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REGISTERED OFFICE: Box 1208, Suites A201 & A202 (upstairs),
Regent Village East, Grace Bay, Providenciales
TURKS & CAICOS ISLANDS - British West Indies
Reg. No. E 14905

Web Site: www.stclements.edu
Email: admin@stclements.edu

EDITORIAL TEAM: Editor: Mr Adrian Williams

CONTRIBUTIONS: Contributions should be forwarded to Mr Adrian Williams at
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**Veritas* is Latin for truth, reality.

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Contributions by Authors from Turkey feature predominantly in this Volume.

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DEVELOPMENT OF TREATMENTS FOR PSYCHOLOGICAL PATIENTS FROM A TURKISH PERSPECTIVE

Professor Dr Kursat Sahin Yildirimer*

This is a summary from one of the papers written for the St Clements University Professorial Diplomat in Psychology.

The complete version of this summarised article is available at:

<http://www.stclements.edu/Articles/DevelopTreat.pdf>

Abstract

Given the escalating intricacy and pervasiveness of psychological health issues, enhancing psychological well-being in Turkey has paramount significance. To enhance the efficacy of treatment procedures and approaches for persons diagnosed with psychiatric illnesses, it is essential for Turkey to focus certain crucial domains. The strategies include several aspects such as enhancing the availability of psychotherapeutic services, enhancing cultural sensitivity, using a multidisciplinary team approach, promoting early diagnosis, and fostering societal awareness. The accessibility of psychotherapy services in Turkey may be limited, particularly in rural regions. To effectively tackle this issue, it is essential to promote the development of online therapeutic options and enhance the spread of information about the benefits of psychotherapy. In the framework of therapeutic treatments, it is essential to give due consideration to cultural sensitivity and demonstrate respect for local values, traditions, and beliefs. The use of a multidisciplinary team approach, which incorporates professionals from many fields like psychiatry, psychology, social work, and rehabilitation, has shown an enhanced capacity to address the full medical, psychological, and social requirements of patients. The prompt identification and intervention of psychological issues has significant importance in mitigating their impact. The implementation of psychological screening programs in educational institutions and healthcare facilities has the potential to enhance the likelihood of effective treatment interventions. The ability to lessen stigma and diminish prejudice may be realized via the enhancement of public understanding about psychological health concerns. To effectively address the needs of psychiatric patients in Turkey, it is imperative to adopt a comprehensive approach that encompasses several key objectives. These objectives should encompass addressing concerns pertaining to accessibility, acknowledging and accommodating cultural diversity, implementing a multidisciplinary team approach, promoting early diagnosis, and fostering heightened social awareness.

Key Words: Psychology from the Perspective of Turkey, Turkey and Psychology Patients, Psychology and Clients in Turkey, Development of Psychological Treatments in Turkey

Introduction

The primary objective of psychological health services is to augment individuals' overall well-being via the promotion of social functioning and facilitation of their capacity to engage in productive lifestyles that align with societal standards.

The endorsement of the "lifespan mental health" paradigm by the World Health Organization (WHO) comprises a variety of therapies that are specifically tailored to address the mental health needs of individuals throughout various stages of life. The treatments include many life stages, including pregnancy, motherhood, childhood, adolescence, professional life, as well as retirement and old age. The significance of incorporating community-based mental health policies in the year 2023 cannot be overstated, as it assumes a crucial function in delivering protective and preventative services. The primary objective of these policies is to alleviate the challenges associated with mental health care via a targeted approach that emphasizes timely intervention and provision of assistance within community settings. The objective is to mitigate risk factors, postpone or avert the reoccurrence of ailments, decrease the prevalence of psychological illnesses, and enhance the consequences of these conditions on individuals, families, and society. Risk factors exhibit variability across people and include a diverse range of effects, including biological, psychological, environmental, and social characteristics. Numerous protective factors, including life experiences, family and social support, the attribution of meaning to stress, enhancement of self-efficacy, and augmentation of self-esteem, have been identified as crucial elements in facilitating stress management and preserving individuals' mental well-being.

Methodology

Protective and preventive mental health services are strategically developed to proactively detect mental disorders, provide suitable interventions, and mitigate the spread of such conditions. Primary prevention is a crucial strategy that seeks to mitigate the occurrence of a disease in individuals who have not yet shown any

discernible indications or symptoms. The primary objective is to assist the process of reintegrating individuals into society and mitigate the adverse consequences associated with social stigma. In essence, preventive mental health pertains to the advancement of both physical and mental well-being, with the objective of enhancing the overall welfare of society via the mitigation of risk factors, the enhancement of public consciousness, and the facilitation of healthier and more productive ways of living. The primary objective of these endeavors is to assist persons in preserving their overall well-being and promoting their active engagement in the community. Community-based mental health services provide therapeutic interventions and support to those grappling with mental illness and their families, with the aim of facilitating recovery, societal reintegration, disease prevention, and relapse prevention.

Literature Review

The primary objective of preventative mental health treatment is to mitigate socioeconomic vulnerabilities, enhance accessibility to educational and occupational prospects, and fortify interpersonal relationships. In the Turkish setting, the availability of these therapies is made possible by the presence of Community Mental Health Centers (CMHC). The facilities are equipped with a multidisciplinary team of specialists from several disciplines such as psychiatry, social work, psychology, occupational therapy, and psychiatric nursing. The significance of social workers in this domain is in their prioritization of social justice and their incorporation of methodologies that include safeguarding, therapeutic intervention, and personal development. The functions and responsibilities of social workers employed at Community Mental Health Centers (CMHC) include a diverse array of duties. The identified tasks encompass the identification of individuals in need of psychiatric assistance, extending invitations to both patients and their family members to the treatment center, facilitating efficient communication, aiding patients in adjusting to the institutional environment and treatment procedures, formulating intervention plans, and promoting active engagement in the treatment process. In conclusion, the study of tertiary prevention has significant significance in fostering sustainable economic growth and facilitating societal change. The significance of the tertiary level of protection has considerable weight within the realm of mental health, including both the local context of Turkey and the broader global landscape.

Preventive mental health services are designed to target mental health disorders and enhance general well-being via the promotion of social functioning, hence facilitating individuals in leading healthier and more harmonious lifestyles. During the period of the Ottoman Empire, the provision of treatment for individuals with mental illness in Turkey was first established via the establishment of extensive institutional institutions referred to as asylums and

biomethanes. The adoption of community-based service models was driven by the challenges faced in the operation of these institutions, inadequate capacity, and ongoing issues. The period spanning from 1945 to 1975 saw a significant focus on the overarching goal of achieving "health for all," which subsequently resulted in the incorporation of specific objectives into national health strategies between 1998 and 2020. The prevailing service paradigm within Turkey's healthcare system places a primary emphasis on outpatient services.

The absence of the psychosocial factor within the described paradigm gives rise to the occurrence of the revolving door phenomenon and perpetuates the societal stigma surrounding those with mental illness. Mental diseases include not just medical dimensions but also give rise to other socioeconomic complexities, such as poverty and social inequity, among others. The National Mental Health Action Plan (2011) issued by the Ministry of Health of the Republic of Turkey posits that mental health is a matter of public health, including many social, economic, legal, and medical aspects. Consequently, the current hospital-based paradigm only focuses on addressing patient care requirements, so impeding the progress of solutions for other problematic domains.

The 2009 Turkey Progress Report of the European Union highlighted the importance of community-based mental health services in safeguarding the well-being of children and young people. The fundamental objective of Turkey's National Mental Health Policy in 2006 was to promote the establishment of a community-based mental health system, including primary healthcare, and to enhance the overall quality of mental health services.

Community Mental Health Centers (CMHCs) also participate in advocacy efforts to champion the rights of individuals receiving services, with the aim of tackling instances of discrimination and stigma within the larger systemic framework. The formulation of the treatment plan is predicated upon a comprehensive assessment of the patient's unique set of attributes, including their personal strengths, limits, vulnerabilities, motivation, and coping methods. The primary objective of this research is to investigate the progression of psychological interventions for patients in Turkey, while considering the intricate framework of the social, economic, and cultural milieu. The rising incidence of psychological health issues in Turkey necessitates a more thorough investigation of current treatment modalities and strategies. Psychotherapy plays a crucial role in addressing psychological issues; however, its accessibility remains a notable obstacle, particularly for those residing in remote regions.

Results

The provision of psychological support services plays a vital role in enabling patients to actively engage in treatment protocols and effectively integrate into social

environments. Rehabilitation programs and social support groups are crucial in aiding the successful reintegration of patients into their daily routines and enhancing their overall functional ability. The academic discipline of education and awareness studies has promise for enhancing societal comprehension of psychological well-being and mitigating the societal stigmatization surrounding mental illness. The provision of social and support services in Turkey has significant importance, as it serves to enhance patients' everyday functioning and foster their social integration. The establishment of tertiary protection is a crucial factor in promoting sustained welfare and enabling meaningful engagement within the broader social framework. These services have the capacity to enhance the quality of life for patients, enhance their social functioning, and contribute to the enhancement of mental health on a national scale. The provision of psychological health therapies in Turkey is a substantial challenge, particularly for those residing in rural regions. This issue is influenced by a range of variables including geographical distance, economic limitations, and restricted access to comprehensive services.

Argument

The efficacy of online therapy is widely acknowledged as a viable intervention, particularly considering the pervasive use of technical advancements and the substantial growth of internet usage in Turkey. The provision of psychological healthcare is substantially influenced by cultural factors, owing to variations in people's cultural surroundings and beliefs. Turkey is now engaged in endeavors aimed at enhancing the quality of treatments for psychological diseases. These efforts primarily revolve on addressing many major issues, including the rising incidence of psychological disorders, obstacles related to accessibility, the potential benefits of internet-based therapy, and the significance of cultural sensitivity.

The topographical characteristics of Turkey provide considerable challenges in accessing mental health care, particularly for those residing in hilly and rural regions. The presence of substantial geographical distances and insufficient transportation infrastructure may lead to adverse outcomes for those in need of specialized therapeutic interventions, consequently amplifying disparities in the availability of psychological healthcare services. Technological interventions, such as online therapy, provide the capacity to mitigate these issues by affording people the chance to access psychological support services from a distant location. Nevertheless, the existence of connectivity issues and the absence of face-to-face interpersonal engagement might potentially impede the efficacy of online therapeutic sessions. To address obstacles pertaining to access, it is crucial to implement technological advancements and foster enhanced collaboration at the community level. Healthcare establishments and non-governmental organizations has the capability to build mobile teams that can

provide continuous psychological healthcare services in remote regions. This methodology enables individuals to access distant areas and engage in in-person therapy sessions. The implementation of this technique holds promise in mitigating the access barrier resulting from geographical distance and making a meaningful contribution towards diminishing disparities in the availability of psychological health treatments.

It is crucial to consider the merits and demerits of internet treatment, including its capacity to facilitate the delivery of psychological assistance, alongside the possible obstacles that may emerge. The utilization of internet therapy presents several significant advantages, including enhanced accessibility, heightened flexibility, increased secrecy, and a diverse range of professional services. The act of minimizing geographical obstacles facilitates broad accessibility across all sectors of the population. The inclusion of flexibility within therapy sessions enables people to schedule and execute these sessions according to their chosen time and location, hence enhancing the efficacy of the treatment process.

Privacy is a significant ancillary advantage as it enables patients to engage in therapy sessions inside the boundaries of their own home or personal surroundings, therefore mitigating any emotions of embarrassment or anxiety. Consequently, it is essential for platforms to adhere to established security protocols and privacy regulations. In the Turkish environment, it is essential to guarantee that professionals involved in the provision of telepsychology services possess a legitimate license and knowledge, while also adhering to rigorous standards of quality and ethics.

Additional study is required to ascertain the efficacy of the intervention and to carry out a comprehensive assessment of its influence, while considering the diverse requirements and cultural factors of individuals in different geographical areas. There exists a need to enact a comprehensive telepsychology strategy to transform the provision of psychological health care. Enhancing the range of applications is a matter of significant significance, including several dimensions such as dependability, data security, confidentiality, and therapeutic competence. Further investigation and empirical study are necessary to establish the efficacy of telepsychology. Individuals may face economic challenges while seeking psychological assistance because of financial constraints.

The provision of complimentary psychological support services plays a crucial role in addressing the requirements of those experiencing financial hardships. Nevertheless, the delivery of such services may present difficulties because of limited resources, substantial demand, extended waiting periods, a scarcity of experts, and inadequate financial backing. The degree of expertise and the quality of organizations that provide free psychological support services are very significant. In conclusion, telepsychology presents a

viable strategy for addressing the challenges encountered by individuals residing in Turkey. Nevertheless, more investigation and careful planning are required to ascertain its efficacy and enhance its availability on a wider scope. The use of remote treatment protocols has emerged as a significant alternative in delivering psychological support services.

Enhancing cultural sensitivity has significant importance in bolstering treatment compliance and attaining ideal outcomes. To effectively engage with clients, therapists are required to create effective communication and cultivate a strong therapeutic rapport. This requires a comprehensive understanding and consideration of the cultural values, beliefs, traditions, and experiences of the clients. This approach entails comprehending, assessing, and valuing the cultural disparities among individuals. Recognizing and appreciating individuals' cultural background contributes to the creation of an advantageous milieu and enhances the efficacy of treatment planning and implementation. There has been a discernible rise in the availability of psychological health treatments for persons belonging to diverse ethnic backgrounds. Consequently, there is a growing significance in comprehending the interplay between people's cultural values, norms, and experiences, and their engagement in therapeutic interventions. A comprehensive comprehension of this matter is necessary to enhance adherence to therapeutic interventions and attain favorable treatment outcomes.

In conclusion, it is evident that remote therapy modalities have considerable merit in the provision of psychological support services. Nevertheless, to preserve the efficacy of these interventions, it is crucial to adequately address issues pertaining to privacy and ethics. Enhancing cultural sensitivity, fostering a respect for cultural variety, and cultivating individualized treatment approaches are essential strategies for promoting treatment adherence and attaining favorable results.

The implementation of social awareness campaigns may effectively facilitate the dissemination of accurate and evidence-based information pertaining to psychological health concerns, so ensuring that the public is well-informed. This promotes the dissemination of knowledge on psychological health concerns and fosters the mitigation of societal biases. Educational institutions have a significant role in fostering the development of conscientiousness and empathy among young persons in the realm of psychological well-being. The inclusion of the concept that psychological health issues are intrinsic to the human condition and that seeking assistance should not be seen as a manifestation of weakness is vital in psychological health education. The primary objective of projects centered on social awareness and prejudice reduction is to foster the development of a more favorable and supportive social milieu for individuals. In the context of Turkey, a country characterized by

persistent instances of social stigma, issues pertaining to social consciousness and psychological welfare emerge as prominent concerns. The presence of entrenched cognitive frameworks and cultural customs may impede the unrestricted dissemination of knowledge pertaining to psychological well-being, perhaps resulting in individuals postponing the recognition of their own issues and the pursuit of assistance. In recent years, there has been a discernible surge in the acknowledgement of psychological health issues within the context of Turkey. Nevertheless, the prevailing societal disapproval and inadequate support services persistently have a substantial influence on the situation inside the nation. Healthcare professionals and organizations within civil society are actively engaged in efforts to enhance the prominence of psychological health concerns within public discussions and diminish the accompanying social stigma.

Conclusion

Universities and educational institutions use educational initiatives aimed at enhancing the knowledge and understanding of young people about psychological health issues. Turkey must consistently endeavor to attain more advancements in enhancing public understanding, broadening the reach of psychological health services, and mitigating societal stigma. The cultivation of social awareness is of utmost importance in comprehending and proficiently addressing issues pertaining to psychological well-being. The mitigation of negative biases and stigma facilitates the early and effective use of support services by individuals. Turkey has shown notable advancements in the delivery of mental health care; yet it continues to encounter challenges stemming from geographical remoteness and population density. The potential of technological tools, such as online therapy and telepsychology, to address the issues is noteworthy. Nevertheless, it is essential to do more study to ascertain their efficacy and safety. The promotion of information and support for psychological health illnesses necessitates the augmentation of public knowledge and the mitigation of stigma. In summary, enhancing psychological well-being in Turkey has significant relevance in relation to augmenting service supply and overall societal wellbeing. The attainment of this objective necessitates the obligatory collaboration and synchronization of state entities, healthcare practitioners, and non-governmental groups.

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About the Author



**Professor Dr Kursat Sahin Yildirim is a Graduate of Sociology and completed his thesis on "Family Effect on Spouse Selection" and completed his Master's degree in Family Counseling. He also completed his thesis on "Bipolar Disorder" in the field of Clinical Psychology and received a Master's degree in this field. Afterwards he wrote his thesis on "Suicide in Clinical Psychology". He completed his Doctorate with his thesis on "Psychological Factors".*

Prof. Yildirim, an Associate Professor of Clinical Psychology at St Clements University, received the title of "Doctor of Letters" (Social Psychology) before becoming a Professor of Psychology.

He has more than 70 scientific articles published internationally and is also the author of the books 'Psychological Factors of Suicide' and 'Your Child is Developing and Changing'.

Prof. Yildirim has recently been awarded his Professorial Diplomate in Psychology with St Clements University.

He may be reached at
kursatsahinyildirim@gmail.com

NATURAL SCIENCE

Dr John S Potter*

The word science comes from the Latin *scientia* – to know something. The business of natural science is to **explain** natural phenomena, the cause of which is not immediately obvious.

All peoples have been required to examine the natural world around them and to form opinions as to its origin, nature, and purpose. But it was the ancient Greeks that applied themselves more particularly to describing the natural world and providing explanations. Chief amongst them was Aristotle (384-322 BCE), a student of Plato and tutor to Alexander. Aristotle was a true polymath; he had opinions on literally everything. His explanations of physical phenomena were developed by **reason based on observation** rather than rigorous investigation. With regard to the nature of matter, Aristotle agreed with [Empedocles](#) that material things were made of *earth, water, air, and fire*, and exhibited two of the four sensibilities: *hot, cold, wet, and dry*; but he added *heavenly aether*, the divine substance of which the stars and planets consist. Getting down to details, Aristotle prescribed that the reason an arrow travelled through the air was that the air displaced at the front of the arrow moved to the back and, in so doing so, provided the force necessary to keep the arrow moving. Another idea he had, in the case that a light object and a heavy object were dropped together from a height, was that the heavier object would reach the ground first.

