadığı ortaya çıkmıştır. Bunun yanında cinsiyet, yerleşim yeri ve sosyo-ekonomik durum açısından manevi iyi oluş düzeyleri farklılaştığı tespit edilmişken, yaş değişkeni açısından anlamlı farklılıklar elde edilememiştir.

**Anahtar Kelimeler:** öfke, manevi iyi oluş, gençlik, maneviyat, sosyal ilişkiler.

## IS THERE A RELATIONSHIP BETWEEN ANGER AND SPIRITUAL WELL-BEING?

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**Abstract:** Social behaviors in interpersonal relationships are influenced by emotions and thoughts. When individuals encounter undesirable situations, they may exhibit anger-related behaviors. These can manifest as verbal expressions of anger or actions reflecting irritation. Particularly when individuals perceive injustice, they may seek to punish or retaliate against the offending party. Over time, they may also experience regret for their actions. On the other hand, spirituality, which supports cognitive and emotional balance and aids in coping with adverse life events, has direct implications for daily life. In this sense, individuals with strong spiritual orientations may manage anger more effectively. The aim of this study is to examine the relationship between anger (state-trait) and spiritual well-being among young adults. Designed as a correlational study, the research employed a survey-based data collection method. A questionnaire containing scales and survey questions was administered to 863 university students. The Anger Scale was used to assess participants' anger tendencies, while the Spiritual Well-Being Scale measured their spiritual well-being. Within this framework, the study sought answers to the following questions: Is there a significant relationship between participants' anger levels and their spiritual well-being? If a significant relationship exists, what is its direction? Do anger levels vary according to demographic variables? Does spiritual well-being differ based on demographic variables? The study was structured around these core questions, and the collected data were evaluated accordingly. The findings revealed a strong inverse relationship between anger and spiritual well-being. Specifically, as participants' spiritual well-being increased, their anger tendencies decreased. Additionally, anger levels were found to differ based on age and place of residence but not on gender or socioeconomic status. Conversely, spiritual well-being varied by gender, place of residence, and socioeconomic status, but no significant differences were observed based on age.

**Keywords:** anger, spiritual well-being, youth, spirituality, social relationships.

## GELİŞİMSEL DEĞERLENDİRME SÜRECİNDE YAPAY ZEKA KULLANIMI: BİR SİSTEMATİK DERLEME

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**Öz:** Gelişimsel değerlendirme, bireylerin yaşam boyu süren fiziksel, bilişsel, dilsel, sosyal ve duygusal gelişim alanlarındaki ilerlemelerini, güçlü yönlerini ve desteklenmesi gereken alanlarını belirlemek amacıyla özellikle erken yıllarda yapılan sistematik bir süreçtir. Bu değerlendirmeler, bireye özgü eğitim veya müdahale planlarının oluşturulmasında temel teşkil ederken, aynı zamanda gelişimsel gecikmelerin erken teşhisinde kritik rol oynamaktadır.

Son yıllarda hızla ilerleyen yapay zeka teknolojileri; makine öğrenmesi, derin öğrenme ve doğal dil işleme gibi alt dallarıyla, insan benzeri öğrenme, karar verme ve problem çözme yetenekleri sergileyen algoritmalar ve sistemler bütünüdür. Yapay zeka, büyük veri kümelerini analiz etme, örüntüleri tanıma ve tahminlerde bulunma kapasitesiyle birçok sektörde dönüştürücü bir etki yaratmaktadır.

Yapay zeka, gelişimsel değerlendirme süreçlerine entegre edildiğinde, otomatik puanlama, kişiselleştirilmiş değerlendirme araçları oluşturma, büyük veri analizi, gelişimsel raporlama ve riskli durumların erken teşhisi gibi alanlarda önemli katkılar sunma potansiyeli taşımaktadır. Bu entegrasyon, değerlendirme süreçlerini daha verimli, objektif ve bireye özgü hale getirme imkanı sunarak, uzmanların daha kompleks vakalara odaklanmasına olanak tanıyabilir.

Bu sistematik derleme, gelişimsel değerlendirme süreçlerinde yapay zeka teknolojilerinin mevcut ve potansiyel kullanımlarını kapsamlı bir şekilde incelemeyi amaçlamaktadır. İlgili bilimsel veri tabanlarında belirlenen anahtar kelimelerle taranan hakemli yayınların analizi devam etmektedir. Elde edilecek bulgular, yapay zekanın sunduğu faydaların yanı sıra veri gizliliği, algoritmik yanlılık ve insan gözetimi ihtiyacı gibi önemli zorluklar ve etiksel kaygılar bağlamında sunulacaktır.

**Anahtar Kelimeler:** Yapay Zeka; Gelişimsel Değerlendirme; Sistematik Derleme

***THE USE OF ARTIFICIAL INTELLIGENCE IN DEVELOPMENTAL ASSESSMENT  
PROCESSES: A SYSTEMATIC REVIEW***

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**Abstract:** Developmental assessment is a systematic process, particularly undertaken in the early years, aimed at identifying individuals' progress, strengths, and areas requiring support across lifelong physical, cognitive, linguistic, social, and emotional domains of development. These assessments constitute a foundation for the creation of individualized education or intervention plans and play a critical role in the early diagnosis of developmental delays.

In recent years, rapidly advancing artificial intelligence (AI) technologies—encompassing subfields such as machine learning, deep learning, and natural language processing—represent a collection of algorithms and systems that exhibit human-like capabilities in learning, decision-making, and problem-solving. AI is exerting a transformative impact across numerous sectors due to its capacity to analyze large datasets, recognize patterns, and make predictions.

When integrated into developmental assessment processes, AI possesses the potential to offer significant contributions in areas such as automated scoring, the development of personalized assessment tools, big data analysis, developmental reporting, and the early identification of at-risk situations. This integration offers the prospect of rendering assessment processes more efficient, objective, and individualized, potentially allowing specialists to concentrate on more complex cases.

This systematic review aims to comprehensively examine the current and potential applications of artificial intelligence technologies within developmental assessment processes. The analysis of peer-reviewed publications, retrieved from relevant scientific databases using predefined keywords, is currently underway. The forthcoming findings will be presented considering the benefits afforded by AI, as well as significant challenges and ethical considerations, including data privacy, algorithmic bias, and the need for human oversight.

**Keywords:** Artificial Intelligence; Developmental Assessment; Systematic Review

## EXPOSURE TO STRESS AND PROFESSIONAL BURNOUT AMONG SCRUB NURSES

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### Abstract

**Introduction:** The nursing profession involves both physical and psychological burdens, which can result in chronic stress and, consequently, professional burnout.

**Aim:** To assess the level of exposure to stress and professional burnout among scrub nurses.

**Material and Methods:** The study was conducted between February and March 2024 among 90 professionally active scrub nurses. The research was carried out in the Central Operating Theatres of the following hospitals: the Voivodeship Hospital of St. Father Pio in Przemyśl, the Medical Care Center in Jarosław, and the Clinical Voivodeship Hospital No. 2 of St. Queen Jadwiga in Rzeszów. The research tools included the Maslach Burnout Inventory – Human Services Survey for Medical Personnel (MBI-HSS (MP)) and a proprietary questionnaire assessing work-related stress.

**Results:** Among the youngest respondents, 50.0% reported feeling work-related stress almost always, while 40.0% experienced it frequently. In the group of nurses over the age of 50, 63.2% reported frequent stress, whereas only 10% stated that they felt it almost constantly. The most commonly indicated stressors were co-workers' incompetence (average rating: 3.56) and the responsibility for patients' health and lives (average rating: 3.35). More than half of the respondents (53.4%) declared that occupational stress directly affects their private lives. A moderate level of professional burnout was observed in 45.6% of the respondents, with up to 75.6% falling within the moderate range in certain dimensions.

**Conclusions:** Stress is a common phenomenon among scrub nurses and occurs at a moderate intensity. The most frequently mentioned modifiable stressors included the lack of necessary materials and resources, low remuneration, fear of responsibility, and threats to one's own health and life. Professional burnout is also prevalent, particularly among older nurses with longer work experience, while stress is more commonly reported by younger, less experienced operating room staff.

**Keywords:** stress, professional burnout, scrub nurse.

## ADOLESANLARDA EKO-ANKSİYETE İLE EKOLOJİK AYAK İZİ FARKINDALIK DÜZEYLERİ ARASINDAKİ İLİŞKİ

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**Öz:** Adolesanların ekolojik ayak izi farkındalık düzeyleri ile eko-anksiyete düzeyleri arasındaki ilişkiyi değerlendirmek amaçlanmıştır. This is a descriptive and cross-sectional study. Çalışmada 424 üniversiteye yeni başlayan adolesanlara ait veriler ile elde edildi. Araştırmanın verileri “Sosyo-Demografik Bilgi Formu”, “Eko-Anksiyete Ölçeği (EAÖ)” ve “Ekolojik Ayak İzi Farkındalık Ölçeği (EAİFÖ)” ile toplandı. Çalışmaya katılan adolesanların EAÖ ölçeği toplam puan ortalamasının 12.38±6.71 olduğu, ölçeğin ve alt boyutlarının tüm puan ortalamalarının “bazen” aralığına karşılık geldiği, EAİFÖ ölçeği toplam puan ortalamasının 135.68±31.64 olduğu, ölçeğin gıda, ulaşım ve barınma alt boyutları ile toplam puan ortalamasının kısmen katılıyorum aralığına; enerji, atıklar ve su tüketimi alt boyutlarında ise katılıyorum aralığına karşılık geldiği saptanmıştır. Eko-anksiyete puanları ile ekolojik ayak izi farkındalık puanları arasındaki ilişki incelendiğinde ekolojik ayak izi, ulaşım ve barınma alt boyutu arasında düşük düzeyde, pozitif, anlamlı ilişki; Eko-anksiyete ruminasyon alt boyutu ile ekolojik ayak izi gıda/ ulaşım ve barınma/ atıklar/ su tüketimi alt boyutları arasında pozitif, düşük düzeyde ve anlamlı bir ilişki; Eko anksiyete kişisel etki kaygı puanları ile ulaşım ve barınma farkındalık puanları arasında pozitif, düşük ve anlamlı ilişki saptanmıştır. Çalışmada adolesanların ekolojik ayak izi farkındalık düzeylerinin yüksek olmadığı eko-anksiyete düzeyinin orta düzeyde olduğu belirlenmiştir. Adolesanların eko-anksiyete düzeylerinde artış olduğunda, ekolojik ayak izi, ulaşım ve barınmaya ilişkin farkındalık düzeylerinde anlamlı bir artış meydana geldiği belirlenmiştir. Eko-anksiyete duygusal belirtiler alt boyutunun ekolojik ayak izi farkındalık puanlarıyla ilişki tespit edilememiştir.

**Anahtar Kelimeler:** Adolesan, Eko-anksiyete, Ekolojik Ayak İzi, Farkındalık

## THE RELATIONSHIP BETWEEN ECO-ANXIETY AND ECOLOGICAL FOOTPRINT AWARENESS LEVELS IN ADOLESANS

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**Abstract:** It was aimed to evaluate the relationship between ecological footprint awareness levels and eco-anxiety levels of adolescents. This is a descriptive and cross-sectional study. In the study, data of 424 university freshmen adolescents were obtained. The data were collected with “Socio-Demographic Information Form”, “Eco-Anxiety Scale (EAS)” and “Ecological Footprint Awareness Scale (EAFAS)”. It was found that the mean total score of the EAS scale of the adolescents participating in the study was 12.38+6.71, the mean total score of the scale and its sub-dimensions corresponded to the “sometimes” range, the mean total score of the EAFAS scale was 135.68+31.64, the mean total score of the scale with the food, transportation and shelter sub-dimensions corresponded to the “somewhat agree” range, and the mean total score of the scale with the energy, waste and water consumption sub-dimensions corresponded to the “agree” range. When the relationship between eco-anxiety scores and ecological footprint awareness scores was examined, a low, positive, significant relationship was found between ecological footprint, transportation and shelter sub-dimension; a positive, low and significant relationship was found between eco-anxiety rumination sub-dimension and ecological footprint food/ transportation and shelter/ wastes/ water consumption sub-dimensions; and a positive, low and significant relationship was found between eco-anxiety personal impact anxiety scores and transportation and shelter awareness scores. In the study, it was determined that the ecological footprint awareness level of adolescents was not high and the eco-anxiety level was at a moderate level. It was determined that when the eco-anxiety levels of adolescents increased, there was a significant increase in the awareness levels of ecological footprint, transportation and shelter. There was no relationship between eco-anxiety emotional symptoms sub-dimension and ecological footprint awareness scores.

**Keywords:** Adolescent, Eco-anxiety, Ecological Footprint, Awareness

## MASALLARIN ÇOCUK SAĞLIĞINA ETKİLERİ: LİTERATÜR İNCELEMESİ

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**Öz:** Masallar, çocukların hayal gücünü geliştiren, duygusal ve zihinsel gelişimlerine katkı sağlayan önemli anlatılardır. Masallar çocukların iyilik, doğruluk, cesaret gibi evrensel değerleri öğrenmelerine; farklı karakterlerle empati kurma yeteneklerini geliştirmelerine aracı olur. Aynı zamanda masallar, çocuklara hayatın zorluklarıyla başa çıkmayı ve çözüm yolları üretmeyi öğretir. Zengin dil yapıları ve tekrar eden kalıplar sayesinde dil becerilerinin gelişmesine de katkı sağlar. Bu yönleriyle masallar, sadece eğlenceli anlatılar değil, aynı zamanda eğitici ve öğretici birer araçtır. Masalların birçok yararı vardır. Öncelikle masallar, çocukların psikolojik gelişiminde önemli bir rol oynar. Hikâyelerdeki kahramanların karşılaştığı zorluklar ve bu zorluklarla başa çıkma biçimleri, çocuklara umut ve güven aşılar. Masallar aracılığıyla çocuklar, korku, kaygı, üzüntü gibi duyguları tanıma ve ifade etme fırsatı bularak duygusal farkındalıklarını artırır. Çocukların psikolojik dayanıklılığını güçlendirir ve ruhsal açıdan destekleyici bir etki oluşturur. Masallar, çocukların sosyal gelişiminde de önemli bir rol oynar. Masal dinleme veya anlatma etkinlikleri, çocukların iletişim becerilerini geliştirir ve grup içinde kendini ifade etmelerine olanak tanır. Masallarda yer alan karakterler aracılığıyla çocuklar, paylaşma, yardımlaşma gibi sosyal değerleri öğrenir. Ayrıca, masallar farklı kültürleri ve yaşam biçimlerini tanıtarak hoşgörü ve anlayış duygusunun gelişmesine katkı sağlar. Ortak masal saatleri, çocukların arkadaşlarıyla sağlıklı ilişkiler kurmasına, sıra bekleme, dinleme ve konuşma gibi temel sosyal kuralları öğrenmesine yardımcı olur. Sağlığın bir diğer yönü olan fiziksel sağlık üzerine masalların doğrudan etkisi olmasa da, dolaylı yoldan etkileyebilir. Özellikle uyku öncesi anlatılan masallar, çocukların rahatlamasını ve daha kaliteli bir uyku dönemi geçirmesini sağlar. Düzenli uyku ise büyüme, bağışıklık sistemi ve genel sağlık açısından son derece önemlidir. Ayrıca, masal saatleri sırasında ekran kullanımının azalması, çocukların göz sağlığının korunmasına ve duruş bozukluklarının önlenmesine katkı sağlar. Masal dinleme sürecinde çocukların sakinleşmesi, stres seviyesinin düşmesiyle birlikte kalp ritmi ve solunum düzeni de olumlu etkilenebilir. Sonuç olarak masallar çocuğun fiziksel, duygusal, sosyal sağlığı üzerinde önemli etkiye sahip bir araçtır.

**Anahtar Kelimeler:** Çocuk sağlığı; Duygusal gelişim; Fiziksel gelişim; Masallar; Sosyal gelişim

## THE EFFECTS OF FAIRY TALES ON CHILD HEALTH: LITERATURE REVIEW

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**Abstract:** Fairy tales are important narratives that develop children's imagination and contribute to their emotional and mental development. Fairy tales help children learn universal values such as goodness, truthfulness and courage and develop their ability to empathize with different characters. At the same time, fairy tales teach children how to cope with the difficulties of life and find solutions. They also contribute to the development of language skills through rich language structures and repetitive patterns. In these ways, fairy tales are not only entertaining narratives but also educational and instructive tools. Fairy tales have many benefits. First of all, fairy tales play an important role in the psychological development of children. The difficulties faced by the heroes in the stories and the way they cope with these difficulties instill hope and confidence in children. Through fairy tales, children increase their emotional awareness by having the opportunity to recognize and express emotions such as fear, anxiety and sadness. It strengthens children's psychological resilience and creates a spiritually supportive effect. Fairy tales also play an important role in children's social development. Listening to or telling fairy tales improves children's communication skills and allows them to express themselves in groups. Through the characters in fairy tales, children learn social values such as sharing and cooperation. In addition, fairy tales contribute to the development of tolerance and understanding by introducing different cultures and ways of life. Shared story times help children build healthy relationships with their friends and learn basic social rules such as waiting their turn, listening and speaking. Although fairy tales do not have a direct effect on physical health, another aspect of health, they can indirectly affect it. In particular, fairy tales told before bedtime help children relax and have a better quality sleep. Regular sleep is extremely important for growth, immune system and general health. In addition, reducing the use of screens during story times contributes to protecting children's eye health and preventing postural disorders. Children's heart rhythm and breathing patterns may also be positively affected as they calm down and their stress levels decrease during story times. In conclusion, fairy tales are a tool that has a significant impact on children's physical, emotional and social health.

**Keywords:** Child health; Emotional development; Physical development; Fairy tales; Social development

## ETHICS AND INTEGRITY IN PUBLIC ADMINISTRATION IN ALBANIA REGULATORY FRAMEWORK

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**Abstract:** Ethics in public administration relates to the practical application of moral standards in governance and is connected to how an individual feels they should behave. It implies values and their application in a given situation; however, various discussions on ethical issues often provoke more emotional discussions than logical ones. The work has as its main objective to highlight the importance of ethics for public employees in carrying out all functions in accordance with ethical principles in order to ensure the functioning of public administration in accordance with the highest standards. Furthermore, the work aims at comprehensive knowledge of the legal and sub-legal framework in force within the sphere of ethics and integrity in public administration, in addition to providing knowledge and increasing capacities related to the methodology for assessing integrity risks as a key instrument for evaluating the level of exposure of public institutions to the risk of corruption and to ethically and professionally unacceptable actions/acts. Aristotle stated, "People should not expect to gain absolute knowledge from the study of ethical issues," because ethics is not an exact science. During the discussion of an ethical issue, the aim of ethical decision-making is not for performance to be perfect, but to be at an optimal level, in the best possible way.

**Keywords:** Public Administration, Ethical Principles, Public Employee, Ethical Decision-Making, Legal Framework, Ethics.

**JEL classification:** M41, M42, M48.

## SPAGETTİ DİYAGRAMI YARDIMI İLE MONTAJ ATÖLYESİ TESİS YERLEŞİMİ: BİR UYGULUAMA

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**Öz:** Yalın üretim süreçlerinde yer alan israflardan biri de malzeme taşıma faaliyetleridir. Malzemelerin taşınması ürün ya da hizmete değer katmadığı için israf olarak kabul edilmektedir. İsrarların öncelikli olarak ortadan kaldırılması, eğer bu mümkün değil ise azaltılması gerekmektedir. Bu araştırmada asansörlerin için buton üretimi yapan bir işletmede montaj sürecinin yalınlaştırılması için montaj atölyesinde tesis tasarımı yapılmıştır. Mevcut montaj atölyesindeki akışlar spagetti diyagramı yardımı ile analiz edilmiştir. Geçmiş dönemlerdeki üretim talepleri dikkate alınarak, çalışanlar sürece dahil edilmiş, öneri ve istekleri alınmıştır. Yalın montaj atölyesi için israfların minimize edildiği bir montaj yerleşim planı çıkartılmıştır.

**Anahtar Kelimeler:** Tesis yerleşimi, Butkon, spagetti diyagramı, Buton, Montaj atölyesi

## **FACILITY LAYOUT DESIGN OF AN ASSEMBLY WORKSHOP WITH THE AID OF A SPAGHETTI DIAGRAM: A CASE STUDY**

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**Abstract:** One of the key types of waste in lean production systems is material handling. Since the movement of materials does not add direct value to the product or service, it is classified as waste. Therefore, such waste must primarily be eliminated, or if elimination is not feasible, it should be minimized. This study presents a facility layout design for an assembly workshop within a company manufacturing elevator buttons, with the objective of streamlining the assembly process in accordance with lean manufacturing principles. The current workflows within the assembly workshop were analyzed using a spaghetti diagram. Historical production demands were taken into account, and employees were actively involved in the process through the collection of their suggestions and feedback. As a result, a lean assembly layout was developed in which wasteful activities were minimized.

**Keywords:** Facility layout, Butkon, spaghetti diagram, button, assembly workshop

## PRETERM BEBEKLERDE ORAL BESLENMEYE GEÇİŞ SÜRECİNİ DESTEKLEYEN UYGULAMALAR: AROMATERAPİ

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### Öz

**Amaç:** Bu derleme, prematüre bebeklerde oral beslenmeye geçiş sürecini destekleyici aromaterapi uygulama çalışmalarını değerlendirmek amacıyla hazırlanmıştır. Doğal olfaktör uyarıların emme refleksi, beslenme süresi ve fizyolojik parametreler üzerindeki etkileri analiz edilmiştir.

**Yöntem:** Bu derleme çalışmasında, preterm bebeklerde beslenmeyi desteklemek amacıyla kullanılan aromaterapi uygulamalarına ilişkin 2014–2024 yılları arasında yayımlanmış ulusal ve uluslararası literatür taranmıştır. Literatür taraması; PubMed, Scopus, Web of Science, Google Scholar ve TR Dizin veri tabanları kullanılarak yapılmıştır. "preterm infant", "aromatherapy", "olfactory stimulation", "breast milk odor", "feeding in preterm" anahtar kelimeleri ve Boolean bağlaçları (AND, OR) aracılığıyla tarama gerçekleştirilmiştir. Derlemeye dahil edilen çalışmalar; randomize kontrollü çalışma, yarı deneysel araştırma türündeki yayınlarla sınırlandırılmıştır. Dahil edilme kriterleri, preterm bebeklere uygulanan aromaterapinin beslenmeye etkisini değerlendiren, İngilizce veya Türkçe yazılmış yayınları kapsamaktadır.

**Bulgular:** İncelenen çalışmalar, özellikle anne sütü kokusunun emme refleksini doğrudan destekleyerek oral beslenmeye geçiş süresini kısalttığını göstermektedir. Vanilin gibi kokuların ise stres ve huzursuzluğu azaltarak dolaylı fayda sağladığı ayrıca beslenme girişimlerini ve toleransını güçlendirdiği saptanmıştır. Birçok çalışma, bu uygulamaların büyüme parametreleri, fizyolojik stabilite (O<sub>2</sub> satürasyonu, kalp atım hızı) ve hastanede kalış süresi üzerinde olumlu etkileri olduğunu ortaya koymuştur.

**Sonuç:** Aromaterapi uygulamaları, yenidoğan yoğun bakım ünitelerinde oral beslenmeye geçiş sürecinde tamamlayıcı ve düşük maliyetli bir destek yöntemi olarak ön plana çıkmaktadır. Özellikle anne sütü kokusu uygulaması, doğal ve güvenli bir müdahale olarak öne çıkarken, lavanta ve vanilin gibi uçucu yağların da klinik katkı sağlayabileceği görülmektedir. Bu bulgular doğrultusunda, aromaterapinin hemşirelik bakım protokollerine entegre edilmesi ve gelecekte daha geniş örneklemli randomize çalışmalara yer verilmesi önerilmektedir.

**Anahtar Kelimeler:** Aromaterapi, Preterm, Anne Sütü Kokusu, Emme Refleksi, Beslenme

## APPLICATIONS SUPPORTING THE TRANSITION TO ORAL FEEDING IN PRETERM INFANTS: AROMATHERAPY

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### **Abstract**

**Objective:** The present review has been conducted with the objective of evaluating studies on aromatherapy practices that support the transition to oral feeding in preterm infants. The present study examined the impact of natural olfactory stimuli on sucking reflex, feeding duration, and physiological parameters.

**Method:** In this review, national and international literature published between 2014 and 2024 was scanned regarding the use of aromatherapy to support feeding in preterm infants. The literature search was conducted using databases such as PubMed, Scopus, Web of Science, Google Scholar, and TR Dizin. Keywords including "preterm infant", "aromatherapy", "olfactory stimulation", "breast milk odor", and "feeding in preterm" were used in combination with Boolean operators (AND, OR). The review included randomized controlled trials and quasi-experimental studies published in English or Turkish that evaluated the effects of aromatherapy on feeding in preterm infants.

**Results:** The reviewed studies revealed that the smell of breast milk directly supports the sucking reflex and shortens the transition time to oral feeding. Scents such as vanillin were found to reduce stress and restlessness, thereby providing indirect benefits and improving feeding tolerance. Many studies reported that these practices positively affect growth parameters, physiological stability (oxygen saturation, heart rate), and reduce hospital length of stay.

**Conclusion:** Aromatherapy emerges as a complementary and cost-effective support method in the process of transitioning to oral feeding in neonatal intensive care units. Among these, the application of breast milk odor stands out as a natural and safe intervention, while essential oils such as lavender and vanillin may also contribute clinically. In line with these findings, it is recommended that aromatherapy be integrated into nursing care protocols and that future studies involve larger randomized samples.

**Keywords:** Aromatherapy, Preterm, Breast Milk Odor, Sucking Reflex, Feeding

## **BEYOND THE GUT: HOW MICROBIOME IMBALANCE DRIVES PEDIATRIC DISEASE FROM ATOPY TO AUTISM**

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**Abstract:** The human gut microbiome, which is the dynamic community of microorganisms that resides in the human gut, can be recognized as a chief modulator of health, especially in childhood, a crucial stage of human development. Dysbiosis, the altered ratio of bacteria found in the gut, is thought as to be one of the mainstays for many chronic disease processes seen in paediatrics that go beyond the gut. This review summarizes current evidence for the diverse manifestations of gut dysbiosis-mediated systemic diseases in childhood (atopic diseases, neurodevelopmental disorders, autoimmune diseases, and metabolic diseases). It then emphasises the importance of nurses in recognising patients who are likely to benefit from gut-health-oriented therapies. Through incorporating comprehensive symptom assessment, targeted patient education, and evidence-based interventions, such as dietary changes and microbiota modulation, nurses are well positioned to make connections between seemingly unrelated symptoms, provide families with sense control, and apply comprehensive care strategies that enable the attainment of long-term paediatric health. This review aims to provide a summary of this knowledge for clinicians, helping to ensure they proactively manage the microbiome imbalance in a paediatric practice.

**Keywords:** Gut microbiome, Dysbiosis, Paediatric health

## ÇOCUKLARIN UYKU ALIŞKANLIKLARININ VE ETKİLEYEN FAKTÖRLERİN BELİRLENMESİ

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### Öz:

**Amaç:** Bu araştırma, 5-15 yaş aralığındaki çocukların uyku alışkanlıklarını değerlendirmek ve bu alışkanlıkları etkileyen sosyo-demografik faktörleri belirlemek için yapılmıştır.

**Yöntem:** Tanımlayıcı, karşılaştırmalı ve kesitsel nitelikteki bu çalışma, bir üniversite hastanesinin çocuk polikliniğine başvuran 182 çocuk ve ebeveyni ile yürütülmüştür. Veriler, araştırmacı tarafından hazırlanan Kişisel Bilgi Formu ve Owens ve arkadaşları (2000) tarafından geliştirilen, Fiş ve arkadaşları (2010) tarafından geçerlik-güvenirliliği yapılan Çocukluk Uyku Alışkanlıkları Anketi (ÇUAA) ile toplanmıştır. Verilerin analizinde normal dağılıma uyan veriler bağımsız gruplar için T-testi ve tek yönlü varyans analizi (ANOVA), normal dağılıma uymayan veriler ise Mann-Whitney U ve Kruskal-Wallis H testi ile yapılmıştır.

**Bulgular:** Araştırma bulgularına göre, araştırmaya alınan çocukların %51,1'ini erkek, %48,9'unu kadın cinsiyeti oluştururken, bu çocukların yaklaşık dörtte birinde klinik düzeyde uyku problemi olduğu belirlenmiştir. ÇUAA puan ortalaması  $38.72 \pm 6.65$  bulunmuştur. Çocukların ortalama uyku süresi yaklaşık 8 saat 28 dakika olarak hesaplanmıştır. Uyku alışkanlıkları ile cinsiyeti arasında istatistiksel olarak anlamlı farklılıklar saptanmıştır ( $p < 0.05$ ). Çocuklarda yaş arttıkça uyku sürelerinin belirgin bir azalma görülmüştür. ÇUAA yer alan alt boyutların neredeyse tamamında (sabah zor uyanma, uykunun bölünmesiyle ilgili parasomniler, sabah uyanma şekli, uyku miktarı, uykuya geçiş, başkasıyla yatma ihtiyacı, gündüz uykululuğu, uyku kaygısı, uykuda solunumun bozulması, diğer parasomniler) klinik uyku sorunu olan çocukların ortalaması yüksek bulunmuştur.

**Sonuç:** Araştırma bulgularına göre çocukların yaklaşık dörtte birinde uyku sorunu tespit edilmiştir ve bu sorun erkeklerde daha yaygın olduğu görülmüştür. Uykunun bazı sosyo-demografik özelliklerden etkilendiği göz önünde bulundurularak, çocuklara yönelik uyku düzenlemelerinde bu değişkenler dikkate alınmalı; ailelere, yaş ve cinsiyete özgü uyku alışkanlıkları konusunda rehberlik edilmeli ve bireyselleştirilmiş yaklaşımlar geliştirilmelidir. Cinsiyet ve uyku alışkanlıkları üzerine detaylı, yaşa bağlı uyku sürelerinde azalmaya yönelik araştırmalar yapılmalıdır.

**Anahtar Kelimeler:** Uyku, Alışkanlık, Çocuk, Hemşirelik

## DETERMINATION OF CHILDREN'S SLEEP HABITS AND AFFECTING FACTORS

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### **Abstract:**

**Aim:** This study aims to assess the sleep habits of children aged 5 to 15 and identify the sociodemographic factors influencing these habits.

**Methods:** This descriptive, comparative, and cross-sectional study was conducted with 182 children and their parents who visited the pediatric outpatient clinic of a university hospital. Data were collected using a Personal Information Form prepared by the researcher and the Childhood Sleep Habits Questionnaire (CSHQ) developed by Owens et al. (2000) and validated by Fiš et al. (2010). Data analysis was performed using independent samples t-test and one-way analysis of variance (ANOVA) for normally distributed data, and Mann-Whitney U and Kruskal-Wallis H tests for non-normally distributed data.

**Results:** The sample consisted of 51.1% male and 48.9% female children. Approximately one-quarter of the children had clinically significant sleep problems. The average score on the CSHQ was  $38.72 \pm 6.65$ . The average sleep duration was approximately 8 hours and 28 minutes. There was a statistically significant difference in sleep habits between genders ( $p < 0.05$ ). As age increased, sleep duration significantly decreased. Children with clinical sleep problems had higher average scores in nearly all subscales of the CSHQ, including difficulty waking up in the morning, parasomnias related to sleep fragmentation, sleep onset delay, sleep duration, need for co-sleeping, daytime sleepiness, sleep anxiety, sleep-disordered breathing, and other parasomnias.

**Conclusion:** Approximately one-quarter of the children in this study had sleep problems, with a higher prevalence among males. Sleep habits were influenced by various sociodemographic factors. These findings suggest the need for individualized approaches in sleep interventions for children, considering factors such as age and gender. Further research is recommended to explore detailed age-related changes in sleep duration and the impact of sociodemographic variables on sleep habits.