Reason being seen as in opposition to faith, for twelve-hundred years, Aristotle's ideas were firmly rejected by the Christian Church. But the situation changed dramatically when Thomas Aquinas (1224-1274) argued that there was no problem between faith and reason as long as faith and reason are understood in their proper places (Amio 2017). Aquinas saw reason as a gift of God, a created virtue. As a result, all of Aristotle's ideas became part of the Christian worldview. Throughout his life, Aristotle had done his best to revise and reorganize his thoughts with new information but, with the protection of the Church, his conclusions became immune to criticism; anything against Aristotle was considered an attack on the Christian religion. Revision of scientific knowledge was no longer possible.

Freeing science from the grip of Aristotlean ideas was a dangerous struggle. Galileo Galilei (1564-1642) started the pushback by dropping a heavy and light object from the Tower of Pisa, showing that they reached the ground at near enough to the same time under gravitational acceleration. He was placed under house arrest by the Inquisition for advocating a heliocentric model of the universe which contradicted the geocentric model, and all of his writings were cancelled. With the passage of time, other scholars

began to criticise Aristotlean science. Newton (1643-1727) developed the notion of momentum which discounted the Aristotle's ideas about the movement of arrows.

THE SCIENTIFIC METHOD

Crucial in scientific advancement was the development of the Scientific Method, the steps of which were first published by Francis Bacon in 1620. They may be summarised in modern language as follows:

1. A natural phenomenon requiring explanation is identified.
2. The situation in which the phenomenon is located is examined and described.
3. An hypothesis is developed that provides a possible explanation.
4. An experiment is planned to test the hypothesis, with inbuilt rigour that eliminates chance effects.
5. The experiment is conducted.
6. The results of the experiment are used to support or deny the hypothesis.
7. The results of the experiment are published

In the case that an hypothesis is supported, the experiment is repeated in a range of situations by the worker and/or other scientists. Should the hypothesis prove universally supported over time in a variety of situations, it may be taken to be true and granted the status of a theory. But **science is never 100% certain**; some strongly held theories have had to be revised or totally rejected, e.g. Newton's theory of gravity.

The Hypothesis

An hypothesis with regard to the natural world is not developed by fanciful assumptions; it is developed by rational thought based on careful observations and descriptions referencing an in-depth knowledge of the physical, chemical and biological processes. We should not be too critical of Aristotle; he was starting from scratch with little useful knowledge to guide him. These days we have an enormous body of information on which to base our thinking, if, and only if, we have been introduced to them by education. Aristotle's 'common sense' conclusions are still widely found amongst the populace in our time. Boeha found Aristotlean ideas common in Papua New Guinea Schools, and the author has found them widely held by more sophisticated people in and out of classrooms in Australia and South Africa.

Mathematics is a major tool for guiding scientific reasoning and the development of an hypothesis, especially for theoretical physicists. In 1865, James Clerk Maxwell published a paper in which he used mathematics to demonstrate that electric and magnetic

fields travel through space as waves moving at the speed of light (O'Connor & Robertson, 1997).

An hypothesis generated with mathematics require confirmation in practice. Albert Einstein finalised his hypothesis of general relativity in 1915; it was controversial because it denied Newton's hypothesis of gravity. The English astronomer Arthur Eddington realised that Einstein's prediction that light rays are bent near a massive body could be verified by comparing star positions in images of the Sun taken during a solar eclipse. He observed such an effect in an eclipse in 1919 – general relativity was confirmed!

Scientific Technology

The development of tools has been critical for scientific research, both for assessing the context in which a phenomenon is observed and for conducting an experiment. A good example is the electron microscope.

A CASE STUDY: THE DECLINE OF GRAPE VINES IN IRRIGATED VINEYARDS IN AUSTRALIA

To demonstrate the steps in the Scientific Method, I present a case study of grape vine decline in an irrigated area of South Australia.

1. The Problem

Following the First World War, the South Australian Government, set up agricultural settlements for returning soldiers. One settlement was developed for veterans to irrigate stone fruit, citrus and wine grapes at Barmera on the River Murray. Prior to settlement the soil in the area was surveyed. Areas with sandy hills were reserved for stone fruit and citrus. Loamy areas in the flats were set aside for wine grapes. The soil in the flats was called the Barmera Sandy Loam (BSL) by the soil surveyor (Marshall 1940). It has a sandy loam surface soil with a mean depth of 250mm, overlying a subsoil that has small amounts of clay and moderate amounts of fine limestone. BSL areas at Barmera proved ideal for grape production under irrigation.

After the Second World War, the SA Government set up an irrigated horticultural settlement at Loxton, a short distance from Barmera. The soil surveyor (Northcote 1952) found the soil in the flats to be identical in appearance and texture to BSL. On the evidence of the successful development at Barmera, it was set aside by the authorities for grape production with a high level of confidence. The project went ahead. Stone fruit and citrus grew well on the sandy hills but the vines on the BSL developed poorly; yields were sub-economic. **The question: Why was this?**

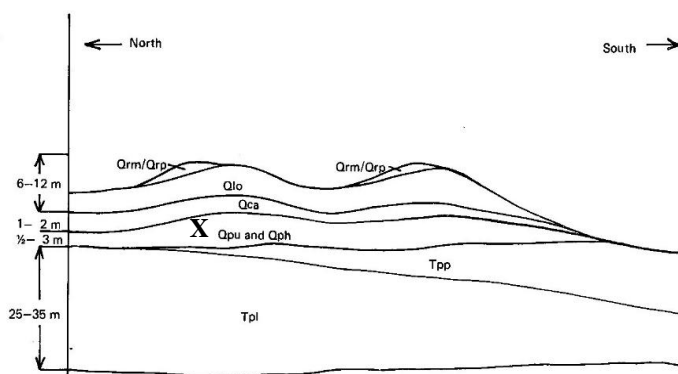
2. Situation Assessment: Field and Published Literature Investigation

A Soil Specialist and a Horticulturalist were called to investigate the problem. Their first inspection was conducted in late October when the vines had been growing for about two months. The new season roots

of the vines in the top 30cm of soil at Barmera were found to be healthy while those at Loxton showed poor growth, some roots were dead. This led the Officers to investigate cultural practices and conduct a literature search.

Cultural Practices: The grape plantings at Barmera and Loxton were set up exactly the same. The vines were grown in rows 30-40m long, sufficiently far apart to allow for the free movement of a tractor. The bays between the vine rows were flooded at fortnightly intervals (September-March). A cover crop of oats was grown in the bays in winter under natural rainfall and ploughed in with a disc plough to provide organic matter for the vines to feed on when they started to grow in the spring. The ploughing left the bays rough; the first irrigation required a lot of water to be applied to reach the end of the rows. This practice was thought by growers to allow water to penetrate into the sub-soil and be available to the deeper roots of the vines in the hot summer.

Geomorphology: Wetherby, drawing on Firman (1970), drew the geological diagram below. The layer marked X contains Qpu, a band of heavy clay, impermeable to water; and Qph, a fine-grained banded layer of calcium carbonate mixed with gypsum. The Qph layer occurs at varying depths between 0.5m and 3m.



Geologic Cross Section of the Murray Basin – not to scale

Hypothesis

The Officers developed the following initial hypothesis:

The depth of the vine roots in the Loxton Irrigation Area is due to water logging from a temporary water table developing on an impervious clay layer (Qph) just as fresh roots are developing after the winter dormant period. The temporary water table is due to the practice of flooding the rows with excessive water after the soil has been left rough after disc ploughing. Success at Barmera and failure at Loxton under standard practices suggests that there is a difference in the depth of the impervious clay layer (Qph) at the two sites. The problem is exacerbated by differences in soil porosity and soil air availability in the root zone at the two sites.

3. Planning the Investigation

The officers accessed maps of the Barmera and Loxton sites and overlaid them with a grid to determine random sampling sites. Forty random sites were selected for sampling at each locality.

Key measurements planned were: (1) Depth to impervious clay (Qph); and (2) The air-filled capacity (porosity) of the soil at depth intervals of 30cm to 1.5m. Porosity would be assessed by taking undisturbed soil samples using a Coile Sampler (Coile 1936) and assessing them with a pycnometer to be constructed.

An air-pycnometer works on the principle of Boyle's Law (1662): In a closed system, the pressure (p) of a given quantity of gas varies inversely with its volume (v) at constant temperature; this relationship can be expressed as $pv = k$, where k is a constant. Various pycnometers were assessed from the literature (Malcolm 1959, Page 1947, Russell 1949). In each case, the pycnometers described sealed an undisturbed soil-core in an air-tight chamber and the pressure inside the chamber was increased by decreasing the volume of the air within the chamber by a standard amount. The air volume percentage of the soil sample was calculated from the **change in pressure**. The officers found this approach to be problematic: The change in pressure using the 'change in pressure' approach is non-linear, the sensitivity of the measurement decreases as soil porosity increases; to cater for this the pycnometers reported were large and cumbersome - one filled the back of a utility (pick-up truck)!

The Soil Specialist had the thought: Measure the **change in volume** necessary to bring the system to a standard pressure. This approach simplified the construction of the pycnometer: (1) the relationship between soil porosity and volume is linear; measurements are equally sensitive over the full range of readings; and (2) a non-expensive pressure gauge can be used as it is only required to operate over a small range. The standard pressure for each day can be determined first thing each day by inserting an empty sample tin and reading the pressure for 100% porosity and using this pressure as the standard pressure for the day.

Encouraged by these conclusions, a simplified pycnometer was constructed: it consisted of a sample chamber constructed to snugly fit a Coile sample tin which could be sealed with an air-tight rubber-fibre gasket held by a yoke and screw, a 30cm pressure cylinder fitted with a brake cylinder washer and piston rod, topped with a diaphragm pressure gauge – see Fig 1 below. The device was robust, could be carried with one hand, and measurements could be made quickly and easily.

4. Field Work

The officers carried out the field work as planned. The depth of the Qph clay layer was determined at each

site. Undisturbed soil samples were collected, and the pycnometer used to measure porosity and air supply.

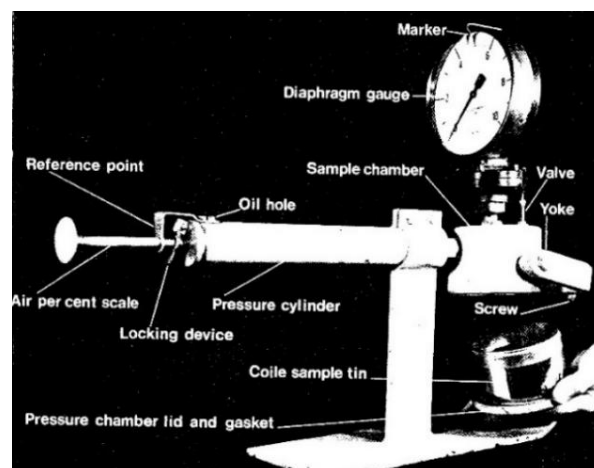


Fig.1: A Simplified Air-filled Pycnometer

5. Summary of Results

Depth to Clay: Mean depth at Barmera = 2.9m; Loxton = 1.5m. These data suggested that the hypothesis that depth to impermeable clay was causative of water logging rising to depths where roots were affected at Loxton but not at Barmera was possibly confirmed. (Further work would be required to validate this conclusion).

Soil Porosity: The mean air-filled porosity was similar in profiles at both sites: range 38-43%. These data suggested that the hypothesis that the problem was due to variation in soil air-porosity was denied.

6. Recommendations

It was recommended that further sampling to determine the water table depth should be undertaken immediately after the first irrigation the following year.

It was recommended that the practice of disc ploughing the cover crop be abandoned at Loxton in favour of levelling the land between rows and planting permanent grass cover which could be mown regularly.

This change of practice led to improved vine growth and economic production.



Photo courtesy Istock.

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ABOUT THE AUTHOR



**Dr Potter's first degree was in Agricultural Science and the Environment. He practised in Australia as an Extension and Research Officer in Soil Conservation, Soil Science, Land Mapping and Arid Zone Ecology for twenty-years before moving to Africa where he lectured at the Malawi Ministry of Agriculture's Land Husbandry College for two years and trained local officers in the conduct of agricultural research in South Africa, Zimbabwe and Mozambique. He may be reached at paracamp@inet.net.au*

URBANIZATION TRENDS AND IMPACT ON EDUCATION IN NEPAL

Yubaraj Kandel*

Ph.D. Scholar, Lumbini Buddhist University

Abstract

Education increases knowledge, skills, and awareness and leads society to prosperity. Primitive society is changing into a civilized society through different types of education. As the availability of education increases, society becomes more sophisticated and developed. The work of guiding human civilization is done by education and the modern form of human civilization is urbanization. It is found that the educational facilities available in the settlements are also one of the main elements in making ordinary settlements into dense cities. The places that were centers of education in the past are now becoming the big cities of the world. People are still migrating from villages to cities for education. Urbanization has not only increased educational opportunities and choices but is also making education more complex, challenging, and competitive. In Nepal, on the one hand, urbanization is happening rapidly; on the other hand, the educational environment within the city is also becoming dim. In this article, a comparative analysis has been made about the impact of urbanization in Nepal on education and the role education plays in urbanization.

Keywords: *Urbanization, Education, Literacy, Rural-Urban Difference.*

Introduction

Generally, places with sufficient infrastructure such as dense population, transportation, communication, health, drinking water, and education are designated as urban areas or municipalities. It has been only about a hundred years since the concept of a city existed in Nepal. Regarding constructing a municipality in Nepal, first, in 1920 Rana Prime Minister Chandra Shamsher established Safai Adda, and then in 1947 Prime Minister Padma Shamsher named it 'Municipality'. Information on the urban population in Nepal dates back to the 1952/54 census. Despite using the term *Shahar* in earlier reports of the population count, no formal definitions were provided in the census except the mention of prominent settlements. The census of 1952/54 specified ten prominent settlements with more than 5,000 inhabitants. In subsequent years urban areas were defined by various acts promulgated for the politico-administrative division of the country. In 1961 there were 16 Nagar Panchayats (municipalities), the number increased to 23 in 1981. Between the 1981 and 1991 censuses, 10 more municipalities were added making the number 33. By the 2001 census, it had

reached 58. The number of urban areas or municipalities as of October 2014 is 130. Nepal's unique pace of urbanization is marked by an increase in the number of municipalities from 217 in 2014 to 293 in 2015 when the new constitution was promulgated. Now there are 293 municipalities in Nepal. These include 6 metropolitan municipalities, 11 sub-metropolitan municipalities, and 276 municipalities. According to the national census of 2021, a total of 66.7 percent of the population lives in the municipalities of Nepal.

The educational history of Nepal is a little older than the urbanization of Nepal. Until the beginning of the modern education system in Nepal, the traditional Gurukul and Gumba education system was in vogue. With the establishment of Darbar School in 1910, the English education system was started in Nepal. The formal beginning of higher education seems to have been with the establishment of Tribhuvan Chandra College (Trichandra College) in 1918. Before 1950 in Nepal, access to education was very limited for individuals and communities, so the general public was deprived of the opportunity of education. In 1950, Nepal's literacy rate was only about two percent, while there were 321 primary schools, 11 secondary schools, one Sanskrit school, one Ayurveda school, and one college under higher education (MOE 2022). In the last 74 years, there has been a lot of change in the education sector in Nepal. By the year 2024, 35 thousand 876 schools are operating in the country. Likewise, 11 universities and 4 university-level academies have been providing higher education in various subjects. Education, which was within the reach of a limited class until 5 decades ago, has now reached the reach of the majority of Nepalese. According to the Ministry of Education, by the year 2023, 71 lakh 43 thousand 262 students are studying at the school level (grades 1-12) and 737 thousand 941 students at the university level (MOE, 2024).

One hundred and Seventy years since the inception of school education in Nepal, and a century after the establishment of colleges, urban centers have emerged as hubs of education. The dearth of higher education institutions in rural areas, coupled with the perception of inferior quality of education in villages, has perpetuated the trend of individuals migrating to cities in pursuit of education in Nepal (Bhattarai and Conway, 2021). This phenomenon has significantly contributed to the urbanization of cities and their transformation into educational epicenters. As municipalities continue to proliferate in Nepal,

disparities in education between rural and urban areas have become increasingly apparent. This article will delve into the implications of this trend, shedding light on the evolving educational landscape in the country.

Objectives of the Study

In Nepal, urbanization has been increasing at a rapid rate in the last two decades. As people migrate in search of better places, the number of people is increasing in plains and valleys and accessible places in the mountains. With the increase of dense residential centers, urbanization has also increased. As urbanization increases, the number of people seeking to get an education is increasing, and the number of people in the limited educational institutions of the city has also increased. As people are attracted to the city, the educational institutions in the rural areas are closed due to a lack of students. In this context, this study has been done to analyze changes based on the trend of urbanization in Nepal. This study will also analyze the difference in literacy between rural and urban areas of Nepal and its impact. The results obtained from this study will help in making urban development plans and education development plans in Nepal. It will also help to understand the role of education factors in migration.

Materials and Methods

This study is based on the population, education, and development data published by various official bodies of Nepal. The National Census 2021 published by the National Statistics Office (NSO) has taken the necessary information from various reports rescheduled it and analyzed it. Information related to education has been taken from Center for Education and Human Resource Development (CEHRID)'s publications. Provincial and local government Status papers and annual plans are also included in the analysis. Some case studies have been taken and the information received has been analyzed and interpreted.

Results and Discussions

Education standards in urban areas of Nepal have been a topic of discussion as the Government of Nepal continues to designate municipalities based on specific criteria. Recently, the government, by section 8 of the Local Government Operation Act 2074 (B.S.), has outlined the requirements for an area to be declared a municipality. While the law does not specify the level of educational institutions that must be present in a municipality, it does emphasize the importance of high-level and technical education for sub-metropolitan municipalities. Furthermore, to attain the status of a metropolitan city, the act mandates the presence of a technical school and an educational institution offering education up to the post-graduate level. This legislation effectively makes it necessary for municipalities to provide higher education to achieve city status. This indirectly promotes the idea that higher education is predominantly available in urban areas. The emphasis on educational standards in urban settings highlights

the government's commitment to fostering a knowledgeable and skilled population in these areas.

A. Trends of Urbanization and Literacy

The Central Bureau of Statistics (CBS), Nepal, has been collecting information on literacy status and educational attainment of the people through different population censuses since 1952/54 (G.C. & Shrestha, 2014). In the year 1952/54, the literacy rate of Nepalese was around 2 percent, and this rate was 40 percent in 1991, 67 percent in 2011, and more than 75 percent in 2021. Literacy above 6 years is about 76.3 percent and literacy rate of 15 to 24 years of age 94.2 percent has reached. Looking at the state of urban population and literacy growth from the year 1971 to 1991, when the urban population increased by one and a half times every 10 years, it is seen that urban literacy has almost doubled. Since 1991, the population growth rate has been rapid, but the growth rate of urban literacy seems to have slowed down. The urban population in Nepal is rapidly expanding because relatively more educational and economic opportunities are available in urban areas than in rural areas (Bhattarai, et.al, 2023).

Table 1: Changes in urban population and Literacy in Nepal

Year (Years)	Urban Population (in %)	Urban Literacy Rate	Literacy Rate of Nepal
1971	4.0	14	13.9
1981	6.4	35	23.3
1991	9.2	66.9	39.6
2001	13.9	71.9	54.1
2011	17.1	82.3	66.6
2021	66.7	78.5	76.3

Source: Population Monograph of Nepal 2014, Vol. II; Population Census (2021) Final report, NSO (2023)

B. Gender and Age Differences in Literacy

When studying the urban literacy rate of the last 35 years, it is seen that the difference between male and female literacy in rural and urban areas has decreased by only about 25 percent. In 1991, the literacy rate of urban males was 78 percent and the literacy rate of urban females was 54.8 percent, while the literacy rate in rural areas was 51.9 percent and 22 percent respectively. By the year 2021, male and female literacy rates in urban areas reached 85.4 percent and 71.9 percent, respectively, and in rural areas, 79.8 percent and 64.4 percent. After 2014, since municipalities were created in Nepal covering many rural areas, literacy in urban areas has decreased. In the last 3 decades, even though the educational service facilities in the urban areas have been greatly increased, it can be easily assumed that the female literacy rate has increased in proportion to the rural areas.

Table 2: Gender differences in urban literacy

Year	Male Literacy	Female Literacy	Total Urban Literacy
1991	78	54.8	66.9
2001	81.2	61.9	71.9
2011	89.4	75.3	82.5
2021	85.4	71.9	78.5

Source: Population Monograph of Nepal 2014, Population Census National Report, 2023

Looking at the age group, the literacy rate of the urban population in the age group of 15 to 24 years is 94 percent, but the literacy rate of the urban population above the age of 15 years is 79.3 percent. 96 percent of men and 94.3 percent of women in the age group of 15-24 years are seen to be literate, but only 87.9 percent of men and 70.6 percent of women in the population above 15 years of age are literate.

Analyzing the literacy rate of urban-rural areas according to age group, the literacy rate of the urban population is higher in all age groups. There is a difference of one digit in the literacy rate of the population of urban and rural areas in the age group of 16 to 24 years. But looking at the literacy rate of the overall population above 15 years of age, the literacy rate of urban areas is 10 points higher than that of rural areas. The low level of literacy rate for the population of higher ages is attributable to a lack of access to primary education for these people in their younger ages. The widespread availability of primary education facilities during the last three decades is mainly responsible for higher literacy rates among the 10-14 years and 15-19 years age group population (G.C. & Shrestha, 2014). This difference is seen not only in the total population but also based on gender. Gender gaps in literacy were wider for increasing ages.

Table 3: Age-sex differences in Rural-Urban literacy rate (2021)

Area	Age Group	Total Literacy Rate	Male Literacy Rate	Female Literacy Rate
Urban Municipality	All Age (Above 6 Year)	78.47	85.41	71.9
	16 to 24	93.95	95.3	92.65
	above 15	73.17	82.58	66.06
Rural Municipality	All age (Above 6 year)	71.85	79.85	64.39
	16 to 24	92.78	94.49	91.22
	above 15	64.57	74.92	55.25

Source: Population Census 2021 (Main report), NSO

In Nepal, the age of 5 to 15 years is considered to be the age of studying in school. According to the National Census 2021, 5.93 percent of males and 7.84 percent of females in the 15-5 age groups in the municipality have never gone to school. The number of women and men of the same group who never went to school is 6.32 and 8.03 percent respectively in rural areas. At the time of census, the proportion of children who are not in school is higher in municipalities than in rural areas. This data shows that many children in the

rural areas of Nepal are still deprived of education opportunities.

Table 4: Population by school attendance in 2021

		Currently attending (formal/informal/self)		Currently not attending (Ever attended)		Never attended	
		Male	Female	Male	Female	Male	Female
Urban	5 to 25 year	73.88	69.41	19.36	21.04	6.66	9.45
	5 to 15 yrs	81.04	78.09	12.93	13.96	5.93	7.84
Rural	5 to 25 year	70.78	66.8	22.5	23.65	6.85	9.43
	5 to 15 yrs	78.46	75.86	15.1	16	6.32	8.03

Source: Population Census 2021, Final Report, individual Table no.20, NSO

C. Rural-Urban Differences in School Number

In Nepal, mainstream schools are categorized into two types: community and institutional. Community schools receive direct support from the government, while institutional schools are privately funded. Institutional schools are strategically located and cater to students from affluent families. Even middle-class families aspire to enroll their children in private schools whenever possible. According to data from the Ministry of Education, only 30.96 percent of community schools are situated in municipalities, whereas 72.67 percent of private schools in Nepal are located in municipalities. Rural urban dichotomy intensifies the level of inequalities and imbalances in all-round development of rural human life, educational and learning opportunities (Sarmaa, Das et al., 2021). The presence of quality private schools in urban areas prompts children to migrate from rural areas in pursuit of better educational opportunities. This trend significantly impacts the population distribution between rural and urban areas.

Table 5: Types and distribution of schools in Rural-Urban area, 2023

	Community Schools	Institutional Schools	Total Schools
Municipality	6763	3890	10653
Rural Municipality	15079	1463	16542

Source: CEHRID, 2024

D. Level of School

In Nepal, the education system is divided into basic and secondary levels. Classes 1 to 8 are considered basic, while classes 9 to 12 are classified as secondary. The basic level consists of primary (classes 1-5) and lower secondary (classes 6-8), while the secondary level includes secondary (classes 9-10) and higher secondary (classes 11-12). In rural areas of Nepal, there are twice as many schools providing education up to the primary level compared to urban areas. However, this ratio decreases as the level of education increases.

While schools offering education up to the basic level (1-8) are more prevalent in rural areas, schools at the secondary level are more common in urban areas. Unfortunately, many children in rural areas are unable to access schools that provide education up to the secondary level. As a result, they are faced with the difficult decision of dropping out of school, traveling long distances to attend schools in urban areas, or migrating to the city in search of educational opportunities (Bhattarai & Conway, 2021). This lack of access to secondary education in rural areas poses a significant challenge to the overall education system in Nepal.

Table 6: Distribution of schools according to levels of schools

	Municipality	Rural Municipality	Nepal
Basic (1-5)	4284	9513	13797
Basic (1-8)	1877	3094	4971
Secondary (1-10)	2706	2161	4867
Secondary (1-12)	1786	1774	3560
Total	10653	16542	27195

Source: CEHRID, 2024

E. Role of Education in Urban Migration in Nepal

The pursuit of educational opportunities has emerged as a significant driver of migration in Nepal. Immigrant children and young individuals prioritize access to quality education as a primary motivation for relocating. The presence of reputable schools and colleges in urban areas has attracted a considerable number of individuals from rural regions seeking educational advancement. According to the National Census of 2011, 13.4 percent of inter-district migrants cited education as their primary reason for migration. Among those who migrated to rural areas, 8.1 percent identified education as a motivating factor, while 22.1 percent of those who migrated to urban areas did so for educational purposes. Notably, 16.4 percent of female migrants and 27.9 percent of male migrants to urban areas were driven by educational aspirations. However, recent data from the 2021 census indicates a decline in the number of individuals leaving their homes for educational pursuits. In 2021, only 7.83 percent of migrants relocated to another district for educational reasons, with a mere 9.36 percent migrating to urban areas for educational opportunities. This trend suggests a shift in migration patterns over time. Since the turn of the century, there has been a notable increase in the number of schools and educational facilities in rural areas of Nepal. This expansion has facilitated access to education in remote regions, reducing the need for individuals to migrate in search of educational opportunities. The development of educational infrastructure in rural areas underscores the government's commitment to promoting equitable access to education across the country.

Table 7: Distribution of inter district migrant (2011-2021) reporting education as a main cause of migration (%)

Area	2011			2021		
	Both Sexes	Male	Female	Both Sexes	Male	Female
Nepal	13.4	18.9	9.4	7.83	12.4	5.35
Urban Municipality	22.1	27.9	16.4	9.36	13.6	6.71
Rural Municipality	8.1	11.8	5.8	2.12	4.95	1.27

Source: Population Census, 2011 & 2021 (NSO, 2023)

F. Education in the Grip of Unplanned Urbanization

Education is currently facing challenges due to the rapid and unplanned urbanization taking place. Schools play a crucial role in the holistic development of students, and the physical environment of a school directly impacts the learning experience. Classrooms need to be protected from external elements such as wind, water, and sun, while also allowing for adequate airflow and natural light. Each student should have a minimum of one cubic meter of space in the classroom, and schools should be equipped with necessary facilities like laboratories, clean drinking water, separate toilets, suitable furniture, and easy accessibility for disabled children. Unfortunately, many schools in urban areas do not meet these standards. Institutional schools, particularly in urban settings, are often housed in cramped buildings or residential structures. These buildings lack proper ventilation, natural light, and space for students to socialize and engage in recreational activities. The absence of greenery and gardens further limits the overall learning environment. As cities expand haphazardly, the infrastructure surrounding schools becomes inadequate and unsafe. Narrow and congested roads make it challenging for students to walk to school, forcing them to rely on buses for transportation. This limits their exposure to their community, society, and natural surroundings. While community schools within cities may have more open spaces, they too are affected by the polluted urban environment. They are like oases amidst a concrete jungle, lacking the necessary greenery and clean air for a conducive learning environment. To ensure quality education for all students, it is imperative to address the impact of unplanned urbanization on schools and prioritize creating safe, healthy, and stimulating learning environments.

Conclusion

Over the past 170 years, Nepal has made significant strides in its education system. Before 1950, education was primarily concentrated in Kathmandu, leaving many citizens without access to schooling. However, following the end of Rana's rule, efforts to urbanize and establish schools across the country began to gain

momentum. By 1971, substantial changes were implemented in Nepal's school education system, with increased government investment leading to improved literacy rates. The collective awareness and dedication of citizens towards education has further accelerated the establishment of schools and the enrollment of children. Since 1980, literacy rates have seen significant improvement. What was once limited to urban areas has now expanded to include small and large cities in all districts of the country. This growth has prompted a migration of people from rural areas to urban centers in pursuit of education. While this influx has contributed to urbanization and increased literacy, it has also highlighted disparities in educational resources. The concentration of educational infrastructure in cities has led to overcrowding in schools and limited access to quality education for students in rural areas. By establishing high-quality schools in rural areas up to the secondary level, the need for students to migrate to urban centers can be reduced. This not only promotes a more organized urban environment but also fosters the development of market centers in rural areas. In conclusion, continued efforts to improve educational opportunities in both urban and rural areas will not only enhance literacy rates but also contribute to the overall development and prosperity of Nepal.

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About the Author



**Yubaraj Kandel is a Lecturer in Population, Environment and Development and lives in Lumbini, Nepal. He is a Buddhist environmental and tourism activist in the Lumbini area and has published more than 1,200 articles on the subject in the Nepali media. He holds a BSc (Ecology), BEd, LLB, MA (Population Studies), and Masters in General Management. He is currently a Ph.D. Fellow at Lumbini Buddhist University, Nepal. He can be reached at yrkandel@gmail.com*

THE RELATIONSHIP BETWEEN CRIMINAL TENDENCY AND SCHOOL DROPOUT IN VOCATIONAL HIGH SCHOOLS

Dr Erol Onan*

This is a summary from the thesis paper written for the St Clements University - Turkish Language Division - Doctor of Education Management.

1. Background of the Study

The intricate link between education, school attendance, and delinquency has drawn significant interest in criminological research. Studies reveal that individuals who do not complete high school are more likely to engage in criminal behavior. Researchers such as Lochner and Moretti (2004) and the US Department of Justice (2004) emphasize that those without a high school diploma are more prone to criminal conduct compared to their graduated peers. Vaughn et al. (2014) associate high school dropouts with numerous social and behavioral health challenges, including diminished mental and physical well-being, lower quality of life, and increased delinquency rates. Economically, the lifelong costs of high school dropouts are substantial, estimated by Chapman et al. (2011) to reach up to \$240,000 due to lower tax revenues, higher public assistance reliance, and elevated crime rates. Maynard et al. (2015) find that high school dropouts show higher daily tobacco use, nicotine addiction, suicide contemplation rates, and likelihood of arrest for theft, assault, and drug-related offenses. These findings highlight the need for strategies to address the public health issue posed by high school dropouts.

Economic disadvantages and criminal activities among high school dropouts are not unique to the United States; similar trends are observed in Europe. Sweeten, Bushway, and Paternoster (2009) note that high school dropouts in Sweden face significant economic hardships and are overrepresented in correctional facilities by age thirty. Research shows that higher education levels reduce property-related crimes, though evidence on violent offenses is inconclusive (Luallen, 2006). Bäckman's (2017) study highlights gender differences in the impact of high school dropout on criminal convictions in Sweden, with males facing higher risks of criminal behavior that decrease upon re-entering education or stable employment. For females, pre-existing disadvantages contribute more to criminal behavior than the dropout itself. Dragone, Migali, and Zucchelli (2021) indicate that dropping out of high school and having a father with a criminal record significantly increase the likelihood of engaging in criminal behavior. These findings emphasize the need for targeted interventions to break the cycle of education discontinuation and criminal activities.

2. Neither a Child nor an Adult: Adolescence

Adolescence, defined as the period between childhood and adulthood, is marked by significant biological, cognitive, and social transformations. This phase is characterized by the onset of puberty and the end of physical growth, along with the development of advanced reasoning skills and the assumption of adult responsibilities. Cultural and gender differences significantly influence the experience and conceptualization of adolescence (Barry et al., 2015). Adolescents face unique challenges, including heightened daily tobacco use, nicotine addiction, and an increased likelihood of contemplating suicide or being arrested for criminal activities. The World Health Organization defines adolescence as ranging from 10 to 19 years, although other organizations extend this range to 24 years (Tosun, 2021). The biological and cognitive milestones during this period include rapid growth, secondary sexual characteristics, and the ability to engage in abstract thinking. Emotional and social development also plays critical roles, as adolescents navigate identity formation and societal expectations (Madkour et al., 2010).

Adolescents experience a transition through early (10-14 years), middle (14-16 years), and late (17-19 years) stages, each with distinct developmental characteristics. Early adolescence is marked by rapid physical changes and the onset of puberty, while middle adolescence involves exploration of personal identity and increased cognitive abilities (Ayhan, 2023). Late adolescence is characterized by the attainment of autonomy, mature self-concept, and the ability to form emotionally intimate relationships while maintaining family bonds (Pinquart, Ahnert, & Trommsdorff, 2004). During this period, adolescents also engage in moral development, influenced by societal norms and personal experiences (Becer, 2017). Sexual development progresses rapidly, influenced by cultural norms, individual temperament and social and environmental factors (Dave & Dave, 2014). Social development during adolescence involves navigating peer relationships, establishing self-identity, and adjusting to societal changes (Tunçel-Tunahan, 2021). Overall, adolescence is a critical period for developing the physical, cognitive, social, and moral foundations that shape an individual's future trajectory (Baran, 2013).

3. Crime, Crime Tendency of Adolescents and Juvenile Delinquency

Crime, in sociological terms, includes behaviors that breach laws, necessitating legal intervention (Marshall, 2005). Durkheim posits that crime disrupts collective morals and is tied to inherent human desires. He believes crime is a natural and beneficial element in all societies. Criminal classification depends on evolving penal standards over time and across cultures (Soyaslan, 2003). Universally acknowledged crimes like murder contrast with others whose prevalence varies among social groups (Urhal, 2009). Foucault views crime as societal injustice, detached from sin or fallacy (Foucault, 2005). Greek thinkers like Plato and Aristotle saw crime as stemming from ignorance and poverty, shaping early criminological thought (Tunç, 2008). The 18th century shifted focus to the classical school, viewing crime as legalistic, arising from discord between conduct and law. The positivist school later emphasized determinism and societal culpability. The 20th century saw sociological perspectives link crime to socialization and family dynamics. Crime's definition has evolved, addressing actions disrupting societal harmony.

Adolescent criminal tendencies result from a complex interplay of familial, socioeconomic, educational, peer, psychological, and societal factors. Dysfunctional family environments, including parental neglect and household violence, significantly contribute to delinquency (Alias et al., 2024). Lower socioeconomic status exacerbates crime rates due to limited access to resources (Galinarı et al., 2019). Deviant peer influence, poor academic performance, and lack of interest in school push adolescents towards criminal activities (Djunaid et al., 2022). Psychological issues like poor self-control and stress impair decision-making, increasing susceptibility to negative influences (Opomonle & Olanrewaju, 2019). Addressing these issues requires comprehensive intervention programs encompassing educational initiatives and psychological support to prevent juvenile delinquency (Bistamam et al., 2018).