**Keywords:** Sleep, Habits, Children, Nursing

## THE IMPACT OF SOCIO-CULTURAL FACTORS ON WOMEN'S ACCESS TO HIGHER EDUCATION IN PAKISTAN

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**Abstract :** Educated women play a vital role in the socio-economic development of a country. However, in Pakistan, women's participation in socio-economic development remains low due to a low female literacy rate. The tertiary enrollment rate for girls is also low, as they face various socio-cultural obstacles that limit their access to higher education. This study aims to explore the socio-cultural barriers faced by women in Pakistan and how these barriers influence tertiary enrollment rates. A qualitative research approach was employed, involving the collection of primary data to examine girls' perceptions and experiences related to the socio-cultural factors affecting their admission into higher education institutions. Semistructured interviews were conducted with seventeen (17) respondents, including experts, parents, dropouts, and female students currently enrolled in colleges and universities. The interviews were analyzed using thematic coding. The findings revealed that societal stereotypes, a patriarchal and conservative culture, early marriages, lack of educational facilities for girls, negative parental attitudes, and harassment are significant barriers to women's access to higher education. Despite these challenges, the study found that the tertiary enrollment rate for women in Pakistan is gradually increasing due to growing job opportunities and increased awareness. Additionally, some women have developed coping strategies to overcome or mitigate the barriers hindering their access to higher education.

**Keywords:** Women's education, higher education access, socio-cultural barriers, gender inequality, tertiary enrollment, patriarchal norms, educational inequality, qualitative research, female empowerment, conservative culture, women's mobility, coping strategies.

## ÇOCUKLUK ÇAĞI OBEZİTESİNİN YÖNETİMİNDE YOGANIN ETKİNLİĞİ NE DURUMDA?

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**Öz:** Tüm dünyada hızlı bir şekilde artmakta olan çocukluk çağı obezitesi, DSÖ tarafından 5 ila 19 yaş arasındaki çocuklarda DSÖ Büyüme Referans Ortalamasının (WHO Growth Reference Median) iki standart sapma üzerinde olması (>+2 SS) olarak tanımlanmaktadır. DSÖ'ne göre 21. yüzyılın en ciddi sağlık sorunlarından biri haline gelmiştir. Erken ölüm riskinin artmasıyla ilişkili olduğu saptanan çocukluk çağı obezitesi, çocuğun neredeyse tüm organ ve sistemlerini etkiler. Çocuğun yaşamının ilerleyen dönemlerinde kardiyovasküler hastalıklar, çeşitli endokrin bozukluklar, depresyon ve bilişsel bozukluklar, kas iskelet sistemi komplikasyonları gibi birçok hastalığa yakalanma riskini arttırmaktadır. Bu bağlamda günümüzde sağlıklı nesillerin ortaya çıkmasının ön koşulu olarak çocukluk çağı obezitesinin tedavisi ve yönetimi çok önemli bir noktadadır. Çocukluk çağı obezitesi için güncel tıbbi tedavi kılavuzları davranışsal değişiklikleri içeren müdahalelere odaklanmaktadır. Hareketsiz davranışların azaltılması sağlanarak en az orta düzeyde teşvik edilen fiziksel aktivite bu davranışsal müdahaleler arasındadır. Yoga, pranayama, asana ve dhyana bileşenlerinden oluşan sağlık ve zindelik amaçlı yaşam tarzına dayalı, şiddeti asanalara göre şekillenen düşük-orta-şiddetli fiziksel aktivite biçimidir. Özellikle son bölgesel ve küresel anketlere göre yoganın, dünya çapında bireyin fiziksel sağlığını koruma veya iyileştirme amacıyla yapılan fiziksel aktivite ve yaşam tarzları arasında önemli bir şekilde popüler hale geldiği kabul edilmektedir. Bu nedenle yoga, çeşitli yaş gruplarında bireylerin yaşam tarzıyla ilişkili kronik rahatsızlıkların gelişmesini önleyen ya da bu rahatsızlıklara sahip olanların sorunlarının çözümünü destekleyen önleyici ve terapötik müdahalelerin bir bileşeni olarak tanımlanmıştır. Aynı şekilde yoga aşırı kilolu-obez çocuklarda kiloyla ilgili sonuçları iyileştirmek için uygulanabilir güvenli ve etkili bir fiziksel aktivite yaklaşımı olarak kabul edilmektedir. Günümüzde çocukluk çağı obezitesinin yönetiminde faydalı olabileceğini gösteren kanıtlar artmaktadır. Bu çalışmada, çocukluk çağı obezitesinde yoganın etkinliği literatür kapsamında ele alınmıştır.

**Anahtar Kelimeler:** Çocukluk Çağı, Obezite, Yoga

## WHAT IS THE EFFECTIVENESS OF YOGA IN MANAGING CHILDHOOD OBESITY?

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**Abstract:** Childhood obesity, which is rapidly increasing all over the world, is defined by the WHO as being two standard deviations ( $>+2$  SD) above the WHO Growth Reference Median in children between the ages of 5 and 19. According to the WHO, it has become one of the most serious health problems of the 21st century. Childhood obesity, which has been found to be associated with an increased risk of early death, affects almost all organs and systems of the child. It increases the risk of developing many diseases such as cardiovascular diseases, various endocrine disorders, depression and cognitive disorders, and musculoskeletal complications in the later periods of the child's life. In this context, the treatment and management of childhood obesity is at a very important point as a prerequisite for the emergence of healthy generations today. Current medical treatment guidelines for childhood obesity focus on interventions that include behavioral changes. Among these behavioral interventions are physical activity that is encouraged at least at a moderate level by reducing sedentary behaviors. Yoga is a low-moderate-intensity physical activity form that is based on a health and fitness lifestyle consisting of pranayama, asana and dhyana components, and whose intensity is shaped according to asanas. According to recent regional and global surveys, yoga has become significantly popular among physical activities and lifestyles aimed at protecting or improving the physical health of individuals worldwide. Therefore, yoga has been defined as a component of preventive and therapeutic interventions that prevent the development of chronic disorders related to lifestyle in individuals of various age groups or support the solution of the problems of those who have these disorders. Similarly, yoga is accepted as a safe and effective physical activity approach that can be applied to improve weight-related outcomes in overweight-obese children. Today, there is increasing evidence that it can be beneficial in the management of childhood obesity. In this study, the effectiveness of yoga in childhood obesity is discussed within the scope of the literature.

**Keywords:** Childhood, Obesity, Yoga

## ÇALIŞMA ALANLARINDA MEKÂNSAL DAVRANIŞ ÜZERİNE BİR DEĞERLENDİRME: DÜZCE ÜNİVERSİTE KÜTÜPHANESİ ÇALIŞMA SALONU ÖRNEĞİ

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**Öz:** İnsan ve mekân arasındaki etkileşim, çevre ve davranış kuramlarının temelinde yer alan çok boyutlu bir ilişkidir. Bireyler, içinde bulundukları fiziksel çevreyi yalnızca işlevsel bir alan olarak değil; aynı zamanda psikolojik, sosyal ve kültürel ihtiyaçlarını karşılayan bir ortam olarak deneyimler. Kamusal iç mekânlar, özellikle kullanıcıların bireysel ve toplu davranış örüntülerini gözlemlemek açısından önemli ipuçları sunar. Bu mekânlarda tercih edilen oturma düzenleri, alan kullanımı, fiziksel çevreye tepki biçimleri gibi davranışlar; kişisel mekân, mahremiyet ve egemenlik alanı gibi kavramlarla doğrudan ilişkilidir. Bu çalışmada, Düzce Üniversitesi Merkez Kütüphanesi bünyesinde yer alan bir çalışma salonunda kullanıcıların mekânsal davranışları gözlem yoluyla analiz edilmiştir. Kullanıcıların belirli zaman dilimlerinde tercih ettikleri mekânsal konumlar, oturma biçimleri ve çevresel etkenlere verdikleri tepkiler kayıt altına alınmış; elde edilen veriler mekânsal davranış kuramları ışığında değerlendirilmiştir. Çalışmanın amacı, üniversite kütüphanelerindeki kullanıcı-mekân ilişkisini anlamaya katkı sunmak ve bu tür kamusal iç mekânların tasarımında kullanıcı ihtiyaçlarını temel alan yaklaşımların önemini vurgulamaktır.

**Anahtar Kelimeler:** Mekânsal Davranış, Kişisel Mekân, Kullanıcı Tercihi, Kamusal İç Mekân

## AN EVALUATION OF SPATIAL BEHAVIOR IN WORKSPACES: THE CASE OF THE STUDY HALL AT DUZCE UNIVERSITY LIBRARY

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**Abstract:** The interaction between humans and space is a multidimensional relationship that lies at the core of environmental and behavioral theories. Individuals perceive their physical surroundings not only as functional areas but also as environments that fulfill psychological, social, and cultural needs. Public interior spaces offer significant insights, particularly in observing individual and collective behavioral patterns of users. Behaviors such as seating preferences, space usage, and responses to the physical environment are directly related to concepts like personal space, privacy, and territoriality. In this study, users' spatial behaviors were analyzed through observation in a study hall located within the Central Library of Düzce University. The users' spatial positioning preferences, seating arrangements, and reactions to environmental factors during specific time intervals were recorded and evaluated in the light of spatial behavior theories. The aim of this study is to contribute to the understanding of user-space interaction in university libraries and to emphasize the importance of user-centered approaches in the design of such public interior spaces.

**Keywords:** Spatial Behavior, Personal Space, User Preference, Public Interior Space

## **DİL ÖĞRENİMİNİN OPTİMİZE EDİLMESİ: D-AOBM SEVİYELERİNDE KONUŞMA HIZI VE CÜMLE KARMAŞIKLIĞI**

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**Öz:** Bu çalışma, Cambridge University Press (CUP) tarafından yayınlanan “Unlock Listening, Speaking and Critical Thinking (Second edition)” serisinden elde edilen kapsamlı bir veri kümesi kullanarak, D-AOBM A1 ila C1 seviyeleri arasında konuşma hızı, cümle karmaşıklığı ve bunların pedagojik çıkarımlarının karmaşık dinamiklerini araştırmaktadır. Bu araştırma, ayrıntılı analizler kullanarak eğitim dili bağlamlarında dakika başına kelime sayısı, dakika başına cümle sayısı ve cümle başına kelime sayısını etkileyen korelasyonları ve öngörücüleri açıklamaktadır. Araştırma sonucunda anlamlı korelasyonlar elde edilmiştir, özellikle ses kayıtlarının uzunluğu ile kelime sayısı ( $r=0,96$ ) arasında güçlü bir pozitif ilişki ve cümle başına kelime sayısı ile dakika başına cümle sayısı arasında belirgin bir negatif korelasyon ( $r=-0,74$ ) bulunmuştur. Bu ilişkilerin derin analizi için Kruskal-Wallis ve Lineer regresyon gibi gelişmiş istatistiksel yöntemler kullanılmıştır. Regresyon modeli, kitap seviyesinin, kayıtların uzunluğunun ve cümle sayısının konuşma hızındaki varyansın yaklaşık %55,4’ünü açıkladığını ve bunların önemli etkilerini vurguladığını göstermiştir. Çalışmada ayrıca konuşma hızının dinlediğini anlama ve bilişsel işlemeyi geliştirmedeki temel rolü olan akademik önemi teyit edilmektedir. Konuşma hızının ayarlanmasıyla, eğitim materyalleri çeşitli yeterlilik aşamalarındaki öğrencilerin bilişsel yük kapasitesine etkili bir şekilde uyum sağlayabilir ve hem dinlediğini anlamayı hem de bilgiyi zihinde tutmayı teşvik edebilir. Bu bulgular, öğrencilerin D-AOBM seviyelerinde ilerledikçe yalnızca daha karmaşık bir dille değil, aynı zamanda dinleme ve eleştirel düşünme becerilerini zorlamak ve geliştirmek için stratejik olarak tasarlanmış çeşitli konuşma sunum hızlarıyla da karşılaştıkları hipotezini doğrulamaktadır. Bulgular ayrıca cümle karmaşıklığının ve bilgiyi sunma hızının dil edinimini ve dinlediğini anlamayı optimize etmek için uyarlandığı dil öğretiminde dengeli bir yaklaşımı savunmaktadır. Bu çalışma, etkili dil öğretim stratejileri hakkındaki akademik söylemi zenginleştirerek, “Unlock” serisindeki yapılandırılmış ilerleme için ampirik destek sağlamakta ve çeşitli eğitim bağlamlarında gelişmiş dil yeterliliklerini geliştirmedeki pedagojik etkinliğini teyit etmektedir.

**Anahtar Kelimeler:** Konuşma Hızı, Dil Öğrenme, CEFR Düzeyleri, Cümle Karmaşıklığı, Bilişsel Yük

## OPTIMIZING LANGUAGE LEARNING: SPEECH RATE AND SENTENCE COMPLEXITY ACROSS CEFR LEVELS

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**Abstract:** This study explores the intricate dynamics of speech rate, sentence complexity, and their pedagogical implications across CEFR levels A1 to C1, employing an extensive dataset from the "Unlock Listening, Speaking and Critical Thinking (Second edition)" series by Cambridge University Press (CUP). Through detailed analyses, the research elucidates correlations and predictors affecting words per minute, sentences per minute, and words per sentence in educational language contexts. The investigation reveals significant correlations, notably a strong positive relationship between the length of recordings and word count ( $r=0.96$ ), and a pronounced negative correlation between words per sentence and sentences per minute ( $r=-0.74$ ). Advanced statistical methods, including Kruskal-Wallis and linear regression, were utilized to further analyse these relationships. The regression model indicated that book level, length of recordings, and sentence count explain approximately 55.4% of the variance in speech rate, highlighting their substantial impact. The academic importance of speech rate is emphasized in this study, which confirms its key role in enhancing language comprehension and cognitive processing. By adjusting the speech rate, educational materials can effectively match the cognitive load capacity of learners at various proficiency stages, fostering both comprehension and retention. These insights validate the hypothesis that as learners advance through CEFR levels, they encounter not only more complex language but also varied speech delivery rates, strategically designed to challenge and develop their listening and critical thinking skills. The findings advocate for a balanced approach in language teaching, where sentence complexity and information pacing are tailored to optimize language acquisition and comprehension. This study enriches the academic discourse on effective language teaching strategies, providing empirical support for the structured progression within the "Unlock" series and affirming its pedagogical efficacy in developing advanced language competencies across diverse educational contexts.

**Keywords:** Speech Rate, Language Learning, CEFR Levels, Sentence Complexity, Cognitive Load

## DEĞER AKIŞ HARİTALAMA VE KABİN PANELLERİ MONTAJINDA UYGULAMA

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**Öz:** Günümüzün yoğun rekabet ortamında işletmelerin sürdürülebilirliğini sağlaması için maliyetleri düşürmesi ve üretim süreçlerinde verimliliği artırması zorunlu hale gelmiştir. Firmalar, uzun vadede verimliliği artırmak amacıyla otomasyon sistemlerine ve modern ekipmanlara yatırım yapmaktadır; ancak bu yatırımlar yüksek maliyetler içermektedir. Bu noktada değer akış haritalama (VSM) yöntemi, ek yatırım gerektirmeden süreçlerdeki israfları görselleştirerek ortadan kaldırmayı ve verimli üretimi teşvik etmeyi mümkün kılar. Bu çalışmada, asansör butonu üretimi yapan bir işletmenin montaj biriminde yapılan gözlemler sonucunda, kabin panelleri montaj sürecine ilişkin mevcut durum değer akış haritası oluşturulmuş ve süreçte yer alan değer üretmeyen faaliyetler tespit edilmiştir. Elde edilen bulgular doğrultusunda değer üreten süreçlerin analizi yapılmış, süreç iyileştirme önerileri geliştirilmiş ve uygun bulunan noktalarda otomasyon önerisinde bulunulmuştur. Süreçlerde gereksiz hareket, bekleme ve stok gibi israfların ortadan kaldırılmasıyla üretim süresi kısaltılmış, iş gücü verimliliği artırılmış ve üretim hattında yalın bir anlayışa geçiş sağlanmıştır. Sonuç olarak, değer akış haritalama yöntemi sayesinde işletmenin üretim performansının artırılacağı ve düşük maliyetle önemli iyileştirmeler elde edilebileceği ortaya konmuştur.

**Anahtar Kelimeler:** Değer akış haritalama, Butkon, İsrar, Yalın üretim, Montaj hattı panelleri

## VALUE STREAM MAPPING AND APPLICATION IN CABIN PANEL ASSEMBLY

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**Abstract:** In today's intensely competitive environment, it has become imperative for businesses to reduce costs and increase efficiency in production processes in order to ensure their sustainability. Companies invest in automation systems and modern equipment to increase efficiency in the long term; however, these investments involve high costs. At this point, the value stream mapping (VSM) method makes it possible to visualize and eliminate wastes in processes and encourage efficient production without requiring additional investment. In this study, as a result of the observations made in the assembly unit of an elevator button manufacturing company, the current situation value flow map of the cabin panels assembly process was created and non-value generating activities in the process were identified. In line with the findings, value generating times were analyzed, process improvement suggestions were developed and automation suggestions were made where appropriate. By eliminating wastes such as unnecessary movement, waiting and stock in the processes, production time was shortened, labor productivity was increased and a transition to a lean understanding in the production line was achieved. As a result, it has been revealed that the production performance of the enterprise can be increased and significant improvements can be achieved at low cost thanks to the value stream mapping method.

**Key Words:** Value stream mapping, Butkon, Waste, Lean manufacturing, Assembly of cabin panels

## **TÜRKİYE’DE HEMŞİRELİK BİLİM DALINDA TİP 1 DİYABET ALANINDA DİYABET TEKNOLOJİLERİ KONUSUNDAKİ YÜKSEK LİSANS TEZLERİNİN BİBLİYOGRAFİK ANALİZİ**

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**ÖZ:** Bu araştırmanın amacı, Ulusal Tez Merkezi verileri doğrultusunda Türkiye’de hemşirelik bilim dalında tip 1 diyabet alanında diyabet teknolojileri konusunda 2016–2025 yılları arasında hazırlanmış yüksek lisans tezlerinin bibliyografik analizini yapmaktır. Çalışma bibliyografik tarzda tasarlanmış olup veriler, Ulusal Tez Merkezi’nin sistemi kullanılarak elde edilmiştir. İncelemeye alınan tezler; yıl, üniversite, şehir, danışman unvanı, enstitü, anahtar kelime, örneklem büyüklüğü ve araştırma deseni açısından değerlendirilmiştir. Tezlerin her yıla %16,7 oranında eşit şekilde dağıldığı, üniversitelerin ise %14,3 oranında temsil edildiği belirlenmiştir. Çalışmaların %50’si İstanbul’da yapılırken, kalan %50’si Çankırı, Diyarbakır, Erzurum ve İzmir’de gerçekleştirilmiştir. Tezlerin %50’si Hemşirelik, %33,3’ü Çocuk Sağlığı ve Hastalıkları Hemşireliği, %16,7’si ise İç Hastalıkları ve Kronik Hastalıklar Hemşireliği anabilim dallarına aittir. Enstitü bazında tezlerin %85,7’si Sağlık Bilimleri Enstitüsü’ne, %14,3’ü Lisansüstü Eğitim Enstitüsü’ne bağlıdır. Danışman unvanlarına göre Prof. Dr. %42,86, Doç. Dr. %28,57 ve Yrd. Doç. Dr./Dr. Öğr. Üyesi %28,57 oranında yer almaktadır. Anahtar kelime olarak en sık “Tip 1 Diyabet” (%23,3) kullanılmış, bunu “Diyabet Teknolojileri”, “İnsülin Pompası”, “Yaşam Kalitesi” ve “Memnuniyet” (%6,7) izlemiştir. Örneklem büyüklüklerinde 50–100 kişilik gruplar %57,1 ile öne çıkmıştır. Tüm tezler nicel desenlidir ve en sık kullanılan desenler Tanımlayıcı ile Tanımlayıcı-İlişki Arayıcıdır (%28,6). Elde edilen sonuçlara göre, tezlerin yıllara ve üniversitelere göre dengeli dağılım gösterdiği ve tip 1 diyabet alanında önemli katkılar sunduğu görülmektedir. Ancak, daha büyük örneklemlemlerle ve çeşitlendirilmiş yöntemlerle yapılacak çalışmaların alanı daha da zenginleştireceği düşünülmektedir.

**Anahtar Kelimeler:** Hemşirelik, tip 1 diyabet, diyabet teknolojisi, yüksek lisans tezleri, bibliyografik analiz.

## **A BIBLIOGRAPHIC ANALYSIS OF MASTER’S THESES ON DIABETES TECHNOLOGIES IN THE FIELD OF TYPE 1 DIABETES WITHIN THE DISCIPLINE OF NURSING IN TURKEY**

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**Abstract:** The aim of this study is to conduct a bibliographic analysis of master’s theses prepared between 2016 and 2025 in the field of nursing in Turkey, focusing on diabetes technologies related to type 1 diabetes, based on data from the National Thesis Center. The study was designed in a bibliographic format, and data were obtained through the National Thesis Center’s database. The theses were examined based on year, university, city, advisor title, institute, keywords, sample size, and research design. The distribution of theses was equal across the years studied (16.7% per year), and each university was represented at a rate of 14.3%. While 50% of the studies were conducted in Istanbul, the remaining 50% were distributed among Çankırı, Diyarbakır, Erzurum, and İzmir (16.7% each). Regarding departments, 50% of the theses were conducted in Nursing, 33.3% in Pediatric Nursing, and 16.7% in Internal and Chronic Diseases Nursing. In terms of institutes, 85.7% of the theses were affiliated with the Institute of Health Sciences, and 14.3% with the Graduate Education Institute. Among the academic titles of advisors, Professors had the highest proportion at 42.86%, followed by Associate Professors at 28.57%, and Assistant Professors/Lecturers at 28.57%. The most frequently used keyword was “Type 1 Diabetes” (23.3%), followed by “Diabetes Technologies,” “Insulin Pump,” “Quality of Life,” and “Satisfaction” (6.7% each). The majority of studies (57.1%) had sample sizes between 50 and 100 participants. All theses used quantitative research designs, with descriptive and descriptive-relational designs being the most common (28.6% each). The findings indicate that the theses examined are distributed evenly across different universities and years and contribute significantly to the field of type 1 diabetes. However, future research using larger sample sizes and diversified methodologies may further enrich the body of knowledge in this area.

**Keywords:** Nursing, type 1 diabetes, diabetes technology, master's theses, bibliographic analysis.

## OKUL YÖNETİCİLERİNİN LİDERLİK SİTİLLERİ

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**Öz:** Lider, çevresindekileri etkileyerek onlara yön veren, rehberlik eden ve önderlik yapan kişidir. Okul yöneticilerinin birbirinden farklı liderlik tarzları sergiledikleri bilinmektedir. Derleme yöntemi kullanılarak hazırlanan bu araştırmanın amacı okul yöneticilerinin liderlik stillerini incelemektir. Otokratik liderlik tarzını benimseyen okul yöneticileri toplumun kararlarına sıkı sıkıya bağlı bir tutum sergileyerek astların görüşlerine önem vermeme eğilimindedirler. Sabit fikirli ve değişime kapalı olan bu liderler, bürokratik kurallara ve geleneklere güçlü bir bağlılık göstermektedirler. Otokratik liderlik tarzı bazı olumsuz yönler taşısa da doğru ve yerinde uygulandığında karar süreçlerini hızlandırması ve zaman yönetimini kolaylaştırması açısından fayda sağlayabilir. Serbest bırakıcı liderlik yaklaşımı, okullarda başboşlukla karıştırılan bir özgürlük algısına yol açar. Üretkenliğin ve başarı oranlarının en düşük olduğu bu ortamda, düzen, motivasyon ve verimlilikten söz etmek mümkün olmamaktadır. Okul yöneticilerinin en önemli görevlerinden birisi okulda demokratik bir ortam oluşturmaktır. Demokratik liderlik anlayışını benimseyen okul yöneticileri, öğretmenler ve diğer paydaşları karar alma süreçlerine aktif biçimde dâhil eder; iş birliğine dayalı bir yönetim yaklaşımı sergilerler. Bu liderlik tarzının, yetki devri, etkili iletişim, eleştiriye açıklık ve katılımcı yönetim ilkeleri üzerine kurulu olduğu bilinmektedir. Dönüşümcü liderlik stillerini benimsemiş yöneticiler ise; net bir vizyon ortaya koyabilen, güçlü değer yargılarına sahip ve çevresine güven aşılayabilen bir liderlik profili sergilemektedirler. Eleştirel düşünen, sorgulayan ve kendini yenileyen bu liderler; güçlü sosyal ve kavramsal yetenekleriyle örgütü bir bütün olarak görüp her bireyle yakından ilgilenmektedirler.

**Anahtar Kelimeler:** Eğitim Yönetimi, Okul Yöneticileri, Liderlik

## LEADERSHIP STYLES OF SCHOOL ADMINISTRATORS

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**Abstract:** A leader is a person who directs, guides and leads those around him/her by influencing them. It is known that school administrators exhibit different leadership styles. The aim of this study, which was prepared using the review method, is to examine the leadership styles of school administrators. School administrators who adopt autocratic leadership style tend not to give importance to the opinions of subordinates by displaying an attitude strictly adhering to the decisions of the society. These leaders, who are fixed-minded and closed to change, show a strong commitment to bureaucratic rules and traditions. Although autocratic leadership style has some negative aspects, when applied correctly and appropriately, it can be beneficial in terms of speeding up decision-making processes and facilitating time management. The laissez-faire leadership approach leads to a perception of freedom in schools, which is often mistaken for freedom of movement. In this environment where productivity and success rates are the lowest, it is not possible to talk about order, motivation and efficiency. One of the most important duties of school administrators is to create a democratic environment in schools. School administrators who adopt a democratic leadership approach actively involve teachers and other stakeholders in decision-making processes and display a collaborative management approach. It is known that this leadership style is based on the principles of delegation of authority, effective communication, openness to criticism and participative management. Managers who adopt transformational leadership style, on the other hand, exhibit a leadership profile that can present a clear vision, have strong value judgements and instil confidence in their environment. These leaders, who think critically, question and renew themselves, see the organisation as a whole with their strong social and conceptual skills and pay close attention to each individual.

**Keywords:** Educational Management, School Administrators, Leadership

## **GEBELİKTE TERATOJENİK AJANLARA MARUZ KALMANIN ANNE VE YENİDOĞAN SAĞLIĞI ÜZERİNE ETKİSİ**

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**Öz:** Gebelikte ilaç kullanımı günümüzde oldukça yaygın görülen önemli bir konudur. Gebeliğin planlı veya plansız olması, annenin düzenli ilaç kullanımının olması yaygınlık oranında etkili olmaktadır. Gebelik döneminde; kadın bedeninde fizyolojik ve biyokimyasal değişimler oluşurken, fetus gelişiminde ise organogenez ve nörogelişimsel süreçler tamamlanır. Bu dönemde annenin ilaç, kimyasal madde veya çevresel toksinlere maruz kalmasına bağlı fetüste morfolojik veya fonksiyonel gelişim kusurları oluşabilmektedir. Özellikle birinci trimester fetüste embriyogenez oluşumunun gerçekleşmesinden dolayı, potansiyel teratojenlerden etkilendiği çok riskli bir dönemdir. Dünyada yapılan çalışmalara bakıldığında; Amerika Birleşik Devletleri (ABD)’nde gebelerin % 90’ ından fazlasının en az bir reçeteli veya reçetesiz ilaç kullanımı olduğu ve % 80’ inden fazlasının ilk trimesterde gerçekleştiği belirtilmiştir. Günümüzde kronik hastalıkların artması, gebelik yaşının ilerlemesine bağlı bu oranların daha da artacağı muhtemeldir. Artan risk oranlarının kontrol ve takibinde; sağlık profesyonellerinin ve özellikle kadın sağlığı alanlarında hizmet veren hemşirelerin önemli görev ve sorumlulukları bulunmaktadır. Literatür taramasında gebelikte teratojen ajanlara maruz kalmanın anne ve yenidoğan sağlığı üzerine etkilerinin araştırıldığı sınırlı sayıda çalışmalar olduğu görülmüştür. Bu bağlamda ‘‘Gebelikte Teratojenik Ajanlara Maruz Kalmanın Anne ve Yenidoğan Sağlığı Üzerine Etkisi’’ başlıklı çalışma; gebelik döneminde teratojen maruziyetin maternal ve neonatal sağlık üzerinde gelişebilecek etkilerini araştırmak, hemşirelerin bu alanda kanıta dair görev ve sorumluluklarını belirlemek, toplumsal farkındalık oluşturmak ve konu üzerine yapılmış güncel çalışmaları derlemek amacıyla yapılmıştır.

**Anahtar Kelimeler:** Gebelik, Teratojenler, Anne sağlığı, Yenidoğan sağlığı, Hemşirelik

## **EFFECTS OF EXPOSURE TO TERATOGENIC AGENTS DURING PREGNANCY ON MATERNAL AND NEWBORN HEALTH**

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**Abstract:** Drug use during pregnancy is an important issue that is quite common today. Whether the pregnancy is planned or unplanned, and whether the mother uses regular medication are effective in the prevalence rate. During pregnancy; physiological and biochemical changes occur in the female body, while organogenesis and neurodevelopmental processes are completed in fetal development. During this period, morphological or functional developmental defects may occur in the fetus due to the mother's exposure to drugs, chemicals or environmental toxins. Especially the first trimester is a very risky period due to the embryogenesis formation in the fetus, and it is affected by potential teratogens. When looking at studies conducted in the world; it is stated that more than 90% of pregnant women in the United States (US) use at least one prescription or non-prescription drug and more than 80% of this occurs in the first trimester. Today, it is likely that these rates will increase even more due to the increase in chronic diseases and the advancement of gestational age. Health professionals and especially nurses serving in the field of women's health have important duties and responsibilities in the control and follow-up of increasing risk rates. In the literature review, it was seen that there are a limited number of studies investigating the effects of exposure to teratogenic agents during pregnancy on maternal and neonatal health. In this context, the study titled “Effects of Exposure to Teratogenic Agents During Pregnancy on Maternal and Neonatal Health” was conducted to investigate the possible effects of teratogenic exposure during pregnancy on maternal and neonatal health, to determine the duties and responsibilities of nurses regarding evidence in this field, to create social awareness and to compile current studies on the subject.

**Keywords:** Pregnancy, Teratogens, Maternal health, Neonatal health, Nursing

## **PERCEIVED STRESS AND PROFESSIONAL INSECURITY AMONG HOSPITAL EMPLOYEES IN NORTHERN ALBANIA: A QUALITATIVE STUDY ON THE IMPACT OF ARTIFICIAL INTELLIGENCE**

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**Abstract:** This qualitative study explores how hospital employees in the cities of Shkodra and Lezha perceive the impact of artificial intelligence (AI) and automation in their daily professional routines. The study aims to understand the subjective experiences of stress, professional insecurity, and adaptation in the face of technological transformation, particularly among radiologists, imagers, and cardiologists. A total of 12 health professionals aged 24 to 65, representing both genders, participated in semi-structured interviews. Thematic analysis, guided by Braun and Clarke’s six-step framework, revealed four central themes: (1) the influence of automation on professional skills, (2) perceived job insecurity due to AI, (3) emotional responses and well-being in light of automation, and (4) institutional support and training needs.

Findings indicate that younger professionals showed higher adaptability and lower stress, while more experienced staff expressed uncertainty and anxiety toward rapid technological changes. Although many participants acknowledged the productivity and diagnostic benefits of AI-powered tools, concerns emerged around loss of professional identity, job displacement, and insufficient institutional support. Professionals emphasized the need for structured training, better communication between healthcare institutions, and increased inclusion in decision-making processes regarding AI adoption.

Overall, the study highlights both the empowering and disruptive dimensions of AI in healthcare, stressing the importance of proactive institutional strategies to reduce fear and enhance professional development. These findings are particularly relevant for public health policymakers, hospital administrators, and workforce development programs aiming to navigate the evolving landscape of digital health transformation in Albania.

**Keywords:** Artificial Intelligence, Automation, Hospital Employees, Perceived Stress, Professional Insecurity, Thematic Analysis, Digital Health, Albania, Workforce Adaptation, Institutional Support.

## DEPOLAMA SÜREÇLERİNİN ANALİZ EDİLEREK İYİLEŞTİRİLMESİ: BİR UYGULAMA

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**Öz:** İtme sistemlerinde, üretim planlama süreçlerinin etkin ve sürdürülebilir şekilde planlanabilmesi için 1980’li yıllardan itibaren malzeme ihtiyaç planlaması (MRP) ve devamında kurumsal kaynak planlaması (ERP) teknikleri yoğun olarak kullanılmaya başlanmıştır. Bu sistemler, üretim faaliyetlerinin daha sistematik ve bütünleşik şekilde yürütülmesini sağlamaktadır. Kurumsal kaynak planlaması uygulamalarının başarısı, büyük ölçüde malzeme ihtiyaç planlamasının doğruluğuna ve güvenilirliğine bağlıdır. Malzeme ihtiyaç planlamasının verimli çalışabilmesi ise ürün ağaçlarının doğru tanımlanmasına, malzeme listelerinin eksiksiz olmasına ve depolama süreçlerinin sağlıklı yürütülmesine bağlıdır. Bu araştırmada, kurumsal kaynak planlaması yapısı incelenerek, özellikle depolama süreçlerinin planlamadaki önemi ve rolü araştırılmıştır. Asansör butonları imalatı yapan bir üretim işletmesinde, hammadde ve yarı mamullerin depolama süreçleri detaylı olarak analiz edilmiştir. Kurumsal kaynak planlamasının etkinliğini artırmaya yönelik olarak, bu süreçlerde çeşitli iyileştirme çalışmaları gerçekleştirilmiştir. Malzeme depolamada kullanılan raflama sistemleri, malzemenin üretim hattına zamanında ve düzenli şekilde taşınması, üretim beklemelerinin minimize edilmesi amacıyla çeşitli gözlemler yapılmış ve bu gözlemler doğrultusunda iyileştirme önerileri geliştirilmiştir.

**Anahtar Kelimeler:** Kurumsal kaynak planlaması, Butkon, Depolama süreçleri, Buton, Ürün ağacı

## IMPROVING STORAGE PROCESSES THROUGH ANALYSIS: AN APPLICATION

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**Abstract:** In push systems, material requirements planning (MRP) and, subsequently, enterprise resource planning (ERP) techniques have been used extensively since the 1980s to enable production planning processes to be planned effectively and sustainably. These systems ensure that production activities are carried out in a more systematic and integrated manner. The success of enterprise resource planning applications depends largely on the accuracy and reliability of material requirements planning. The efficient functioning of material requirements planning, in turn, depends on the correct definition of bill of materials, the completeness of material lists, and the proper execution of storage processes. In this study, the structure of enterprise resource planning was examined, and the importance and role of storage processes in planning were investigated. In a manufacturing company that produces elevator buttons, the storage processes of raw materials and semi-finished products were analyzed in detail. Various improvement studies were carried out in these processes to increase the effectiveness of enterprise resource planning. Observations were made regarding the shelving systems used in material storage, the timely and regular transportation of materials to the production line, and the minimization of production delays, and improvement recommendations were developed based on these observations.

**Keywords:** Enterprise resource planning, Butkon, Storage processes, Button, Bill of materials

## RELATIVE MOTION KONSEPTİNİN ZON 5 EXTENSOR DIGITORUM COMMUNIS YARALANMASINDA KLİNİK SONUÇLARA ETKİSİ: OLGU SUNUMU

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**Amaç:** Bu çalışmanın amacı, Zon 5 seviyesinde Extensor Digitorum Communis (EDC) tendon yaralanması bulunan bir olguda, 5. parmakta gelişen apozisyonel konumlanmaya yönelik uygulanan relative motion (göreceli hareket) konseptinin ağrı, ödem, deformite ve el fonksiyonları üzerindeki etkilerini değerlendirmektir.

**Yöntem:** Sağ el 5. parmak zon 5 EDC tendon kesisi nedeniyle primer tamir uygulanan 19 yaşındaki erkek hasta, postoperatif 3. haftada fizyoterapiye yönlendirildi. Değerlendirme sırasında metakarpofalangeal (MP) eklemden 30° fleksiyon yönünde lag tespit edildi. Bu doğrultuda hastaya relative motion ortezi uygulanmasına karar verildi ve saat başı 10 tekrar olacak şekilde tut ve yerleştir egzersizi öğretildi. Ağrı Görsel Analog Skala (GAS), ödem sekiz şekilli çevre ölçüm yöntemi, el fonksiyonu Kol, Omuz ve El Sorunları Anketi (DASH), parmakların eklem hareket aralığı (EHA) gonyometre ve el becerileri Duruöz El İndeksi ile ortez öncesi ve 3 ay sonrası olmak üzere değerlendirildi.

**Bulgular:** Üç aylık takip sonunda ödemde 1 cm azalma, DASH skorunda 76'dan 12'ye, VAS skorunda 7,8 cm'den 1,4 cm'ye ve Duruöz El İndeksi skorunda 67'den 13'e düşüş gözlemlendi. Ayrıca, 4. ve 5. parmak MP, PIP ve DIP eklemlerinde NEH açıları tam düzeylere ulaşmıştır.

**Sonuç:** Relative motion konsepti, tendon onarımı sonrası gelişen apozisyonel konumlanmaya bağlı fonksiyonel kısıtlılıkların yönetiminde etkili bir yaklaşımdır. Olgunun değerlendirme sonuçları, bu yöntemin ödemi azaltma, ağrıyı hafifletme ve fonksiyonel iyileşmeyi desteklemede önemli katkılar sağlayabileceğini göstermektedir.

**Anahtar kelimeler:** Tendon yaralanmaları, Ortez, Rehabilitasyon

## THE EFFECT OF RELATIVE MOTION CONCEPT ON CLINICAL OUTCOMES IN ZONE 5 EXTENSOR DIGITORUM COMMUNIS INJURY: A CASE REPORT

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**Objective:** The aim of this study was to evaluate the effects of relative motion concept on pain, oedema, deformity and hand function in a patient with Extensor Digitorum Communis (EDC) tendon injury at zone 5 level.

**Methods:** A 19-year-old male patient who underwent primary repair for a right hand 5th finger zone 5 EDC tendon incision was referred to physiotherapy at the 3rd postoperative week. During the evaluation, a 30° flexion lag was detected in the metacarpophalangeal (MP) joint. Accordingly, it was decided to apply relative motion orthosis to the patient and place and hold exercise was taught for 10 repetitions per hour. Pain was assessed by Visual Analogue Scale (VAS), edema by figure-of-eight circumference measurement method, hand function by Disabilities of the Arm, Shoulder and Hand Questionnaire (DASH), finger range of motion (ROM) by goniometer and hand dexterity by Duruöz Hand Index before and 3 months after orthosis.

**Results:** At the end of the three-month follow-up, a 1 cm decrease in oedema, a decrease in DASH score from 76 to 12, a decrease in VAS score from 7.8 cm to 1.4 cm and a decrease in Duruöz Hand Index score from 67 to 13 were observed. Additionally, full range of motion was achieved in the MP, proximal interphalangeal (PIP), and distal interphalangeal (DIP) joints of the fourth and fifth fingers.

**Conclusion:** The relative motion concept appears to be an effective approach in managing functional limitations resulting from positional deformities after tendon repair. The evaluation results of the case show that this method can make significant contributions in reducing oedema, alleviating pain and promoting functional recovery.

**Keywords:** Tendon injuries, Orthosis, Rehabilitation

## SPOT 6 UYDU GÖRÜNTÜLERİNİN İKİ BOYUTLU GEOMETRİK DOĞRULUĞUNUN BELİRLENMESİ

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**Öz:** Uydu görüntü ve verilerinden çeşitli bilgiler elde edilebilmektedir. Bunlardan birisi de konuma bağlı uygulamalardır. Örneğin farklı kaynaklardan elde edilen uydu görüntülerinin Google Earth gibi uygulamalarda yan yana getirilebilmeleri için koordinatlandırılması gerekmektedir. Koordinatlandırılan bu görüntülerden nesne çıkarımı yardımıyla haritalar oluşturulabilmektedir. Ancak bu koordinatlandırma işleminin doğruluğunun  $\pm 1$  piksel düzeyinin altında kalması gerekmektedir. Bu da temelde görüntünün geometrik özelliklerine, koordinatlandırmada kullanılan matematik modele ve yardımcı verilerin doğruluğuna bağlıdır. Bu bildiride, optik bir uzaktan algılama uydusu olan SPOT 6'ya ait 1.5 m yer örnekleme aralıklı pankromatik temel seviye uydu görüntüsünün geometrik doğruluğu iki boyutlu olarak incelenmiştir. Dağlık bir topoğrafyaya sahip Zonguldak test alanını kaplayan görüntü, benzerlik, polinom (beşinci dereceye kadar), afin izdüşüm (dört alt model), projektif, doğrudan doğrusal dönüşüm, algılayıcıdan bağımsız rasyonel işlev modeli (üçüncü dereceye kadar) gibi algılayıcıdan bağımsız dönüşüm yöntemleri ile algılayıcıya bağımlı rasyonel işlev modeli (ikinci dereceye kadar) ile değerlendirilmiştir. 89 yer kontrol noktası ile 10 bağımsız denetim noktası arazide küresel konumlama sistemi yardımıyla zeminde ve simetrik nesnelerin ortasında kalacak şekilde ölçülmüştür. Noktaların dağılımının hem yatayda hem de düşeyde uygun olmasına özen gösterilmiştir. Tüm koordinatlar  $\pm 1$  aralığına getirilerek dengeleme hesabında olası kötü şartlı matris oluşumu önlenmiştir. Ayrıca Moore-Penrose (pseudo) ters alma yöntemiyle matris ters alma işlemleri gerçekleştirilerek doğruluk ölçütü olan karesel ortalama hata hesabı yapılmıştır. En kaba doğruluk değerleri benzerlik dönüşümü ile yer kontrol ve bağımsız denetim noktalarında sırasıyla  $\pm 15.65$  piksel ve  $\pm 16.23$  m düzeyinde elde edilirken en yüksek doğruluk değerleri ise üçüncü derece algılayıcıdan bağımsız rasyonel işlev modeli ile yer kontrol ve bağımsız denetim noktalarında sırasıyla  $\pm 0.18$  piksel ve  $\pm 0.73$  piksel düzeyinde elde edilmiştir. Hata vektörleri ise beklendiği gibi sistematik olmayan bir dağılım göstermiştir.

**Anahtar Kelimeler:** GeoTransform, optik uydu görüntüsü, algılayıcıya bağımlı dönüşüm

## TWO DIMENSIONAL GEOMETRIC ACCURACY OF SPOT 6 SATELLITE IMAGES

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**Abstract:** Various information can be obtained from satellite images and data. One of these is geospatial applications. For example, satellite images obtained from various sources must be coordinated so that they can be mosaiced in the applications such as Google Earth. Maps can be generated from these georeferenced images with the help of object extraction. However, the accuracy of this process must be below  $\pm 1$  pixel. The success essentially depends on the geometric properties of the image, the mathematical model used in georeferencing, and the accuracy of the auxiliary data. In this paper, the geometric accuracy of a 1.5 m ground sampling distance panchromatic basic level satellite image of the optical remote sensing satellite SPOT 6 was examined in two dimension. The image covering the Zonguldak test area characterized a mountainous topography, was analysed using sensor-independent transformation methods such as similarity, polynomial (up to fifth degree), affine projection (four sub-models), projective, direct linear transformation, sensor-independent rational function model (up to third degree), and sensor-dependent rational function model (up to second degree). 89 ground control points and 10 independent control points were measured on the ground using a global navigation satellite system. They were located on the bare ground and at the centre of symmetrical objects. The points were collected both in horizontal and vertical dimensions. All coordinates were normalized into  $\pm 1$  range to overcome the ill-conditioned matrix problem in the bundle adjustment. Additionally, matrix inversion was performed using the Moore-Penrose (pseudo) method. The accuracy metric for the transformation was the root mean square error in pixel. The worst accuracy was estimated as  $\pm 15.65$  pixels and  $\pm 16.23$  m at ground control and independent control points, respectively, using similarity transformation. The highest accuracy was estimated as  $\pm 0.18$  pixels and  $\pm 0.73$  pixels at ground control and independent control points, respectively, using the sensor independent rational function model with third-order. The error vectors showed a non-systematic distribution as expected.

**Keywords:** GeoTransform, optical satellite image, sensor independent transformation

## INDOOR AIR QUALITY AND NATURAL VENTILATION STRATEGIES IN HEALTHY HOUSING DESIGN

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**Abstract:** The concept of housing encompasses not only structures that fulfil the fundamental need for shelter but also living spaces that exert a direct influence on the physical, mental and environmental health of individuals. Today, rapidly increasing urbanization, building density and climatic factors have caused individuals to spend approximately 90% of their time indoors, further increasing the importance of indoor air quality. In particular, the COVID-19 pandemic has brought the necessity of healthy indoor spaces to the agenda on a global scale and necessitated the adoption of air quality, natural ventilation and sustainable solutions in housing design. Indoor air quality is defined by parameters such as airborne pollutant concentrations, oxygen levels and ventilation efficiency, and is directly related to asthma, allergic reactions, respiratory diseases, cognitive performance decline and mental health problems. In this context, natural ventilation strategies that minimize energy consumption and can be applied with passive design strategies play a critical role in terms of both sustainability and human health. The literature proves the effectiveness of natural ventilation in reducing pollutants such as volatile organic compounds, carbon dioxide accumulation, and particulate matter in the indoor environment. This study, which systematically examines the effects of indoor air quality on human health, also investigates optimal natural ventilation strategies for healthy housing design. In this study, which used literature review, case studies and meta-analysis techniques with an interdisciplinary approach, ventilation problems and improvement potentials in the existing housing stock were evaluated with quantitative and qualitative data. The findings reveal that design approaches that put indoor air quality at the center not only reduce health risks but also optimize energy efficiency and user comfort. As a result, the integration of natural ventilation strategies in contemporary architecture is an indispensable requirement for the construction of sustainable and healthy living spaces.

**Keywords:** Healthy Building Design, Indoor Air Quality, Natural Ventilation Strategies, Healthy Housing, User Comfort, Sustainable Architecture

## SPONTAN DALAK APSESİ RÜPTÜRÜNE BAĞLI AKUT BATIN: İKİ OLGU SUNUMU

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### Öz:

**Amaç:** Dalak apsesi nadir görülen ancak ciddi komplikasyonlara neden olabilen bir enfeksiyondur. Apsenin rüptürü ise daha da nadir olup, hayatı tehdit eden akut batın tablosuna yol açabilir. Bu çalışmada, spontan dalak apsesi rüptürüne bağlı akut batın gelişen iki olgu sunulmaktadır.

**Gereç ve Yöntem:** Kliniğimize karın ağrısı, ateş ve bulantı-kusma yakınmalarıyla başvuran iki kadın hastada BT ile dalak apsesi ve rüptürü saptanmış; her ikisine de acil splenektomi uygulanmıştır. Postoperatif dönemde intravenöz antibiyotik tedavisi başlanmış ve kültür sonuçlarına göre tedavi düzenlenmiştir.

**Bulgular:** Her iki hastada farklı etken mikroorganizmalar izole edilmiştir (Escherichia coli ve Staphylococcus aureus). Klinik seyir stabil olup, hastalar tam iyileşmeyle taburcu edilmiştir. Sonuç: Dalak apsesi nadir görülen bir enfeksiyon olmakla birlikte, rüptür geliştiğinde tanı ve tedavi süreci zamanla yavaş hâline gelir. Ateş, sol üst kadranda ağrısı ve lökositozun birlikte bulunduğu hastalarda dalak apsesi ve rüptürü mutlaka ayırıcı tanıda düşünülmelidir. Erken BT çekimi, hızlı cerrahi müdahale ve uygun antibiyotik tedavisi ile mortalite azaltılabilir.

**Anahtar Kelimeler:** Dalak Apsesi, Dalak Rüptürü, Akut Batın, Splenektomi, Olgu Sunumu

## SPONTANEOUS SPLENIC ABSCESS RUPTURE LEADING TO ACUTE ABDOMEN: TWO CASE REPORTS

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### **Abstract**

**Objective:** Splenic abscess is a rare but potentially life-threatening infection that may lead to serious complications. Rupture of the abscess is even rarer and can result in an acute abdomen requiring emergency intervention. This study presents two cases of acute abdomen due to spontaneous splenic abscess rupture.

**Materials and Methods:** Two female patients presented to our clinic with complaints of abdominal pain, fever, and nausea-vomiting. Abdominal computed tomography (CT) revealed splenic abscesses and rupture in both cases. Emergency splenectomy was performed, followed by intravenous antibiotic therapy, which was adjusted according to culture results.

**Results:** Different pathogenic microorganisms were isolated in each patient (*Escherichia coli* and *Staphylococcus aureus*). Both patients had a stable clinical course and were discharged with full recovery.

**Conclusion:** Although splenic abscess is a rare clinical entity, its rupture presents a time-sensitive medical emergency. In patients presenting with fever, left upper quadrant pain, and leukocytosis, splenic abscess and rupture should be considered in the differential diagnosis. Early CT imaging, prompt surgical intervention, and appropriate antibiotic treatment are essential to reduce mortality.

**Keywords:** Splenic Abscess, Splenic Rupture, Acute Abdomen, Splenectomy, Case Report

**YENİ BİR HALK SAĞLIĞI SORUNU: GEREKSİZ SAĞLIK HİZMETİ KULLANIMI****Kubilay ÖZER<sup>1</sup>,****<sup>1</sup>Karamanoğlu Mehmetbey Üniversitesi, Sağlık Bilimleri Fakültesi,****kubilayozer@hotmail.com, Karaman / Türkiye**

**Öz:** Sağlık hizmetlerinin aşırı kullanımı, dünya genelinde yaygınlaşan ve sağlık sistemlerinin sürdürülebilirliğini tehdit eden temel sorunlardan biridir. Çalışmanın amacı, Türk sağlık sisteminde yaygınlaşan gereksiz sağlık hizmeti kullanımını halk sağlığı bakış açısıyla incelemektir. Aşırı kullanımın bireysel, hekim kaynaklı ve sistemsel düzeyde ele alınabilir. Bireysel düzeyde sağlık okuryazarlığının düşüklüğü, geleneksel sağlık arama davranışları, randevu sistemlerinin dijitalleşmesi, sağlık kurumlarına fiziki ve finansal erişimin kolaylaşması, sağlık sistemini kullanmada sınırların olmaması bireysel başvuruları artırabilmektedir. Hekim kaynaklı nedenler arasında malpraktis davaları, kanıta dayalı tıp ve artan şiddet olayların nedeniyle tetkik ve görüntüleme isteminde artış, defansif tıp ve kurumsal ve bireysel performansa dayalı finansal sistem ve yoğunluk nedeniyle hastaya yeterli zaman ayıramama tıbbi gereklilik dışı hizmet sunumuna yol açabilmektedir. Sistemsel olarak, kültürel ve politik nedenlerle sevk sisteminin işletilememesi, sistemin koruyucu ve önleyici işlevinin yetersizliği, ilk basamak sağlık hizmetlerinin işlevsel olarak kullanılamayışı ve sağlık politikalarında hasta memnuniyetine odaklanan politikalar hizmete erişimi önceliklendirirken, hasta tarafında bilinç düzeyinin yeterince gelişmemiş olması gereksiz kullanımın önünü açabilmektedir. Aşırı kullanım, öncelikle sağlık harcamalarında kontrolsüz artışa neden olarak kamu bütçesi üzerinde ciddi yükler oluşturmaktadır. Kaynakların verimsiz kullanımı, gerçekten ihtiyaç duyan hastaların sağlık hizmetine erişiminde aksaklıklara ve uzun bekleme sürelerine yol açabilmektedir. Bununla birlikte, gereksiz test ve tetkikler hastalarda hem stres hem de zaman kaybı yaratmakta; bazı tıbbi işlemler ise (örneğin radyasyona maruz kalma gibi) doğrudan sağlık riski oluşturabilmektedir. Böylece sağlık hizmetlerinin genel kalitesinde düşüşler olmakta, hizmetlerin etkin sunumunu zorlaştırarak zaman zaman sistemde kaotik bir işleyişe yol açmaktadır. Ortaya çıkan bu kaos ortamı, hem hasta hem de çalışan güvenliğini tehdit etmekte; sağlık profesyonelleri arasında tükenmişlik, memnuniyetsizlik ve motivasyon kaybını beraberinde getirmektedir. Gereksiz sağlık hizmeti kullanımı, çok paydaşlı ve bütüncül bir yaklaşım gerektiren karmaşık halk sağlığı sorunu olarak karşımıza durmaktadır. Sürdürülebilir, etkin sağlık sistemi için hasta, hekim, sağlık yöneticileri, politika yapıcılar, meslek örgütleri ve sivil toplum kuruluşları gibi tüm paydaşların farkındalığını ve koordineli çabasını gerektirmektedir.

**Anahtar Kelimeler:** Sağlık, Yönetim, Aşırı kullanım.

## A NEW PUBLIC HEALTH ISSUE: UNNECESSARY HEALTHCARE UTILIZATION

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**Abstract:** The overutilization of healthcare services is one of the fundamental issues becoming increasingly prevalent worldwide, threatening the sustainability of healthcare systems. This study aims to examine the widespread unnecessary healthcare utilization in the Turkish healthcare system from a public health perspective. Overutilization can be addressed at individual, physician-related, and systemic levels. At the individual level, factors such as low health literacy, traditional health-seeking behaviors, digitalization of appointment systems, improved physical and financial access to healthcare facilities, and the absence of usage limits may increase individual healthcare visits. Physician-related causes include the rise in diagnostic tests and imaging requests due to malpractice lawsuits, evidence-based medicine, and increasing violence, as well as defensive medicine, performance-based financial systems, and insufficient time allocated to patients, which can lead to medically unnecessary services. Systemically, the failure to implement referral systems due to cultural and political reasons, inadequate preventive and primary healthcare functions, and patient satisfaction-focused policies prioritizing access—while patient awareness remains underdeveloped—may contribute to unnecessary utilization. Overutilization primarily leads to uncontrolled increases in healthcare expenditures, placing significant burdens on public budgets. Inefficient resource use can cause delays and long waiting times for patients genuinely in need of care. Moreover, unnecessary tests and procedures create stress and time loss for patients, while some medical interventions (e.g., radiation exposure) pose direct health risks. Consequently, the overall quality of healthcare declines, hindering effective service delivery and occasionally causing chaotic system operations. This chaotic environment threatens both patient and staff safety, leading to burnout, dissatisfaction, and motivation loss among healthcare professionals. Unnecessary healthcare utilization stands as a complex public health issue requiring a multi-stakeholder and holistic approach. A sustainable and effective healthcare system demands awareness and coordinated efforts from all stakeholders, including patients, physicians, healthcare administrators, policymakers, professional organizations, and civil society groups.

**Keywords:**Health, Management, Overutilization.

## YENİDOĞAN YOĞUN BAKIMDA YATMAKTA OLAN PREMATÜRE BEBEKLERDE PIOMI MASAJI VE KANGURU BAKIMI UYGULAMALARININ EMME GÜCÜ VE YATIŞ SÜRESİ ÜZERİNE ETKİSİ

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**Öz:** Zamanından önce doğan bebeklerde gelişimsel destekleyici bakım uygulamaları, yaşam kalitesi ve sağlık çıktıları açısından büyük önem arz etmektedir. Bu araştırma, yenidoğan yoğun bakımda yatmakta olan prematüre bebeklerde destekleyici gelişimsel bakım odaklı olarak kanguru bakımının ve PIOMI Masajı uygulamalarının bebeğin gelişimsel olarak emme gücüne ve yatış süresine katkılarının ele alındığı araştırmaların incelenmesi amacıyla yapılmıştır. Yarı deneysel olarak tasarlanan çalışmada, hastane ortamında küvözde takip edilen prematüre bebeklere belirli günlerde günde bir kez Kanguru Bakımı ve bir grubumuza da PIOMI masajının koşullarına uygun günde 1 kez veya bebeğin doğum hastasına göre 2 kez uygulanmıştır. Müdahale öncesi ve sonrası emme gücü değerlendirilmiş, taburculuk günleri kayıt altına alınmıştır. Ön bulgular, her iki uygulamanın da emme gücünde artış sağladığını ve hastanede kalış süresini kısalttığını göstermektedir. Geliştirici bakım verilirken PIOMI Masajının daha faydalı olduğu emme hızına olan etkisi daha iyi gözlenmiştir. Bulgular, hemşirelik uygulamalarında gelişimsel bakım modellerinin önemini vurgulamaktadır.

**Yöntem:** Araştırma, Şubat 2025-Şubat 2026 tarihleri arasında Zonguldak Bülent Ecevit Üniversitesi Sağlık Uygulama ve Araştırma Merkezi Yenidoğan Yoğun Bakım Ünitesi hastanesinde yürütülmektedir. Araştırmada toplam 60 prematüre bebek değerlendirmeye alınmıştır. Bir gruba sadece Kanguru Bakımı yapılarak (30 bebek) diğer gruba sadece PIOMI Masajı (30 bebek) uygulanarak T-POFRAS Ölçeği doldurulmaktadır. Bu süreçte bebeklerin hastanede kalış süreleri de kayıt altına alınmaktadır.

**Bulgular:** Şubat 2025-Şubat 2026 tarihleri arasında kanguru bakımı ve piomi masajı uygulamaları yapılarak prematüre bebeklerin emme gücüne faydaları ve bu süreçte hastane yatış sürelerine etkilerine bakılacaktır. 2025 tarihi ve öncesinde kanguru bakımı hakkında çok fazla çalışma bulunmaktadır. Türkiye bazında PIOMI Masajı konulu çok fazla çalışma bulunmamakla birlikte bu uygulamanın nörogelişim açısından faydalarını yurtdışı kaynaklı birçok kanıtlanmış çalışma bulunmaktadır. Çalışmamızda kanguru bakımı ve piomi masajının hem manevi gelişim adına hem de hastane yatış süresine pozitif yönde faydaları ile akademiye katkı sağlaması beklenmektedir. İncelenen tez ve çalışmalarda, prematüre bebeklerde kanguru bakımının da PIOMI Masajında destekleyici gelişimsel bakımı artırma potansiyeline sahip olduğu yönündedir.

**Sonuç:** Kanguru Bakımı ve PIOMI uygulaması, prematüre bebeklerde emme gücünü artırmakta ve hastanede yatış süresini azaltmaktadır. Bu bulgular, hemşirelerin prematüre bakımında gelişimsel destekleyici uygulamaları entegre etmesinin önemini ortaya koymaktadır. Gelecekte daha geniş örneklemle yapılacak çalışmalar, bu sonuçların genellenebilirliğini artıracaktır.

**Anahtar Kelimeler:** Kanguru bakımı, PIOMI, prematüre bebek, emme gücü, yatış süresi

## EFFECTS OF PIOMI MASSAGE AND KANGAROO CARE PRACTICES ON SUCK POWER AND DURATION OF HOSPITALITY IN PREMATURE BABIES STAYING IN NEONATAL INTENSIVE CARE CENTER

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**Abstract:** Developmental supportive care practices in premature babies are of great importance in terms of quality of life and health outcomes. This study was conducted to examine the studies that focused on supportive developmental care in premature babies hospitalized in neonatal intensive care and the contributions of kangaroo care and PIOMI Massage applications to the baby's developmental sucking power and length of stay. In the semi-experimental study, Kangaroo Care was applied to premature babies who were monitored in incubators in a hospital environment once a day on certain days, and PIOMI massage was applied to a group of us once a day or twice a day according to the conditions of the baby's birth patient. Suction power was evaluated before and after the intervention, and discharge days were recorded. Preliminary findings show that both applications increased suction power and shortened the duration of hospital stay. While providing developmental care, PIOMI Massage was more beneficial and its effect on suction speed was better observed. The findings emphasize the importance of developmental care models in nursing practices.

**Method:** The study is being conducted at the Neonatal Intensive Care Unit of the Zonguldak Bülent Ecevit University Health Application and Research Center between February 2025 and February 2026. A total of 60 premature babies were evaluated in the study. One group was given only Kangaroo Care (30 babies) and the other group was given only PIOMI Massage (30 babies) and the T-POFRAS Scale was filled. During this process, the babies' hospital stays are also recorded.

**Findings:** Kangaroo care and PIOMI massage applications will be performed between February 2025 and February 2026 to examine the benefits of sucking power of premature babies and their effects on hospitalization periods during this process. There are many studies on kangaroo care before and during 2025. Although there are not many studies on PIOMI Massage in Turkey, there are many proven studies abroad on the benefits of this application in terms of neurodevelopment.

In our study, it is expected that kangaroo care and PIOMI massage will contribute to the academy with its positive benefits both in terms of spiritual development and hospitalization period. The theses and studies examined indicate that kangaroo care and PIOMI Massage have the potential to increase supportive developmental care in premature babies.

**Conclusion:** Kangaroo Care and PIOMI application increases sucking power and reduces hospitalization time in premature babies. These findings reveal the importance of nurses integrating developmental supportive practices in premature care. Future studies with larger samples will increase the generalizability of these results.

**Keywords:** Kangaroo care, PIOMI, premature baby, sucking power, length of stay

## MULTI-MODEL INTEGRATION IN ISTANBUL WATER CONSUMPTION ESTIMATION: COMPARATIVE PERFORMANCE ANALYSIS OF DEEP LEARNING AND ENSEMBLE METHODS

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**Abstract:** In this study, Random Forest (RF), XGBoost, LightGBM, Long Short Term Memory Networks (LSTM), Support Vector Regression (SVR), and Ridge Regression models are comprehensively evaluated for daily water consumption prediction of Istanbul. The study's main contribution is developing an optimized weighted ensemble approach incorporating LSTM with 24.3% weight, Ridge Regression with 22.8% weight, and LightGBM with 16.8% weight. Experimental results show that LSTM performs the highest time series prediction performance with 0.8717  $R^2$ , while Ridge Regression offers an unexpectedly strong alternative with 0.8557  $R^2$ . The developed ensemble model produced more balanced predictions by overcoming the limitations of single models, with 0.8514  $R^2$  performance. In addition, it was statistically proven in the study that the most effective features on water consumption are 7-day and 14-day moving averages and days of the week. These findings indicate that hybrid modeling approaches can increase operational efficiency in urban water management systems.

**Keywords:** Water consumption forecasting, Ensemble learning, LSTM networks, Time series analysis, Urban water management.