Juvenile delinquency includes behaviors from severe criminal acts to non-criminal activities like truancy. Over the past two decades, Western countries have seen declines in crime rates due to stricter firearm controls, redefined crime classifications, reduced substance abuse, an aging population, and improved socioeconomic conditions (Young et al., 2017). However, the COVID-19 pandemic has raised concerns about potential increases in juvenile delinquency due to lockdowns, school closures, social distancing, and economic downturns (Corvalan & Pazzona, 2019). Despite overall declines, new forms like cybercrime have emerged, and the growing number of refugee children, urbanization, and the needs of children with special needs have complicated the management of juvenile delinquency (Revital et al., 2022). Addressing juvenile delinquency requires discussions across various professional domains and a coordinated effort

within educational, psychological, economic, and legal frameworks (Delcea et al., 2019). Legal systems categorize individuals under 18 as children, with juvenile courts focusing on socio-educational interventions (Petoft et al., 2022). However, this perspective often conflicts with developmental and psychological paradigms, highlighting the need for nuanced strategies (Riggs Romaine, 2022).

4. School Dropout

School dropout is the permanent departure of a student from an educational institution without fulfilling graduation requirements, influenced by individual and social factors (Krüger et al., 2023). Factors include financial hardships, cultural disparities, and subjective perceptions, especially in developing countries facing socioeconomic challenges and educational infrastructure gaps (van den Berghe et al., 2022). Dropouts can be voluntary, such as leaving for employment or domestic responsibilities, or involuntary, such as due to physical impairments or untraceability (Kumar et al., 2023). This issue is particularly critical at the secondary education level, which equips students with essential skills for higher education or workforce integration (Giano et al., 2022).

High dropout rates indicate systemic educational issues and pose significant socioeconomic repercussions, including increased unemployment, higher criminal activity rates, reduced quality of life, and lower income levels (Özer et al., 2011). Causes of dropout are complex, spanning personal, familial, school-related, and social environmental domains, such as health issues, low academic achievement, economic instability, poor student-teacher relationships, and peer influence (Özdemir et al., 2010; Baruah & Goswami, 2013; Bayhan & Dalgıç, 2012; Polat, 2014). Effective prevention strategies must address these interconnected factors, focusing on enhancing education quality, providing robust academic and social support, and improving the overall school environment (Carrasco, 2019).

5. The Relationship Between School Dropout and Juvenile Delinquency in Turkey

The analysis of educational data in Türkiye, from 2012-2023, reveals significant trends and challenges across primary, lower secondary and upper secondary levels. Primary education showed a high but slightly declining net enrolment rate (NER) from 99.6% in 2013-2014 to 93.8% in 2022-2023, with student counts stabilizing around 5.54 million by 2022-2023. Completion rates increased from 97.7% in 2014-2015 to 98.5% in 2022-2023, while dropout rates declined from 2.3% to 1.5%.

The percentage of students distant from school peaked at 10.35% in 2016-2017, improving to 7.61% by 2022-2023. In lower secondary schools, NER peaked at 95.9% in 2019-2020, recovering to 91.2% in 2022-2023, with completion rates improving from 94.1% to

96.3%. The dropout rate decreased from 11.1% in 2016-2017 to 3.7% in 2022-2023. Upper secondary schools showed a rise in NER from 37.9% in 2012-2013 to 58.6% in 2022-2023, with student counts increasing from 4.99 million to 6.79 million. Completion rates rose from 58.8% in 2014-2015 to 80.3% in 2022-2023, and dropout rates declined from 41.2% to 19.7%, highlighting successful efforts to improve enrolment and retention.

In 2022, juvenile delinquency saw a significant rise, with security incidents involving children increasing by 20.5% compared to 2021, totalling 601,754 incidents. Among these, 206,853 children were involved in crimes, with the most common charges being assault (37.8%), theft (25.2%), and drug-related offenses (4.5%). Age-specific data shows that 1.4% of primary school-age children, 0.9% of lower secondary school-age children, and 1.3% of high school-age children were involved in criminal activities. The crime involvement rate among school dropouts was about 7% for primary, 25% for lower secondary, and 12% for high school students. This indicates a higher risk of criminal behavior among dropouts, emphasizing the need for targeted interventions to address dropout rates and juvenile delinquency during the critical transition from adolescence to adulthood.

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About the Author



**Dr Erol Onan has a Bachelor's degree in Social Studies Education and a Master's degree in Public Administration and Political Science. He also has a Master's degree in Educational Administration. Dr Onan has recently been granted a Doctor of Education Management degree from St Clements University - Turkish Language Division.*

He is currently working as an educational administrator in a public educational institution at secondary school level. Previously, he worked as an English Teacher for 15 years in a public educational institution. He has been working as an educational administrator for the last few years. He also has articles in the field of education unionism.

Dr Erol Onan can be reached at:
erolonan34@gmail.com

THE EFFECT OF MIGRATION AND ITS STAGES ON PSYCHOLOGICAL HEALTH IN INDIVIDUALS WHO VOLUNTARILY MIGRATED FROM TURKEY TO ABROAD

Dr Elif Cinar*

This is a summary from the thesis paper written for the St Clements University - Turkish Language Division - Doctor of Clinical Psychology.

Abstract

Migration is not an easy process. Migration affects the mental health of every person, healthy or unhealthy, more or less. Research on the effects of migration on mental health is scarce in Turkey. Migration is not easy to define. Migration is like a living being and has a variable structure. This study reflects the perceptions, feelings and thoughts of adults who migrated from Turkey to various European countries. Resilience and psychological resilience are two important factors that sustain individuals in migration processes and help them to overcome their traumas with minimal damage. In addition, mourning and being able to complete grief make it easier for people to adapt to the place of migration. Migration is an important social event with many aspects and a history as old as human beings. When people move out of the order they are used to and need to adapt to the order of a new settlement, they may face some psychological threats.

Key Words: *Migration, migration psychology, voluntary migration, effects of migration, trauma, migration and trauma, psychological effects of migration, Turkey and Psychology*

Introduction

Of course, individuals who migrate have their own definitions of migration based on their own personal stories; however, to make a general definition of migration, migration is the act of leaving one's current place of residence and going to another settlement to continue one's life, going out of one's own routine, leaving the usual norms, people and objects behind and trying to live in a new settlement. In migration events, more popular topics such as war, exile, demographic structure, economic structure of societies have come to the forefront and the mental health aspect of the individual human being has not been talked about much.

There is news about conflicts, but the affected psychological structure of the migrant is overshadowed.

There are various reasons for migration. People migrate for one or more reasons of their own. With the migration process, various psychosocial dynamics and factors beyond the person's control come into play; psychological health is affected as a result of the influence of different factors such as fatigue, fear, anxiety, loneliness, exclusion, economic reasons, and mourning and language differences.

Methodology

In this study, questionnaires and inventories were applied to Turkish immigrants. Demographic form was used. Face-to-face interviews were conducted.

The following 5 questions were asked to 100 people who migrated from Turkey to abroad:

- 1- "I felt lonely after I migrated."
- 2- "My peace of mind increased after I settled in the country of my choice."
- 3- "I was discriminated against in the country I migrated to."
- 4- "Emigrating negatively affected my psychological health."
- 5- "My behavior changed after I migrated."

Migrant participants answered "Yes" and "No" to these questions.

In addition, in this study, a questionnaire survey was applied to 26 female migrants who migrated from Turkey to Belgium.

Literature Review

Immigrant women who experience socio-cultural differences, communication deficits caused by language differences, loneliness, guilt, regret, anger, difficulty coping with various problems such as somatic disorders, become increasingly lonely due to factors such as increasing severity of problems, generational conflict, lack of empathy in the family, lack of understanding (Faltermaier, 2001; Riecken, 2001). The phenomenon of migration affects people's psychological health. The depression level of the migrant group is higher than the non-migrant group. According to Nayla de Coster (2018), leaving one's mother tongue behind and being dragged into a

new and different language can cause some feelings of fragmentation and splits in the self, similar to the feeling of disintegration. In this context, one of the most important factors that nourish, form and contribute to one's identity is one's mother tongue, which is a solid and reliable way of meeting with society and culture. Individuals experiencing migration face a stage of grief, language differences, religious differences and economic problems.

Argument

A person's psychological health may not be reflected in research in a transparent way. Too many variables require detail and localization. Deep topics such as migration are issues that need to be studied in the field and with a team for a long time. Such studies need to be supported economically. Variables, sub-factors and super-factors should be evaluated together with the root culture and the new culture. Sometimes a migrant is not even aware that they are affected. Fragmented families are difficult to study because there are families scattered in 3 countries. Migration is a meticulous and changing field. Human existence is complex. Changing, learning a new language, adapting to the rules of a new society, making money in a new country... All this has to be dealt with from many angles.

The migrant struggles with problems such as housing conditions, education, health and social integration difficulties. While some migrants struggle to adapt, others fail to do so. Faced with the problems of getting used to a new country, some people try to continue their rural life experiences in their old order in the city by isolating themselves from all changes instead of adapting and keeping up with the development and change of the city they go to (Erlinghagen, 2012). Adaptation problems, language differences and economic problems experienced by immigrant families are reflected in all areas of life and affect children's educational lives (Mahonen et al., 2013).

Finding

The participants answered "Yes" to the statement "I felt lonely after I migrated." at a rate of 75%. The rate of those who answered "Yes" to the statement "My peace of mind increased after I settled in the country I wanted." is 83%, while the rate of those who answered "No" is 17%. Migrants who feel peaceful because they have found a job are predominant. With the statement "I was subjected to discrimination in the country I immigrated to.", it was aimed to question whether the participants were subjected to discrimination or not. 74% of the respondents answered "Yes" to this statement. While 53% of the participants answered "Yes" to the statement "Migration has negatively affected my psychological health", 47% answered "No". The participants answered "Yes" to the statement "My behavior has changed after I migrated." at a rate of 90%.

Developed by the researcher, "Better psychological health before migration", "Psychological health was worse before migration", "Psychological health is also negative before and after migration" and "Good psychological health before and after migration"

Questions were asked to 26 women migrant women with their statements. These women migrated to Belgium from Turkey. Those who found a job when they were unemployed were happy, those whose economic situation increased when they were poor felt good. Some miss Turkey, others do not. Economic purchasing power affects the psychological health of migrant women. It was revealed that migration is not an easy life experience, that each migrant structure is different and personal differences resist the effects of migration, and that factors such as age, economic status, generation, life skills have an impact on psychological health. Individuals should be evaluated and handled in their own culture. There are problems of adaptation and communication between newly immigrated Turks and immigrant Turks who immigrated two generations ago or were born there. This situation should be addressed as a separate study. Migration processes cause fatigue and anxiety even in healthy people, migration triggers stress and trauma, so it has been observed that the migration process affects psychological health.

Conclusion

The perspective on migration has changed. Migration is in a conjuncture that can be evaluated from many perspectives by many segments. Migration has a chaotic structure that is constantly changing and needs to be redefined. Voluntary migration negatively affects people's psychological health. Trauma and stress in individuals who migrate voluntarily are passed on to lower generations through transmission. The age, mental flexibility, economic status and psychological resilience of migrants determine the rate of being affected by the migration process. Subsequent generations of migrants are more prone to psychological illnesses. Migration and its derivatives cannot be evaluated independently of factors such as age, region, time, culture, religion, tradition and generation, and it is not as easy as it seems to reach generalized information. Findings show continuity and variability from region to region, from people to people, from culture to culture and from time to time, almost like a living being. This point shows that "migrant mental health" is a separate and important field of specialization and the results of the study should make its indicators felt for the benefit of society and people in the real conjuncture. Economic status is an important factor affecting the psychological health of migrants. The psychological health structures of women and children are more affected by the migration process. People experiencing economic hardship in Turkey want to migrate to Europe. Women who experience neighborhood pressure in Turkey also want to migrate to Europe. Young people with unemployed diplomas also want to migrate to Europe. Being

economically peaceful and feeling lonely are sometimes in the same picture. Can one be peaceful, lonely, happy, excluded and full of longing? Yes, this is what these research results show. Migration affects people negatively. Migration damages a person's psychological health. But it is possible to find a job through migration. As a result, the migrant struggles with complex emotions.

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About the Author



**Dr Elif Cinar graduated from Sociology, completed her Master's degree in Family Counseling and her Master's degree in Clinical Psychology. She has recently been awarded a Doctor of Clinical Psychology Diploma from St Clements University. She has 3 scientific articles published internationally and has also published the following books: "Kum Tepsisi Terapisi" 2023 KDY Yayınları, "Rüzgarın Bıraktıkları" 2020 Zet Yayınları, "Mor Gezegenin Gizli Suçluları" 2020 KDY Yayınları, "Eli'nin Rüyası" 2020 KDY Yayınları , "Uçan Lokomotif" 2021 Sokak Yayınları , "Uçan Zürafa" 2021 Sokak Yayınları.*

She can be reached at eliruhi@outlook.com

THE IMPACT OF GENDER QUOTAS ON POLITICAL REPRESENTATION AND POWER DYNAMICS

Dr Maharram Taghizade*

Abstract

This study aims to deeply explore the effects of gender quotas on political representation and the differences in these practices between Turkey and European countries. Gender quotas have long been discussed and implemented as a mechanism to increase women's representation in political systems. However, uncertainties remain in the literature regarding their impact on political power dynamics and contributions to gender equality. The study evaluates the concrete results and long-term effects of gender quota policies by comparing their implementation in Turkey and various European countries. It also analyzes how these quotas contribute to gender equality and political participation by examining their impact on social and political power balances. The central research questions are: To what extent do gender quotas enhance the quality and inclusiveness of political representation? What outcomes have gender quota implementations in Turkey produced compared to examples in Europe? What are the effects of these quotas on power dynamics, and how are these effects related to gender equality? The research employs literature review, statistical analysis, and in-depth interviews. The results indicate that gender quotas not only increase representation rates but also reshape political and social power dynamics. The comparative analysis between Turkey and Europe reveals how these quotas yield variable results in different political and social contexts.

Keywords: *Europe, Gender Equality, Gender Quotas, Power Dynamics, Political Representation, Turkey*

Introduction

This article aims to examine women's political representation in Turkey and the effectiveness of gender quotas. In the context of Political Science and Public Administration, women's participation in political processes is crucial for deepening democratic governance and developing public policies. The study aims to provide recommendations to policymakers by comparing the situation in Turkey with international examples and analyzing the impact of gender quotas on public administration. It will address historical, social, and economic factors related to women's political representation and evaluate Turkey's development in this area.

Methodology

This research, titled "Women's Representation in Non-Governmental Organizations and the Effectiveness of Protection Laws: Turkey and Global Perspectives," was conducted in August 2024. The primary aim of the

study is to evaluate the representation of women in non-governmental organizations (NGOs) and the effectiveness of existing protection laws. Data were collected via Google Forms and analyzed under the supervision of Prof. Dr. Derya Berrak Yentür and Prof. Dr. Kürşat Şahin Yildirimer from the Departments of Sociology and Psychology at St Clements University.

The central objective of the research is to examine the roles and levels of representation of women within NGOs in both the Turkish and global contexts, as well as to assess the interaction between these organizations and current protection laws. The study seeks to understand the effectiveness of NGOs in advocating for women's rights, how legal frameworks are reflected in their operations, and the impact of these laws on women's leadership roles within these organizations.

While the study primarily focuses on the representation of women in Turkish NGOs, it also aims to provide a comparative analysis through global examples. By doing so, it intends to address the relationship between effective representation of women in NGOs and the practical impact of protection laws from a broader perspective.

Within the scope of the thesis, these research findings will be detailed, discussing the current status of women's representation in NGOs, the challenges they face, and the strategies proposed to overcome these obstacles. Additionally, the study will evaluate the impact of the effectiveness of protection laws on women's representation in these organizations, both theoretically and practically. This research aims to contribute to the literature on the legal and institutional reforms necessary to ensure stronger participation of women in NGOs and to enhance the effectiveness of these organizations.

The core research questions are shaped around critical issues such as the representation of women in Turkish NGOs, the barriers to this representation, and the effectiveness of existing legal regulations. Each research question is designed to analyze the role of women within NGOs, their potential to achieve gender equality, and the extent to which current laws support this process.

In the data collection process, various tools were used to gather information from participants. The primary data collection tool was an online survey administered via Google Forms. The survey consisted of six main sections, including comprehensive questions on demographic information, women's representation, leadership roles, legal regulations, protection laws, and working conditions for women.

During the data analysis process, the survey data were analyzed using statistical methods via SPSS (Statistical Package for the Social Sciences) software. Descriptive statistics, such as frequency distributions, means, and standard deviations, were employed to analyze the data. Additionally, statistical tests, such as the chi-square test and t-test, were applied to identify differences between groups concerning women's representation in NGOs, leadership roles, and the effectiveness of protection laws. Qualitative data obtained from open-ended questions were examined using thematic analysis.

The data analysis methods employed in this research were carefully selected and applied to achieve the study's objectives. The study utilized thematic analysis, document analysis, and comparative analysis to obtain meaningful and reliable results regarding the levels of women's representation in NGOs, their access to leadership positions, and the effectiveness of protection laws.

Literature Review

This literature review focuses on gender theories that offer various perspectives on the formation, function, and effects of gender. However, these theories have been criticized from different angles. The criticisms focus on the comprehensiveness of the theories, their ideological foundations, practical applications, and whether they adequately explain gender dynamics.

Social constructionism theory argues that gender is socially constructed rather than biological. This theory suggests that gender roles are shaped through social norms and cultural practices. However, criticisms of this approach point out that treating gender solely as a social construct ignores the importance of biological differences (Berger & Luckmann, 1966). Moreover, while social constructionism emphasizes individuals' freedom to choose and express their gender identity, it is criticized for not sufficiently considering that this freedom may be limited under social and cultural pressures.

Feminist theories emphasize gender inequality and the oppression of patriarchy on women. However, these theories are sometimes criticized for adopting a universalist and Western-centered perspective (Eisenstein, 1984; Hartmann, 1979). For example, some variants of feminist theories have been accused of treating women's experiences and problems as a homogeneous group while ignoring the specific experiences of women in different ethnic, class, and cultural contexts (Spivak, 1988; Mohanty, 1984). Additionally, some feminist theories have been criticized for not adequately considering the complexities of gender relations and how men are also affected by these relationships.

Postmodern and queer theories argue that gender is not a fixed and binary concept but rather fluid and changing. These theories suggest that gender is in a constant process of renegotiation and that gender identities are shaped in this process (Butler, 1990).

However, critiques of these theories argue that defining gender in such a fluid and vague way creates uncertainty about how concrete steps can be taken to combat gender inequality.

Gender theories, by emphasizing that gender is socially constructed, oppose biological determinism and highlight that gender roles can be altered and reshaped. Particularly, Judith Butler's queer theory suggests that gender is a performative process, leading to the questioning of social norms and revealing the possibility of individuals redefining their gender identities (Butler, 1990).

These theories have demonstrated how women and other gender identities are systematically marginalized within society and discriminated against in economic, social, and political spheres. They have provided an important foundation for the struggle for gender equality by analyzing the structural nature of gender inequality and how this inequality is reinforced by institutions (Fraser, 1997).

Simone de Beauvoir's proposition "One is not born a woman, one becomes a woman" emphasizes that gender roles are shaped by social and cultural processes rather than biological determinism (Beauvoir, 1949). Beauvoir's idea reveals that gender is not an innate identity but one constructed by social practices and norms, providing a theoretical basis for the struggle for gender equality.

In Turkey, the issue of women's political representation has also been shaped under the influence of patriarchal structures and gender roles throughout history, which has limited women's visibility and influence in politics (Kandiyoti, 1987; Zihnioğlu, 2003; Yentür, 2024).

The political representation of women is not only a matter of political rights but also crucial for ensuring social justice, strengthening democratic processes, and enhancing the effectiveness of public administration (Yentür, 2024). Historically, women's political representation has been limited by patriarchal structures and gender roles, which have constrained their role and visibility in politics (Kandiyoti, 1987; Çakir, 1994).

It is emphasized that gender equality policies must include strategies that enable women to overcome these structural barriers (Connell, 1987). This study aims to fill gaps in the existing literature on women's political representation in Turkey and to develop a more comprehensive understanding of the issue. The economic empowerment of women and the transformation of gender norms are considered fundamental components of this process (Moghadam, 1992; Krook, 2009).

Summary of Research & Findings

This research, conducted in August 2024 under the title "Women's Representation in Non-Governmental Organizations and the Effectiveness of Protection Laws: Turkey and Global Perspectives," aims to

evaluate the level of women's representation in non-governmental organizations and the effectiveness of existing protection laws. Data was collected from 134 participants via Google Forms, and the analysis was conducted under the leadership of Prof. Dr. Derya Berrak Yentür and Prof. Dr. Kürşat Şahin Yildirimer from the Departments of Sociology and Psychology at St Clements University.

The primary objective of the research is to examine the roles and representation of women in non-governmental organizations within the context of both Turkey and globally, as well as to evaluate how these organizations interact with existing protection laws. The study seeks to understand the effectiveness of non-governmental organizations in advocating for women's rights, how legal frameworks influence the work of these organizations, and the impact of these laws on women's leadership within these organizations.

The data collection process utilized several scales, including the Women's Representation Scale (KTO), Leadership Roles Scale (LRO), Legal Regulations and Protection Laws Scale (YDKY), and Women's Working Conditions Scale. These scales demonstrated high internal consistency (Cronbach's Alpha: KTO 0.85, LRO 0.87, YDKY 0.83, Women's Working Conditions 0.81) and are supported by relevant literature.

The research was structured around hypotheses suggesting that women's representation in non-governmental organizations in Turkey is insufficient, that gender norms and discrimination present significant barriers to accessing leadership positions, and that existing legal regulations are ineffective in protecting women, children, and animals. These findings provide a foundation for developing strategies in the fields of women's representation and gender equality policies.

Findings:

Demographic Information and Age Distribution of Participants

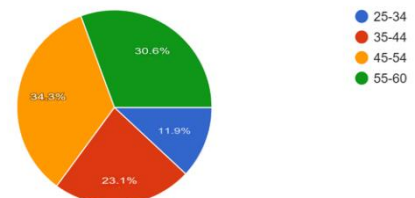
In this study involving 134 participants, the age distribution is diverse, offering insights into how perceptions of gender equality vary across different age groups. Below is the breakdown of age ranges and their corresponding percentages:

- **25-34 age range:** 11.9% of participants. This group, primarily in the early stages of their careers, represents a young adult perspective on gender equality.
- **35-44 age range:** 23.1% of participants. This range includes individuals balancing work and family responsibilities, providing insights into the impact of gender roles in both professional and private life.
- **45-54 age range:** 34.3% of participants. As the largest group, these participants are often in the later stages of their careers, with

significant experience and awareness of gender equality issues.

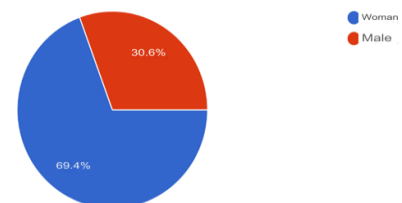
- **55-60 age range:** 30.6% of participants. This group includes individuals who have witnessed and contributed to the historical processes of gender equality, offering valuable perspectives on long-term changes and transformations.

1-Your age:
134 replies



- The high participation rate of those aged 45-54 suggests that individuals in this group have a heightened awareness and experience regarding gender equality.
- The diverse age distribution ensures that the research captures a wide range of perspectives on gender equality, reflecting different life stages and experiences.

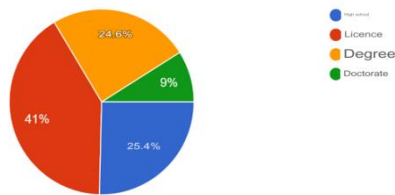
2-Your gender
134 responses



- Women: 93 participants (69.4%)
- Men: 41 participants (30.6%)

This distribution indicates that the majority of the study's participants are women, with a significant 69.4% representation. This may suggest a strong interest in women's representation within non-governmental organizations and related research. Meanwhile, the 30.6% male participation demonstrates interest in gender equality issues, though at a lower rate compared to women. This balance allows for a comprehensive gender perspective in evaluating the research results, highlighting that awareness and involvement in gender equality are more prevalent among women.

3- Your Educational Status:
134 replies

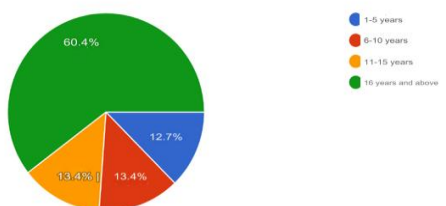


- High School: 34 participants (25.4%)
- Undergraduate: 55 participants (41%)
- Master's Degree: 33 participants (24.6%)
- PhD: 12 participants (9%)

The majority of participants have either a high school or undergraduate education, with 41% holding a bachelor's degree. This suggests a strong educational background that likely enhances awareness of issues like gender equality, women's representation, and protection laws. Additionally, 33.6% of participants hold master's or doctoral degrees, indicating a significant portion of highly educated individuals contributing to the research. The relatively lower PhD rate (9%) still suggests that some participants possess advanced academic knowledge, potentially enriching the analysis of the research results.

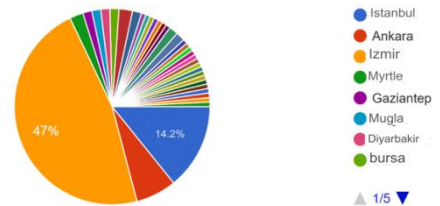
This educational distribution highlights the role of higher education in fostering awareness and sensitivity toward gender equality, with the educated participant population likely offering informed and nuanced perspectives on the issues at hand.

4- Your Working Experience:
134 responses



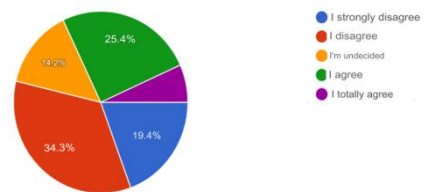
The data reveal that 60.4% of participants have 16 years or more of working experience, indicating a significant level of expertise in the areas of women's representation, leadership roles, and protection laws. Participants with 1-5 years of experience make up the smallest group at 12.7%, while those with 6-10 and 11-15 years of experience each represent 13.4%. This range of experience among participants provides a broad perspective, from seasoned professionals to those earlier in their careers, enriching the study's findings on gender equality and legal effectiveness.

5- Your City
134 replies



Izmir had the highest participation rate at 47%, reflecting the city's strong awareness and engagement in gender equality issues. With participation from Ankara at 6.7% and Istanbul at 14.2%, the survey also includes perspectives from Turkey's political and cultural hubs. Contributions from various regions in Turkey and international locations such as TRNC, Korea, and Germany (each at 0.7%) provide a broader cultural context. This diverse geographical representation ensures a comprehensive understanding of gender equality perceptions across different regions.

6- I think women are adequately represented in leadership positions in my organization.
134 replies



As seen in the graph, 34.3% of the participants answered "Disagree", indicating that there is a strong perception that women are underrepresented in leadership positions in the organization. The rate of those who say "I agree" follows this with 25.4% , but this rate indicates that there is no consensus on adequate representation. Considering the rate of those who are undecided (14.2%), it is understood that this issue is still a controversial and uncertain area in the organization. As a result, it becomes clear that more studies are needed on women's access to leadership roles within the organization and the strengthening of these roles.

<i>Survey Question</i>	Strongly Agree (%)	Agree (%)	Undecided (%)	Disagree (%)	Strongly Disagree (%)
<i>Inclusion of Women in Decision-Making Processes</i>	19.7	33.6	14.2	28.4	4.1
<i>Existence of Gender Balance Policies</i>	11.1	28.0	25.0	31.1	4.8
<i>Availability of Training for Women</i>	16.0	29.3	21.1	27.1	6.5
<i>Need for More Women in Leadership</i>	59.0	32.1	6.5	2.4	0.0
<i>Confidence in Women's Leadership Abilities</i>	57.5	36.6	4.1	1.8	0.0
<i>Success of Female Leaders in Organizational Change</i>	38.8	40.3	12.9	6.1	1.9
<i>Role of Female Leaders in Promoting Gender Equality</i>	36.1	51.9	8.1	3.9	0.0

33.6% of participants believe that women are included in decision-making processes, while 28.4% indicate that there are shortcomings in this area; 14.2% are undecided, highlighting the need for improved awareness and communication. Regarding gender balance policies, 31.1% believe there is a lack, while 28% acknowledge the existence of such policies, and 25% remain undecided, signaling a need for clearer and more effective policies. A similar division is observed concerning the availability of training for women; 29.3% believe such training exists, while 27.1% disagree, and 21.1% are undecided, suggesting that these training programs may not be well-known or effective. A strong 59% firmly support the need for more women in leadership roles, with 32.1% agreeing, indicating strong support for gender diversity in leadership. A significant 57.5% strongly express confidence in women's leadership abilities, with 36.6% agreeing, reflecting high confidence in women's leadership capacity. In terms of organizational change processes, 40.3% agree, and 38.8% strongly agree, reinforcing the demand for more women to take on leadership roles. The role of female leaders in promoting gender equality is acknowledged by 51.9%, with 36.1% strongly agreeing, emphasizing the need to further support and empower women leaders in organizations.

Findings on the Effectiveness of Protection Laws

In the reliability analysis conducted for the Legal Regulations and Protection Laws Scale (YDKY), a Cronbach's Alpha coefficient of 0.83 was found, indicating that the scale possesses good internal consistency. Analyses using the YDKY reveal that participants' awareness of laws protecting women, children, and animals, as well as their perceptions of the effectiveness of these laws, are generally insufficient. According to the graphs, more than half of the participants believe that the current protection laws

are inadequate and that the implementation processes are slow (48.5%). Additionally, the majority of participants indicate that there are no effective monitoring mechanisms in place for the enforcement of these laws (46.3%) and that legal processes do not progress quickly enough (52.6%).

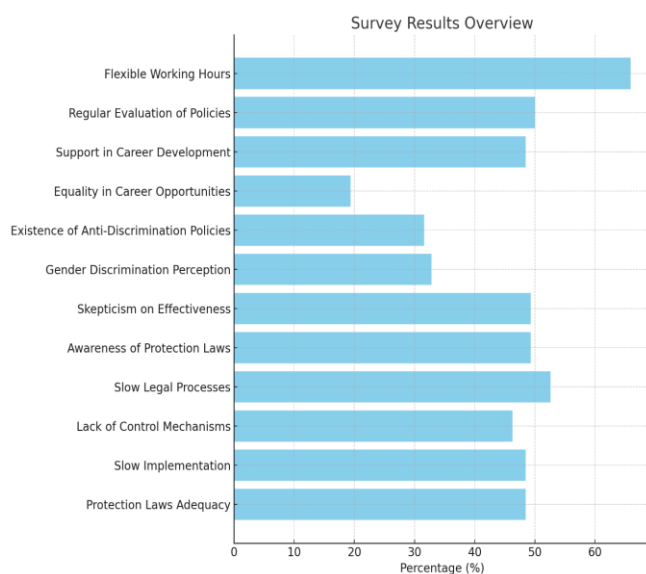
Despite this, a significant portion of the participants (49.3%) claimed to have sufficient knowledge of protection laws but adopted a more critical approach regarding their effectiveness. This suggests that while participants are informed about the legal regulations, the difficulties and delays encountered in their implementation undermine their trust in the legal framework. These findings highlight the need to improve the applicability of these laws and to increase public awareness of them. Accelerating legal processes and strengthening monitoring mechanisms are critical steps to enhance the effectiveness of the legal framework.

In the analyses conducted on the Women's Working Conditions Scale, a Cronbach's Alpha coefficient of 0.81 was found, indicating that the scale is reliable in terms of internal consistency and accurately measures participants' perceptions of working conditions. According to the survey results, perceptions of gender discrimination in the workplace vary significantly. While 32.8% of participants reported experiencing gender discrimination in their work environments, 21.6% disagreed with this view. This disparity may lead to questioning the effectiveness of gender equality policies within organizations.

Furthermore, regarding the existence of policies aimed at preventing discrimination against women in organizations, approximately 31.6% of participants believed such policies exist, while 30.8% were undecided. This highlights the need to raise awareness of gender equality policies within organizations. The proportion of those who believe that female employees have equal opportunities with their male counterparts is

limited to 19.4%, while 36.6% disagreed with this opinion. These data indicate a continuing need to ensure gender equality in women's career development.

A particularly notable finding is that 48.5% of respondents believe that women receive less support for career development compared to men. This perception serves as a significant warning that gender equality policies in organizations need to be re-evaluated and updated. Reflecting this concern, 50% of participants indicated that gender equality policies are not regularly evaluated or updated. Finally, 65.9% of participants expressed a negative opinion regarding the availability of flexible working hours for women to maintain work-life balance. This suggests that female employees face significant challenges in achieving work-life balance, indicating a need for improvements in this area.



The above chart summarizes participants' awareness of laws protecting women, children, and animals, as well as their perceptions of the effectiveness of these laws and gender equality in the workplace. The chart highlights that a significant portion of participants believe current protection laws are insufficient and that implementation processes are slow. Additionally, it shows varying perceptions of gender discrimination and views on gender equality policies in the workplace. These findings suggest that gender equality policies need regular evaluation and that improvements are necessary in areas such as flexible working hours.

Findings and Thematic Analysis

The research uses thematic analysis to explore findings related to gender equality, access to leadership positions, legal regulations, and social welfare in Turkey. The five main themes are:

- **Representation of Women and Access to Leadership Positions:** Women face significant barriers to representation and leadership positions due to gender norms and discrimination.

- **Legal Regulations and Implementation Gaps:** Existing regulations are insufficient, with implementation gaps and inconsistencies with international standards.
- **Gender Equality and Education:** Awareness-raising and educational programs play a critical role in transforming social norms and achieving gender equality.
- **Social Welfare and Women's Contributions:** Increasing women's representation contributes significantly to social welfare and justice.
- **Social Structures and Patriarchal Barriers:** Patriarchal societal structures and institutional discrimination present significant barriers to women's access to leadership positions, necessitating strengthened female solidarity.

The representation of women in non-governmental organizations and political parties is crucial for achieving gender equality. The data and analyses obtained in this study were utilized to test hypotheses aimed at understanding the representation levels of women in these organizations, their access to leadership positions, and the effectiveness of existing legal regulations.

Hypothesis 1: The representation of women in non-governmental organizations in Turkey is insufficient and lower compared to men. The research findings strongly support this hypothesis. The majority of participants indicated that women are underrepresented in non-governmental organizations and occupy fewer leadership positions compared to men.

Hypothesis 2: Gender norms and discrimination create significant barriers to women's access to leadership positions. The research findings demonstrate that gender norms and discrimination significantly hinder women's access to leadership roles.

Hypothesis 3: Existing legal regulations are ineffective in protecting women, children, and animals, and there are deficiencies in their implementation. Participants observed that current legal regulations are inadequate in practice and that the effectiveness of these laws is limited.

Hypothesis 4: The effectiveness of protection laws in Turkey is lower compared to practices in developed countries. Participants expressed that the protection laws in Turkey are less effective than those implemented in developed countries.

Hypothesis 5: Increasing the representation of women in non-governmental organizations will positively impact gender equality and social welfare. The research findings indicate that enhancing women's representation contributes positively to gender equality and social welfare.

Discussion

Discussions on gender quotas focus on their effectiveness in achieving gender equality, fairness, and impact on democratic processes. Quotas contribute to transforming gender norms by increasing women's political presence. Proponents argue that quotas not only boost numerical representation but also ensure women's active role in decision-making processes (Krook, 2009). In countries like Turkey, where achieving gender equality is challenging, gender quotas are seen as a necessary tool for women's political participation (Dahlerup & Freidenvall, 2005).

However, there are criticisms of gender quotas. Critics argue that quotas undermine meritocracy, label women as "quota women," potentially overshadowing their achievements, and interfere with democratic processes (Bacchi, 2006). This view suggests that quotas may undermine democratic representation by harming voter autonomy. Additionally, debates continue on whether quotas are fair and sufficient for achieving sustainable gender equality (Murray, 2010).

There are also challenges regarding societal acceptance of quotas. Research shows that in some societies, quotas are perceived as discrimination against women, making social acceptance difficult (Verge, 2013). In patriarchal societies, quotas may face resistance and become ineffective in enhancing women's political presence (Connell, 1987).

Discussions on the long-term effects of quotas question their potential to change gender norms. While quotas may succeed in increasing women's representation, they highlight the need for more comprehensive structural changes to address the root causes of gender inequality (Inglehart & Norris, 2003; Yentür, 2024). Furthermore, the economic impact of quotas is debated, with some critics suggesting that quotas may disrupt labor market dynamics (Franceschet, Krook, & Piscopo, 2012).