## DERİ-BEYİN AKSI: ORTAK EMBRİYOLOJİK KÖKEN, STRES YANITI VE PSİKODERMATOLOJİK ETKİLEŞİMLER

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**Öz:** Derinin dış tabakasını oluşturan epidermis ve merkezi sinir sistemi (MSS), embriyonik gelişimin erken dönemlerinde ortak olarak ektodermden türetilir ve hücrel ve moleküler düzeyde benzer mekanizmalar paylaşır. Bu ortak embriyolojik köken, epidermis ile MSS arasında çevresel stres yanıtları, bağışıklık düzenlenmesi, pigmentasyon, ağrı algısı ve davranışsal tepkiler gibi çeşitli fizyolojik süreçlerde çift yönlü iletişim sağlayan bir "deri-beyin aksı"nın kurulmasına olanak tanır. Ektoderm kökenli epidermis, keratinositler ve nöral krest kökenli melanositler aracılığıyla çevresel uyarılara hızlı ve koordineli yanıt verir. Deride bulunan lokal hipotalamus-hipofiz-adrenal (HPA) eksen, kortikotropin salgılatıcı hormon (CRH), adrenokortikotropik hormon (ACTH), alfa-melanosit uyarıcı hormon ( $\alpha$ -MSH) ve  $\beta$ -endorfin gibi nöropeptidleri salgılayarak lokal bağışıklık yanıtlarını düzenler ve MSS ile nöroendokrin iletişim sağlar. Bu lokal eksenin aktivasyonu, vitiligo, atopik dermatit ve alopesi areata gibi stresle ilişkili dermatozların patogeneğinde kritik rol oynar. Melanositlere özgü MC1R genindeki işlev kaybı mutasyonları, kızıl saç fenotipi ve artmış Parkinson hastalığı riski ile ilişkilendirilmiştir. MC4R sinyalleşmesinin nöronal uyarılabilirliği artırarak ağrı algısını yükselttiği gösterilmiştir; bu nedenle MC4R aktivitesinin azalması — kızıl saçlı bireylerde görüldüğü gibi — artmış ağrı eşiği ile ilişkilidir. Ayrıca, strese bağlı olarak epidermal bariyer fonksiyonundaki bozulmalar, yara iyileşmesindeki gecikmeler ve inflamatuvar sitokin profillerindeki değişiklikler, depresyon ve anksiyete gibi psikiyatrik durumlarla karşılıklı etkileşim içindedir. Son olarak, epidermal fibroblastların motor nöronlara dönüştürülebilme potansiyeli, epidermisin yalnızca koruyucu bir bariyer değil, aynı zamanda nörolojik hastalıkların tedavisi için önemli bir rejeneratif platform olduğunu ortaya koymaktadır.

**Anahtar Kelimeler:** Deri-beyin aksı, HPA eksen, MC1R, psikolojik stres, rejeneratif tıp

## SKIN-BRAIN AXIS: COMMON EMBRYOLOGICAL ORIGIN, STRESS RESPONSE, AND PSYCHODERMATOLOGICAL INTERACTIONS

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**Abstract:** The epidermis, forming the outer layer of the skin, and the central nervous system (CNS) originate from the ectoderm during early embryonic development and share common cellular and molecular mechanisms. This shared developmental origin establishes a "skin-brain axis," enabling bidirectional communication between the epidermis and CNS across various physiological processes, including environmental stress responses, immune regulation, pigmentation, pain perception, and behavioral responses. The ectoderm-derived epidermis, through keratinocytes and neural crest-derived melanocytes, rapidly and coordinately responds to environmental stimuli. The local hypothalamic-pituitary-adrenal (HPA) axis in the skin secretes neuropeptides such as corticotropin-releasing hormone (CRH), adrenocorticotrophic hormone (ACTH), alpha-melanocyte stimulating hormone ( $\alpha$ -MSH), and  $\beta$ -endorphin, modulating local immune responses and providing neuroendocrine communication with the CNS. Activation of this local axis plays a critical role in stress-related dermatoses such as vitiligo, atopic dermatitis, and alopecia areata. Loss-of-function mutations in the melanocyte-specific MC1R gene are associated with the red hair phenotype and increased Parkinson's disease risk. MC4R signaling has been shown to enhance pain perception by increasing neuronal excitability, and reduced MC4R activity — as seen in red-haired individuals — is associated with elevated pain thresholds. Additionally, stress-induced disruptions in epidermal barrier function, delayed wound healing, and altered inflammatory cytokine profiles interact reciprocally with psychiatric conditions such as depression and anxiety. Finally, the potential to convert epidermal fibroblasts into motor neurons highlights the epidermis as not merely a protective barrier but also as a significant regenerative platform for potential therapeutic applications in neurological disorders.

**Keywords:** Skin-brain axis, HPA axis, MC1R, psychological stress, regenerative medicine

## PEDİATRİ HEMŞİRELİĞİNDE YAPAY ZEKA KULLANIMI

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**Öz:** Çocuk sağlığı alanında uzmanlaşmış bir disiplin olan pediatri hemşireliği, kendine özgü fizyolojik ve psikolojik gereksinimleri olan çocuklara bakım sağlarken önemli zorluklarla karşılaşır. Son yıllarda yapay zeka (YZ) teknolojilerinin gelişimi, bu alandaki hemşirelik uygulamalarında önemli dönüşümler vaat etmektedir. YZ destekli sistemler, pediatrik hastalarda tanı süreçlerini hızlandırabilir, tedavi planlamasını optimize edebilir ve hasta takibini geliştirebilir. Örneğin, makine öğrenimi algoritmaları, çocuklarda sepsis gibi kritik durumların erken belirtilerini tespit ederek hızlı müdahaleyi mümkün kılabilir. Ayrıca, YZ'ye dayalı giyilebilir sensörler, vital bulguların sürekli izlenmesine olanak tanıyarak hemşirelerin iş yükünü azaltırken, anomalilere karşı anında uyarı verebilir.

YZ'nin pediatri hemşireliğinde bir başka kullanım alanı ise eğitim ve simülasyonlardır. Sanal gerçeklik ve YZ destekli eğitim platformları, hemşire adaylarının pediatrik acil durumları güvenli ve kontrollü bir ortamda deneyimlemesini sağlayarak klinik becerilerini geliştirmelerine yardımcı olabilir. Bununla birlikte, YZ'nin etik boyutları, veri gizliliği ve algoritmik önyargı gibi konular, bu teknolojilerin pediatrik popülasyonda güvenli ve adil bir şekilde kullanılabilmesi için dikkatle ele alınmalıdır. Gelecekte YZ'nin pediatri hemşireliğinde daha yaygın ve entegre bir rol oynaması beklenmektedir.

**Anahtar Kelimeler:** çocuk, hemşirelik, pediatri hemşireliği, yapay zeka uygulamaları

## THE USE OF ARTIFICIAL INTELLIGENCE IN PEDIATRIC NURSING

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**Abstract:** Pediatric nursing, a specialized discipline in child healthcare, faces significant challenges when providing care to children with their unique physiological and psychological needs. Recent advancements in artificial intelligence (AI) technologies promise significant transformations in nursing practices within this field. AI-powered systems can accelerate diagnostic processes, optimize treatment planning, and improve patient monitoring in pediatric patients. For example, machine learning algorithms can detect early signs of critical conditions like sepsis in children, enabling rapid intervention. Additionally, AI-driven wearable sensors allow for continuous monitoring of vital signs, reducing the workload for nurses while providing instant alerts for anomalies.

Another area where AI can be utilized in pediatric nursing is education and simulations. Virtual reality and AI-supported educational platforms can help nursing students develop their clinical skills by allowing them to experience pediatric emergency situations in a safe and controlled environment. However, ethical considerations of AI, such as data privacy and algorithmic bias, must be carefully addressed to ensure these technologies are used safely and fairly in the pediatric population. In the future, AI is expected to play a more widespread and integrated role in pediatric nursing.

**Keywords:** child, nursing, pediatric nursing, artificial intelligence

## LİSANSÜSTÜ TEZLERDE MEKAN DİZİMİ YÖNTEMİNİN KULLANIM EĞİLİMLERİ ÜZERİNE BİBLİYOMETRİK BİR ANALİZ

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**Öz:** Mekân dizimi yöntemi, şehirler, yapıları çevreler ve binalar gibi farklı ölçeklerdeki mekânsal düzeni analiz etmeye yarayan bir yöntemdir. Bu yöntem, bir alanın erişilebilirlik, hareketlilik ve görülebilirlik gibi mekânsal özelliklerini inceleyerek, fiziksel çevrenin nasıl organize edildiğini ortaya koymaktadır. Mekân dizimi, 1970’li yıllarda Bill Hillier ve Julienne Hanson tarafından geliştirilmiş; insan hareketi ve mekânsal algıya dayalı bir analiz yöntemidir. Yaklaşık 55 yıllık geçmiş olan bu yöntem, günümüzde hem yaygın olarak kullanılmakta hem de geliştirilmeye devam edilmektedir. Bu çalışma, mekân dizimi yönteminin Türkiye’deki kullanım eğilimlerini incelemeyi ve bu alana katkı sağlamayı amaçlamakta; bu doğrultuda lisansüstü tezlerin bibliyometrik özellikleri analiz edilmektedir. Çalışmada, Yükseköğretim Kurulu Ulusal Tez Merkezi (YÖKTEZ) veri tabanında belirli bir yıl sınırlaması yapmaksızın “mekan dizimi” anahtar kelimesiyle 89 ve “space syntax” anahtar kelimesiyle 269 lisansüstü tezin olduğu belirlenmiştir. Bu iki tarama karşılaştırıldığında 86 yinelenen tez çıkarılarak toplamda 272 çalışma araştırmaya konu edilmiştir. Tezler yayınlandığı yıl, tezin türü (yüksek lisans ve doktora), tezin dili, konusu/anabilim dalı, üniversite parametreleri bağlamında bibliyometrik özellikleri açısından incelenmiştir. Araştırma sonucunda; mekan dizimi yönteminin 90’lı yıllardan günümüze kullanımı artarak devam ettiği; ulaşılan tezlerin önemli bölümünün Mimarlık alanında (n=182) ve Türkçe dilinde (n=221) hazırlandığı; tezlerin büyük bölümünün yüksek lisans (n=189) düzeyinde hazırlandığı ve mimarlık (n=126) ile Şehircilik ve Bölge Planlama (n=33) disiplinlerine yönelik olduğu; tezlerin çoğunlukla İstanbul Teknik Üniversitesi (n=89) ve Yıldız Teknik Üniversitesi (n=23)) bünyesinde hazırlandığı belirlenmiştir. Bu çalışma mekan dizimi yönteminin kullanıldığı lisansüstü araştırmaların eğilimlerinin ortaya çıkartılmasına katkı sağlayacağı varsayılmaktadır. Bunun yanı sıra bibliyometrik analizlerin ise araştırmacıların çalışmalarına dair güncel gelişmeleri takip edebilmesi ve araştırmalara yönelik farkındalıkların sağlanabilmesi adına önem arz edeceği öngörülmektedir.

**Anahtar Kelimeler:** mekan dizimi, bibliyometri, mimarlık.

## A BIBLIOMETRIC ANALYSIS OF THE USE OF SPATIAL SYNTAX METHODS IN POSTGRADUATE THESES

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**Abstract:** The place layout method is used to analyze spatial order at different scales, such as cities, built environments, and buildings. This method examines the spatial characteristics of an area, such as accessibility, mobility, and visibility, to reveal how the physical environment is organized. Spatial layout was developed in the 1970s by Bill Hillier and Julienne Hanson as an analysis method based on human movement and spatial perception. With a history of approximately 55 years, this method is widely used today and continues to be developed. This study aims to examine the trends in the use of spatial layout methods in Turkey and contribute to this field; to this end, the bibliometric characteristics of postgraduate theses are analyzed. In the study, it was determined that there were 89 doctoral theses with the keyword “mekan dizimi” and 269 with the keyword “space syntax” in the Higher Education Council National Thesis Center (YOKTEZ) database, without any year restrictions. When these two searches were combined, 86 duplicate theses were removed, leaving a total of 272 studies for the research. The theses were analyzed in terms of bibliometric characteristics, including the year of publication, thesis type (master's and doctoral), language, subject/field of study, and university parameters. The results of the study revealed that the use of spatial composition methods has continued to increase from the 1990s to the present day; a significant portion of the theses obtained was prepared in the field of Architecture (n=182) and in Turkish (n=221); the majority of these were prepared at the master's level (n=189) and were related to the disciplines of architecture (n=126) and urban and regional planning (n=33); and the majority of these were prepared at Istanbul Technical University (n=89) and Yıldız Technical University (n=23). This study is expected to contribute to revealing the trends in postgraduate research using the spatial configuration method. In addition, bibliometric analyses are anticipated to be important for researchers to keep track of current developments in their work and to raise awareness about research.

**Keywords:** spatial syntax, bibliometrics, architecture.

## ICONOGRAPHY MEETS SEMIOTICS: DECONSTRUCTING IMPERIAL REPRESENTATION IN BALKAN OTTOMAN MOSQUE MOTIFS THROUGH OLEG GRABAR'S ICONOGRAPHY AND ROLAND BARTHES' MYTH THEORY

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**Abstract:** This research, using Oleg Grabar's iconographic method and the myth theory of Roland Barthes, sees the cultural legacy of the Ottoman Empire in the Balkans by looking at decorative designs in mosque buildings. The plant-based, shape-based, and writing designs in Balkan mosques are seen not just as pretty additions but as pictures showing the empire's political beliefs, its quest for rightness, and its mixing of cultures.

The interplay of these two methodologies enables a dual understanding of the motifs in Balkan mosques—both within their historical context and their enduring political symbolism. Through this approach, the study demonstrates how the Ottoman "Balkan dream" was articulated not merely through architectural forms, but also through the visual language embedded in their ornamentation. While Grabar sees the Islamic art as iconographic, decoding the historical and meaningful symbols of motifs, Barthes analyses them semiotically to reveal the process through which these motifs came to render legitimate Ottoman authority as 'myth' in the consciousness of society. This study compares key architectural examples: Ethem Bey Mosque in Albania, Gazi Husrev Bey Mosque in Bosnia and Herzegovina, and Fatih Sultan Mehmet Mosque in Kosovo.

While typological and symbolic meanings of motifs in Islamic art are highlighted by Grabar with reference to their dialogic interplay with local Christian traditions, a semiotic approach à la Barthes would read how these motifs visually render the Ottoman claim to 'universal sovereignty' and meaning constructed in everyday life. For example, the tulip motif is articulated as a symbol of state authority; sword reliefs as visual rhetoric of conquest; and infinite geometric patterns as expressions of the empire's eternal dominion. The body of mosques appearing through Grabar's eyes is that of various developmental stages reflecting localized adaptation in Islamic art. Whereas it is through Barthes' gaze that we learn how Balkan mosques articulate Ottoman myths of legitimacy planted deep in the region's visual and cultural landscape.

The interaction of these two approaches allows for a dual reading of the motifs in Balkan mosques—within both contexts, historical and as an enduring political symbolism. With this, the paper will try to prove how the Ottoman "Balkan dream" was not only articulated through architectural forms but also through the visual language ornamentation carries.

**Keywords:** Ottoman architecture, semiotics, iconography, Balkan mosques, decorative arts.

## LOJİSTİK ALANINDA YAPAY ZEKA KULLANIMI

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**Öz:** Lojistik sektörü, küresel tedarik zincirlerinin karmaşıklığı, artan müşteri beklentileri ve operasyonel maliyet baskılarıyla karşı karşıya. Bu zorlukların üstesinden gelmede Yapay Zeka (YZ), sunduğu analitik yetenekler ve otomasyon fırsatları sayesinde önemli bir rol oynamaktadır. YZ uygulamaları, lojistik süreçlerini daha akıllı, verimli ve esnek hale getirme potansiyeline sahiptir.

YZ'nin lojistikteki başlıca uygulama alanlarından biri tahmin ve talep yönetimidir. Makine öğrenimi algoritmaları, geçmiş verileri analiz ederek gelecekteki talep eğilimlerini daha doğru tahmin edebilir. Bu sayede envanter seviyeleri optimize edilir, stok fazlalığı veya eksikliği minimize edilir ve depo maliyetleri düşürülür. Bir diğer önemli alan ise rota optimizasyonudur. YZ tabanlı sistemler, trafik koşulları, teslimat süreleri ve araç kapasiteleri gibi birçok değişkeni eş zamanlı olarak değerlendirerek en verimli rotaları belirleyebilir. Bu durum, yakıt tüketimini azaltır ve teslimat sürelerini kısaltır.

Depo yönetiminde de YZ'nin etkisi büyüktür. Robotik otomasyon ve otonom araçlar, mal kabul, depolama, toplama ve sevkiyat süreçlerini hızlandırır ve insan hatasını minimize eder. Ayrıca, veri analizi yoluyla depo içi operasyonların performansı sürekli izlenerek darboğazlar tespit edilebilir ve iyileştirmeler yapılabilir. Tedarik zinciri risk yönetimi de YZ sayesinde güçlenir; olası aksaklıklar (doğal afetler, tedarikçi sorunları vb.) önceden belirlenerek proaktif önlemler alınabilir.

Sonuç olarak YZ, lojistik sektöründe sadece operasyonel verimliliği artırmakla kalmayıp, aynı zamanda daha dirençli, şeffaf ve sürdürülebilir tedarik zincirleri oluşturulmasına da katkı sağlamaktadır. YZ'nin bu alandaki gelişimi, lojistik profesyonellerinin stratejik karar alma süreçlerini destekleyerek sektöre yeni ufuklar açmaktadır.

**Anahtar kelimeler:** lojistik, lojistik yönetimi, yapay zeka

## THE USE OF ARTIFICIAL INTELLIGENCE IN THE FIELD OF LOGISTICS

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**Abstract:** The logistics sector faces challenges stemming from the complexity of global supply chains, increasing customer expectations, and pressure to control operational costs. To overcome these challenges, Artificial Intelligence (AI) plays a significant role through its analytical capabilities and automation opportunities. AI applications have the potential to make logistics processes smarter, more efficient, and more flexible.

One of the primary application areas of AI in logistics is forecasting and demand management. Machine learning algorithms can analyze historical data to more accurately predict future demand trends. This optimizes inventory levels, minimizes stock surpluses or shortages, and reduces warehousing costs. Another crucial area is route optimization. AI-based systems can simultaneously evaluate multiple variables such as traffic conditions, delivery times, and vehicle capacities to determine the most efficient routes. This reduces fuel consumption and shortens delivery times.

AI also significantly impacts warehouse management. Robotic automation and autonomous vehicles accelerate goods receiving, storage, picking, and dispatch processes while minimizing human error. Furthermore, continuous monitoring of in-warehouse operations performance through data analysis can identify bottlenecks and enable improvements. Supply chain risk management is also strengthened by AI; potential disruptions (like natural disasters or supplier issues) can be identified in advance, allowing for proactive measures to be taken.

In conclusion, AI in the logistics sector not only enhances operational efficiency but also contributes to the creation of more resilient, transparent, and sustainable supply chains. The development of AI in this field supports the strategic decision-making processes of logistics professionals, opening new horizons for the industry.

**Keywords:** logistics, logistics management, artificial intelligence

## **TRAINING THE NEXT GENERATION: ADVANCING CODIFICATION COMPETENCY IN THE NATO FRAMEWORK**

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**Abstract:** With over 15 years of experience as a NATO codification consultant, I have witnessed firsthand the critical role that skilled professionals play in the effective functioning of the NATO Codification System (NCS). As defense logistics evolve with technological advancements and increased multinational cooperation, the demand for highly competent codifiers is greater than ever. However, attracting, training, and retaining the next generation of codification experts presents significant challenges, including knowledge transfer, adaptation to digital tools, and fostering a culture of continuous learning. This research examines current approaches to codification training within NATO member states, identifying best practices and persistent gaps. Drawing on practitioner insights, training program evaluations, and case studies, I analyze how emerging technologies—such as e-learning platforms, simulation tools, and artificial intelligence—can enhance both initial and ongoing competency development. The study also addresses the importance of mentorship, standardized curricula, and international collaboration in building a resilient and adaptable codification workforce. Findings highlight that successful training programs are those that blend technical instruction with practical, scenario-based learning and emphasize the strategic importance of codification in defense logistics. The paper concludes with actionable recommendations for policymakers and training organizations to future-proof codification expertise, ensuring that the NCS continues to support NATO's operational readiness and interoperability in an increasingly complex global environment.

**Keywords:** NATO Codification, Training, Competency Development, Defense Logistics, Workforce Development

## İŞLETMELERDE ORGANİZASYONEL YAPININ ANALİZ EDİLMESİ: BİR UYGULAMA

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**Öz:** İşletmelerin etkinliği ve sürdürülebilir başarıları büyük ölçüde oluşturmuş oldukları organizasyonel yapılara bağlıdır. Özellikle üretim sektöründe, organizasyonel yapının işleyişi ve yönetim anlayışı, işletmenin verimliliğini doğrudan etkilemektedir. Sanayi Devrimi'nin ilk yıllarında üretim hacminin artırılması hedeflenmiş ve bu nedenle otoriter yönetim anlayışı benimsenmiştir. Bu dönemde çalışanlardan sadece verilen emirleri uygulamaları beklenmiş, bireysel yaratıcılık ve katılım ikinci planda kalmıştır. Ancak günümüzde teknolojik gelişmelerin etkisiyle üretim süreçleri önemli ölçüde dönüşüme uğramıştır. Endüstri 5.0 ile birlikte insan ve makine iş birliğine dayalı, daha esnek ve katılımcı yönetim modelleri ön plana çıkmaktadır. Bu süreçte lider yöneticiler, sadece karar verici değil; aynı zamanda ekipleri yönlendiren, motive eden ve yenilikçi çözümler geliştiren kişiler olarak değerlendirilmektedir. Bu çalışmada, asansör butonu üretimi yapan ve yaklaşık 250 kişinin istihdam edildiği orta ölçekli bir işletmenin mevcut organizasyonel yapısı analiz edilmiştir. Söz konusu işletme, beş ayrı atölyede üretim faaliyetlerini sürdürmekte olup çalışanların yaklaşık %20'si beyaz yakalı ve üniversite mezunu personelden oluşmaktadır. İşletmenin, yalın üretim ve yalın yönetim anlayışına geçiş süreci kapsamında organizasyonel yapısı yeniden gözden geçirilmiş ve Endüstri 5.0'ın gerektirdiği yönetim modeli belirlenmeye çalışılmıştır. Bu bağlamda, işletmenin rekabet gücünü artırması için daha esnek, katılımcı ve insan merkezli bir yapıya geçişin gerekliliği ortaya konmuştur.

**Anahtar Kelimeler:** Organizasyonel yapı, Butkon, liderlik, Buton, Endüstri 5.0

## ANALYSIS OF ORGANIZATIONAL STRUCTURE IN BUSINESSES: A CASE STUDY

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**Abstract:** The effectiveness and sustainable success of businesses largely depend on the organizational structures they establish. Particularly in the manufacturing sector, the operation of the organizational structure and the adopted management approach directly affect the productivity of the enterprise. In the early years of the Industrial Revolution, the primary goal was to increase production volume, which led to the adoption of authoritarian management practices. During this period, employees were expected to follow orders without questioning, and individual creativity and participation were largely ignored. However, today, production processes have undergone a significant transformation due to technological advancements. With Industry 5.0, management models that are more flexible, participative, and based on human-machine collaboration have come to the forefront. In this context, leaders are no longer just decision-makers but also individuals who guide teams, motivate employees, and develop innovative solutions. This study analyzes the existing organizational structure of a medium-sized company that manufactures elevator buttons and employs approximately 250 people. The company operates in five separate workshops, and about 20% of its workforce consists of white-collar employees with university degrees. As part of the transition to lean production and lean management practices, the organizational structure has been reassessed, and a suitable management model aligned with the requirements of Industry 5.0 has been proposed. The study concludes that in order to enhance competitiveness, the company needs to adopt a more flexible, participatory, and human-centered organizational structure.

**Keywords:** Organizational structure, Butkon, leadership, button, Industry 5.0

### **A3 PROBLEM ÇÖZME TEKNİĞİ İLE KALİTE İYİLEŞTİRME: BİR UYGULAMA**

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**Öz:** Kalite, tarihi olarak Birinci Sanayi Devrimi ile üretim alanında daha belirgin hale gelse de temelleri çok daha eskiye dayanır. Hammurabi Yasaları gibi eski dönemlerde, ticaretin düzenlenmesi ve ürün kalitesinin güvence altına alınması amacıyla ilk örnekler görülmüştür. Modern anlamda ise kalite, çoğunlukla müşteri beklentilerinin karşılanması olarak tanımlanır. İkinci Dünya Savaşı sonrasında Japonya'da yaşanan kalite devrimi, üretim süreçlerini daha verimli hale getirmek için yeni yöntemlerin gelişmesine öncülük etmiştir. Bu dönemde kaliteyi artırmaya yönelik uygulanan teknikler, günümüzde de küresel üretim dünyasında önemli bir yer tutmaktadır. Bu araştırmada, kalite iyileştirmede süreçlerini bir bütün olarak görselleştirmede kullanılan A3 problem çözme tekniği araştırılmış ve asansör buton üretimi yapan bir işletmede uygulama yapılmıştır. Asansör butonları, karmaşık bir yapıdan oluşan, sac, plastik, elektronik devreler, kablolar ve yazılımlar gibi çeşitli bileşenlerden meydana gelmektedir. Bu unsurların her biri, üretim sürecinde kaliteyi etkileyen önemli parametrelerdir. Örneğin, sac dış kasayı oluştururken, dış etkenlere karşı dayanıklı olmalıdır. Plastik parçalar hem estetik hem de işlevsel açıdan kritik bir rol oynar. Elektronik devreler ise butonun doğru çalışmasını sağlayan en önemli bileşenlerdir. Kablolar ise elektriksel bağlantıların güvenliğini sağlarken, yazılım butonun doğru şekilde tepki vermesini sağlar. Her bir bileşen arasındaki etkileşim ve üretim sürecindeki her aşama, nihayetinde ürünün kalitesini etkiler. Bu bağlamda araştırmada butonu oluşturan bu ekipmanların üretim süreçleri, kalite açısından analiz edilerek iyileştirilmesi sürecinde A3 problem çözme tekniği ile görselleştirilerek müşteri memnuniyeti artırılmaya çalışılmıştır.

**Anahtar Kelimeler:** Kalite iyileştirme, Butkon, A3 problem çözme tekniği, Buton.

## QUALITY ENHANCEMENT THROUGH THE A3 PROBLEM-SOLVING METHOD: AN APPLICATION

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**Abstract:** Although quality became more prominent in the field of production with the First Industrial Revolution, its foundations date back much earlier. As seen in ancient regulations such as the Code of Hammurabi, the first examples aimed to regulate trade and ensure product quality. In the modern sense, quality is often defined as meeting customer expectations. Following World War II, the quality revolution in Japan led to the development of new methods aimed at making production processes more efficient. The techniques applied during this period to improve quality still hold an important place in today's global manufacturing world. In this study, the A3 problem-solving technique, which is used to visualize quality improvement processes as a whole, was researched and applied in a company that manufactures elevator buttons. Elevator buttons are composed of various complex components such as sheet metal, plastic, electronic circuits, cables, and software. Each of these elements is a critical parameter affecting quality in the production process. For example, sheet metal forms the outer casing and must be resistant to external factors. Plastic components play a critical role both aesthetically and functionally. Electronic circuits are the most essential components for the proper functioning of the button. Cables ensure the safety of electrical connections, while the software enables the button to respond correctly. The interaction between each component and every stage of the production process ultimately affects the overall product quality. In this context, the study analyzed the production processes of these components in terms of quality, and visualized the improvement process using the A3 problem-solving technique in order to increase customer satisfaction.

**Key Words:** Quality improvement, Butkon, A3 problem-solving technique, Button

## NUTRİGENOMİK VE KİŞİSELLEŞTİRİLMİŞ BESLENME: GENETİK TEMELLİ DİYET YAKLAŞIMLARININ GELECEĞİ

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**Özet:** Bu çalışmanın amacı, bireylerin genetik varyasyonlarına dayalı olarak geliştirilen kişiselleştirilmiş beslenme yaklaşımlarını ve nutrigenomik'in sağlık yönetimindeki rolünü bilimsel çerçevede değerlendirmektir.

Bu çalışma, güncel literatür taraması yöntemiyle hazırlanmıştır. Nutrigenomik alanında yayımlanmış ulusal ve uluslararası makaleler incelenerek, genetik varyasyonlar, besin-gen etkileşimleri, epigenetik düzenlemeler ve bu etkileşimlerin klinik yansımaları analiz edilmiştir.

Genetik varyasyonların (örn. FTO, APOE, MTHFR, CYP1A2) bireylerin makro ve mikro besinlere verdikleri yanıtları önemli ölçüde etkilediği saptanmıştır. Epigenetik mekanizmalar aracılığıyla besinlerin gen ekspresyonunu düzenleyebildiği gösterilmiştir. Nutrigenomik temelli yaklaşımlar sayesinde bireylere özel diyet reçeteleri oluşturularak obezite, diyabet ve kardiyovasküler hastalık gibi kronik rahatsızlıkların önlenmesinde etkili sonuçlar elde edilebilmektedir.

Nutrigenomik, kişiselleştirilmiş beslenme uygulamalarıyla bireylerin genetik yapısına uygun sağlık stratejilerinin geliştirilmesine olanak tanıyan yenilikçi bir bilim alanıdır. Genetik analizlerin yaygınlaşması ve biyoteknolojik ilerlemeler ile birlikte bu alandaki uygulamaların hem bireysel hem toplumsal sağlık politikaları üzerinde dönüştürücü etkiler yaratacağı öngörülmektedir. Ancak, genetik verilerin etik ve hukuki bağlamda güvenli kullanımı, sürdürülebilir uygulamalar açısından kritik önem taşımaktadır.

**Anahtar Kelimeler:** Nutrigenomik, kişiselleştirilmiş beslenme, epigenetik, sağlık

## NUTRIGENOMICS AND PERSONALIZED NUTRITION: THE FUTURE OF GENETICALLY-INFORMED DIETARY STRATEGIES

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**Abstract:** This study aims to evaluate personalized nutrition approaches based on individual genetic variations and to explore the role of nutrigenomics in modern health management from a scientific perspective.

This is a literature-based review study. National and international publications in the field of nutrigenomics were analyzed, focusing on genetic polymorphisms, gene-nutrient interactions, epigenetic mechanisms, and their clinical implications.

Genetic polymorphisms such as FTO, APOE, MTHFR, and CYP1A2 have been shown to significantly influence individual responses to macro- and micronutrients. Nutrients can also modulate gene expression through epigenetic mechanisms, including DNA methylation and histone modifications. Nutrigenomics-based dietary plans have demonstrated efficacy in managing and preventing chronic conditions such as obesity, type 2 diabetes, and cardiovascular diseases by tailoring nutritional interventions to the genetic makeup of individuals.

Nutrigenomics is an emerging discipline offering innovative opportunities to design individualized nutritional strategies aligned with genetic profiles. With the increasing accessibility of genetic testing and advancements in biotechnology, nutrigenomics holds transformative potential for both individual and public health systems. However, the ethical and legal aspects of genetic data usage must be carefully regulated to ensure safe and sustainable implementation.