Conclusion

Gender quotas are considered a significant tool for achieving gender equality. This study examines the contribution of gender quotas to women's political representation and their effects on power dynamics. The findings indicate that quotas enhance women's participation in political processes and play a crucial role in achieving gender equality. However, structural, legal, and cultural challenges in implementing quotas may limit their effectiveness. The success of quotas depends on a strong legal framework and societal support. When designed and implemented in alignment with meritocratic principles, quotas can balance gender representation and increase social acceptance. This process should be supported by awareness and educational programs to spread gender equality consciousness throughout society. For success, the legal foundation of quotas should be strengthened, implementation processes should be meticulously monitored, and deterrent sanctions should be applied.

Institutional structures should provide appropriate training and guidance to overcome internal resistances.

Limitations

The study's limitations include generalization constraints due to data collection methods being restricted to a specific time frame and participant group, potential variations in results due to participant diversity in different cultural and socioeconomic contexts, and gender-related limitations.

Notifications

Evaluation: Evaluated by internal and external consultants.

Conflict of Interest: Authors report no conflict of interest related to this article.

Financial Support: Authors report no financial support used related to this article.

Ethical Statement

Evaluation: The study was reviewed by internal and external advisors.

Conflict of Interest: The authors declare no conflict of interest related to this article.

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About the Author



**Dr Maharram Taghizade completed his BA degree in Public Administration at the Faculty of Economics and Administrative Sciences of Kırklareli University and holds a MA degree in Public Administration at the Institute of Social Sciences of Trakya University. He completed his MA Project in the field of "Comparison of Police Organizations in Turkey and Azerbaijan". Dr Taghizade has recently completed his Doctor of Political Science degree at St Clements University with his thesis titled "The Effect of Gender Quotas on Political Representation and Power Dynamics".*

He currently works as a lecturer at Nakhchivan State University. Maharram Taghizade has 2 articles published in international journals related to his fields. Yildirimer, K.Ş. (2024), Analysis of Voters' Psychological and Sociological Attitudes Towards Policy Makers. Georgia: To cite this article: Collaborate, Current Science, Volume 5, No. 6-01. Yildirimer, K. Ş. (2023) Transparency & Opac Society: From A Political Science Perspective. Georgia: To cite this article: Collaborate, Current Science, Volume 5, No. 5-8.

Dr Taghizade may be reached at taghizade1903@gmail.com

JUDAISM: LENSES AND REFLECTIONS

Professor Dr Bruce R. Duncan*

This article briefly explores aspects of Judaism's unique sociocultural tapestry, using Biblical and secular lenses to reflect on snippets of Jewish history, sects, Zionism, and the centrality of its divinity, Yahweh, vis-à-vis its 21st-century presence. The author plans to submit drafts on Christianity and Islam for editorial consideration in two future editions of *Veritas*. Interestingly, the different concepts of the divinity of Judaism (Yahweh), Christianity (God) and Islam (Allah) often lead to conflict and debate that ultimately contribute to religiously structured territorial divisiveness.

Judaism

Judaism is one of the world's oldest monotheistic religions, rooted in ancient history and enriched with cultural uniqueness. The Jewish people as a race, their religion—Judaism—and their distinctive traditions have not only influenced but also sculpted their place in social science literature and the world's sociocultural, political, scientific, economic, and ethical fabrics.

Jewish people – the chosen ones

So, using the Biblical lens, the author will scan the essential historical contexts in which the Jewish people intertwine with their religion, secularism, and fascinating traditions by also peeking into the sanctity of Yahweh and meeting Zionism while reflecting on Judaism's constructive interaction with the divine and secular.

Critical to understanding Judaism's controversial image is reflecting on its Biblical label—the chosen people. Consider, too, the similarity of Jews “being special to God” in the later Christian depiction of “born-again” Christians as those “chosen in Christ before the foundation of the world” (Ephesians 1.4; John 14; John 3.16).

Wearing different labels, the divinity/divinities of the Jewish and Christian faiths have predestined chosen followers. However, the traditional Christian deity is a unique monotheistic Trinity of Father, Son, and Holy Spirit¹.

The term “chosen people” is a free translation of the biblical terms *'am segullah* (“treasure people”) and *'am nahallah* (“heritage people”).

Britannica, T (2023)

Judaism – skin pigmentation and the chosen

The Beta Israel community of Ethiopian Jews preserved a unique form of Judaism in isolation until the late 20th century. In the 1980s and 1990s, over 28,000 Ethiopian Jews were airlifted to safety in Israel through secretive military operations designed to reconnect them with the global Jewish community and help them escape Ethiopia's political instability. The familial canopy expanded for those also of the chosen race. Upon arrival, the Ethiopians faced culture shock. They had to adjust to “other” cultural and social norms and mores, and that adjustment meant the assimilation of the dominant in situ practices of the white-skinned society. Despite these initial challenges, Ethiopian Jews have become an integral part of Israeli society, though issues of racism and integration persist. Sadly, some fail to accept that “difference” is not a pejorative word, and they subsequently reflect bias and prejudicial attitudes.

African-American Jews come from diverse backgrounds, including converts and those with Jewish ancestry, and often navigate complex identities. Organisations like the Black Jewish Liberation Collective and the Jewish Multiracial Network work to increase awareness and foster acceptance within the broader Jewish community. Internationally, Igbo Jews in Nigeria practice Orthodox Judaism and claim ancestry from ancient Israelites. Initiatives like Teshuvah Across the Waters promote cultural exchange by helping black Jews explore their heritage. According to religious law, Judaism is colour-blind, with an identity based on religious practice and lineage. However, as is common in various sectors, theory is not always practised. Racism and exclusion still exist, prompting ongoing efforts to create a more inclusive environment, recognising that Jews are considered Yahweh's chosen people.

Judaism's journey

So, using the Biblical lens, this study traces back nearly 4,000 years, beginning with the patriarch Abraham, the founder of the Jewish people (Finkelstein & Silberman, 2001). According to Jewish tradition, God made a covenant with Abraham, promising to make his descendants a great nation. This covenant continued through his son Isaac and grandson Jacob, the patriarch of the twelve tribes of Israel (Genesis 17:7). This historical journey reflects the influence of the path-dependent development of familial nepotism with Judaism's God being on the side of the chosen people, but of what benefit to the faithful?

¹ See Howard-Snyder (2015) for the historical rationale for the Trinitarian concept.

Crucially, the Roman siege and destruction of Jerusalem in 70 CE led to a shift in Jewish socio-religious focus due to the influences of the Rabbinic emphasis on inclusivity and adaptability among dispersed Jewish communities (Ben Yosef et al., 2023). The “family” concept offered an awning under which the chosen people could live, but at what cost and where did Yahweh sit?

Notwithstanding, exploring the origins of the Hebrews, Biblical Israelites, Judeans, and Jews using the secular lens was complex, involving multiple academic and scientific disciplines. For instance, linguistics provides insights into the roots of Semitic languages, connecting Jewish people to regions like the Western Sahara and Northeast Africa. Archaeology, now employing refined methods beyond past biases, enhances the understanding of historical populations. Psychology, particularly Freud’s insightful theories, sheds light on Judaism and the 21st-century war with Hamas and others. However, this is a limited historical tool; genetic research reveals the intricate ancestry of Jewish communities, showing a mix of Near Eastern and diverse genomic origins, challenging simplistic racial theories (Ben Yosef et al., 2023).

Interestingly, Jewish identity has evolved from proto-Afroasiatic beginnings to populate a global diaspora marked by migrations/colonisation, ruthless persecutions, inhumane treatment, unacceptable humiliation, racism, numerous cultural exchanges, and triumphant political, social, and religious transformations (Ben Yosef et al., 2023).

Today, Jewish communities’ resilience and adaptability reflect a dynamic identity shaped by historical challenges and triumphs, uniting diverse groups globally. Thus, this study highlights the importance of a nuanced, interdisciplinary perspective in understanding Jewishness, Jewish communities, and their path-dependent responses to aggression.

Jewish history and its context provide lenses to reflect on aspects of the contemporary Jewish-Hamas-Hezbollah-Iranian-whoever conflict. The current conflict is the outcome of the influence of powerful countries whose influential leaders made controversial decisions that impact the Middle Eastern nations, their ancestry, territorial rights, and interpretations of Biblical text. The world holds its breath as missiles fly, men, women, and children die at the end of human-designed weaponry, and carnage defines the Holy Land. Readers may well ponder the counterfactual “What if ...” lens.

Nepotism

The term and practice of “nepotism” cannot be backdated to challenge religious or social structuring during ancient periods – different contexts dictated this “familial” concept. For instance, in the Western world during the 14th or 15th centuries, the term emerged because critics challenged the papal appointments of

male relatives to significant positions. Over time, nepotism’s perceived negative implications and its ethical flavour have led to a widespread rejection of the practice in the changing fibres of Western society’s professional and governmental settings.

Nevertheless, familial, and public nepotism remains active globally and often intertwines with traditional practices in non-Western countries (Jain et al., 2022; Chittock, 2015; Corkindale, 2007; Waled & Sanchez, 2012; Roy, 2021). The author ponders the psychosocial influences of this divinely scripted selection process vis-à-vis the religious elephant in the room and wonders if ancient tribal familial structures projected into religion.

Judaism and nepotism

Jewish law (Halacha) emphasises fairness and justice and subsequently discourages nepotism, especially when it leads to unfair advantages or corruption. The Torah and Talmud affirm honesty and integrity in business and personal interactions - a moral framework that discourages favouritism and promotes merit-based decisions. Rabbinic teachings support this perspective, with many rabbis advocating against nepotism and stressing the importance of making decisions based on merit rather than familial connections, particularly in leadership and communal roles. “Mishpat Tzedek,” or righteous judgment, advocates for justice and equity in all areas of life uninfluenced by nepotism (Meier, n.d; Bellow, 2003). There is no research exploring familial nepotism, and, in the author’s opinion, what families do with their business is just that – their business.

Migration/colonisation/land acquisition

Notwithstanding, the Biblical lens reports on the groundbreaking event in Jewish history, the Exodus, when Moses led the Israelites out of slavery in Egypt² and received the Torah, including the Ten Commandments, at Mount Sinai (Exodus 20). This Biblical event provides a lens on the annually commemorated festival of Passover.

The Torah, the first five books of the Hebrew Bible, is central to Jewish faith and law and is considered divinely revealed by Yahweh to the chosen people (Sarna, 1991)—who, ironically, have suffered at the hands of other nations. The evolution of inherited stories wove the encultured threads that made Judaism unique.

Territorial development and tradition

A focal moment occurred during the Babylonian Exile in the 6th century BCE, which led to the creation of synagogues and a shift towards community-focused worship (Smith, 1987). This period transformed Jewish

² The author ponders whether the Jewish nation will follow those who seek compensation for slavery. Hopefully, they will not pursue this avaricious display of avarice.

religious practice, emphasising community and collective worship. The Romans' destruction of the Second Temple in 70 CE was another critical event, leading to the emergence of Rabbinic Judaism. This form of Judaism prioritised studying and interpreting the Torah and other sacred texts (Neusner, 2004). These transformations shaped the development of religious practices and community living – a paradigm evidenced in the kibbutzim in modern-day Israel.

Judaism: monotheistic but not monolithic

Judaism encompasses various sects and movements, each with its unique interpretations and practices (Goodman, 2000) – as noted in the following examples:

Orthodox Judaism

Orthodox Judaism adheres strictly to traditional beliefs and practices. It maintains that the Written and Oral Torah were divinely given and must be followed without change. Within Orthodox Judaism, there are further distinctions, such as Modern Orthodox, who engage with contemporary society while observing Halacha (Jewish law), and Haredi (Ultra-Orthodox), who tend to isolate themselves to preserve their religious lifestyle (Heilman, 1992).

Conservative Judaism

Conservative Judaism seeks to conserve Jewish traditions while allowing for some modernisation. It emerged in the 19th century as a response to the Reform movement. Conservative Jews adhere to Halacha but believe it can evolve to meet changing circumstances. They emphasise the importance of Jewish education and community (Gordis, 1997). The family concept includes those who are different”.

Reform Judaism

Reform Judaism is the most liberal branch, advocating individual autonomy in interpreting Jewish traditions. Founded in the 19th century in Germany, it seeks to adapt Judaism to the modern world. Reform Judaism emphasises ethical teachings over ritual observance and supports gender equality and inclusivity (Meyer, 1988).

Reconstructionist Judaism

Reconstructionist Judaism, founded in the 20th century by Rabbi Mordecai Kaplan, views Judaism as an evolving religious civilisation. It emphasises communal decision-making and the cultural aspects of Judaism rather than strict adherence to Halacha (Kaplan, 1981). The author noted this inclusive process when staying at a Kibbutz.

One of the Jewish sects that is considered secular is Reconstructionist Judaism. This movement was founded in the 20th century by Rabbi Mordecai

Kaplan. Reconstructionist Judaism views Judaism as an evolving religious civilisation and emphasises communal decision-making and the cultural aspects of Judaism rather than strict adherence to Halacha (Jewish law). This approach allows for a more secular interpretation of Jewish traditions and practices.

Zionism

Cultural expression broadened and found a place in their modern religious/national psyche.

Zionism is a political and cultural movement that emerged in the late 19th century, advocating for the return of the Jewish people to their Biblically designated ancestral homeland and establishing a Jewish state in Palestine. The movement was a response to widespread antisemitism in Europe and the desire for a safe and sovereign Jewish homeland (Laqueur, 2003).

Theodor Herzl, often considered the father of modern Zionism, convened the First Zionist Congress in Basel, Switzerland, in 1897. This congress laid the foundation for the World Zionist Organization and the pursuit of a Jewish state. Herzl's vision mirrored his belief that Jews could only achieve safety and self-determination in their own country (Herzl, 1896). The author pondered the power of the evolutionary-endowed, the need to survive, and the development of territorial rights.

The Balfour Declaration of 1917, in which the British government expressed support for establishing a “national home for the Jewish people” in Palestine, was a crucial milestone for the Zionist movement. This declaration eventually led to the establishing of the State of Israel in 1948, following the end of British mandate rule and a United Nations resolution (Shlaim, 2001). Ironically, the roots of the eventual conflict began germinating on the region's soil, and the chosen people were to enter another historical phase – yet another Biblical focus.

Zionism has various facets, including political Zionism, which focuses on the establishment and defence of the state of Israel; cultural Zionism, which emphasises the revival of the Hebrew language and Jewish culture; and religious Zionism, which views the establishment of Israel as a fulfilment of biblical prophecy (Ravitzky, 1996).

The Biblical lens was to face challenges from others who saw history differently – territorial rights by non-Jews emerged from the dusty plains of the desert. The chosen people were to battle to establish their identity as a nation.

Yahweh

Yahweh is the name of the God of Israel in the Hebrew Bible. It is considered the most sacred name of God and is often transliterated as YHWH (Yahweh).

The name is sometimes called “Jehovah” in English translations (Smith, 2002).

In Jewish tradition, the name Yahweh is considered so holy that speaking it aloud is forbidden. Instead, Jews use titles such as Adonai (Lord) or HaShem (The Name) when referring to God. Yahweh is understood to be the creator and ruler of the universe, the source of all moral law, and the one who established the covenant with the people of Israel (Deuteronomy 6:4) – a unique relationship that reflects nepotism.

Yahweh’s relationship with the Jewish people is central to Judaism. Yahweh is a just and compassionate deity who demands ethical behaviour and offers covenantal love. The Shema, a central declaration of the Jewish faith from Deuteronomy 6:4, affirms the oneness of Yahweh: “Hear, O Israel: The Lord our God, the Lord is one” (Deuteronomy 6:4). The author reflects on the unquestioning use of rote learning when identifying the Islamic and Christian focus on the divine being and equates this with Mao Tse Tung’s Little Red Book and the Christian Catechism where people “learned/learn” what to believe.

Conclusion

Judaism’s rich history, diverse sects, the Zionist movement, and the central figure of Yahweh together form a complex and deeply rooted religious tradition. Judaism continues to evolve from its ancient beginnings to its modern expressions while maintaining a solid connection to its foundational beliefs and practices. This enduring faith not only shapes the lives of millions of Jews worldwide but also contributes significantly to the broader tapestry of human civilisation (Eisen, 1995).

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About the Author



**Professor Dr Bruce R. Duncan holds: a Certificate in Life Coaching – Newcastle College; a Diploma in Counselling – CSCT, a Diploma (TESOL) Distinction, a Diploma in Teaching Business English (Distinction) – LTTC, a Cambridge CELTA, an MA (TESOL) – St Clements University, a D.Litt – St Clements University, an Honorary D.Ed – Commonwealth University. He is the founder and Chief Executive of Sanctuary Services, a Fellow of the Royal Society for the Encouragement of Arts, Manufactures and Commerce (RSA) and President of the Institute of Management Specialists – Comp.I.M.S. (Dip.IMS). Email address 110940@msn.com*

THE RELATIONSHIP BETWEEN ADOLESCENTS' ATTITUDES TOWARDS WOMEN'S POLITICAL REPRESENTATION IN TURKEY AND SOCIAL PHOBIA IN THE CONTEXT OF GENDER

Nazmiye Eski*

This is a summary from the thesis paper written for the St Clements University - Turkish Language Division - Bachelor of Psychology.

ABSTRACT

The purpose of this study is to examine the relationship between the Attitudes of Adolescents towards Women's Political Representations in Turkey in the Context of Gender and how political representations differ according to gender roles, the role of women on political representations and social anxiety. Since this study is the first study to examine the attitudes of 17-year-old adolescents, who are pre-voter age, towards women's political representations, considering both the relationship with family, economy, culture, education and career, the role of gender roles in this context and the correlation with social anxiety, it is considered to be a study with high scientific original value and a contribution to the literature. As a gender, roles are shaped according to the norms in the society in which men and women are located before birth. (Özkazanç, 2010: 45) When women are currently examined, they experience inequality at different positions and levels, and these can mostly be stated as de facto inequality (Bakırcı, 2012). The concept of gender perception stands out with its opposition to all social, biological and social discrimination between women and men. Sancar (2000), who states that people are equal from birth, also expresses the concept of equality in the same way, referring to the equal living conditions of men and women.

Since the emergence phase of social anxiety is mostly in high school, it is thought to be important for adolescents, who are the pre-voting age group, to define global equality and to learn the relationship between society's value judgments and the political representation of adolescents and women and social anxiety. According to the indicators that emerged as a result of this research, it is thought that the determination of suggestions to increase the role of women in politics can be useful both to researchers working in the field and to women politicians who are actively involved in the field and who are considering taking active roles.

According to the results obtained in the study, it was determined that there is a positive relationship between social anxiety and gender perception.

Keywords: *Social Anxiety (Social Phobia), Political Tendency in Adolescents, Political Tendency in Women in Turkey, Gender, Political Representation of Women*

INTRODUCTION

Anxiety disorders are among the most common psychological disorders encountered today with a rate of 18.1%. The disorder is divided into diagnostic and statistical sections. According to DSM 5 (Manual of Mental Disorders 5) and ICD -10 (International Classification of Diseases), anxiety disorders are divided into 2 groups as agora anxiety and specific anxieties, Marks and Gelder (1960). For social anxiety (social anxiety disorder); we can say that "it is a state of high-intensity anxiety or panic that occurs when the individual is under observation by other individuals or by society." (APA, 2013). It is seen that the intense anxiety and restlessness experienced by individuals while communicating or when they have to show themselves is defined as social anxiety. Although social anxiety disorder is generally expressed as exhibiting avoidant attitudes due to fearful concerns about speaking in public and activities that highlight the self, the situation is much more than these symptoms (Kermen, Tosun, & Doğan, 2016). It is known that it starts to be seen more in early adolescence or late childhood (Pine & McClure, 2007). According to Kessler et al. (2005), while the earliest age of social phobia is seen is 5 years old, the highest rate for a 12-year-old individual is diagnosed as 12 years old. If no treatment is sought or precautions are not taken during these stages, it can reach higher levels during adolescence. In the adulthood stage of growth, treatment can become difficult and it can become chronic (Yonkers, Dyck, & Keller, 2001).

Children may exhibit behavioral anxiety symptoms such as shouting, avoiding speaking in public, stamping, crying, remaining motionless, and hiding (DSM 5 R, 2013). Students experiencing Social Anxiety may exhibit avoidant behaviors. They may have low participation in classes, minimal communication with their peers, are mostly asocial, shy, lack leadership skills, and some may have problems with concentration and learning difficulties (Bernstein, Bernat, Davis et al., 2007).

In general, the individuals who make up the society are shaped by the society due to the fact that they are raised in the society, namely the cultural-social-economic structure in the society. Due to gender stereotypes originating from this situation, the position of women in political life is generally ignored and does not coincide with the concept of gender equality, which cannot go beyond a legal concept, and a more masculine structure is seen. Despite many steps towards democratization, women's inequality is observed in every area of society (Özaydınlık, 2014: 94-95). While all countries in the world are experiencing this situation, the gap in gender equality between women and men in the political arena is quite high in developing countries. Women are considered less preferred than men in business life (giving birth, maternity leave, childcare leave, breastfeeding leave, being described as an emotional being and not being able to make good decisions, etc.), they are often not treated equally in business life due to factors such as not having the right to equal salary even if they start working, not having social security, and glass ceiling syndrome (Çakır, 2008: 43-45).

Our country is among the developing countries and the gender equality threshold is quite high. The main factor here is the society in which one grows up and the concepts of gender judgment patterns and gender socialization that have been passed down from the past to the present within the society. According to these concepts, the individual who grows up in the smallest structural unit that forms the society, the family, eats, drinks, moves, thinks, acquires a profession and is even buried after death according to the expectations of the society in line with the gender main variable. Therefore, the society positions the individual's entire life from the moment he/she is born to the stages after his/her death. In this respect, gender judgment is a very important invisible perception. Due to this situation, we can also count the gender factor as the main factor in the general male structuring in societies, including the use of political tools in political processes (making decisions, taking active roles, holding rallies, influencing the environment, etc.).

According to the social perception of gender, women are passive, inactive, deprived of self-esteem and in the background at home, while men are powerful, influential and actively structured (Habermas, 2010: 103). In our country, the act of voting, which is one of the political decision-making tools, is an equal and mandatory situation for all men and women aged 18 and over.

The traditions, beliefs and values of the society in which individuals grow up since childhood become a kind of taboo, and the society expects individuals to be culturally reflected in terms of gender. This reveals the close relationship between gender and culture. Vocational orientation refers to the process that ensures that an individual continues throughout their

entire life at the end of their education life, and it refers to the stage of preference in the orientation towards a profession after high school. In this sense, the senior year of high school is of particular importance because it is described as the ladder to the final profession, which we call university. In this sense, as a result of the career processes of individuals taking shape according to the society they grow up in, the individual can step into university life or work life in the senior year of high school by looking at variables such as the environment, family, friends and interests. As women and men, in a sense, since gender defines a set of identities and roles for the individual at birth, the individual can also step into a professional career in this direction since he/she grows up according to the expectations of the society. Although variables such as the economic impact of the family, level of education, number of siblings, whether parents are married or divorced are important factors in career choice, it can be said that the biggest factor is gender stereotypes and gender socialization.

It is thought that determining the attitudes of 17-year-old adolescents in terms of school types (Imam Hatip, Vocational and Science High School) in terms of their level of consciousness towards women's political representation in the context of gender before the voting age is important for women's political representation in the country, and it is also thought that determining the attitudes of adolescents towards women and men's political roles in the context of gender in Turkey is important and in line with the indicators that emerge, observing and evaluating the attitudes of the adolescent mass counted before the voting age in our country is important in the context of the upcoming political process and accordingly the country's administrative policies. It can be said that the lack of sufficient literature on the subject of this research increases the importance of the study.

CONCLUSION

It was observed that Social Anxiety is an effective factor in adolescents (self-esteem, being able to speak independently, expressing oneself, the ability to cope with difficulties, positive perspective, etc.), and that students who do not experience social anxiety have high academic success levels and make decisions individually in line with their own interests after high school, that women, who are the subject of this study, have developed the belief that they can make choices in line with the requirements of gender equality in the fields they want and in line with their interests, and that they should also take part in this field if their interests and desires are in the political arena. It was observed in all participants that social judgments are not a valid perception in today's conditions and that women and men should have free will in their choices of life and occupational preferences in every field compared to the past. It can be stated that with the reflection of gender equality, which is an indicator of democratic life, in social life and in the political arena,

women can no longer be objects but subjects. Instead of the traditional structure of good mother, good wife, it is now thought that the structure of successful women and successful women politicians is identified with free will and that it is important for women to take a role in political life in order to keep up with global development. Because, while the 21st century is a century in which speed is raced in many areas such as technology, the continuation of the traditionalist structure in every field can be described as a barricade in front of the development of countries. It is important to prevent sexist stereotypes from settling in individuals, especially from their educational processes, which are the development period, and especially when the finding that social anxiety disorder begins in high school is not ignored, this study shows that adolescents have shown a development in overcoming gender perception, social roles and structures, judgments and beliefs compared to the past.

If it is considered that high school seniors will take an active role in political decision-making processes after graduating from high school, it has been observed that high school seniors are not crushed under the social stereotypes imposed from the past, that they are displaying an attitude against many gender roles such as ‘Women should stay at home’, ‘Women should not work’, ‘Women should focus on professions that are easy, do not force them and can come home after work and do housework’, which are considered gender stereotypes, and that adolescents are no longer independent of society, free and drowning in any stereotypes. At the same time, it was observed that 17-year-old adolescents exhibited attitudes in both life perception and professional career perception in line with their more visionary and global observations.

Again, contrary to the structure of women as worthless, passive, not finding work right and doing housework and raising children, in which is a result of gender judgment patterns, it was observed that 17-year-old male and female adolescents are quite self-esteemed, have high self-esteem, and can choose their life and professional careers with self-consciousness value.

SUGGESTIONS

Since social anxiety occurs especially in adolescence, it is thought that including it in the curriculum will make a significant contribution to both adolescents and women and men who will work in the field, so that adolescents can express themselves comfortably and have a say in the political arena, which is an important position in the country's administration, and to achieve gender equality in a democratic organization.

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ABOUT THE AUTHOR



**Nazmiye Eski graduated from Anadolu University, Department of Public Administration and Sociology and completed her Master's Degree in Educational Administration, Inspection, Planning and Economics (without thesis). She holds a TÖMER Certificate in Family Counseling and Teaching Turkish to Foreigners, as well as many other educational certificates in the field of Psychology. She is currently at the Clinical Psychology Master's Thesis stage at Cyprus Science University. She is also a columnist and editor at Teachers Site. She has undertaken administrative duties and served as a manager in many associations that volunteer in the field of social and health. She still tries to take part in areas related to development.*

Nazmiye Eski works as a teacher in Ankara and has published an article titled "Views of Education Inspectors, District National Education Directors and Branch Managers on Complaints Received by BİMER and CİMER: A Case Study" in a national journal and 8 papers she presented in various congresses (EJER, EYFOR) as full texts. The researcher's ORCID Code is: 0000-0002-4633-348X - and this study was produced from the St Clements University Psychology Bachelor's Thesis. The thesis was published at "<https://zenodo.org/records/10985505>" and was awarded the "Collin Le Cornu Golden Award", the best graduating student award by St Clements University.

You can reach Nazmiye at nazmiyeeski@hotmail.com.

CONSTITUENCY STRATEGIC PLANS ARE KEY FOR SUSTAINABLE DEVELOPMENT IN MALAWI

Dr Landson Thindwa*

PhD - Strategist working at Nkhoma University but writing at his own capacity.

According to (Nnoli) Politics is a consolidation of state powers for sustainable development. These powers can be consolidated through meaningful Strategic Development Plans (SDP). Development is a movement from undesired situation to desired and sustainable situations.

In order to foster sustainable development, as Malawi, we need to facilitate formulation of viable strategic plans for all the constituencies and all aspiring member of parliaments and councilors should sign and promise to follow within their five years period. In my views all the strategic plans should be also aligned to our national vision 2063 and various district strategic documents such as Social Economic Profiles (SEP), District Development Plans (DDP) and District State of Environmental Report(DSOER). These strategic plans should be developed in a participatory manner so that all concerned citizens without considering their political and religious standing should participate and prioritize the development initiatives needed in the constituencies.

Key Pillars

It is my view that these strategic plans should cultivate more in areas like Agriculture Commercialization, Education and Human Capital Development, Gender and HIV and AIDS, Infrastructure Development, Lands Issues, Roads and Transport and Governance in the constituencies. As a country, we need to look at the constituencies and even wards as source for our sustainable development. We cannot say Malawi is a developed country minus Wards and Constituencies.

Strategic Implementation Arrangements

In order to foster accountability and transparent, these strategic plans should be in hands of Area Development Committees with support from Independent Multi Sectoral Constituency Committees (IMSCC) and Ward Committees. As a country we need to establish an independent committee to look at work with area development committees in executing key interventions planned in the strategic plans. These committees will provide checks and balance during implementation of the key interventions which will be agreed in the entire strategic plan.

Alignment

It is also my view that all aspiring Members of Parliament and Ward Councilors should align their manifestos to the strategic plan and at they ought to sign the strategic plan once elected into such positions so that they should be aware what they have to do in such constituencies in Malawi. If the district has four constituencies, it means there will be 4 strategic development plans which will also be monitored at that level.

Monitoring and Evaluation

For proper tracking of progress in the constituency development areas, there will be a standalone monitoring committees which will develop a clear Monitoring and Evaluation Frameworks to guide the process and clear indicators of performance shall be formulated for easy tracking.

This Monitoring framework will track all activities done by members of Parliament and their ward councilors in the entire constituencies. The independent Monitoring and Evaluation subcommittees will produce quarterly reports to be discussed at Area Development Committee level where all political parties, chiefs, government departments, general communities and other stakeholders available in the constituencies. This process will also foster accountability and transparency on implementation of constituency development funds and other resources available for development in the area.

It's my view that the strategic plans should be also evaluated at mid-way to see most significant changes (MSC) carried out in the constituencies within 2.5 years of implementation and then revise the key interventions and strategies. This process will be done by an independent local consultant who understands development at local level.

Constituency Development Funds

For proper utilization of the funds, it's my view that all activities or interventions carried out using constituency Development funds should be clearly reflected in the strategic plans which people prioritize during the participatory development of such plans. Any activities implemented outside the agreed ones should be deemed ghost work. In this way, we are

going to see true and sustainable developments in Malawi which will also contribute to favourable economic growth at all levels.

Budget of Strategic Plans

Every strategic development plan at constituency levels shall have its own budget and sources. It will carry a vote allocation to all activities and projects which have been earmarked to take place in the constituency with the period of five years. Members of Parliament, Councilors, Traditional Leaders, and other key stakeholders can also market the budget in the strategic plan to spearhead development at grassroots level. Let's all Malawians of good will support this initiative for developing Malawi. We need to **be Doers and not Spectators in Development**

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About the Author



**Dr Landson Chakachaka Thindwa is a Civic Education practitioner and a holder of EMBA and IMBA Degrees and a Post Graduate Certificate in Management obtained partly from MANCOSA and St Clements University. He also holds a Ph.D in Strategic Human Resource Management - USA. He may be contacted at landsonhindwa@yahoo.com*

THE EVOLUTION OF THE HEALTH AND WELLNESS INDUSTRY: IMPLICATIONS FOR PSYCHOLOGICAL HEALTH

Associate Professor Yesim Sirakaya*

(*St Clements University, Psychology Department Faculty Member*)

Abstract

The health and wellness industry has undergone a radical transformation in recent years. This article covers the evolution of the industry, current trends, challenges faced and future perspectives. In the field of health and wellness, important trends such as personalized medicine, digital health technologies and holistic approaches stand out. Digital solutions that support personal health management enable individuals to better manage their health by facilitating the monitoring and analysis of health data. Additionally, holistic health offers a more comprehensive approach to health by emphasizing the connection between physical, mental and emotional well-being.

However, this transformation process brought with it some difficulties. Security of digital health technologies, data privacy, and access to healthcare are among the main concerns. Additionally, rapid changes in the health and wellness industry necessitate updating regulatory and ethical standards.

In the future, the health and wellness industry is expected to become even more integrated and individualized. Advances in fields such as artificial intelligence, genetic research and biotechnology will make health management more efficient and personalized. However, to ensure successful integration of these developments, all stakeholders in the industry need to collaborate and develop innovative solutions.

Significant changes in the health and wellness industry in recent years are closely related to the increase in awareness of individuals' general well-being and health management. The role of psychology in this transformation has enabled the fields of health and wellness to be addressed in a holistic manner and has manifested itself in various applications. This article will discuss the evolution of the health and wellness industry, current trends, challenges and future developments, and detail the role of psychology in this process. Additionally, this article comprehensively examines the evolution of the health and wellness industry, assessing current dynamics, challenges faced, and future potentials.

Key Words: *Health and wellness, industry evolution, personalized medicine, digital health technologies, holistic health, health management, data privacy, access to healthcare, artificial intelligence, genetic research, biotechnology, regulatory standards, well-being.*

Introduction

The health and wellness industry can be defined as a comprehensive field that aims to support the physical, mental and emotional well-being of individuals. This industry has evolved across a wide spectrum, from technological innovations to holistic approaches to healthcare management. Psychology has played an important role in this evolutionary process and has been integrated into the center of health and wellness strategies.

In recent years, the health and wellness industry has undergone a significant transformation worldwide. Going beyond traditional health services, holistic approaches and innovative technologies that cover both the physical and mental well-being of individuals have come to the fore. This change has radically affected individuals' health perception and lifestyle, as well as healthcare systems.

Technological advances, especially digital health solutions and personalized medicine, are reshaping the dynamics of this industry. Innovations in digital monitoring and analysis of health data and personal health management allow individuals to manage their health more consciously and effectively. In addition, holistic approaches in the field of health and wellness that address the health of the whole body and mind as a whole focus on mental and emotional well-being as well as physical health.

However, this evolutionary process not only comes with opportunities but also various challenges. Issues such as security, privacy and accessibility of health data are among the key issues facing the industry. Additionally, managing the impacts of rapid technological developments on healthcare systems and keeping regulatory standards up to date is a significant challenge for all stakeholders in the sector.

This article aims to cover the evolution of the health and wellness industry in detail, examining current trends, challenges and future perspectives. A better understanding of these dynamic changes in healthcare will contribute to the development of healthier and more sustainable lifestyles for both individuals and healthcare professionals.

Methodology

Existing academic literature and industry reports were examined in detail to understand the latest developments and trends in the health and wellness industry. In this context, published articles, books and reports on healthcare services, digital health technologies, personalized medicine and holistic health approaches were evaluated.

Literature Review

This article is a comprehensive review of the evolution of the health and wellness industry in recent years. The main goal of the article is to understand the basic dynamics of the transformation in the field of health and wellness, current trends and challenges, and to evaluate the future effects of these changes. In this direction, the following basic objectives are pursued (Smith, J., & Brown, L., 2023):

Analysis of Trends: To identify new trends in the health and wellness industry and examine the effects of these trends on current approaches in the sector (White, E., 2023). In particular, to detail how personalized medicine, digital health solutions and holistic health approaches have developed and their application areas.

Assessing Challenges: Analyzing the major challenges and obstacles faced by the industry (Wilson, P., 2023). To address critical issues such as data security, privacy, and access to healthcare and reveal how these issues affect the general dynamics in the sector.

Examining Future Perspectives: To evaluate possible future development directions and potential opportunities of the health and wellness industry. To examine the role of innovative technologies such as artificial intelligence, biotechnology and genetic research in the sector and the effects of these technologies on healthcare (Black, S., & Harris, J., 2023).

Providing Recommendations: To provide information and strategy for all stakeholders in the industry by proposing more effective and sustainable solutions in the field of health and wellness, in light of the industry's current challenges and future opportunities (Taylor, M., & Davis, N., 2024).

This article aims to evaluate the evolution of the health and wellness industry from a holistic perspective, providing important information at both theoretical and practical levels and shedding light on developments in the sector (Doe, A., & Lee, C., 2022).