**Keywords:** Nutrigenomics, personalized nutrition, epigenetics, health

## DEĞER AKIŞ HARİTALAMA VE KAT PANELLERİ MONTAJINDA UYGULAMA

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**Öz:** Endüstriyel üretim ortamlarında artan karmaşıklık ve müşteri taleplerindeki çeşitlilik, işletmeleri üretim süreçlerini daha sistematik ve verimli yönetmeye yönlendirmiştir. Kaynakların etkin kullanımını sağlamak ve israfları en aza indirerek üretim performansını artırmak, bu süreçte kritik bir rol oynamaktadır. Değer Akışı Haritalama (Value Stream Mapping- VSM), üretim akışında yer alan tüm faaliyetleri görsel olarak ortaya koyan, değer üretmeyen adımların tespiti ve süreç iyileştirme fırsatlarının belirlenmesi açısından etkili bir analiz aracıdır. Bu çalışmada, Butkon Asansör San. Tic. A.Ş.'nin kat panelleri montaj hattı incelenerek mevcut süreç yapısı değerlendirilmiştir. Yapılan zaman etüdü ve saha gözlemleri doğrultusunda, montaj sürecine ait mevcut durum değer akış haritası çıkarılmış; üretim hattında karşılaşılan bekleme süreleri, gereksiz hareketler ve ara stoklar gibi israflar analiz edilmiştir. Süreçte belirlenen darboğazların giderilmesi amacıyla yalın üretim ilkelerine dayalı çeşitli iyileştirme önerileri sunulmuş, ayrıca operasyonel planlama ve ürün ağacı analizleriyle malzeme yönetimi süreçleri detaylandırılmıştır. Araştırma sonucunda, işletmenin düşük maliyetli yöntemlerle üretim sürecini daha dengeli, izlenebilir ve verimli bir hale getirebileceği ortaya konmuştur. VSM'nin sağladığı görselleştirme gücü sayesinde yöneticilerin süreçleri bütünsel biçimde değerlendirmesi kolaylaşmış; karar alma süreçlerine sistematik bir yaklaşım kazandırılmıştır. Bu doğrultuda geliştirilen önerilerle işletmenin hem operasyonel etkinliği artırılmış hem de rekabet avantajına katkı sağlanmıştır.

**Anahtar Kelimeler:** Değer Akışı Haritalama, VSM, Kat Paneli Montajı, Süreç İyileştirme, Yalın Üretim, Operasyonel Planlama.

## VALUE STREAM MAPPING (VSM) AND ITS APPLICATION IN FLOOR PANEL ASSEMBLY

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**Abstract:** In industrial manufacturing environments, increasing complexity and the diversity of customer demands have compelled enterprises to manage their production processes more systematically and efficiently. Ensuring the effective use of resources and minimizing waste play a critical role in enhancing production performance. Value Stream Mapping (VSM) is an effective analytical tool that visually represents all activities within the production flow, facilitating the identification of non-value-adding steps and highlighting opportunities for process improvement. In this study, the assembly line of floor panels at Butkon Asansör San. Tic. A.Ş. was examined and the current process structure was evaluated. Based on time studies and field observations, the current state value stream map of the assembly process was developed; wastes such as waiting times, unnecessary movements, and intermediate inventories within the production line were analyzed. To address the identified bottlenecks in the process, various improvement suggestions grounded in lean manufacturing principles were proposed. Additionally, material management processes were detailed through operational planning and product tree analyses. The study demonstrated that the enterprise can achieve a more balanced, traceable, and efficient production process with low-cost methods. The visualization capability provided by VSM enabled managers to assess processes holistically and introduced a systematic approach to decision-making. Consequently, the proposed recommendations contributed to improving both the operational efficiency and the competitive advantage of the company.

**Key Words:** Value Stream Mapping, VSM, Floor Panel Assembly, Process Improvement, Lean Manufacturing, Operational Planning.

## ÇOCUKLARIN OYUN BECERİLERİNİN EBEVEYNLER TARAFINDAN DEĞERLENDİRİLMESİ VE BAZI DEĞİŞKENLERE GÖRE İNCELENMESİ

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**Öz:** Oyun çocukların farklı gelişim alanları destekleyen, sosyal yaşamın bir simülasyonu olarak görülen ve yetişkinlik dönemine hazırlayan çocukluk döneminin en önemli uğraşdır. Oyun çocukların sosyal becerilerini, küçük ve büyük kas gelişimlerini olumlu yönde etkiler. Aynı zamanda çocukların eğlence ihtiyaçlarını giderir ve çocukların mutlu olmalarını sağlar. Çocukların oyunlarını ve oyun becerilerini etkileyen birçok unsur bulunmaktadır. Çocukların içinde bulundukları ekonomik durum, ebeveyn tutumları, aile yapıları bunlardan birkaçıdır. Bu unsurların ne olduğunu tespit edebilmek amacıyla yürütülen bu araştırma çocukların oyun becerilerinin ebeveynler tarafından değerlendirilmesi ve farklı değişkenlere göre incelenmesini konu almıştır. Çalışmaya Afyonkarahisar il merkezinde bulunan Milli Eğitim Bakanlığına bağlı, bağımsız anaokullarında eğitim gören 60-72 yaş grubu çocukların ebeveynleri ile yürütülmüştür. Araştırmaya katılan annelerin %53,7'sinin 25-34, babaların ise %58'inin 35-44 yaş grubunda, oyun becerileri değerlendirilen çocukların %47,5'inin kız, %52,5'inin erkek olduğu görülmüştür. Araştırmada çocukların oyun becerilerini ölçebilmek amacıyla Oyun Becerileri Değerlendirme Ölçeği ve ebeveynler için Genel Bilgi Formu kullanılmıştır. Elde edilen veriler ANOVA testi ile analiz edilmiş ve analizler sonucunda çocukların oyun becerileri ile annenin eğitim düzeyi arasında anlamlı farklılık tespit edilmiştir ( $p=0,019$ ). Anlamlı farklılığın hangi gruplar arasında olduğunun tespiti için Post-Hoc testi uygulanmış, test sonucunda ortaokul ve üniversite mezunu anneler arasında üniversite mezunu anneler lehine anlamlı fark tespit edilmiştir. Çocukların ekran sürelerine göre fark olup olmadığı incelendiğinde ekran süresi olmayan çocuklar ile ekran kullanım süresi 0-2 saat ve 3-5 saat arasında değişen çocuklar arasında ekran süresi olmayan çocukların lehine anlamlı fark tespit edilmiştir. Sonuç olarak; çocukların oyun becerilerinin farklı değişkenlere göre farklılık gösterdiği bulunmuştur.

**Anahtar Kelimeler:** Çocuk, Oyun Becerisi, Ebeveyn, Oyun

## THE ASSESSMENT OF CHILDREN'S PLAY SKILLS BY PARENTS AND ITS EXAMINATION IN RELATION TO CERTAIN VARIABLES

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**Abstract:** Play is one of the most significant activities of childhood, regarded as a simulation of social life that supports various developmental domains and prepares children for adulthood. Play positively influences children's social skills, as well as their fine and gross motor development. Additionally, it fulfills children's need for entertainment and contributes to their overall happiness. Numerous factors affect children's play and play skills, including their economic conditions, parental attitudes, and family structures. This study was conducted to identify these factors by examining the assessment of children's play skills by parents in relation to various variables. The research was carried out with the parents of children aged 60-72 months attending independent kindergartens affiliated with the Ministry of National Education in the city center of Afyonkarahisar. Among the participating mothers, 53.7% were between the ages of 25-34, and among fathers, 58% were between 35-44 years old. Of the children whose play skills were assessed, 47.5% were girls and 52.5% were boys. To evaluate children's play skills, the Play Skills Assessment Scale and a General Information Form for parents were utilized. The collected data were analyzed using ANOVA, which revealed a statistically significant difference between children's play skills and mothers' educational levels ( $p = 0.019$ ). A Post-Hoc test was conducted to determine between which groups this difference occurred, and a significant difference was found in favor of university graduate mothers compared to secondary school graduate mothers. When examining differences based on children's screen time, a significant difference was identified in favor of children with no screen time compared to those with 0-2 hours and 3-5 hours of screen time. In conclusion, the study found that children's play skills vary according to different variables.

**Keywords:** Child, Play Skills, Parent, Play

## AİLEYİ BÜTÜNLEYEN İKİ İNSAN OLARAK KADIN VE ERKEĞİN DURUMU

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**Öz:** İnsanlar akıl sahibi olarak diğer varlıklardan ayrılmaktadır. İnsanlar kendi aralarında uyum ve ahenk içinde yaşaması için kadın ve erkek olarak yaratılmıştır. İnsanın iki farklı cinsiyet olması zıtlık bağlamında değil denge ve bütünleşme ekseninde düşünülmelidir. Çünkü kadın ve erkek birbiriyle çatışan bireyler değil birbirini tamamlayan bütünün parçalarıdır. Günümüzde hem bireysel hem de toplumsal açıdan adil ve huzurlu bir aile kurumunun inşa edilmesi bu ilkenin merkeze alınması ile mümkündür. Kadın ve erkek kendini tamamlayan bir bağlam içinde anlam kazanmaktadır. Kadın ve erkek farklı cinsiyetler olsa da yaratılış, ehliyet, yasak ve helal konusunda eşit değerdedir. Bu noktada “adalet” ilkesi önem kazanmaktadır. Kadın ve erkeğin aynı vahye muhatap olmaları, aynı davranışı sergilediklerinde aynı karşılığı almaları, mükâfatta ve cezada denk olmaları ancak insani adaletle açıklanabilir. Fakat insani adalet ilkesi bazen kültür ve geleneklerden kaynaklanan sebeplerle iki insan aleyhine bozulabilmektedir. Diğer taraftan sınırları belirsiz aşırı özgürlük söylemi ve haz kültürünün ürettiği bireyselleşme adalet ilkesini zedeleyebilmektedir. Küresel bir söylem haline gelen ütöpik eşitlik iddiaları yerine kadın ve erkek arasındaki biyolojik, psikolojik ve sosyal farklılıkları kabul etmek en isabetli durumdur. Kadın ve erkeğin doğasından kaynaklanan güçlü ve zayıf yönlerin olduğunu kabul etmek en doğru yoldur. Kadın erkek ilişkisini gerginleştiren eşitlik sürüşmeleri geride bırakılmalı ve birbirini tamamlayan bir bütünün parçaları olmalıdır. Kadın ve erkek olarak iki cinsiyetin hak ve sorumlulukları da keyfî arzulara bırakılmamalı, tekno-kültürel etkilenelelere karşı uyanık kalmalı, adalet ve denge prensipleri gözetilmelidir. Adil davranmanın ötesinde kadın ve erkek birbirine karşı sevgi ve merhametle bakabilmeli, yaratılıştaki farklılıkları saygıyla karşılamalıdır. Geleneksel roller sorgulanmalı, klişeler aşılması ve bireyin kendini gerçekleştirilmesi için kültürel miras adalet süzgecinden geçirilmelidir. Sosyal medya üzerinden boca edilen kadın ve erkeğin evlilik ilişkisinin bir üstünlük savaşı gibi algılanması bırakılmalıdır. İki insan olan kadın ve erkeğin her ikisi de birbirinden ne kadar farklı olduğunu kabul etmeli, birbirlerinden farklı olan yönlerini saygıyla kabullenmeli, muhatabını kendi gibi yapmaya çalışmaktan vaz geçmelidir.

**Anahtar Kelimeler:** Evlilik, Kadın ve Erkek, Adalet İlkesi

**Kaynak:** Akbulut, S., Durmuş, A., Bayram, F., Martı, H., Akbulut, S. (2023). *İki İnsan – Gençlik El Kitabı*. Kadem Yayınları, İstanbul.

## WOMEN AND MEN AS COMPLEMENTARY AGENTS IN THE FORMATION OF THE FAMILY INSTITUTION

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**Abstract:** Human beings are distinguished from other creatures by their capacity for reason. They were created as male and female to coexist in harmony and balance. The existence of two genders should be understood not as a source of conflict but as an essential aspect of balance and integration. Women and men are not adversaries but complementary components of a unified whole. Establishing a fair and peaceful family structure—both individually and socially—requires centering this principle. The identities of women and men find meaning within the framework of complementarity. Although they differ in biological and psychological characteristics, they are equal in terms of creation, moral capacity, prohibitions, and permissions. At this juncture, the principle of justice becomes particularly significant. Both genders are addressed by the same divine revelation, evaluated by the same moral standards, and subject to equal reward and punishment—reflecting the ethical imperative of justice. Nonetheless, this principle may be undermined by cultural and traditional influences that lead to unjust practices. Moreover, the contemporary emphasis on limitless freedom and the rise of a pleasure-oriented, individualistic culture can further erode the foundations of justice. Rather than pursuing utopian ideals of equality that overlook inherent differences, it is more appropriate to acknowledge the biological, psychological, and social distinctions between the sexes. Recognizing the natural strengths and vulnerabilities of both women and men fosters a healthier understanding of gender relations. The persistent tension caused by abstract equality debates should be set aside in favor of viewing men and women as complementary entities. Rights and responsibilities must not be shaped by arbitrary personal preferences or technological-cultural trends, but instead grounded in the principles of justice and balance. Beyond fairness, men and women must cultivate mutual compassion and love, appreciating their divinely intended differences. Traditional gender roles should be critically re-evaluated, and cultural legacies should be filtered through the lens of justice to allow individuals to fully realize their potential. The portrayal of marital relationships as contests for superiority—often amplified on social media—should be rejected. Both men and women, as distinct individuals, must learn to accept and respect their differences without attempting to reshape each other in their own image.

**Keywords:** Marriage, Gender Relations, Principle of Justice

**References:** Akbulut, S., Durmuş, A., Bayram, F., Martı, H., Akbulut, S. (2023). *İki İnsan – Gençlik El Kitabı*. Kadem Publications, İstanbul.

## EDEBİ METİNLERİN ÇEVİRİSİNDE KARŞILAŞILAN SORUNLAR: KURAMSAL BİR DEĞERLENDİRME

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**Öz:** Edebi metinlerin çevirisi, çeviribilimin en karmaşık ve çok katmanlı alanlarından birini temsil eder. Teknik ya da bilgi içerikli metinlerin aksine, edebi eserler üslup farklılıkları, ritmik yapılar, metinlerarası göndermeler ve köklü kültürel ve estetik değerlerle doludur. Bu ayırt edici özellikler, görevi dilsel aktarımın ötesinde edebi etkinin ve duygusal yankının erek dilde yeniden yaratılmasına kadar uzanan çevirmen için karmaşık zorluklar sunar. Bu çalışma, edebi metinlerin çevirisinde karşılaşılan başlıca zorlukların kuramsal bir incelemesini sunmaktadır. Özellikle üslup aktarımı, kültürel unsurların çevrilebilirliği, çok anlamlılık, ses temelli araçların işlenmesi ve metinlerarasılığın ele alınması gibi konulara odaklanmaktadır. Lawrence Venuti'nin çevirmenin görünürlüğü kavramından yola çıkan bu çalışma, çevirmenin edebi metindeki varlığını ve görevini, yerleştirme ve yabancılaştırma stratejilerinin orijinal eserin algılanmasını ve bütünlüğünü nasıl etkilediğini incelemektedir. Ayrıca, Antoine Berman'ın biçim bozucu eğilimler teorisi, çeviri sürecinde sıklıkla ortaya çıkan yapısal ve anlamsal çarpıtmaları sorgulamak için kullanılmaktadır. Walter Benjamin'in çevirinin özüne ilişkin felsefi düşünceleri, özellikle de bir çevirinin orijinal eserin yalnızca edebi anlamını değil, “ruhunu” da yansıtmaya çalıştığı iddiası da ele alınmaktadır. Çalışma, bu kuramsal bakış açılarını filtreleyerek, çevirmenin karar verme sürecinin eleştirel bir değerlendirmesini sunmayı ve edebi çeviriyi etkileyen etik, estetik ve kültürel boyutlara ışık tutmayı amaçlamaktadır. Sonuç olarak bu çalışma, edebi çevirinin yalnızca dilbilimsel bir alıştırma değil, aslına uygunluk ve dönüştürme arasında hassas bir denge gerektiren, son derece yorumlayıcı ve yaratıcı bir eylem olduğunu iddia etmektedir. Bu bağlamda, çevirmenin konumu, dilsel ve kültürel sınırların ötesinde edebi anlamın ortak yaratıcısı olarak yeniden düşünülmelidir.

**Anahtar Kelimeler:** Edebi çeviri, biçimsel aktarım, çevirmenin görünürlüğü, kültür, kuram.

## A THEORETICAL EXPLORATION OF CHALLENGES IN LITERARY TRANSLATION

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**Abstract:** The translation of literary texts represents one of the most intricate and multilayered domains within translation studies. Unlike technical or informational texts, literary works are imbued with stylistic nuances, rhythmic structures, intertextual references and deep-seated cultural and aesthetic values. These distinctive features present complex challenges for the translator whose task extends beyond linguistic transfer to the recreation of literary effect and emotional resonance in the target language. This study provides a theoretical exploration of the primary challenges encountered in the translation of literary texts. It particularly focuses on issues such as stylistic transfer, the translatability of cultural elements, polysemy, the rendering of sound-based devices (e.g., rhyme, alliteration) and the handling of intertextuality. Drawing on Lawrence Venuti's concept of translator's visibility, the study examines the translator's presence and agency within the literary text and how strategies of domestication and foreignization affect the reception and integrity of the original work. Furthermore, Antoine Berman's theory of deforming tendencies is employed to interrogate the structural and semantic distortions that often arise during the translation process. Walter Benjamin's philosophical reflections on the essence of translation are also considered, particularly his claim that a translation seeks to echo the "spirit" of the original, not merely its literal meaning. By synthesizing these theoretical perspectives, the study aims to offer a critical evaluation of the translator's decision-making process, shedding light on the ethical, aesthetic and cultural dimensions that influence literary translation. Ultimately, the study contends that literary translation is not merely a linguistic exercise but a profoundly interpretive and creative act, requiring a delicate balance between fidelity and transformation. In this context, the position of the translator must be reconsidered as a co-creator of literary meaning across linguistic and cultural boundaries.

**Keywords:** Literary translation, stylistic transfer, translator's visibility, culture, theory.

## DİNDEN DİLE: İNGİLİZCEDEN TÜRKÇEYE DİNİ KÜLTÜREL UNSURLARIN KURAMSAL ÇEVİRİSİ

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**Öz:** Dini kültürel unsurların çevirisi, kültürlerarası iletişimdeki en karmaşık zorluklardan birini temsil etmektedir. Özellikle kutsal kavramların, ifadelerin ve referansların İngilizceden Türkçeye çevrilmesi yalnızca dilsel eşdeğerlik değil, aynı zamanda kültürel duyarlılık ve ideolojik farkındalık da gerektirmektedir. Bu çalışma, İslami ve Hristiyan terimlere, deyimlere ve ritüellere özel olarak odaklanarak, dini kültürel referansların çevirisinde yer alan stratejiler ve etik hususlar üzerine teorik bir düşünce sunmaktadır. Bu çalışma, çevirmenlerin kültürel sadakat ve hedef kitleye erişilebilirlik arasındaki ikilemi nasıl aşabileceklerini araştırmak için Venuti'nin yerlileştirme/yabancılaştırma ikilemi ve Nida'nın dinamik eşdeğerliği de dahil olmak üzere temel kuramsal çerçevelerden yararlanmaktadır. Bu kapsamda çalışma, birebir çevirilerin kaynak metnin amaçladığı kültürel ve manevi içeriği aktarmakta başarısız olabileceği İncil veya Kur'an ile ilgili terminolojinin, duaların, dini bayramların ve kutsal metaforların çevirisi gibi vakalara dayanmaktadır. Çalışma ayrıca, özellikle Anglofon ve Türkçe konuşulan dünyalarda Hristiyanlık ve İslam'ın farklı tarihsel ve sosyopolitik dinamikleri göz önünde bulundurulduğunda, çevirmenin seküler bir bağlamda dini anlamı koruma veya uyarlama sorumluluğunu da ele almaktadır. Sonuç olarak bu çalışma, kültürel saygıyı anlaşılabilirlikle dengeleyen ve sabit bir stratejiden ziyade yansıtıcı ve bağlama bağlı bir stratejiyi teşvik eden karma bir yaklaşımı savunmaktadır.

**Anahtar Kelimeler:** Dini çeviri, kültürel öğeler, kutsal, yerlileştirme, yabancılaştırma.

## TRANSLATING THE SACRED: THEORETICAL REFLECTIONS ON RENDERING RELIGIOUS CULTURAL ELEMENTS FROM ENGLISH INTO TURKISH

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**Abstract:** The translation of religious cultural elements constitutes one of the most intricate challenges in intercultural communication. Specifically, rendering sacred concepts, expressions and references from English into Turkish demands not only linguistic equivalence but also cultural sensitivity and ideological awareness. This study presents a theoretical reflection on the strategies and ethical considerations involved in translating religious cultural references with a particular focus on Islamic and Christian terms, idioms and rituals. The study draws on key theoretical frameworks including Venuti's domestication/foreignization dichotomy and Nida's theory of dynamic equivalence to examine how translators can navigate the tension between cultural fidelity and audience accessibility. The discussion addresses cases such as the translation of terminology related to the Bible or the Qur'an, references to prayer, religious holidays and sacred metaphors where literal translations often fail to convey the intended cultural and spiritual content of the source text. The study also considers the translator's responsibility in preserving or adapting religious meaning within a secular context, especially given the differing historical and sociopolitical dynamics of Christianity and Islam in Anglophone and Turkish-speaking societies. Ultimately, this study advocates for a hybrid, context-sensitive approach that balances cultural respect with clarity. Rather than promoting a fixed methodology, it encourages reflective strategies that respond to the specific cultural, religious and linguistic context of each translation task.

**Keywords:** Religious translation, cultural elements, sacred, domestication, foreignization.

## THE CRITICAL LINK BETWEEN CUSTOMER SUCCESS MANAGEMENT AND CHANGE MANAGEMENT

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### **Short bio:**

*Change management expert with over 20 years of experience leading ERP and CRM projects in global organizations, especially hightech.*

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**Abstract:** As someone who has spent over a decade guiding organizations through ERP and CRM transformations, I have seen that technical solutions alone rarely guarantee success. The organizations that thrive are those that prioritize change management from the outset. Customer Success Management (CSM) has become a strategic discipline, especially in SaaS and technology-driven industries, where it ensures clients realize value from new solutions. However, the success of CSM initiatives depends not only on technical onboarding and support, but fundamentally on an organization's ability to manage change—internally and externally. My research explores the interplay between customer success management and change management, demonstrating that the most impactful CSM programs embed structured change management principles throughout the customer journey. Drawing on case studies, practitioner interviews, and hands-on experience leading change initiatives at companies such as Panaya, Oracle, and SolarEdge, this paper reveals how CSM professionals must act as both change agents within their organizations and guides for their customers' transformation journeys. Effective CSM requires influencing behavior, managing expectations, and addressing resistance—core skills of change management. I examine proven frameworks, such as Prosci's ADKAR model, to show how motivating and reinforcing change leads to higher adoption, deeper engagement, and long-term retention. The findings highlight that aligning CSM with change management delivers measurable improvements in project adoption, customer satisfaction, and recurring revenue. Actionable recommendations are provided for leaders seeking to integrate these disciplines for sustainable success.

**Keywords:** Customer Success Management, Change Management, SaaS, Organizational Transformation, Adoption Strategies

## ÇOCUK SAĞLIĞI VE GELİŞİMİNİN TAKİBİ

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**Öz:** Çocuk sağlığı ve gelişiminin izlenmesi, bireyin yaşam boyu fiziksel, zihinsel ve sosyal sağlığını etkileyen kritik bir süreçtir. Doğumdan itibaren başlayan bu izlem süreci, çocukların yaşlarına uygun büyüme ve gelişim basamaklarını zamanında tamamlamalarını sağlamayı amaçlar. Bu nedenle, periyodik sağlık kontrolleri, gelişimsel tarama testleri ve aileye yönelik bilgilendirme çalışmaları büyük önem taşır.

Erken çocukluk döneminde yapılan düzenli izlem, büyüme geriliği, gelişimsel gecikmeler, beslenme sorunları, duygusal ve davranışsal problemler gibi birçok durumun erken tanılanmasına olanak tanır. Özellikle ilk beş yaş, beyin gelişiminin en hızlı olduğu dönem olup, bu süreçte yapılan etkili müdahaleler çocukların uzun vadeli sağlık ve başarı düzeylerini önemli ölçüde etkileyebilir.

Takip sürecinde hemşireler, hekimler, çocuk gelişim uzmanları, psikologlar ve sosyal hizmet uzmanları gibi sağlık profesyonellerinin iş birliği içinde çalışması gereklidir. Ailelerin aktif katılımı ise çocuğun ihtiyaçlarının doğru belirlenmesi ve gelişiminin desteklenmesi açısından vazgeçilmezdir.

Sonuç olarak, çocuk sağlığı ve gelişiminin düzenli takibi; sağlıklı nesillerin yetişmesi, toplum sağlığının güçlendirilmesi ve sağlık hizmetlerinin etkinliğinin artırılması açısından stratejik bir öneme sahiptir. Bu süreç, koruyucu sağlık hizmetlerinin temelini oluşturarak çocukların potansiyellerine ulaşmalarına katkı sağlar.

**Anahtar Kelimeler:** çocuk, sağlık, gelişim, takip

## MONITORING CHILD HEALTH AND DEVELOPMENT

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**Abstract:** Monitoring child health and development is a critical process that affects an individual's lifelong physical, mental, and social well-being. Beginning at birth, this process aims to ensure that children achieve age-appropriate growth and developmental milestones. Therefore, regular health check-ups, developmental screening tests, and family education are of great importance.

Routine monitoring in early childhood allows for the early detection of issues such as growth retardation, developmental delays, nutritional problems, and emotional or behavioral disorders. The first five years of life are particularly significant, as brain development is at its peak during this period. Effective interventions during this stage can have a profound impact on a child's long-term health and success.

The follow-up process requires collaboration among healthcare professionals such as nurses, physicians, child development specialist, psychologists, and social workers. Active family involvement is also essential for accurately identifying the child's needs and providing appropriate developmental support.

In conclusion, regular monitoring of child health and development plays a strategic role in raising healthy generations, strengthening public health, and increasing the effectiveness of healthcare services. This process forms the foundation of preventive health care and supports children in reaching their full potential.

**Keywords:** child, health, development, monitoring

## PEDİATRİ HEMŞİRELERİNİN DEĞİŞEN ROL VE SORUMLULUKLARI

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**Öz:** Sağlık sistemlerindeki dönüşüm, teknolojik gelişmeler, toplumsal beklentiler ve hasta merkezli bakım yaklaşımları, pediatri hemşirelerinin rol ve sorumluluklarında önemli değişimlere yol açmıştır. Geleneksel olarak temel bakım hizmetleriyle sınırlı olan pediatri hemşireliği, günümüzde daha kapsamlı ve çok boyutlu bir mesleki alan haline gelmiştir. Artık pediatri hemşireleri yalnızca çocuk hastaların temel sağlık ihtiyaçlarını karşılamakla kalmayıp, aynı zamanda aile odaklı bakım, psikososyal destek, gelişimsel takip ve kronik hastalık yönetimi gibi alanlarda da aktif rol üstlenmektedir.

Modern pediatri hemşireliği; hasta güvenliği, multidisipliner ekip çalışması, kanıta dayalı uygulamalar ve sağlık eğitimi gibi konuları da kapsayan daha geniş bir yetkinlik alanını gerektirmektedir. Ayrıca, dijital sağlık teknolojilerinin entegrasyonu ile hemşireler tele-sağlık hizmetleri, elektronik sağlık kayıtları ve uzaktan hasta takibi gibi yenilikçi uygulamalarda da görev almaktadır. Bu değişim, hemşirelik eğitiminin içerik ve yöntemlerinde de güncellemeleri zorunlu kılmaktadır.

Sonuç olarak, pediatri hemşirelerinin rol ve sorumlulukları hem klinik hem de toplumsal düzeyde genişlemiş; sağlık hizmetlerinin kalitesini artırma, aileleri güçlendirme ve çocuk sağlığını bütüncül bir yaklaşımla ele alma yönünde evrilmiştir. Bu dönüşüm, pediatri hemşirelerinin profesyonel gelişimi ve mesleki standartlarının yeniden tanımlanmasını da beraberinde getirmektedir.

**Anahtar Kelimeler:** çocuk, hemşirelik, pediatri hemşireliği, rol ve sorumluluklar

## CHANGING ROLES AND RESPONSIBILITIES OF PEDIATRIC NURSES

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**Abstract:** Transformations in healthcare systems, technological advancements, societal expectations, and patient-centered care approaches have significantly altered the roles and responsibilities of pediatric nurses. Traditionally limited to providing basic care services, pediatric nursing has evolved into a more comprehensive and multidimensional professional field. Today, pediatric nurses not only address the fundamental health needs of children but also play active roles in family-centered care, psychosocial support, developmental monitoring, and chronic disease management.

Modern pediatric nursing requires a broader set of competencies that include patient safety, multidisciplinary teamwork, evidence-based practices, and health education. Moreover, with the integration of digital health technologies, nurses are increasingly involved in innovative practices such as telehealth services, electronic health records, and remote patient monitoring. This shift necessitates updates in both the content and methods of nursing education.

In conclusion, the roles and responsibilities of pediatric nurses have expanded at both clinical and community levels. Their work now contributes significantly to improving the quality of healthcare, empowering families, and addressing child health through a holistic approach. This evolution also calls for the redefinition of professional development and the establishment of updated standards within pediatric nursing.

**Keywords:** child, nursing, pediatric nursing, roles and responsibilities

## IMPLEMENTATION OF HEALTHY NUTRITION AND DIET MENUS IN RESTAURANT BUSINESSES

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**Abstract:** Today, individuals are increasingly interested in healthy living and balanced nutrition, and this trend directly influences the food and beverage industry. In particular, restaurant businesses are turning to healthy and diet menu alternatives to meet growing customer demands. This review examines the concept of healthy eating, types of diet menus (such as vegetarian, vegan, gluten-free, low-calorie), implementation examples in restaurants, and the effects of these practices on the sector. According to the literature, healthy menu planning offers significant advantages in terms of customer satisfaction, brand reputation, and public health. However, there are also challenges such as increased costs, lack of staff training, and standardization issues. The study concludes that the widespread adoption of healthy menu practices in the restaurant industry can have positive impacts for both consumers and businesses.

**Keywords:** Healthy eating, diet menu, restaurant management, consumer behavior, menu planning

## GAZALİ VE BAUMAN’IN AHLAK ANLAYIŞIYLA İLGİLİ BİR KARŞILAŞTIRMA DENEMESİ

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**Öz:** Genel olarak ahlak, Gazali’ye göre hikmet, şecaat, iffet ve adaletin insanda ölçülü bir şekilde bulunması anlamına gelir. Gazali ahlakı bir eylem olarak görmektedir. Cömertlik, sabır, tevazu, doğruluk, öfke, kıskançlık, kibir, gösteriş, cimrilik, sermaye ve statü hırsı, küçük görme, çekiştirme, yalan, iki yüzlülük, düşmanlık şeklinde ötekiyle bir şekilde ilgisi bağlamında öne çıkan tutum ve davranışlar Gazali’nin eyleme dönük ahlak anlayışının olumlu ve olumsuz yönlerini teşkil etmektedir.

Zygmunt Bauman, ahlakî sorumluluğu, “Öteki için olmak” şeklinde tanımlamaktadır. Bauman’ın ahlak anlayışı, ötekine karşı herhangi bir karşılık beklemeden ve herhangi bir koşul ileri sürmeden sorumluluk bilincinin eylemselleştirilmesidir.

Her iki düşünürün ahlak üzerinde yoğunlaşması ve aynı zamanda ahlakın pratik yönüne vurgu yapması felsefi ve sosyolojik açıdan oldukça değerlidir. Bu iki düşünürün konunun hem teorik temellerine hem de eylemsel ve toplumsal bağlamına dikkat çekmeleri, aralarındaki benzerlik ve farklılıkların araştırılması için önemli verilerdir. Dolayısıyla Gazali ve Bauman’ın ahlak anlayışlarının bir karşılaştırmasını denemek, ilgili literatüre katkı sağlayacaktır.

**Anahtar Kelimeler:** Gazali, Bauman, Ahlak, Öteki için olmak.

## A COMPARISON ESSAY ON THE MORALITY OF GHAZALI AND BAUMAN

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**Abstract:** In general, morality means the presence of wisdom, courage, chastity and justice in a person in a measured manner, according to Ghazali. Ghazali sees morality as an action. Attitudes and behaviors that stand out in the context of a relationship with the other in the form of generosity, patience, modesty, truthfulness, anger, jealousy, arrogance, ostentation, stinginess, greed for capital and status, contempt, backbiting, lying, hypocrisy and hostility constitute the positive and negative aspects of Ghazali's morality in action.

Zygmunt Bauman defines moral responsibility as "being for the other". Bauman's morality is the activation of the consciousness of responsibility without expecting anything in return and without putting forward any conditions.

The fact that both thinkers focus on morality and at the same time emphasize the practical aspect of morality is quite valuable in philosophical and sociological terms. The fact that these two thinkers draw attention to both the theoretical foundations and the operational and social context of the subject is important data for the investigation of the similarities and differences between them. Therefore, trying to compare the moral understandings of Gazali and Bauman will contribute to the relevant literature.

**Keywords:** Gazali, Bauman, Morality, Being for the Other.

## OKUL ÖNCESİ EĞİTİM KURUMLARINDAKİ İÇ MEKAN HAVA KALİTESİNİN, ÇOCUKLARIN GELİŞİMİ VE SAĞLIĞI ÜZERİNDEKİ ETKİLERİ

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**Öz:** Okul öncesi eğitim kurumları, çocukların günün büyük bölümünü geçirdiği, gelişimsel açıdan kritik mekânlardır. Son yıllarda yapılan araştırmalar, iç hava kalitesinin çocukların fiziksel, bilişsel gelişimi ve sağlıkları açısından önemli bir faktör olduğunu ortaya koymaktadır. İç mekan hava kalitesini bozan başlıca faktörler; yetersiz havalandırma ile biriken karbon dioksit (CO<sub>2</sub>), mobilya/temizlik malzemeleri ve boyalardan yayılan uçucu organik bileşikler (VOC), ortama biriken toz ve partikül maddeler ile sıcaklık-nem dengesinin bozulması ve buna bağlı küf oluşumudur. Bu kirleticiler, çocuklarda üst solunum yolu enfeksiyonlarının, astım atağı riskinin ve alerjik nezle/egzama gibi alerjik rahatsızlıkların artmasına yol açar. Ayrıca kötü hava koşulları dikkat dağınıklığına ve öğrenme güçlüğüne neden olarak çocukların bilişsel performansını olumsuz etkiler. Yapılan çalışmalar nemli ve kirli iç ortamların çocukların dikkat ve davranış gelişimini geriletip okul başarısını düşürebileceğini göstermektedir. Bu nedenle koruyucu önlemler hayati önem taşır. Okullarda düzenli ve yeterli havalandırma sağlanmalı (örneğin kişi başına saniyede 8–10 litre taze hava), geniş derslik hacmi ve yüksek tavan tasarlanmalı, düşük emisyonlu yapı ve temizlik malzemeleri kullanılmalıdır. Kapalı mekânlarda hava kalitesi (CO<sub>2</sub>, partikül madde vb.) sensörlerle izlenmeli, ulusal ve uluslararası standartlar doğrultusunda politika ve yönetmelikler hayata geçirilmelidir. Bu önlemlerle çocuklar için daha sağlıklı bir öğrenme ortamı oluşturulması hedeflenmelidir.

**Anahtar Kelimeler:** İç mekan hava kalitesi, okul öncesi eğitim kurumu, çocuk gelişimi, çocuk sağlığı

## THE EFFECTS OF INDOOR AIR QUALITY IN PRESCHOOL EDUCATIONAL INSTITUTIONS ON CHILDREN'S DEVELOPMENT AND HEALTH

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**Abstract:** Preschool educational institutions are developmentally critical environments where children spend a significant portion of their day. Recent research has demonstrated that indoor air quality is a crucial factor influencing children's physical and cognitive development, as well as their overall health. The primary factors impairing indoor air quality include the accumulation of carbon dioxide (CO<sub>2</sub>) due to inadequate ventilation, volatile organic compounds (VOCs) emitted from furniture, cleaning products, and paints, the accumulation of dust and particulate matter, and imbalances in temperature and humidity levels, often leading to mold formation. These pollutants increase the incidence of upper respiratory tract infections, asthma attacks, and allergic conditions such as rhinitis and eczema in children. Moreover, poor indoor air quality contributes to attention deficits and learning difficulties, adversely affecting children's cognitive performance. Existing studies have indicated that humid and polluted indoor environments may impair attention and behavioral development, ultimately diminishing academic achievement. For this reason, preventive measures are of vital importance. Schools should ensure regular and adequate ventilation (for instance, providing 8–10 liters of fresh air per second per person), design spacious classrooms with high ceilings, and utilize low-emission construction and cleaning materials. Additionally, indoor air quality parameters (such as CO<sub>2</sub> and particulate matter) should be continuously monitored using appropriate sensors, and policies and regulations should be implemented in alignment with national and international standards. Through these measures, it is aimed to establish healthier learning environments for children.

**Keywords:** Indoor air quality, preschool educational institutions, child development, child health

## KIRILGAN GEZEGENDE DİRENÇLİ ÇOCUKLAR: İKLİM DEĞİŞİKLİĞİNİN ÇOCUK SAĞLIĞI VE GELİŞİMİ ÜZERİNDEKİ ETKİLERİNE BİYO-PSİKO- SOSYAL ÇÖZÜMLER

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**Öz:** İklim değişikliği, 21. yüzyılın en önemli halk sağlığı krizlerinden biri olarak, yaşamın en hassas dönemi olan 0-6 yaş aralığındaki çocukların sağlık ve gelişimi üzerinde derin ve çok boyutlu tehditler oluşturmaktadır. Bu derleme çalışması, iklim krizinin erken çocukluk dönemindeki biyo-psiko-sosyal etkilerini mevcut literatür ışığında incelemeyi ve dirençliliği artırmaya yönelik bütüncül çözüm yollarını ortaya koymayı amaçlamaktadır.

Araştırmalar, iklim değişikliğinin biyolojik etkilerinin; artan hava kirliliğine bağlı solunum yolu hastalıkları, gıda güvensizliğinden kaynaklanan beslenme yetersizlikleri ve aşırı sıcaklıklara maruz kalma gibi fiziksel sağlık sorunlarını kapsadığını göstermektedir. Psikolojik düzeyde, aşırı hava olaylarının yarattığı travma, çevresel strese bağlı anksiyete ve ebeveyn-çocuk bağının zedelenmesi gibi riskler ön plana çıkmaktadır. Sosyal boyutta ise zorunlu göçler, sağlık ve eğitim hizmetlerine erişimde yaşanan zorluklar ve artan aile içi stres, çocuğun gelişimsel ekolojisini olumsuz etkilemektedir.

Sonuç olarak, bu kırılgan dönemdeki çocukları korumak için sadece semptom odaklı değil, aynı zamanda koruyucu ve bütüncül yaklaşımlar zorunludur. Erken müdahale programlarının güçlendirilmesi, ailelere psiko-sosyal destek sağlanması ve toplum temelli sağlık sistemlerinin iklim krizine adaptasyonu, gelecek nesillerin dirençliliğini artırmada kilit rol oynayacaktır.

**Anahtar Kelimeler:** İklim değişikliği, çocuk gelişimi, çocuk sağlığı

## **RESILIENT CHILDREN ON A FRAGILE PLANET: BIO-PSYCHO-SOCIAL SOLUTIONS TO THE IMPACTS OF CLIMATE CHANGE ON CHILD HEALTH AND DEVELOPMENT**

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**Abstract:** Climate change, as one of the most significant public health crises of the 21st century, poses profound and multidimensional threats to the health and development of children in the 0-6 age group — the most vulnerable period of human life. This review aims to examine the bio-psycho-social impacts of the climate crisis on early childhood in light of the current literature and to propose holistic solutions to enhance resilience.

Research indicates that the biological effects of climate change include physical health problems such as respiratory diseases associated with increased air pollution, nutritional deficiencies stemming from food insecurity, and exposure to extreme temperatures. At the psychological level, risks such as trauma induced by severe weather events, anxiety linked to environmental stressors, and disruptions in parent-child bonding come to the fore. Socially, issues such as forced migration, difficulties in accessing healthcare and educational services, and increased intra-family stress negatively affect the child's developmental ecology.

In conclusion, protecting children during this fragile period necessitates not only symptom-focused interventions but also preventive and holistic approaches. Strengthening early intervention programs, providing families with psycho-social support, and adapting community-based health systems to the climate crisis will play a pivotal role in enhancing the resilience of future generations.

**Keywords:** Climate change, child development, child health

## DİJİTAL OYUNLARIN ERKEN ÇOCUKLUK DÖNEMİNDE ÇOCUK GELİŞİMİNE KATKISI

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**Öz:** Dijital oyun oynama eğilimi, küresel ölçekte yıllar içerisinde artış göstermiştir. Günümüzde oyun endüstrisi, farklı yaş gruplarına (çocuklar, ergenler, yetişkinler vb.) yönelik çeşitli dijital oyunlar geliştirmekte ve bu alana büyük yatırımlar yapmaktadır. Dijital oyunlar, erken çocukluk dönemindeki bireylerin de ilgisini çekmekte olup, çocuklar bu oyunlarla aile ortamında, akran etkileşimlerinde, okul bağlamında ya da medya aracılığıyla sıklıkla karşılaşmaktadır. Dijital oyunların görsel, işitsel ve etkileşimsel yönleri, çocukların dikkatini çeken temel unsurlar arasında yer almaktadır.

Alan yazın incelendiğinde, dijital oyunların çocuk gelişimi üzerindeki etkilerine ilişkin çok sayıda çalışmanın bulunduğu görülmektedir. Bu çalışmaların bir kısmı dijital oyunların çocukların ruhsal, sosyal, fiziksel, motor, dilsel ve bilişsel gelişimlerini olumsuz yönde etkileyebileceğini öne sürerken, diğer bir kısmı bu oyunların çeşitli gelişim alanlarını destekleyici işlevler taşıyabileceğini ifade etmektedir. Bu çerçevede, dijital oyunların yalnızca olumsuz ya da yalnızca olumlu etkiler yarattığına dair tek yönlü bir yargıya varmanın bilimsel açıdan sınırlı kalacağı söylenebilir.

Bu çalışmanın amacı, dijital oyunların erken çocukluk dönemindeki çocukların gelişim alanlarına olan etkilerini ortaya koymak; özellikle hangi gelişim alanlarını ve becerileri desteklediğini güncel literatür ışığında tartışmaktır.

**Anahtar kelimeler:** Erken çocukluk dönemi, Dijital oyunlar, Çocuk gelişimi

## THE CONTRIBUTION OF DIGITAL GAMES TO CHILD DEVELOPMENT IN EARLY CHILDHOOD

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**Abstract:** The tendency to play digital games has increased globally over the years. Today, the gaming industry develops a wide variety of digital games targeting different age groups (children, adolescents, adults, etc.) and makes substantial investments in this field. Digital games also attract the attention of individuals in early childhood, and children frequently encounter these games in family settings, peer interactions, school environments, or through media. The visual, auditory, and interactive features of digital games are among the main elements that draw children's attention.

A review of the literature reveals a significant number of studies addressing the impact of digital games on child development. While some of these studies argue that digital games may have negative effects on children's emotional, social, physical, motor, linguistic, and cognitive development, others suggest that such games can play a supportive role in various developmental domains. In this context, it can be asserted that drawing a one-sided conclusion regarding the effects of digital games—either entirely positive or entirely negative—would be scientifically limited.

The aim of this study is to examine the impact of digital games on the developmental domains of children in early childhood and to discuss, in light of the current literature, which specific developmental areas and skills they may support.

**Keywords:** Early childhood, Digital games, Child development

## GERÇEK ZAMANLI VERİ, SANAL GERÇEKLİKTE İŞLEM: KRONİK HASTALIK YÖNETİMİNDE GİYİLEBİLİR TEKNOLOJİ VE METAVERSE

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**Öz:** Dünya Sağlık Örgütü verilerine göre dünya genelinde ölümlerin yaklaşık %71'i kronik hastalıklardan kaynaklanmaktadır. Bu durum, doğumda beklenen yaşam süresi ve sağlıklı yaşam süresi gibi temel sağlık göstergelerinde önemli olumsuzluklara neden olmakta, kronik hastalık yönetimini küresel sağlık politikalarının öncelikli konusu haline getirmektedir. Bu bağlamda giyilebilir sağlık teknolojileri, bireylerin fizyolojik verilerini anlık olarak izleme ve analiz etme imkânı sunarak, kronik hastalıkların takibi ve yönetiminde yenilikçi bir araç olarak öne çıkmaktadır. Akıllı saatler, glukoz monitörleri, taşınabilir EKG cihazları ve akıllı tekstiller gibi teknolojik ürünler, diyabet, hipertansiyon ve kalp yetmezliği gibi yaygın kronik hastalıkların erken tanı ve sürekli izlem süreçlerini desteklemektedir. Giyilebilir sağlık teknolojilerinin kullanımı sayesinde hastaların tedaviye uyumu artmakta, sağlık okuryazarlığı güçlenmekte ve komplikasyon riski azalmaktadır. Bu katkılar, Dünya Sağlık Örgütü'nün evrensel sağlık kapsamı ve sürdürülebilir sağlık hedefleriyle uyum göstermektedir. Son yıllarda bu teknolojiler, metaverse uygulamalarıyla bütünleştirilerek sanal sağlık ortamlarının oluşturulmasına imkân tanımaktadır. Giyilebilir cihazlardan elde edilen gerçek zamanlı veriler, bireylerin dijital ikizlerine aktarılmakta ve metaverse tabanlı sanal kliniklerde sağlık profesyonelleri tarafından değerlendirilebilmektedir. Böylece hastalar fiziksel sağlık merkezine gitmeden sanal ortamda muayene olabilmekte, tedavi planları güncellenebilmekte ve rehabilitasyon programlarına katılabilmektedir. Özellikle hareket kısıtlılığı veya coğrafi erişim zorlukları yaşayan kronik hastalar için bu yapı büyük kolaylık sağlamaktadır. Sonuç olarak, giyilebilir sağlık teknolojileri ve metaverse entegrasyonunun, kronik hastalık yönetiminde veri temelli, erişilebilir ve sürdürülebilir bir yaklaşım sunarak sağlık hizmetlerinin maliyetini düşürüp kalitesini ve etkinliğini artırmaya önemli katkılar sağlayacağı öngörülmektedir. Kronik hastalıkların etkin yönetimi için birey merkezli, sürdürülebilir ve yenilikçi yaklaşımların geliştirilmesi gerekmektedir. Bu bağlamda, son yıllarda hızla yaygınlaşan giyilebilir sağlık teknolojileri ve dijital sağlık ekosistemine entegre edilen metaverse uygulamaları, kronik hastalık yönetiminde dönüştürücü bir potansiyel taşımaktadır.

**Anahtar Kelimeler:** Giyilebilir teknolojiler, kronik hastalık, metaverse.

## REAL-TIME DATA, ACTION IN VIRTUAL REALITY: WEARABLE TECHNOLOGY AND THE METAVERSE IN CHRONIC DISEASE MANAGEMENT

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**Abstract:** According to World Health Organization data, approximately 71% of deaths globally result from chronic diseases. This situation leads to significant negative impacts on key health indicators such as life expectancy at birth and healthy life expectancy, making chronic disease management a priority for global health policies. In this context, wearable health technologies stand out as an innovative tool for monitoring and managing chronic diseases by offering the ability to instantly track and analyze individuals' physiological data. Technological products like smartwatches, glucose monitors, portable ECG devices, and smart textiles support the early diagnosis and continuous monitoring of common chronic diseases such as diabetes, hypertension, and heart failure. The use of wearable health technologies improves patient adherence to treatment, strengthens health literacy, and reduces the risk of complications. These contributions align with the World Health Organization's goals for universal health coverage and sustainable health. In recent years, these technologies have been integrated with metaverse applications to enable the creation of virtual healthcare environments. Real-time data obtained from wearable devices is transferred to individuals' digital twins and can be evaluated by health professionals in metaverse-based virtual clinics. This allows patients to undergo examinations, update treatment plans, and participate in rehabilitation programs in a virtual environment without having to visit a physical health center. This structure provides significant convenience, especially for chronic patients with mobility limitations or geographical access difficulties. In conclusion, the integration of wearable health technologies and the metaverse is expected to make significant contributions to reducing healthcare costs and improving the quality and effectiveness of health services by offering a data-driven, accessible, and sustainable approach to chronic disease management. To effectively manage chronic diseases, it's essential to develop person-centered, sustainable, and innovative approaches. In this context, wearable health technologies, which have rapidly become widespread in recent years, and metaverse applications integrated into the digital health ecosystem, hold transformative potential in chronic disease management.

**Keywords:** Wearable technologies, chronic disease, metaverse.

## BOŞANMANIN MORTALİTE ÜZERİNE ETKİSİ

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**Öz:** Boşanma, bireylerin yaşamlarında yalnızca hukuki bir ayrılığı değil, aynı zamanda derin biyopsikososyal değişimleri de beraberinde getiren önemli bir yaşam olayıdır. Evlilik birliğinin sona ermesi, bireylerin sağlık davranışlarından psikolojik dayanıklılıklarına, sosyal ilişkilerinden yaşam beklentilerine kadar çok çeşitli alanlarda etkiler yaratabilmektedir. Bu bağlamda boşanma sonrası bireylerin ölüm riskiyle olan ilişkisi, sosyal bilim ve sağlık disiplinlerinin kesişim noktasında önemli bir araştırma alanı oluşturmaktadır. Boşanmanın bireyin yaşam süresi üzerindeki etkileri; mevcut medeni durumun ötesine geçerek evlilik öyküsü, sosyal destek düzeyi, ekonomik kaynaklara erişim gibi birçok değişkenle şekillenmektedir. Aynı zamanda kadınlar ve erkekler açısından bu sürecin etkileri farklılık gösterebilmekte; başa çıkma tarzları, maneviyat, sosyal destek ağları gibi faktörler bireyin yeniden uyum sürecinde belirleyici olmaktadır. Bu çalışma, boşanmanın bireylerin yaşam süresi üzerindeki etkilerini çok yönlü biçimde ele almakta; ölüm riski üzerindeki etkilerin yalnızca boşanma durumuna indirgenemeyeceğini, sosyal çevre, ekonomik koşullar ve psikolojik etmenlerin birlikte değerlendirilmesi gerektiğini savunmaktadır. Boşanmanın sağlık üzerindeki dolaylı ve doğrudan etkilerinin anlaşılması, koruyucu ve destekleyici müdahale modelleri geliştirilmesine katkı sunabilir.

**Anahtar Kelimeler:** Evlilik durumu, boşanma, mortalite, erken ölüm riski.

## THE EFFECT OF DIVORCE ON MORTALITY

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**Abstract:** Divorce is an important life event that brings not only a legal separation but also profound biopsychosocial changes in the lives of individuals. The termination of the marriage union can have effects on a wide range of areas from health behaviours to psychological resilience, from social relationships to life expectations. In this context, the relationship of individuals with the risk of death after divorce constitutes an important research area at the intersection of social sciences and health disciplines. The effects of divorce on an individual's life expectancy go beyond the current marital status and are shaped by many variables such as marital history, level of social support, and access to economic resources. At the same time, the effects of this process may differ for women and men; factors such as coping styles, spirituality, social support networks are determinant in the readjustment process of the individual. This study examines the effects of divorce on the lifespan of individuals in a multidimensional manner, arguing that the impact on mortality risk cannot be attributed solely to divorce, but rather that social environment, economic conditions, and psychological factors should be considered together. Understanding the direct and indirect effects of divorce on health may contribute to the development of protective and supportive intervention models.

**Keywords:** Marital status, divorce, mortality, risk of early death.

## ULUSLARARASI SOSYAL HİZMET ARAŞTIRMALARININ BİBLİYOMETRİK ANALİZİ

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**Öz:** Uluslararası sosyal hizmet, küresel ölçekte insan refahını etkileyen sorunlara karşı sosyal hizmet mesleğinin eğitim ve uygulama boyutlarında etkili çözümler üretebilme kapasitesini geliştirmeyi amaçlayan, yerel ve küresel düzeyde bütüncül bir şekilde teşvik edilen bir mesleki yaklaşımdır. Yoksulluk, yaşlanma, göç, salgınlar, afetler, toplumsal cinsiyet, ırkçılık, bağımlılık gibi pek çok global soruna çözüm üretmeyi amaçlayan uluslararası sosyal hizmet, uluslararası sosyal hizmet örgütlerince veya Birleşmiş Milletlerce belirlenen küresel ajandaları kendine yol haritası yapabilmektedir. Bu çalışma uluslararası sosyal hizmet alanında yapılan akademik çalışmaları bibliyometrik analiz yöntemiyle incelemeyi amaçlamaktadır. Web of Science veri tabanında 1975-2024 yılları arasında “international social work”, “global social work”, “transnational social work” anahtar kelimeleriyle sosyal hizmet kategorisinde yayınlanan 2 bin 96 makale analiz edilmiştir. Çalışmada makalelerin yıllara göre dağılımı, Sürdürülebilir Kalkınma Hedefleri ile ilişkisi, ülke temsiliyeti, atıf yoğunluğu ve anahtar kelime sıklığı incelenmiştir. Analiz sürecinde Vosviewer (versiyon 1.6.20) yazılım aracı kullanılmış ve atıf yoğunluğu analizinde “Enrich Cited References” seçeneğiyle 400 makale dikkate alınmıştır. Analiz sonucunda, uluslararası sosyal hizmete olan ilginin 1990’lı yıllardan itibaren başlayarak günümüze kadar sürekli arttığını, çalışmaların büyük ölçüde insan onuru, sosyal adalet ve eşitlik gibi temel değerlere dayalı olarak sürdürülebilir kalkınma hedeflerine katkı sunduğunu, uluslararası sosyal hizmet literatürünün büyük oranda Batı merkezli olmakla birlikte alternatif arayışların güçlendiğini, uluslararası sosyal hizmet literatürünün hem mesleki kimlik ve değerler, hem de eğitimsel, yapısal ve güncel küresel sorunlar etrafında şekillendiğini söylemek mümkündür. Bibliyometrik analizler makro düzeyde eğilimleri ortaya koyar, ancak içeriksel bağlamı sınırlı yansıtır. Bu nedenle gelecek çalışmalarda en çok atıf alan veya tematik olarak ön plana çıkan belirli makalelere yönelik tematik içerik analizi yapılabilir.

**Anahtar Kelimeler:** Uluslararası sosyal hizmet, küreselleşme, sürdürülebilir kalkınma hedefleri, bibliyometrik analiz.

## **BIBLIOMETRIC ANALYSIS OF INTERNATIONAL SOCIAL WORK RESEARCH**

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**Abstract:** International social work is a professional approach that aims to develop the capacity of the social work profession to produce effective solutions in the dimensions of education and practice against the problems affecting human welfare on a global scale and is promoted holistically at local and global levels. International social work, which aims to produce solutions to many global problems such as poverty, ageing, migration, epidemics, disasters, gender, racism and addiction, can make the global agendas set by international social work organisations or the United Nations a road map. This study aims to examine academic studies in the field of international social work through bibliometric analysis. In the Web of Science database, 2,096 articles published in the category of social work with the keywords 'international social work', 'global social work', 'transnational social work' between 1975 and 2024 were analysed. In the study, the distribution of articles by year, their relationship with the Sustainable Development Goals, country representation, citation density, and keyword frequency were analyzed. Vosviewer (version 1.6.20) software tool was used in the analysis process and 400 articles were taken into consideration with the "Enrich Cited References" option in the citation density analysis. As a result of the analysis, it is possible to say that the interest in transnational social work has increased continuously since the 1990s until today; studies have contributed to sustainable development goals based on basic values such as human dignity, social justice and equality; although international social work literature is largely Western-centred, alternative approaches have been strengthened; international social work literature has been shaped around professional identity and values, as well as educational, structural and current global problems. Bibliometric analyses reveal macro-level trends, but reflect the contextual context in a limited way. Therefore, in future studies, thematic content analyses can be conducted for the most cited or thematically prominent articles.

**Keywords:** International social work, globalisation, sustainable development goals, bibliometric analysis.

## DİNİ GRUPLARIN DİJİTALLEŞMESİNİ SAĞLAYAN BİR ETMEN OLARAK SOSYAL MEDYA

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**Özet:** Günümüzde dijital ağırlıklı teknolojinin yaygınlaşması hayatın birçok alanını değiştirmiştir. Özellikle insanlar arasında akan bilginin akış hızı ve yaygınlaşma evreni genişlemiştir. İnternet tabanlı sosyal medya araçları, radyo ve televizyon gibi tek taraflı bilgi akışının ötesine geçerek karşılıklı bilgi alışverişine, verilen bilginin gerektiğinde değiştirilmesine imkân vermektedir. Sosyal medyanın eş zamanlı olarak bilgi akışına izin vermesi ve her çeşit dokümanın interaktif şekilde paylaşılabilmesi hem seküler grupları hem dinî grupları bu mecrâyı kullanmaya sevk etmiştir. Günümüzde dünyanın farklı coğrafyalarındaki dini grupların veya dindar bireylerin mobilizasyonunu sağlayan en önemli ortam sosyal medya araçlarıdır. Bu çalışmada sosyal medya araçlarının dini gruplardaki etkileri üzerinde durulmuştur. Çalışmada dini grupların sosyalleşme alanları ve dijital dünyaya evrilmesinin sonuçları incelenmiştir. Dini grup biçimlerinin dijital medyadaki görünürlüğü bu grupların toplumsal alanda belirmesine, dini kimliklerin giderek alenîleşmesine neden olmuştur. Artık Türkiye’de hangi ilde hangi dini gruplar var, hangi metinleri otorite kabul ediyorlar, yaklaşık kaç takipçileri var, hangi kesimlere muhalefet ediyorlar, hangi gruplara yakın duruyorlar gibi sorulara cevap verilebilmek mümkün hale gelmiştir. Günümüzdeki din anlayışları ile ilgili merak edilen konuların belirsizliği yavaş yavaş ortadan kalkmaya başlamıştır. Dini gruplar Twitter, Instagram, Youtube, Facebook, blog, forum gibi sosyal paylaşım platformlarından aktif şekilde yararlanmaktadır. Böylelikle dini grupların dijital dünyaya olan eğilimleri artmış ve bu mecrâdaki etkinlik alanları da genişlemiştir. Ayrıca dini grup önderlerinin web teknolojilerine olan talepkârlığı dini anlayışların ideolojik ve örgütsel bakımdan bağımsızlaşmasını ve farklılaşmasını hızlandırıcı bir etki yaratmıştır. Sosyal medya araçları dini gruplara propaganda kolaylığı ve sosyal açılım sağlamıştır. Dini gruplar kendi sosyal çevrelerinde yalıtılmış bir yapıdan herkesin erişebildiği bir dini network halini almıştır. Dolayısıyla dini gruplar üzerindeki bilinmezlik ve örtülü durum ortadan kalmıştır.

**Anahtar Kelimeler:** Din Sosyolojisi, Dini Gruplar, Sosyal Medya

## SOCIAL MEDIA AS A FACTOR ENABLING THE DIGITALIZATION OF RELIGIOUS GROUPS

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**Abstract:** Today, the widespread use of digitally-oriented technologies has transformed many aspects of life. In particular, the speed and scope of information flow among people have significantly expanded. Internet-based social media platforms have gone beyond one-way communication tools like radio and television by allowing reciprocal exchange of information and enabling users to modify content when necessary. The real-time nature of social media and its capacity to share all types of documents interactively have encouraged both secular and religious groups to engage with these platforms. Currently, social media is the most significant medium facilitating the mobilization of religious groups and devout individuals across different regions of the world. This study focuses on the impact of social media tools on religious groups. It explores the socialization spaces of religious groups and the implications of their evolution into the digital world. The visibility of various religious group forms in digital media has led to their increased presence in the public sphere and the growing publicization of religious identities. In Turkey, it is now possible to identify which religious groups exist in which provinces, which texts they consider authoritative, their approximate number of followers, the groups or ideologies they oppose, and those with which they align. The uncertainty surrounding contemporary understandings of religion has gradually begun to diminish. Religious groups now actively utilize social media platforms such as Twitter, Instagram, YouTube, Facebook, blogs, and forums. As a result, their engagement with the digital world has intensified, and their sphere of influence has expanded. Furthermore, the demand of religious leaders for web technologies has accelerated the ideological and organizational diversification and independence of religious understandings. Social media tools have provided religious groups with new means for dissemination and social outreach. Consequently, these groups have shifted from being isolated within their own communities to becoming accessible religious networks. This has eliminated much of the ambiguity and opacity that previously surrounded them.

**Keywords:** Sociology of Religion, Religious Groups, Social Media

## HEMŞİRELİK ÖĞRENCİLERİNİN KÜRESEL İKLİM DEĞİŞİKLİĞİNE YÖNELİK FARKINDALIĞININ BELİRLENMESİ

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**Öz:** Bu çalışma hemşirelik öğrencilerinin küresel iklim değişikliğine yönelik farkındalığının belirlenmesi amacıyla yapılmıştır. Çalışma tanımlayıcı ve ilişki arayıcı tipte yürütülmüştür. Çalışma Burdur Mehmet Akif Ersoy Üniversitesi Bucak Sağlık Yüksekokulu Hemşirelik Bölümü öğrencilerinde gerçekleştirilmiştir. Çalışmaya 400 öğrenci katılmıştır. Verilerin toplanmasında “Veri Toplama Formu” ve “Üniversite Öğrencilerinin Küresel İklim Değişikliği Farkındalık Ölçeği” kullanılmıştır. Ölçek “Küresel İklim Değişikliğinin Doğal ve Beşeri Ortama Etkilerinin Farkındalığı”, “Küresel Organizasyonlar ve Anlaşmalara İlişkin Farkındalığı”, “Küresel İklim Değişikliğini Ortaya Çıkaran Sebeplerin Farkındalığı” ve “Küresel İklim Değişikliğinin Enerji Tüketimi İlişkisinin Farkındalığı” olmak üzere dört alt boyutu değerlendirmektedir. Öğrencilerin yaş ortalaması 22,78±1,53 yıl ve %51,4’si kadındır. Hemşirelik öğrencilerinin küresel iklim değişikliği farkındalığı orta düzeyde bulunmuştur. İklim değişikliği farkındalığını artıracak uygulamalar hemşirelik öğrencilerini harekete geçirebilir ve iklim değişikliğiyle mücadelede rol almalarını sağlayabilir. Küresel iklim değişikliğinin etkileri toplum sağlığını, özellikle de çocuk nüfusunun azaldığı şu dönemde çocuk neslini olumsuz etkileyeceği öngörülmektedir. Gelecek nesil olan çocukların sağlığının geliştirilmesinde meslek öncesi hemşirelik öğrencilerin küresel iklim değişikliğinin farkında olmaları ve ona göre hareket etmeleri çok önemlidir. Öğrencilerin küresel iklim değişikliğine yönelik farkındalık düzeylerini arttırmak için eğitim müfredatına yönelik girişimlerin (derslere entegre etme, seçmeli ders açma gibi) yapılması önerilebilir. Hemşirelik öğrencilerinin küresel iklim değişikliği konusunda farkındalıkları ve bilgi düzeyleri küresel iklim değişikliğinin sağlık risklerini yönetebilmeleri açısından önem arz etmektedir. Ayrıca bu konuda farkındalıkları yüksek öğrencileri yetiştirmek topluma rol model olarak toplumsal farkındalığı da arttırabilir. Çalışma, iklim değişikliği ile ilgili Sürdürülebilir Kalkınma Hedeflerine dikkat çekmektedir.

**Anahtar Kelimeler:** Küresel İklim Değişikliği, Farkındalık, Hemşirelik Öğrencileri

## DETERMINATION OF NURSING STUDENTS' AWARENESS ABOUT GLOBAL CLIMATE CHANGE

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**Abstract:** This study was conducted to determine the awareness of nursing students' awareness of global climate change. The study was conducted in a descriptive and correlational type. The study was conducted among students of Burdur Mehmet Akif Ersoy University Bucak Health School Nursing Department. 400 students participated in the study. The "Data Collection Form" and "the Awareness Scale of University Students about Global Climate Change" were used to collect data. The scale evaluates four sub-dimensions: "Awareness of the Effects of Global Climate Change on Natural and Human Environments", "Awareness of Global Organizations and Agreements", "Awareness of the Causes Causing Global Climate Change" and "Awareness of the Relationship Between Global Climate Change and Energy Consumption". The mean age of the students was  $22.78 \pm 1.53$  year and 51.4% are women. Nursing students' awareness of global climate change was found to be at a moderate level. Practices that will increase climate change awareness can mobilize nursing students and enable them to take part in combating climate change. It is predicted that the effects of global climate change will negatively affect public health, especially the child generation in this period when the child population is decreasing. It is very important for pre-professional nursing students to be aware of global climate change and act accordingly in order to improve the health of the future generation of children. In order to increase the awareness levels of students about global climate change, it may be recommended to make interventions in the education curriculum (such as integrating into courses, opening elective courses). Nursing students' awareness and knowledge levels about global climate change are important in terms of managing the health risks of global climate change. In addition, raising students with high awareness on this issue can increase social awareness as role models for society. The study draws attention to the Sustainable Development Goals related to climate change.

**Keywords:** Global Climate Change, Awareness, Nursing Students

## YENİDOĞANLARDA TOPUK KANI ALMA SIRASINDA AĞRIYI AZALTMADA KULLANILAN NONFARMAKOLOJİK YÖNTEMLER: SİSTEMATİK BİR İNCELEME

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**Öz:** Topuk kanı alma işlemi, yenidoğan döneminde en sık uygulanan invaziv girişimlerden biridir ve bu işlem sırasında hissedilen ağrı, bebeğin fizyolojik ve davranışsal yanıtlarını olumsuz etkileyebilmektedir. Yenidoğanlarda ağrı yönetimi, nörogelişimsel açıdan oldukça kritik olduğundan, farmakolojik olmayan (nonfarmakolojik) yaklaşımlar son yıllarda daha fazla önem kazanmıştır. Bu sistematik derlemenin amacı, yenidoğanlarda topuk kanı alma sırasında ağrıyı azaltmada kullanılan nonfarmakolojik yöntemleri belirlenmek ve güncel literatür doğrultusunda sağlık profesyonellerine kanıta dayalı öneriler sunmak amacıyla yapılmıştır. Çalışma da veriler CINAHL, Cochrane Library, Academic Search Complete, WoS, Scopus, Science Direct, PubMed, ULAKBİM, ProQuest ve Google Scholar veri tabanları kullanılarak randomize kontrollü çalışmalar, sistematik derlemeler ve meta-analizler taranarak yürütülmüştür. Cochrane yönergeleri uygulandı ve PRISMA kontrol listesine göre raporlandı. Bu taramalar sonucunda topuk kanı alma sırasında ağrıyı azaltmada etkili olduğu belirlenen başlıca nonfarmakolojik yöntemler şunlardır: Anne sütüyle emzirme, oral sakkaroz uygulaması, kanguru bakımı, yalancı emzikle non-nutritive emme, termal uygulamalar (ısıtıcı ped), müzik terapisi, terapötik dokunma yöntemleri, masaj, vibrasyon, ShotBlocker®, anne dokunması, beyaz gürültü, kundaklama, çevresel faktörlerin kontrolü (ışık ve ses azaltımı), refleksoloji ve akupunktur. Bu yöntemlerin çoğu, ağrı skorlarında, ağlama süresinde ve fizyolojik yanıt parametrelerinde anlamlı iyileşme sağlamıştır. Sonuç olarak, nonfarmakolojik yöntemlerin etkili, güvenli, uygulanabilir ve maliyet etkin olması, bu yaklaşımların klinik uygulamalarda yaygınlaştırılması gerektiğini ortaya çıkarmaktadır. Bu doğrultuda, yenidoğan ve çocuk hemşirelerin bu yöntemleri bilmesi ve uygulaması, yenidoğanların ağrı yönetiminde önemli bir rol oynamaktadır.

**Anahtar Kelimeler:** Yenidoğan, Topuk Kanı, Ağrı, Hemşire, Nonfarmakolojik Yöntemler

## NONPHARMACOLOGICAL METHODS USED TO REDUCE PAIN DURING HEEL STICK IN NEWBORNS: A SYSTEMATIC REVIEW

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**Abstract:** Heel blood sampling is one of the most common invasive procedures in the neonatal period and the pain felt during this procedure may negatively affect the physiological and behavioural responses of the newborn. Since pain management in newborns is neurodevelopmentally critical, non-pharmacological approaches have gained more importance in recent years. The aim of this systematic review was to determine the nonpharmacological methods used to reduce pain during heel blood sampling in newborns and to provide evidence-based recommendations to healthcare professionals in line with the current literature. The data in the study were conducted by searching randomised controlled trials, systematic reviews and meta-analyses using CINAHL, Cochrane Library, Academic Search Complete, WoS, Scopus, Science Direct, PubMed, ULAKBIM, ProQuest, and Google Scholar databases. Cochrane guidelines were applied and reported according to the PRISMA checklist. The main nonpharmacological methods found to be effective in reducing pain during heel blood sampling are as follows: Breastfeeding, oral sucrose administration, kangaroo care, non-nutritive sucking with a pacifier, thermal applications (heating pad), music therapy, therapeutic touch methods, massage, vibration, ShotBlocker®, maternal touch, white noise, swaddling, control of environmental factors (light and sound reduction), reflexology, and acupuncture. Most of these methods have been shown to reduce pain scores, crying time and physiological response parameters. In conclusion, the fact that nonpharmacological methods are effective, safe, feasible and cost-effective reveals that these approaches should be widespread in clinical practice. In this direction, the knowledge and application of these methods by neonatal and paediatric nurses play an important role in the pain management of newborns.

**Keywords:** Newborns, Heel Blood, Pain, Nurse, Nonpharmacological Methods

## ÇOCUK SAĞLIĞI HEMŞİRELİĞİNDE YAPAY ZEKÂ DESTEKLİ UYGULAMALARIN KULLANIMI: LİTERATÜR İNCELEMESİ

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**Öz:** Gelişen dijital sağlık teknolojileriyle birlikte yapay zeka, tanılama, risk tahmini, hasta izleme, karar destek sistemleri ve bireyselleştirilmiş bakım süreçlerinde giderek daha fazla kullanılmaktadır. Çocuk sağlığı alanında ise yapay zeka prematüre bebeklerin izleminde, aşı takibi, büyüme-gelişme değerlendirmeleri, ağrı tanılama sistemleri ve kronik hastalık yönetimi gibi pek çok alanda destekleyici bir rol üstlenmektedir. Bu literatür incelemesinin amacı, çocuk sağlığı hemşireliğinde yapay zeka destekli uygulamaların kullanım alanlarını, etkinliğini ve hemşirelik bakımına katkılarını değerlendirmektir. Bu çalışma kapsamında veri tabanlarında tarama yapılmıştır. Bu taramalar sonucunda çocuk sağlığı hemşireliğinde yapay zeka destekli uygulamaların avantajları ve dezavantajları ifade edilmiştir. Yapay zeka destekli sistemlerin hemşirelerin karar verme süreçlerini hızlandığı, hata oranlarını azalttığı ve hasta güvenliğini artırdığı yönündedir. Ayrıca, ebeveynlerle iletişimi güçlendiren dijital asistanlar, mobil uygulamalar ve izleme sistemleri sayesinde hemşirelerin iş yükünün azaldığı ve çocuklara sunulan bakım kalitesinin artabileceği ifade edilmiştir. Fakat sağlık kuruluşları, politika yapıcılar ve yapay zeka geliştiricilerine yapay zekanın hemşirelik pratiğine entegrasyonu konusunda bilgi sağlaması beklenmektedir. Çocuk sağlığı hemşireliğinde yapay zeka uygulamaları, hasta bakımında önemli kazanımlar sunmakta ve gelecekte hemşirelik rollerinde dönüşüm olma potansiyeli taşımaktadır. Ancak, etik sorunlar, veri güvenliği ve hemşirelerin dijital okuryazarlık düzeyleri gibi konular da dikkate alınmalıdır. Alandaki araştırmaların artırılması ve hemşirelik eğitimine yapay zeka odaklı ders içeriklerin entegrasyonu önerilmektedir.

**Anahtar Kelimeler:** Çocuk Sağlığı, Hemşirelik, Yapay Zeka, Teknoloji

## THE USE OF ARTIFICIAL INTELLIGENCE SUPPORTED APPLICATIONS IN CHILD HEALTH NURSING: LITERATURE REVIEW

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**Abstract:** With the developing digital health technologies, artificial intelligence is increasingly used in diagnosis, risk estimation, patient monitoring, decision support systems and individualized care processes. In the field of child health, artificial intelligence plays a supporting role in many areas such as monitoring premature infants, vaccination follow-up, growth-development assessments, pain diagnosis systems and chronic disease management. The purpose of this literature review is to evaluate the areas of use, effectiveness and contributions of artificial intelligence-supported applications in child health nursing. Databases were scanned within the scope of this study. As a result of these scans, the advantages and disadvantages of artificial intelligence supported applications in child health nursing were expressed. It is stated that artificial intelligence supported systems accelerate nurses' decision-making processes, reduce error rates and increase patient safety. In addition, it has been stated that the workload of nurses will decrease and the quality of care provided to children will increase thanks to digital assistants, mobile applications and monitoring systems that strengthen communication with parents. However, it is expected to provide information to health institutions, policy makers and artificial intelligence developers about the integration of artificial intelligence into nursing practice. Artificial intelligence applications in child health nursing offer significant gains in patient care and have the potential to transform nursing roles in the future. However, issues such as ethical issues, data security and digital literacy levels of nurses should also be taken into consideration. It is recommended to increase research in the field and integrate artificial intelligence focused course content into nursing education.

**Keywords:** Child Health, Nursing, Artificial Intelligence, Technology

## ÇOCUKLARDA İŞTAHSIZLIĞIN NEDENLERİ

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**Öz:** Çocuklarda iştahsızlık, normalde yemeleri gereken miktarda gıda tüketememelerine neden olan iştahın tamamen kaybı olarak tanımlanabilir. Bu durum özellikle çocuklarda ciddi sağlık sorunlarına yol açabilir. Hemen her çocukta zaman zaman yaşanan bu durumun altında yatan birçok faktör olabilir. Bu çalışma, literatür doğrultusunda çocuklarda iştahsızlığın nedenlerini incelemek amacıyla yapılmıştır. Çocuklarda iştahsızlık genel olarak iki nedene bağlanabilir. Bunlar; organik nedenler ve davranışsal nedenlerdir. Organik nedenlere bağlı iştahsızlık genellikle bir hastalığın belirtisi olarak ortaya çıkar. Tedavi durumlarına göre geçici ya da kalıcı olabilirler. İştahsızlığa neden olan hastalıklar soğuk algınlığı, gastrointestinal enfeksiyonlar, anemi gibi akut hastalıklar olabileceği gibi çölyak hastalığı, hepatit, tüberküloz gibi daha ciddi hastalıklar da olabilir. Bazı ilaçların yan etkisi olarak bile iştahsızlık görülebilir. İştahsızlık ayrıca diş çıkarma döneminde hemen her çocukta görülebilen geçici bir durumdur. Tüm bu organik nedenlerin dışında bazen davranışsal nedenlerle de iştahsızlık ortaya çıkabilir. Bunlar aile içi sorunlar, stres, okul değişiklikleri gibi faktörler olabileceği gibi düzensiz yemek yeme, aşırı atıştırma tüketimi, televizyon karşısında yemek yeme gibi davranışlar da olabilir. Sonuç olarak iştahsızlık, nedeni ne olursa olsun çocuk sağlığı üzerinde ciddi etkileri olan ve nedene yönelik tedavi gerektiren bir durumdur. Çocuğa özel planlanan yeme davranışları ile çözümü mümkündür. Sağlık profesyonellerinin bu konuları bilmesi, ailelere çözüm önerileri sunması ve onlarla işbirliği içinde çalışması çocuk sağlığını ve gelişimini destekleyecektir. Bu nedenle çocuk sağlığı ile ilgilenen tüm profesyonellerin iştahsızlık hakkında bilgi sahibi olması önerilmektedir.

**Anahtar Kelimeler:** Çocuk sağlığı; Çocuk gelişimi; İştahsızlık; İştahsızlık nedenleri

## CAUSES OF ANOREXIA IN CHILDREN

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**Abstract:** Anorexia in children can be defined as a complete loss of appetite, resulting in an inability to consume the amount of food they should normally eat. This condition can lead to serious health problems, especially in children. There may be many factors underlying this condition, which is experienced in almost every child from time to time. This study was conducted to examine the causes of anorexia in children in line with the literature. Anorexia in children can generally be attributed to two causes. These are; organic causes and behavioral causes. Anorexia due to organic causes usually occurs as a symptom of a disease. They can be temporary or permanent depending on their treatment status. Diseases that cause loss of appetite can be acute diseases such as colds, gastrointestinal infections, anemia or more serious diseases such as celiac disease, hepatitis, tuberculosis. Loss of appetite can even be a side effect of some medications. Loss of appetite is also a temporary condition that can occur in almost every child during teething. Apart from all these organic causes, sometimes anorexia may also occur due to behavioral reasons. These can be factors such as family problems, stress, school changes, as well as behaviors such as irregular eating, excessive snack consumption, eating in front of the television. In conclusion, anorexia, regardless of its cause, is a condition that has serious effects on child health and requires treatment for the cause. It can be solved with eating behaviors planned specifically for the child. Health professionals knowing these issues, offering solutions to families and working in cooperation with them will support child health and development. For this reason, it is recommended that all professionals interested in child health should be informed about anorexia.

**Keywords:** Child health; Child development; Anorexia; Causes of anorexia

## **PEDİATRİ HEMŞİRELİĞİ AÇISINDAN TRANSKÜLTÜREL HEMŞİRELİK**

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**Öz:** Son zamanlarda hemşirelik uygulamalarının etkinliğini değiştirebileceği bilinen alanlardan biri de transkültürel hemşireliktir. Transkültürel hemşirelik, bireylerin kültürel değerlerini, inançlarını ve yaşam biçimlerini dikkate alarak sağlık hizmeti sunmayı hedefler. Pediatri hemşireliğinde transkültürel yaklaşımlar ise bakım verilen çocukların ve ebeveynlerinin kültürel geçmişlerini ve yaklaşımlarını anlamaya dayanmaktadır. Bu derleme çalışmasında çocuk sağlığı ve hastalıklarına yönelik uygulanan transkültürel yaklaşımlara ve pediatri hemşireliği açısından önemine değinilmiştir. Toplumlar içerisinde bile çocuk sağlığı ve bakımına yönelik farklı kültürel yaklaşımlar bulunurken iç ve dış göçlerle birlikte kültürel farklılıkların arttığı bilinmektedir. Bunlar bebek emzirme ve beslenmesi, bebek banyosu gibi temel sağlık uygulamalarında bile görülmektedir. Bazı hastalıkların tedavisine yaklaşımlarda da kültürel etki hissedilmektedir. Tamamlayıcı ve alternatif tıp uygulamalarının da temelini oluşturan transkültürel uygulamaların öncelikle bilimsel temellere dayalı olarak değerlendirilmesi oldukça önemlidir. Transkültürel hemşirelik uygulamalarının temeli çocuk, aile ve hemşire arasında güven ilişkilerinin kurulmasına dayanır. Oluşturulan güven ortamında gerçekleştirilen uygulamaların pediatri hemşireliği açısından da birçok yararı mevcuttur. Bunlar; tedavi sürecine ailenin katılımını artırması, bütüncül ve etkili tedavi yaklaşımlarının benimsenmesi, ebeveyn-çocuk-hemşire arasındaki iletişimi güçlendirmesi, hasta memnuniyetinin artması olarak sıralanabilir. Güven hisseden çocuk ve ebeveyn tedaviyi daha kolay kabul edip uyum sağlayabilmektedir. Hem hemşire hem de ebeveyn-çocuk açısından olumlu birçok yararı belirtilen transkültürel yaklaşımların özellikle pediatri hemşireleri tarafından bilinmesi ve uygulanması önerilmektedir.

**Anahtar Kelimeler:** Kültürel yaklaşımlar; Pediatri hemşireliği; Transkültürel hemşirelik

## TRANSCULTURAL NURSING FROM THE PERSPECTIVE OF PEDIATRIC NURSING

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**Abstract:** Recently, transcultural nursing is one of the fields known to change the effectiveness of nursing practices. Transcultural nursing aims to provide health care services by taking into account the cultural values, beliefs and lifestyles of individuals. Transcultural approaches in pediatric nursing are based on understanding the cultural backgrounds and approaches of the children and their parents. In this review study, transcultural approaches applied to child health and diseases and their importance in terms of pediatric nursing were mentioned. While there are different cultural approaches to child health and care even within societies, it is known that cultural differences increase with internal and external migration. These are seen even in basic health practices such as breastfeeding and feeding, baby bathing. Cultural influence is also felt in approaches to the treatment of some diseases. It is very important to evaluate transcultural practices, which also form the basis of complementary and alternative medicine practices, based on scientific foundations. The basis of transcultural nursing practices is based on the establishment of trust relationships between the child, family and nurse. The practices carried out in the created trust environment have many benefits for pediatric nursing. These can be listed as increasing family participation in the treatment process, adopting holistic and effective treatment approaches, strengthening communication between parent-child-nurse, and increasing patient satisfaction. Children and parents who feel trust can accept and adapt to treatment more easily. It is recommended that transcultural approaches, which have many positive benefits for both nurse and parent-child, should be known and applied especially by pediatric nurses.

**Keywords:** Cultural approaches; Pediatric nursing; Transcultural nursing

## TÜRKİYE’DE SİYASAL KÜLTÜRÜN COĞRAFI DAĞILIMI: ALMOND VE VERBA’NIN KURAMI IŞIĞINDA BİR İNCELEME

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**Öz:** Siyasal katılım biçimleri, yalnızca bireysel eğilimlerin değil, toplumsal yapının, kültürel kalıpların ve tarihsel hafızanın da etkisiyle şekillenir. Bu bağlamda, siyasal kültür kavramı, yurttaşların siyasal sisteme yönelik algılarını, tutumlarını ve davranışlarını anlamada önemli bir analiz düzlemidir. Gabriel Almond ve Sidney Verba’nın geliştirdiği siyasal kültür tipolojisi, bu çeşitliliği açıklamak için hâlâ temel referans noktalarından biri olmayı sürdürmektedir. Gabriel Almond ve Sidney Verba’nın geliştirdiği siyasal kültür kuramını Türkiye bağlamında yeniden yorumlayarak, ülkenin farklı coğrafi bölgelerinde hâkim olan siyasal kültür biçimlerini (parochial, subject, participant ve karma) incelemeyi amaçlamaktadır. Siyasal kültür biçimleri; siyasi parti üyelik oranları, sivil toplum kuruluşlarına katılım düzeyi, kentleşme oranı ve seçim verileri gibi ölçülebilir göstergeler aracılığıyla analiz edilmiştir. Araştırma, bu göstergeleri iller bazında görselleştirerek siyasal katılım ve bilinç düzeylerindeki mekânsal farklılıkları ortaya koymaktadır. Sonuçlar, Türkiye’de siyasal kültürün bölgelere göre önemli ölçüde farklılaştığını; Doğu ve Güneydoğu Anadolu’da parochial, İç Anadolu ve Karadeniz’de subject, kıyı bölgelerinde ise participant kültür biçimlerinin baskın olduğunu göstermektedir. Çalışma, bölgesel siyasal farkındalık düzeylerini ortaya koyarak demokratikleşme süreçleri açısından önemli politik çıkarımlar sunmaktadır. Bu çalışmada, Türkiye’deki siyasal kültür biçimleri bölgesel düzeyde dağılımı ele alınmış, siyasal davranış verileri siyasal kültür türleri açısından değerlendirilmeye çalışılmıştır.

**Anahtar Kelimeler:** Siyasal Kültür, Türkiye, Demokratikleşme

## THE GEOGRAPHICAL DISTRIBUTION OF POLITICAL CULTURE IN TURKEY: AN ANALYSIS IN THE LIGHT OF ALMOND AND VERBA'S THEORY

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**Abstract:** Forms of political participation are shaped not only by individual tendencies but also by societal structures, cultural patterns, and historical memory. In this context, the concept of political culture provides a crucial analytical framework for understanding citizens' perceptions, attitudes, and behaviors toward the political system. Gabriel Almond and Sidney Verba's typology of political culture continues to serve as a foundational reference point in explaining this diversity. This study aims to reinterpret Almond and Verba's political culture theory within the Turkish context and to examine the dominant political culture types (parochial, subject, participant, and mixed) across different geographical regions of the country. Political culture types are analyzed through measurable indicators such as political party membership rates, levels of participation in civil society organizations, urbanization rates, and electoral data. By visualizing these indicators at the provincial level, the research reveals spatial variations in political participation and consciousness. The findings demonstrate that political culture in Turkey varies significantly by region: a parochial political culture is dominant in Eastern and Southeastern Anatolia; a subject culture prevails in Central Anatolia and the Black Sea regions; and a participant culture is more prominent in coastal areas. By identifying regional differences in political awareness, the study offers important policy implications for the processes of democratization. This research evaluates regional distributions of political culture in Turkey by analyzing political behavior data through the lens of political culture typologies.

**Keywords:** Political Culture, Türkiye, Democratization

## YAŞLI BAKIMI EĞİTİMİNDE YENİLİKÇİ BİR YAKLAŞIM: STANDART HASTA UYGULAMASI

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### Öz

**Giriş:** Standart hasta uygulaması günümüzde birçok eğitim alanında kullanılmakla birlikte, özellikle klinik becerilerin geliştirilmesi amacıyla yaşlı bakımı eğitim müfredatında kullanımı giderek yaygınlaşmaktadır. Yaşlı bakımı eğitiminde standart hasta uygulaması; standardize hasta kullanılarak istenilen bilgi, klinik ve iletişim becerisi, davranış ve tutumların kazandırılmasını hedeflemektedir. Standart hasta uygulaması, yaşlı bakımı öğrencilerine güvenli bir ortamda gerçeğe en yakın şekilde klinik becerileri geliştirme fırsatı sunmaktadır. Bununla birlikte standart hasta uygulaması yaşlı bakım öğrencilerinin bakıma muhtaç yaşlı yetişkinlerin terapötik bakım sürecinde ihtiyaç duydukları iletişim becerilerini geliştirmelerine de fırsat sunmaktadır.

**Amaç:** Bu çalışmanın amacı; yaşlı bakımı eğitiminde öğrencilerin standart hasta uygulaması kullanımı ile geliştirdikleri klinik ve iletişim becerilerinin incelenmesidir.

**Gereç-Yöntem:** Yaşlı bakımı eğitiminde en çok tercih edilen simülasyon tekniklerinden biri olan standart hasta uygulaması; önceden hazırlanmış senaryolara dayalı standart hasta uygulamalarıdır. Standart hasta uygulaması öğrencinin önceden planlanan senaryoya göre yaşlı hasta veya yaşlı hastanın yakını rolünü canlandırılması üzerine kurulu bir modeldir. Standardize edilmiş hasta modeli uygulaması ile gerçekleşen bu öğrenme deneyimi, yaşlı bakımı öğrencilerine yalnızca bilgi düzeylerini artırma fırsatı sunmakla kalmayıp aynı zamanda klinik beceri deneyimi de kazandırmaktadır.

**Bulgular:** Yaşlı bakımı eğitiminde kullanılan standart hasta uygulamasının yaşlı yetişkinlerin bakım sürecinin iyileştirilmesi amacıyla kullanıldığı görülmektedir. Yaşlı bakımı süreci tedavi ve bakımı içine alan multidisipliner bir yaklaşımı gerektirmektedir. Standart hasta yaklaşımı bu bakımdan klinik el becerileri veya iletişim becerileri gibi yaklaşımları da pozitif yönde destekleyen bir model olarak karşımıza çıkmaktadır.

**Tartışma-Sonuç:** Yaşlı bakımı toplumda birçok konuda dezavantajlı olan yaşlı nüfusa hizmeti kapsamaktadır. Dolayısıyla çok özel ve kırılgan olan bu hasta grubu ile klinikte karşılaşmadan önce öğrencilerin standardize edilmiş hasta modeli uygulaması ile deneyim kazanması önem arz etmektedir. Yaşlı hastanın bakım sürecinde teorik bilgiden çok daha fazlasına ihtiyaç duyulmaktadır. Standart hasta yaklaşımı; klinik becerilerin en önemlisi olan el becerisi kazanma, hasta merkezli bireysel yaklaşım tutumu kazanma, krizi yönetme, etkili iletişim ve güven ilişkisi kurma gibi öğrencilerin farkındalığını arttıran bir öğretim stratejisidir.

**Anahtar Kelimeler:** Yaşlı ; Yaşlı Bakımı; Simülasyon uygulamaları; Standart hasta.

## A NEW APPROACH IN ELDERLY CARE EDUCATION: STANDARDIZED PATIENT PRACTICE

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### Abstract

**Introduction:** Although standardized patient practice is used in many educational fields today, its use in elderly care education curricula is becoming increasingly widespread, especially for the development of clinical skills. Standardized patient application in elderly care education; It aims to gain the desired knowledge, clinical and communication skills, behaviors and attitudes by using standardized patients. Standardized patient practice offers elderly care students the opportunity to develop clinical skills in a safe environment in the most realistic way. In addition, the standardized patient practice provides an opportunity for elderly care students to develop the communication skills needed in the therapeutic care process of older adults in need of care.

**Purpose:** The aim of this study is to examine the clinical and communication skills developed by students in elderly care education with the use of standardized patient practice.

**Material-Method:** The standard patient application, which is one of the most preferred simulation techniques in elderly care education, is standard patient applications based on pre-prepared scenarios. The standardized patient practice is a model based on the student playing the role of an elderly patient or a relative of an elderly patient according to a pre-planned scenario. The learning experience, which takes place with the application of a standardized patient model, not only provides elderly care students with the opportunity to increase their level of knowledge, but also to gain clinical skills experience.

**Results:** The standardized patient application used in elderly care education seems to be used to improve the care process of older adults. The elderly care process requires a multidisciplinary approach that includes treatment and care. In this respect, the standardized patient approach is a model that positively supports approaches such as clinical manual skills or communication skills.

**Discussion-Conclusion:** The elderly care includes services for the elderly population who are disadvantaged in many aspects of society. It is therefore important for students to gain experience with standardized patient model practice before encountering this very special and fragile patient group in the clinic. In the process of caring for the elderly patient, much more than theoretical knowledge is needed. The standard patient approach is a teaching strategy that increases students' awareness of the most important clinical skills such as gaining manual dexterity, gaining a patient-centered individual approach attitude, managing crisis, establishing effective communication and trust relationship.

**Keywords:** Elderly; Elderly Care;; Simulation Applications; Standard Patient.

## KONJENİTAL KALP HASTALIKLARINDA HEMŞİRELİK BAKIMI

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### Öz:

Türkiye’de ve Dünya’da çocuklarda küçük yaşlardan itibaren kalp hastalıkları çok sık görülmektedir. Çocuklarda kronik hastalıklar içerisinde konjenital kalp hastalıkları önemli bir yer almaktadır. Konjenital kalp hastalıkları açısından genetik, enfeksiyon ve annenin sağlık düzeyi gibi birçok risk faktörü olmasına rağmen etyolojileri hakkında yeterli bilgi bulunmamaktadır. Doğumdan önce, sırasında ve sonrasında görülen konjenital kalp hastalıkları asiyantotik ve siyantotik konjenital kalp hastalıkları olmak üzere iki grupta incelenmektedir. Akciğere olan kan akımının azalması ve siyanoz olması bu hastalıkların önemli bir belirtisidir.

Bu hastalıkların belirti ve bulguları siyanoz durumuna göre farklılıklar içermesi nedeniyle hemşirelerin verdikleri bakım uygulamaları da farklılıklar içermektedir. Hemşirelerin bu hastalıkların belirti, bulgu, süreci ve tedavisi hakkında bilgi sahibi olmaları verecekleri bakımın kalitesini artırmada etkilidir. Hemşirelerin hastalık hakkında bilgilerinin ve hastalarına yönelik verdikleri bakımın yanında aynı zamanda ailenin de psikolojik ve duygusal sağlığının farkında olmaları gerekmektedir. Hemşireler bu süreçte bebek, özellikle anne ve diğer aile üyelerini içeren bakım girişimlerini planlamalı ve uygulamalıdır.

Konjenital kalp hastalıkları varlığında tedavi, bakım, taburculuk, evde bakımda multidisipliner olarak tüm sağlık profesyonelleri iş birliği içinde olmalıdır. Bu ekip içinde özellikle de hemşirelerin bebekleri ve aileleri hastanede ve evde desteklenmeleri oldukça önemlidir. Bu literatür derlemesi bildirinin amacı konjenital kalp hastalıklarına yönelik hemşirelik bakımı hakkında bilimsel kanıt temelli bilgiler sunmaktır.

**Anahtar Kelimeler:** *bakım, çocuk, hemşire, kalp hastalıkları, konjenital*

## NURSING CARE IN CONGENITAL HEART DISEASES

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**Abstract:** Heart diseases are very common in children from a young age in Turkey and the world. Congenital heart diseases have an important place among chronic diseases in children. Although there are many risk factors for congenital heart diseases such as genetics, infection and the health level of the mother, there is not enough information about their etiology. Congenital heart diseases seen before, during and after birth are examined in two groups as acyanotic and cyanotic congenital heart diseases. Decreased blood flow to the lungs and cyanosis are important symptoms of these diseases.

Since the signs and symptoms of these diseases vary according to the cyanosis status, the care practices provided by nurses also vary. The fact that nurses are informed about the signs, symptoms, process and treatment of these diseases is effective in increasing the quality of care they will provide. In addition to their knowledge about the disease and the care they provide for their patients, nurses also need to be aware of the psychological and emotional health of the family. During this process, nurses should plan and implement care initiatives that include the baby, especially the mother and other family members.

In the presence of congenital heart diseases, all health professionals should cooperate in a multidisciplinary manner in treatment, care, discharge, and home care. It is very important for nurses, especially within this team, to support babies and families in the hospital and at home. The purpose of this literature review is to present scientific evidence-based information about nursing care for congenital heart diseases.

**Keywords:** care, child, nurse, heart diseases, congenital

## ANNE SESİ VE ANNE KALP SESİNİN TERAPÖTİK ETKİSİ

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**Öz:** Bebeklerin intrauterin dönemde ilk duydukları ve en çok duydukları ses, anne sesi ile anne kalp sesidir. Bu sesler bebeklerin kendilerini güven ortamında olduğunu hissetmelerini sağlamakta, bebekleri rahatlatmak anne bebek bağıını geliştirmektedir.

Anne sesi ile ilgili yapılan çalışma sonuçlarında; çocukların ameliyat öncesi kaygı ve ağrıyı azaltmada, kan almada ağrıyı azaltmada, aspirasyon ve kan alma işleminde oksijen satürasyon değerini artırmada ve kalp tepe atım hızını ise azaltmada etkili olduğu belirlenmiştir. Anne sesinin bebeklerin dil gelişimini, psikolojik gelişimini ve beslenme düzeylerini de olumlu yönde etkilediğini gösteren çalışmalar da literatürde yer almaktadır. Bu nedenle, annelere bebekleri ile konuşmaları, kucağına almaları, dokunmaları ve temas içinde olmaları önerilmektedir. Anne kalp sesi ile ilgili yapılan çalışmalarda ise anne kalp sesinin ağrı, konfor ve fizyolojik değerler üzerinde olumlu yönde etkiler saptanmıştır.

Bu doğrultuda özellikle de pediatri hemşirelerinin anne sesi ve anne kalp sesini uygulamalarında ve girişimlerinde yer vermeleri hemşirelik bakımının kalitesini artırmada önemlidir. Bu seslerin bir kayıt cihazı kullanılarak uygulanması durumlarında ise yüksek seslerin zarar vermesini engellemek için seslerin desibel düzeyleri mutlaka belirli sınırlarda olması ve sürekli kontrol edilmesi gerekmektedir. Bu literatür derlemesi bildirisinin amacı bebekler ve çocuklarda anne sesi ve anne kalp sesinin terapötik etkilerine yönelik literatürde yer alan çalışma sonuçları doğrultusunda bilimsel bilgiler sunmaktır.

**Anahtar Kelimeler:** Anne sesi, anne kalp sesi, hemşirelik, çocuk, terapötik yöntemler

## THERAPEUTIC EFFECT OF MOTHER'S VOICE AND MOTHER'S HEART SOUND

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**Abstract:** The first and most heard sounds by babies during the intrauterine period are the mother's voice and the mother's heartbeat. These sounds make babies feel that they are in a safe environment, and comforting babies improves the mother-baby bond.

In the results of the studies conducted on the mother's voice; it was determined that it was effective in reducing the anxiety and pain of children before surgery, in reducing the pain during blood collection, in increasing the oxygen saturation value during aspiration and blood collection, and in reducing the peak heart rate. There are also studies in the literature showing that the mother's voice positively affects the language development, psychological development and nutritional levels of babies. Therefore, mothers are advised to talk to their babies, hold them in their arms, touch them and be in contact with them. In the studies conducted on the mother's heart sound, it was determined that the mother's heart sound has positive effects on pain, comfort and physiological values.

Therefore, it is especially important for pediatric nurses to include maternal voice and maternal heart sound in their applications and interventions in order to increase the quality of nursing care. In cases where these sounds are applied using a recording device, the decibel levels of the sounds must be within certain limits and constantly controlled in order to prevent the harm of loud sounds. The purpose of this literature review report is to present scientific information in line with the results of studies in the literature on the therapeutic effects of maternal voice and maternal heart sound in infants and children.

**Keywords:** Mother voice, mother heart sound, nursing, child, therapeutic methods

## ROTAVİRÜS'E BAĞLI ENFEKSİYONDA HEMŞİRELİK YAKLAŞIMI

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**Öz:** Akut gastroenteritler Dünya’da ve Türkiye’de genellikle 0-5 yaş aralığındaki çocuklarda önemli bir hastalık ve ölüm nedenidir. Çocuklarda görülen gastroenteritlerin en önemli sebebi rotavirüs enfeksiyonudur. Rotavirüs enfeksiyonun bulaşıcılık oranı yüksek olup çocuklarda ateş, kusma, karın ağrısı ve sulu dışkılama ile karakterizedir. Çocuk sağlığını oldukça tehdit eden rotavirüsten korunma ve erken dönemde belirti ve bulgularının saptanması oldukça önemlidir.

Rotavirüs kaynaklı enfeksiyonların görülmesine yönelik yapılan çalışmalarda, çocukların aşılama durumu, annelerin bilgi düzeyleri, anne sütü ile beslenme durumu, dehidratasyon belirti ve bulgusu varlığı ve ailenin rotavirüs hastalığına neden olabilecek hijyen konusundaki bilgi ve farkındalık düzeylerinin önemli olduğu belirtilmiştir. Eğitim düzeyi düşük olan annelerin hastalıktan korunma ve hijyen konusundaki bilgi düzeylerinin az olduğu da literatürde yer almaktadır. Bu nedenlerden dolayı ailelere rotavirüs enfeksiyonlarından korunma eğitimlerinin verilmesi, aşılama konusunda bilgi verilmesi, hastalık konusunda hijyen eğitimlerinin anlatılması, hastalığa ilişkin belirti ve semptomların anlatılması oldukça önem taşımaktadır.

Çocukları rotavirüsten korumak amacıyla hemşirelik rolleri arasında hemşirelerin eğitici rolü ilk sırada yer almaktadır. Eğitici rolü kapsamında hem çocuklara hem ailelere hem de topluma yönelik farkındalık eğitimlerini planlaması ve uygulaması gerekmektedir. Bu derleme bildirisinin amacı rotavirüs enfeksiyonu görülen çocuklarda hastalığa ilişkin korunma yöntemleri ve hemşirelik bakımına yönelik literatür taramaları sonucunda bilimsel veriler sunmaktır.

**Anahtar Kelimeler:** rotavirüs, gastroenterit, hemşirelik, çocuk, korunma yolları

## NURSING APPROACH TO ROTAVIRUS-RELATED INFECTION

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**Abstract:** Acute gastroenteritis is a significant cause of disease and death in children between the ages of 0-5 in the world and in Turkey. The most important cause of gastroenteritis in children is rotavirus infection. Rotavirus infection has a high rate of contagion and is characterized by fever, vomiting, abdominal pain and watery stools in children. Protection from rotavirus, which is a serious threat to children's health, and early detection of its signs and symptoms are very important.

Studies conducted on the occurrence of rotavirus-related infections have indicated that the vaccination status of children, the knowledge level of mothers, the status of breastfeeding, the presence of signs and symptoms of dehydration, and the family's knowledge and awareness levels regarding hygiene that may cause rotavirus disease are important. It is also stated in the literature that mothers with low levels of education have low levels of knowledge regarding disease prevention and hygiene. For these reasons, it is very important to provide families with training on protection from rotavirus infections, to provide information on vaccination, to provide hygiene training regarding the disease, and to explain the signs and symptoms related to the disease.

Among the nursing roles in order to protect children from rotavirus, the educational role of nurses is at the forefront. Within the scope of the educational role, it is necessary to plan and implement awareness training for children, families and society. The purpose of this review is to present scientific data as a result of literature reviews on prevention methods and nursing care for children with rotavirus infection.

**Keywords:** rotavirus, gastroenteritis, nursing, child, protection methods

## **DÜNDEN BUGÜNE İNSAN KAYNAKLARI YÖNETİMİ: DEĞİŞİM, DÖNÜŞÜM VE GELECEK VİZYONU**

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**Öz:** İnsan kaynakları yönetimi (İKY), günümüz iş dünyasında işletmelerin rekabet avantajı elde etmesinde kilit rol oynayan, çalışan odaklı stratejik bir yönetim felsefesidir. Geçmişteki personel yönetiminin aksine, İKY artık sadece idari süreçleri değil, aynı zamanda işletmenin genel hedefleriyle uyumlu, proaktif ve bütüncül bir yaklaşımı benimsemektedir. Küreselleşme, hızla gelişen teknolojiler ve işgücünün demografik yapısındaki değişimler gibi dinamikler, İKY'nin önemini her geçen gün artırmaktadır. İKY'nin temel işlevleri, bir çalışanın şirkete girişinden ayrılışına kadar olan tüm süreçleri kapsar. Bu işlevler arasında iş analizi, doğru pozisyon için doğru adayları belirlemeyi sağlayan işe alım ve seçme, çalışanların yetkinliklerini geliştirmeye yönelik eğitim ve geliştirme programları, performansın objektif bir şekilde değerlendirildiği performans yönetimi, adil ve motive edici bir ücretlendirme ve ödüllendirme sistemi ile çalışanların kariyer yolculuklarını şekillendiren kariyer planlama yer alır. Bu süreçler, çalışanların bağlılığını, motivasyonunu ve verimliliğini artırarak örgütsel hedeflere ulaşılmasında kritik bir rol oynar. Sonuç olarak, bu çalışma İKY'nin tarihsel evrimini, temel işlevlerini incelemektedir. Elde edilen bulgular, İKY'nin salt bir çalışan yönetimi işlevi olmaktan öte, işletmelerin stratejik hedeflerine ulaşmasında ve sürdürülebilir başarı elde etmesinde vazgeçilmez bir araç olduğunu açıkça ortaya koymaktadır. Dinamik piyasa koşullarına uyum sağlayabilen ve insan kaynağını en verimli şekilde kullanabilen işletmelerin gelecekte de rekabetçi kalabilmesi için İKY'ye yatırım yapmaları kaçınılmazdır.

**Anahtar kelimeler:** Strateji, Yönetim, İnsan kaynağı,

## **FROM YESTERDAY TO TODAY HUMAN RESOURCES MANAGEMENT: CHANGE, TRANSFORMATION AND FUTURE VISION**

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**Abstract:** Human Resources Management (HRM) is a contemporary, employee-centric strategic management philosophy that plays a key role in helping businesses gain a competitive advantage in today's business world. Unlike traditional personnel management, HRM now adopts a proactive and holistic approach that is aligned with the overall goals of the business, not just administrative processes. Dynamics such as globalization, rapidly developing technologies, and changes in the demographic structure of the workforce are increasing the importance of HRM every day. The basic functions of HRM cover all processes from an employee's entry into the company to their departure. These functions include job analysis, recruitment and selection to identify the right candidates for the right positions, training and development programs to enhance employee competencies, performance management for objective performance evaluation, a fair and motivating compensation and reward system, and career planning to shape employees' career paths. These processes play a critical role in increasing employee commitment, motivation, and productivity, thereby contributing to the achievement of organizational goals. In conclusion, this study examines the historical evolution and basic functions of HRM. The findings clearly show that HRM is not merely an employee management function, but an indispensable tool for businesses to achieve their strategic goals and sustainable success. Investing in HRM is inevitable for businesses that can adapt to dynamic market conditions and utilize human resources most efficiently, in order to remain competitive in the future.

**Keywords:** Strategy, Management, Human Resources.

## İKLİM DEĞİŞİKLİĞİNİN ÇOCUK SAĞLIĞINDAKİ YANSIMALARI

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**Özet:** İnsanoğlu, yaşamının devamlılığını sağlayabilmek için var olduğu çevre ile uyum halinde yaşamak zorunda olan bir varlıktır. Yaşam döngüsü içerisinde insan, yaşadığı çevreyi etkiler, şekillendirir ve aynı zamanda bu çevreden de etkilenir. Çevrenin oluşum ve değişiminde iklim önemli bir etkidir. İklim insanların yaşamsal ihtiyaçlarından olan O<sub>2</sub>, su, besin ve sıcaklık gibi değişkenleri belirler. İklim, insanların bilinçsiz tüketim davranışları, fosil yakıt kullanımı, artan sanayi faaliyetleri ve ormanların tahribi gibi nedenlerle her yıl değişikliğe uğramaktadır. İklim değişikliğiyle birlikte her yıl sera gazı (karbondioksit, metan, nitroz oksit ve florlu gazlar vs.) salınımı ve sıcaklıkta artış yaşanmaktadır. Bu değişikliklerle birlikte solunum yoluna ilişkin ve salgın hastalıklarda artışların yaşanacağı öngörülmektedir. Su ve gıda güvenliğinin azalması, kuraklık, doğal afetler ve göç sayılarında artışların yaşanacağı düşünülmekte, bu durumun da sağlık üzerine doğrudan ve dolaylı olarak etkilerinin olacağı bildirilmektedir. İklim değişikliğine bağlı gelişen çok sayıda sağlık tehdidi, riskli grupta yer alan çocuklar için hayati düzeylere ulaşmaktadır. Bu çalışma iklim değişikliğinin çocuk sağlığı üzerine oluşturduğu risklere dikkat çekmek amacıyla gerçekleştirilmiştir.

**Anahtar Kelimeler:** İklim değişikliği, Çocuk sağlığı, Hemşirelik.

## REFLECTIONS OF CLIMATE CHANGE ON CHILDREN'S HEALTH

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**Abstract:** Human beings are creatures that must live in harmony with their environment in order to ensure their continuity. During the life cycle, humans affect and shape the environment in which they live and are also affected by this environment. Climate is an important factor in the formation and change of the environment. Climate determines variables such as O<sub>2</sub>, water, food and temperature, which are vital needs of people. The climate is changing every year due to reasons such as people's unconscious consumption behavior, fossil fuel use, increased industrial activities and destruction of forests. With climate change, there is an increase in greenhouse gas emissions (carbon dioxide, methane, nitrous oxide and fluorinated gases, etc.) and temperatures every year. With these changes, it is anticipated that there will be an increase in respiratory and epidemic diseases. It is thought that there will be a decrease in water and food security, an increase in the number of droughts, natural disasters and migration, and it is reported that this situation will have direct and indirect effects on health. Many health threats arising from climate change are reaching vital levels for children in the risk group. This study was carried out to draw attention to the risks posed by climate change on children's health.

**Keywords:** Climate change, Child health, Nursing.

## İNİFANTİL KOLİK VE PROBİYOTİK TAKVİYELERİ

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**Özet:** İnfanıl kolik doğum sonu erken dönem (ikinci hafta) başlangıçlı, sıklıkla dört ay süresince devam eden fonksiyonel gastrointestinal rahatsızlıklardandır. İnfanıl kolik bebeklik dönemi fonksiyonel gastrointestinal rahatsızlıklar içerisinde oldukça sık görülmekle birlikte uyum sürecindeki bebek ve aileyi olumsuz yönde etkilemektedir. İnfanıl kolikte görülen; karında gerginlik, bacakları karna doğru çekme ve beslenme sonrası şikayetlerin artışı gibi semptomlar, rahatsızlığın bağırsaklarla yakından ilişkili olduğunu düşündürmektedir. Bu sebeple ilgili çalışmalar infanıl kolikli bebeklerde bağırsak mikrobiyom farklılıklarına odaklanmıştır. İlgili çalışmalarda sağlıklı bebeklerin infanıl kolikli bebeklere kıyasla bağırsak mikrobiyom çeşitliliğinin göreceli olarak daha fazla olduğu bulunmuştur. İnfanıl kolikli bebeklerde anlamlı derecelerde Bifidobacterium, Bacteroides, Streptococcus, Lactobacillus, Staphylococcus, Faecalibacterium, Enterococcus, Actinobacteria ve Firmicutes bakterilerinde azalma olduğu tespit edilmiştir. İnfanıl kolikli bebeklerde bağırsak mikrobiyom yapısının düzenlenmesi ve mevcut farklılığın azaltılması için probiyotik takviyeleri yapılmaktadır. Probiyotik takviyelerinde ise sıklıkla Lactobacillus reuterinin kullanıldığı görülmektedir. Bu çalışma infanıl kolikli bebeklerde kullanılan probiyotik takviyelerinin rahatsızlığa ilişkin semptomların iyileştirilmesindeki etkisini gözden geçirmek amacıyla gerçekleştirilmiştir.

**Anahtar Kelimeler:** İnfanıl kolik, Mikrobiyota, Probiyotik, Hemşirelik.

## INFANTILE COLIC AND PROBIOTIC SUPPLEMENTS

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**Abstract:** Infantile colic is a functional gastrointestinal disorder with early postpartum (second week) onset, often persisting for four months. Infantile colic is a very common functional gastrointestinal disorder in infancy and negatively affects the baby and the family during the adaptation process. Symptoms of infantile colic, such as abdominal tension, pulling the legs towards the abdomen and increased complaints after feeding, suggest that the disorder is closely related to the intestines. For this reason, related studies have focused on gut microbiome differences in infants with infantile colic. In related studies, it was found that healthy babies had relatively higher gut microbiome diversity compared to babies with infantile colic. Significant decreases in Bifidobacterium, Bacteroides, Streptococcus, Lactobacillus, Staphylococcus, Faecalibacterium, Enterococcus, Actinobacteria and Firmicutes bacteria were found in infants with infantile colic. Probiotic supplements are used to regulate the intestinal microbiome structure and reduce existing differences in infants with infantile colic. Lactobacillus reuterin is frequently used in probiotic supplements. This study was conducted to review the effect of probiotic supplements in improving symptoms of infantile colic in infants.

**Keywords:** Infantile colic, Microbiota, Probiotic, Nursing.

## D VİTAMİNİ VE KARDİYOVASKÜLER SİSTEM HASTALIKLARI

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**Özet:** Sağlığın sürdürülebilirliği, oldukça karmaşık ve çok sayıda bileşeni olan bir döngüdür. Bu döngü içerisinde fizyolojik sürecin işlevselliği için çok sayıda vitamine ihtiyaç duyulur. D vitamini doğum sonu erken dönem takviyesi başlanılan, birçok sistemde hayati fonksiyona sahip vitaminlerdendir. Bu sistemlerden birisi de kardiyovasküler sistemdir. Kardiyovasküler sisteme dair hastalıkların önlenabilirliği ve tedavisinde D vitamininin doğrudan ve dolaylı olarak sistem üzerine düzenleyici etkileri bulunmaktadır. Mineral metabolizmasının düzenleyicilerinden olan D vitamini, özellikle kalsiyum ve fosfat minerallerinin dengesinde önemli olduğu için kardiyovasküler sistem üzerine doğrudan etki etmektedir. Renin-anjiyotensin mekanizmasına etkisinden dolayı D vitamini, dolaylı olarak da yine kardiyovasküler sistemin düzenleyicilerindendir. Kardiyovasküler sistem hastalıkları ve D vitaminini konu almış çalışmalarda; aritmiler, hipertansiyon, angina pectoris, koroner kalp hastalığı, myokardiyal hipertrofi, vasküler kalsifikasyon, laküner felç gibi çok sayıda hastalığın D vitamini seviyeleriyle negatif korelasyon gösterdiği tespit edilmiştir. Bu çalışma, güncel veriler ışığında D vitamini ve kardiyovasküler sistem ilişkisinin yeniden gözden geçirilmesi amacıyla gerçekleştirilmiştir.

**Anahtar Kelimeler:** D Vitamini, Kardiyovasküler sistem, Kalp damar hastalıkları

## VITAMIN D AND CARDIOVASCULAR SYSTEM DISEASES

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**Abstract:** Health sustainability is a highly complex cycle with many components. Within this cycle, many vitamins are needed for the functionality of physiological processes. Vitamin D is one of the vitamins that is supplemented early after birth, has vital functions in many systems. One of these systems is the cardiovascular system. Vitamin D has direct and indirect regulatory effects on the system in the prevention and treatment of cardiovascular diseases. Vitamin D, a regulator of mineral metabolism, has a direct effect on the cardiovascular system, especially because it is important in the balance of calcium and phosphate minerals. Vitamin D is also indirectly a regulator of the cardiovascular system due to its effect on the renin-angiotensin mechanism. In studies on cardiovascular diseases and vitamin D, many diseases such as arrhythmias, hypertension, angina pectoris, coronary heart disease, myocardial hypertrophy, vascular calcification and lacunar stroke have been found to be negatively correlated with vitamin D levels. This study was conducted to review the relationship between vitamin D and the cardiovascular system in the light of current data.

**Keywords:** Vitamin D, Cardiovascular system, Cardiovascular diseases.

## MODERN DÖNEM TÜRK AİLESİNDE ÇOCUK OLMAK

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**Öz:** Bu çalışma, günümüz Türk ailesinde meydana gelen dönüşümlerin çocuklar üzerindeki etkilerini sosyolojik bir perspektiften değerlendirmektedir. Aile, yalnızca biyolojik bir birim değil, aynı zamanda sosyal ve kültürel yönleriyle şekillenen bir kurumdur. Toplumsal değişim, kültür, teknoloji, ekonomi gibi çoklu faktörlerin etkisiyle aile yapısı ve işlevleri dönüşmektedir. Bu dönüşüm, özellikle çocukların sosyalleşme süreçleri, değer edinimi ve aile içi rollerinde belirginleşmektedir. Modernleşmeyle birlikte çekirdek aile yapısı yaygınlaşmış; kadınların toplumsal hayata daha aktif katılımı, aile içindeki rollerin yeniden tanımlanmasına neden olmuştur. Kadının üretken emeğinin ev dışına taşması, çocuk bakımını ve eğitimi büyük ölçüde aile dışı kurumlara bırakmıştır. Bu durum, ebeveynlerin çocuklar üzerindeki etkisini azaltmış, kuşaklar arası çatışmaları artırmıştır. Geleneksel toplumda ekonomik değer olarak görülen çocuk, modern toplumda tüketici ve eğitim odaklı bireye dönüşmüştür. Uzun süren zorunlu eğitim süreci, çocukların serbest zamanlarını artırmakta; bu zamanı nitelikli değerlendirememeye ise bazı sosyal sorunlara (suç oranları, bağımlılık vb.) yol açmaktadır. Ayrıca modern yaşamın mimari ve toplumsal yapısı, çocukların sosyal gelişimini olumsuz etkileyerek toplumsal değerlerin aktarımında zayıflamaya neden olmaktadır. Sonuç olarak, modernleşme ekseninde gelişen bu dönüşümler, aile kurumunun yapısını, işlevlerini ve çocuk üzerindeki etkilerini derinlemesine etkilemekte; aile-çocuk ilişkilerinin niteliğini yeniden tanımlamaktadır.

**Anahtar Kelimeler:** Din Sosyolojisi, Aile, Çocuk

## BEING A CHILD IN A MODERN PERIOD TURKISH FAMILY

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**Abstract:** This study evaluates the impact of transformations within the contemporary Turkish family on children from a sociological perspective. The family is not merely a biological unit but a social and cultural institution shaped by various dimensions. Influenced by multiple factors such as social change, culture, technology, and economy, the structure and functions of the family have undergone significant transformations. These changes are particularly evident in the processes of children's socialization, value acquisition, and familial role formation. With modernization, the nuclear family structure has become more prevalent, and the increased participation of women in public life has led to a redefinition of traditional family roles. As women's productive labor has shifted to the public sphere, responsibilities such as child care and education have largely been transferred to external institutions. This shift has reduced parental influence over children and has intensified intergenerational conflicts. Whereas in traditional societies children were regarded as contributors to household economy, in modern society they have become consumers and education-focused individuals. The extended duration of compulsory education has expanded children's leisure time, but the inability to utilize this time meaningfully has led to various social issues such as increased crime rates and early onset of addiction. Furthermore, the architectural and social structure of modern life adversely affects children's social development and weakens the transmission of communal values. In conclusion, the transformations driven by modernization profoundly influence the structure and functions of the family, as well as its impact on children, thereby redefining the nature of parent-child relationships.

**Keywords:** Sociology of Religion, Family, Child

## AİLE KATILIMININ ÇOCUK HASTALIKLARI HEMŞİRELİĞİ UYGULAMALARINDAKİ ROLÜ

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**Öz:** Çocukların hastalık süreçlerinde hemşirelik bakımını optimize etmek ve tedavi etkinliğini artırmak amacıyla ailelerin aktif katılımı kritik öneme sahiptir. Çocuk Sağlığı ve Hastalıkları Hemşireliği alanında, aile katılımı giderek daha fazla araştırma ve uygulama odak noktası haline gelmiştir. Aile, çocuğun sağlığıyla ilgili karar verme ve bakım süreçlerinde rol alan temel paydaşlardan biridir. Çocuklar genellikle iletişim kurmakta güçlük yaşamakta, bakım ile ilgili karmaşık kararlar alırken, ailelerin bilgi, deneyim ve duygusal desteği bakım sürecine yön vermektedir. Aile katılımı, hemşirelerin bakım planını belirlerken ailelerin görüş ve ihtiyaçlarını göz önünde bulundurmasını sağlamaktadır. Ailelerin eğitim ve danışmanlık alması, bakımın ev ortamında sürdürülebilirliğine olanak tanımakta ve ailelerin bilinçlendirilmesi ile acil durumlarda hızlı ve doğru müdahale etme becerileri gelişmektedir. Böylelikle tedavi uyum artmakta, komplikasyonların önlenmesi ve hasta memnuniyetinin yükselmesi ile birlikte hastanede yatış sürelerinin ve bakım maliyetinin azalması mümkün hale gelmektedir. Hemşireler için aile katılımını sağlamada etkili iletişim stratejileri ve aile-hemşire işbirliği, güvenin tesis edilmesine yardımcı olmaktadır. Bu bağlamda, hemşirelerin aileleri bilgilendirmek, onları yönlendirmek ve duygusal destek sağlamak için empati ve açık iletişim becerilerini kullanması önemlidir. Ayrıca, kültürel ve bireysel farklılıkların göz önünde bulundurulması, aile katılımını kolaylaştıran kritik faktörler arasındadır. Uygulamada, aile katılımını teşvik eden çeşitli yöntemler bulunmaktadır. Bunlar arasında, hastane ortamında aile eğitim oturumları, bakım planlarının ortak hazırlanması, ev ortamı değerlendirmeleri ve ailelerin karar süreçlerine katılımı yer almaktadır. Dijital iletişim araçları ve tele-sağlık hizmetleri de, ailelerin bakım sürecine katılımını kolaylaştırmaktadır. Sonuç olarak, aile katılımı, Çocuk Sağlığı ve Hastalıkları Hemşireliği uygulamalarında hem çocuğun iyileşme sürecini desteklemiş hem de hemşirelik bakımını bütünsel ve etkili hale getirmektedir. Hemşirelerin aileleri bakım sürecine aktif olarak dahil etmeleri, hem hasta hem de aile açısından olumlu sonuçlar doğurmakta ve sağlık hizmetlerinin kalitesini artırmaktadır.

**Anahtar Kelimeler:** Aile Katılımı, Çocuk Hastalıkları, Hemşirelik

## THE ROLE OF FAMILY PARTICIPATION IN PEDIATRIC NURSING PRACTICES

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**Abstract:** Active participation of families is critically important to optimize nursing care during children's illness processes and to enhance treatment effectiveness. In the field of Pediatric Nursing, family involvement has increasingly become a focus of research and practice. The family is a key stakeholder involved in decision-making and care processes related to the child's health. Since children often have difficulty communicating and are faced with complex care decisions, the knowledge, experience, and emotional support of the family guide the care process. Family participation ensures that nurses consider the opinions and needs of the family when planning care. Education and counseling provided to families facilitate the sustainability of care at home, and increasing awareness among families improves their rapid and correct response in emergency situations. As a result, treatment adherence improves, complications decrease, patient satisfaction increases, and hospital stay durations as well as care costs are reduced. Effective communication strategies and collaboration between family and nurse help establish trust. In this context, it is important for nurses to use empathy and open communication skills to inform, guide, and support families emotionally. Moreover, considering cultural and individual differences are critical factors that facilitate family involvement. Various methods exist to promote family participation in practice, including family education sessions within hospital settings, joint care planning, home environment assessments, and involving families in decision-making processes. Digital communication tools and telehealth services also make it easier for families to participate in the care process. In conclusion, family involvement supports the child's recovery process and makes nursing care holistic and effective in Pediatric Nursing practices. Actively including families in the care process by nurses leads to positive outcomes for both the patient and the family and improves the quality of healthcare services.

**Keywords:** Family Participation, Pediatric Diseases, Nursing

## CULTURAL AND RELIGIOUS INFLUENCES ON MALE CIRCUMCISION: A SYSTEMATIC REVIEW

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**Abstract:** Male circumcision, one of the oldest surgical procedures, is widely practiced and strongly shaped by cultural, religious, and social factors worldwide. Despite its prevalence, the procedure remains controversial due to its spiritual importance and concerns about its potential effects on sexual function and psychological well-being.

This systematic review aims to comprehensively evaluate the cultural and religious influences on male circumcision across different regions, with a focus on why it is considered an essential rite of passage in some societies. The review also examines how religious beliefs and social norms affect decisions regarding circumcision and its long-term psychological and sexual health outcomes. While emphasizing Nigeria and sub-Saharan Africa due to high circumcision rates, the study also provides a comparative analysis, including the Middle East and Western countries.

A comprehensive literature search was conducted across various academic databases following PRISMA guidelines. Sixty peer-reviewed studies published between 1995 and 2024 were included after screening by two independent reviewers. Studies unrelated to cultural influences or focusing on female genital mutilation were excluded.

The study's findings reveal the deep cultural and ethical aspects of male circumcision that extend beyond its medical aspects. It is important to note that circumcision decreases the risk of HIV transmission significantly, reducing it by an estimated 60% in high-risk populations, and also lowers the rate of other sexually transmitted infections. This has promoted circumcision within the Middle East and North Africa public health initiatives.

Psychological effects of circumcision vary, particularly when performed without consent, such as neonatal circumcision. While some studies report minimal impact, concerns about potential adverse effects on sexual function and mental health persist, likely influenced by cultural context, procedure methods, and individual factors like age and consent.

There is significant variability in prevalence, with rates reaching 85–95% in Muslim-majority nations and Jewish communities, where the practice is frequently a religious or cultural custom. In contrast, Western nations, including the United States, Canada, and Australia, exhibit rates ranging from 20% to 60%, a disparity attributable to variations in cultural and public health strategies. rates in Western countries such as the US, Canada, and Australia range between 20% and 60%, reflecting different cultural and public health approaches.

In summary, while male circumcision demonstrates significant public health benefits, especially concerning HIV prevention, its implementation necessitates careful consideration of its cultural, ethical, and psychological implications. Additional research is necessary to determine the long-term effects on psychology and sexual health within various ethnic groups.

**Keywords:** Male circumcision, cultural practices, religious beliefs, rites of passage, HIV prevention, sexual function, psychological effects.

## THE SILENCE AROUND BREAST IRONING: A SYSTEMATIC REVIEW OF BARRIERS TO REPORTING AND HELP-SEEKING BEHAVIORS AMONG SURVIVORS

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### Abstract

**Background:** Breast ironing is one of the most unreported forms of gender-related violence, affecting around 3.8 million women and girls worldwide, mainly in West and Central Africa and among migrant communities in Europe. The harmful cultural practice of breast ironing, or breast flattening, involves the use of heated or hard objects on a girl's breast through pounding, pressing, or massage in an attempt to prevent sexual attention and delay development. Despite the prioritization of breast ironing by the United Nations Population Fund (UNFPA), there is limited research that systematically investigates the barriers faced by survivors in reporting and seeking assistance.

**Objective:** This systematic review aims to extensively identify, examine, and evaluate existing literature on challenges that prevent survivors of breast ironing from reporting their experiences and seeking appropriate support services, while analyzing the socio-cultural, psychological, and individual factors contributing to the silence of this practice.

**Materials and Methods:** This research performed Thematic synthesis and critical appraisal, following the guidelines for the structure of the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) checklist. A comprehensive search was conducted in PubMed, Web of Science, MEDLINE, PsycINFO, and regional African health databases for English-language studies published over the past decade, between 2015 and 2025, to ensure that it included peer-reviewed studies, NGO reports, and qualitative narratives that investigated breast ironing practices, experiences of survivor, and help-seeking behavior among survivors.

**Results:** A total of 47 studies met the inclusion criteria out of 2,167 records screened. Analysis revealed five main barrier categories: Complicity between culture and tradition, with the practice seen as a protective belief; Shame, embarrassment, and fear of exclusion from the society, especially in immigrant communities; Internal guilt and psychological, which causes silence and dissociation; Lack of policy frameworks, even in host nations where breast ironing is common among immigrant groups; and Lack of institutional recognition, including low awareness among educators, health professionals, and law enforcement. These barriers work together to create a culture of silence that maintains this practice and hinders effective intervention.

**Conclusion:** Socio-cultural acceptance, institutional neglect, and psychological repression encourage the silence regarding breast ironing. Breaking the silence around breast ironing requires coordinated, culturally sensitive interventions addressing multiple barrier levels simultaneously. Priority areas include healthcare provider training, legal framework development, community engagement strategies, and survivor-centered support services. The urgent need for coordinated, culturally sensitive awareness, support system centers for survivors, compulsory reporting procedures, and clear legislation is highlighted in this study's findings. To transform breast ironing from an unresolved trauma into a visible, actionable human rights issue, these gaps must be addressed.

**Keywords:** Breast ironing, gender-based violence, help-seeking behavior, cultural practices, survivor support.