Argument

The health and wellness industry has undergone a radical transformation over the last few decades. The shift from traditional health approaches to a broader understanding of lifestyle and wellness involves targeting individuals' psychological and emotional health beyond their physical health. This evolution reflects its effects on individuals' psychological health in both positive and negative ways.

These changes in the health and wellness industry have many positive effects. First of all, increasing awareness of mental health and stress management allows individuals to manage their psychological health more effectively. Wellness approaches such as meditation, yoga, and mind-body practices can improve stress coping skills and improve overall mood. Additionally, personalizing health and wellness products and services can provide psychological satisfaction by making it easier for individuals to find health solutions that suit them.

However, the evolution of this industry has also produced some negative consequences. First, intense competition and commercial pressures in the health and wellness market can make individuals feel inadequate. Ideal body images and perfect health standards, especially spread through social media, can increase the pressure of perfectionism and lead to psychological problems. Additionally, the scientific validity of many products and services offered by the industry is questionable; This can put individuals' psychological health at risk by turning to fake and unscientific health solutions.

The economic size of the industry and the social impacts of this size should also be taken into consideration. The high costs of wellness products and services may limit some individuals' ability to benefit from these resources and create inequality. This can have negative effects on psychological health by increasing stress and anxiety levels, especially in low-income individuals. Additionally, the ever-changing trends of the health and wellness industry can leave individuals feeling pressured to keep up with current health standards, which can lead to feelings of psychological burnout.

How the health and wellness industry evolves in the future will also determine its effects on psychological health. Technological advances, personalized health solutions, and the rise of digital health platforms may change the way individuals manage their psychological health. However, balancing the positive and negative effects of these developments requires a careful and conscious approach to protect the psychological health of individuals and communities.

Finding

1. Evolution of the Health and Wellness Industry

1.1 Historical Development

The evolution of the health and wellness industry has shifted from treating disease to focusing on prevention and overall well-being. In this process, it is considered an important stage for individuals to play an active role in health management and to take psychological factors into consideration (Gordon, N., & Kress, H., 2023).

1.2 Holistic Approach

Health is defined as the individual's feeling of well-being and the absence of discomfort (Sabuncu N. et al., 2014). It is very difficult to define health because everyone has their own concept of health. Health in previous years; Not being sick was defined as not being healthy, and illness was defined as not being healthy. However, these definitions seem to be inadequate (Dedeli Ö., Kaptan G., 2012). The World Health Organization (WHO) defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." As can be understood from the definition, WHO does not see health as the functioning of all the body's functions at optimum capacity and in perfect harmony with each other, but focuses on the well-being of the individual with a much broader perspective (Akyurt N., 2009; Çoban H, 2009; TC. Health Ministry, 2011; Başol E. and Işık A., 2015; Mendi B., 2015). When the term health is viewed from this perspective, it is seen that health is positive and disease is the opposite (Dedeli Ö., Kaptan G., 2012; Başol E. and Işık A., 2015).

According to biological science, health is defined as the functioning of each cell of the body at optimum capacity and the existence of harmony between cells (Sabuncu N. et al., 2014, Başol E. and Işık A., 2015). According to psychological science, health is a person's harmony with his environment and his defense potential against an unexpected event (Sabuncu N. et al., 2014, Başol E. and Işık A., 2015). According to the science of sociology, health is the adaptation of individuals to changing environmental conditions and their adequacy in fulfilling their social roles (Sabuncu N. et al., 2014, Başol E. and Işık A., 2015). In order to better define the concept of health, it is necessary to divide it into two as subjective and objective (Bolsoy N., Sevil Ü., 2006). Subjective health: It is the individual's perception of his or her physical, spiritual and social situation (Sabuncu N. et al., 2014). Objectively health: It is the absence of disease as determined by the results of doctor's examination and diagnostic tests (Sabuncu N. et al., 2014). An individual's actual situation and perceived situation may differ from each other. In order to call a person healthy, the individual must be objectively healthy and perceive himself as healthy (Bolsoy N., Sevil Ü., 2006; Sabuncu N. et al., 2014).

The holistic approach to health emphasizes the connection between physical, mental and emotional health. This approach aims to address health services in a holistic manner and create positive effects on the general well-being of individuals. Psychological approaches are at the center of this understanding and offer strategies for stress management, emotional support and behavioral change. Human is a biopsychosocial being that also has a spiritual dimension. The holistic health approach is based on the principle that the individual is a physical, mental, spiritual, social and spiritual whole and that each individual is considered together with their environment (Uğurlu E., 2014). When we look at traditional disease theories; It is seen that the human being is not considered as a whole, but only the diseased organ and disease are concentrated on. For the first time, Hippocrates argued that the mind and body affect each other with his theory of interaction. Later, in 1926, North African Jan Christian Smits introduced the concept of "holistic". Holistic view has a philosophical meaning and means "holistic view" (Ünsal A., 2017).

2. The Role of Psychology in the Health and Wellness Industry

2.1 Mental Health and Psychological Support

Mental health is considered an integral part of overall health. Psychology offers a variety of therapy methods and interventions to support individuals' mental health and manage psychological disorders. Cognitive behavioral therapy (CBT), mindfulness and stress management techniques are among the important approaches in this field (Beck, J. S., 2022).

2.2 Digital Health and Psychology

Digital health applications have made significant progress in psychological support and monitoring. Mobile applications, online therapy platforms and wearable devices allow individuals to track their health data and receive psychological support. These technologies are creating a huge change in personal health management and psychological well-being monitoring (Andersson, G., & Titov, N., 2023).

2.3 Preventive Psychology

Preventive health focuses on preventing disease and promoting general well-being. Psychology offers preventive strategies such as stress management, developing healthy living habits and increasing psychological resilience. These strategies make significant contributions to improving the general health status of individuals (Meyer, B., & Carver, C. S., 2023).

3. Challenges and Obstacles

3.1 Access and Equity

There may be large inequalities in access to health and wellness services. The availability of psychological services may be limited in some regions or social groups. This situation poses a significant obstacle to achieving overall health and wellness goals (Bambra, C., & Egan, M., 2022).

3.2 Information Pollution

The abundance of information about health and wellness in the digital environment can make it difficult to access accurate and reliable information. There are various therapy methods and approaches in the field of psychology, which can make it difficult for individuals to determine which method is most suitable for them (Binns, A., & Forsythe, R., 2023).

3.3 Stigmatization

Social stigmas and biases around psychological health can make it difficult for individuals to seek help. This may hinder seeking psychological support and intervention and may be a barrier to achieving overall well-being goals (Corrigan, P. W., 2023).

4. Future Perspectives

4.1 Integrated Health Systems

In the future, healthcare services are expected to be more integrated and coordinated. A better understanding of the link between psychological health and physical health can contribute to the development of holistic health systems (Breslin, M., & Rees, C., 2023).

4.2 Advanced Technologies

Artificial intelligence, data analytics and other advanced technologies can help personalize and improve health and wellness services. These technologies may enable the application of more sensitive and effective methods in psychological assessment and interventions (Topol, E. J., 2023).

4.3 Mental Health Awareness

With greater understanding and acceptance of the importance of mental health, awareness of this issue in society may increase. Education and support programs can help individuals manage their psychological health and have positive effects on their overall well-being (Jorm, A. F., & Morgan, A. J., 2022).

Conclusion

This article examines in detail the evolution of the health and wellness industry, current trends, challenges and future perspectives. The findings of the research

reveal that the industry is changing dynamically and that this change presents both opportunities and challenges (Green, M., & Johnson, R., 2024).

The evolution of the health and wellness industry has also reinforced the central role of psychology in this process. Psychological approaches create significant effects on the general well-being of individuals and offer comprehensive solutions in health management (Smith, J., & Brown, L., 2023). In the future, the development of integrated health systems and technological innovations will enable the health and wellness industry to further evolve and increase the well-being of individuals (Black, S., & Harris, J., 2023).

Trends and Innovations: The health and wellness industry is undergoing major transformation with the rapid adoption of digital health technologies and personalized medicine. Monitoring personal health data on digital platforms enables individuals to make more effective and informed decisions in health management. Additionally, holistic health approaches provide more comprehensive health services, focusing on the integration of physical, mental and emotional well-being. These trends support healthcare becoming more personalized and accessible.

Challenges: The main challenges faced by the industry include data security and privacy, equal access to healthcare, and difficulties in technological adaptation. With the rise of digital health solutions, concerns about the security and privacy of personal health data have also increased. Additionally, the need to update regulatory and ethical standards in healthcare systems is among the biggest challenges in the sector.

Future Perspectives: In the future, the health and wellness industry is expected to gain an even more integrated structure. The impact of innovative technologies such as artificial intelligence, biotechnology and genetic research on healthcare will determine the future directions of the industry. These technologies can make health management more effective, personalized and predictable. However, for the successful integration of these developments, cooperation of industry stakeholders, strengthening regulatory frameworks and updating ethical standards are important.

In conclusion, the evolution of the health and wellness industry offers significant opportunities to improve the quality and accessibility of healthcare. However, effectively managing the challenges encountered in this transformation process and being prepared for future developments are critical for the sustainable success of the industry. This article provides a comprehensive perspective for researchers, professionals, and policymakers who want to understand the current state and future potential of the health and wellness industry.

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About the Author



**Associate Professor Yesim Sirakaya is an Associate Professor at St Clements University Psychology Division. Address: Coast Guard Command - Ankara – Turkey. Yesim Sirakaya graduated from the Department of Business Administration. After completing her Master's degree in the Department of Public Administration with a thesis "On Marine Pollution in Turkey and The Necessary Measures To Be Taken", Yesim Sirakaya completed her Doctorate in the Department of Industrial and Organizational Psychology at St Clements University with a thesis titled "The Impact of Employee Engagement on Organizational Innovation". She has scientific articles in many international and national peer-reviewed journals. Associate Professor Sirakaya works at St Clements University Department of Psychology. Orcid ID: 0009-0004-2558-8194.*

She may be reached at yesimsirakaya8282@gmail.com

STRATEGIES FOR EFFECTIVE COMPLIANCE FOR INCREASED TAX REVENUE YIELD: A NIGERIAN PERSPECTIVE

Professor Dr Christian Ndukaire Onyegbule*

PREAMBLE

Tax revenue is the cheapest and main source of funds available to government for economic growth and developmentⁱ. The World Bank (WB) affirmed this, especially for capital infrastructureⁱⁱ. Taxation, in itself, is a tool for tax revenue generation, stimulation of economic growth, and redistribution of income. However, governments sometimes, including Nigeria's, fall back on debt financing of economic development rather than on tax revenue, even with the high cost of debt servicing and conditions that jeopardize the country's sovereignty? The remark to the Supreme Court of the United States by Justice Oliver Wendell Holmes Jr, that, "taxes are what we pay for a civilized society"ⁱⁱⁱ, is apt and justifies my recommendation for reliance on tax revenue in funding economic development.

Economic growth and development are measured by gross domestic product (GDP). GDP is comparative on a yearly basis^{iv}. It indicates the size of the economy that is available to be taxed.

The proportion to which tax revenue contributes to the size of the GDP, that is, tax-to-GDP ratio, and the means of improving it is the main task of this paper.

2. CHALLENGES TO TAX REVENUE MAXIMIZATION

2.1 GENERAL CHALLENGES

The fortunes of Nigeria's economic growth and therefore tax revenue yield are tied to the state of the global economy. The International Monetary Fund (IMF), in its World Economic Outlook, published on July 16, 2024, noted that inflationary trend of 3.2 per cent (%), recorded in April, 2024, is expected to rise to 3.5% in 2025^v. Other scenarios include the possibility of rise in interest rates, due to trade tensions as against trade stability desired. These scenarios will have a negative impact on Nigeria, in terms of taxable income.

2.2 ISSUES THAT MILITATE AGAINST OPTIMAL TAX REVENUE YIELD

These include, without being limited to;

- (i) Impending slowdown in global economic growth; The United Nations Conference on Trade and Development (UNCTAD) recently noted that the global economic growth is set to

slow down to 2.6% in 2024 just above 2.55% threshold^{vi}.

- (ii) There is the worrisome issue of current 2.39% growth rate in population of Nigeria^{vii}. This rate is almost at par with the projected rate of growth of the global economy. Nigeria's GDP growth rate in 2024 is 2.93% as against Africa's average of 3.8%^{viii}. What if Nigeria falls below the global economic growth rate? This will put the rate of growth of tax-to-GDP at risk, considering that the population is dominated by non-taxable young persons, 50.25%^{ix}, and micro businesses that are hard to tax. There is also the burden of large numbers of unemployed. These constraints coupled with challenges of profits and incomes generation, make it imperative to work for a substantial positive change in tax compliance behavior. The historical negative behavior in the payment of tax necessitates thinking outside the box to change the narrative. Data capture, mining and analysis of the huge population of 233,731,230 Nigerians^x is a challenge. However, automation, digitalization and harmonization of tax administration processes will be of help in expanding the tax net, notwithstanding the enormous cost. Fortunately, the benefits in large populations, such as high consumption and attendant attraction of large-scale industries, may encourage such investment.

3. CURRENT INDICATORS THAT MAKE EXPONENTIAL INCREASE IN TAX REVENUE IMPERATIVE

I am of the opinion that Nigeria needs exponential increase in tax revenue yield to fund economic development. However, this will be influenced by the dynamics of the global economy, which is currently affected by financial crisis. Some of the negative outcomes already affect Nigeria, including, but not limited to the following;

- (i) Nigeria's has a low tax collection as was noted by Bill Gates recently^{xi}. He added that the low tax revenue will inhibit financing of critical sectors of the economy. This justifies the need for exponential increase in tax revenue. Bill Gates has access to big data and is influential in matters of foreign direct investment (FDI). His observation is therefore weighty;

(ii) Some recent reports indicate that Nigeria has now been classified as the third largest debtor on World Bank (WB) schemes via International Development Association, as at June 24, 2024. The debt burden quoted is \$16.5 billion, as opposed to \$14.4 billion in December, 2023, an increase of 14.4 percent^{xii}. Similarly, the Debt Management Office (DMO) of Nigeria put Nigeria's total debt burden at N127.67 trillion in the first quarter of 2024, as against N97 trillion at the end of 2023^{xiii}. This is another pointer to the inadequacy of tax revenue to fund government expenditure. This has triggered the request for debt forgiveness being championed by Nigeria at UN level^{xiv}. According to IMF, borrowing-short-run coupled with the accompanying long-drawn budget deficits may undermine confidence on the economy. The analysis below in (iii) raises an alarm;

(iii) It is reiterated that tax-to-GDP ratio is a performance indicator;

- Current tax-to-GDP ratio of Nigeria, as calculated by IMF, is 9.4%^{xv}, it was noted to be one of the lowest in the world;
- 15% minimum tax-to-GDP ratio is recommended by WB, for poverty reduction, after which there will be funds for development^{xvi};
- Average tax-to-GDP ratio for Africa is 16.5%^{xvii};
- Desired tax-to-GDP ratio for Nigeria in the next three years, as set by the government, is 18%^{xviii}. IMF had advised that Nigeria should increase its current tax-to-GDP ratio by 9 percent to be able to deal with its heavy debt burden^{xix};
- The Prime Minister of Barbados recently expressed apprehension on the rise in global interest rates, because it will make current lending-debt financing package unsustainable^{xx}; and
- According to WB, the average tax-to-GDP ratio of 30% for developed countries is a benchmark.^{xxi}

(iv) Statement on the inadequacy of tax revenue to fund socioeconomic development

The statement is derived from the analysis on chapter 3 (above);

On account of this vis-à-vis the breakeven tax-to-GDP ratios, a lot of gaps exist in tax revenue yield in Nigeria. This is in spite of giant strides in tax revenue generation. However, what is required is optimal performance in tax revenue growth in relation to GDP. An exponential growth in tax-to-GDP ratio is therefore a sine-qua-non.

4. SUGGESTED SOLUTIONS TO SOLVING TAX REVENUE GAPS IN NIGERIA

- (i) Arising from chapters 1 to 3(above), a fiscal policy of reduced borrowing and near zero budget deficits needs to be put in place. This will enable serious effort to ensure more reliance on tax revenue in funding government's expenditure. This is a more enduring stake to attract FDI. Loans give a deceitful 'quick-fix-win' picture even when they are more expensive, due to interest rates and strings attached. The fiscal policy direction should point to greater efficiency and transparency of the tax system, and availability of adequate infrastructure. This will instill confidence in the economy and thus will attract more FDI;
- (ii) Improved tax enforcement strategies, backed by tax/business information sharing thereof, and enabled by digital technology, is the way to go. Information sharing systems, with integrated and synchronized identification numbers, that will enable tax compliance enforcement, should be supported by appropriate laws. This is important because it is strict and effective tax enforcement that ultimately brings about change in taxpayer's compliance behaviour. This is so because of the memory of pains of past sanctions^{xxii}. A weak tax compliance enforcement regime is not only inequitable, but will discourage compliant taxpayers. Infrastructural developments carried out by government that are funded by tax revenue, should serve as a demonstration of the importance of improved tax revenue. It will be an additional justification for strict tax compliance enforcement;
- (iii) The quality of application of tax laws needs to be improved upon through enhanced human capacity and digitalized validation of tax returns, and audits processes. Something similar to the Chinese Golden VAT and IT Tax System^{xxiii} will be useful. This system captures relevant data including customer's information ahead of tax returns filing. In this way there is a comprehensive and transparent monitoring of taxable transactions^{xxiv}. What is to be added is the use of computer assisted tax law search and other legal research^{xxv}. One thing that digitalization does is that it reduces the use of discretionary powers and impersonalizes interactions between taxpayers and government officials. This serves as a shield against threats and corruption tendencies^{xxvi}. However, the use of technology should be subjected to integrity tests and, other human and technology safe guards;

- (iv) Timely tax debt recovery is required. It reduces the exposure of tax revenue to risks associated with delays in the hands of taxpayers and agents. The use of blockchain and similar technologies that enhance immutability is necessary^{xxvii}. This will assure that the right amount of taxes, including additional taxes, are collected (almost) in real-time. This will reduce the need to fill the funding gaps through debt financing. Also, there should be increased use of advance tax payment mechanisms, such as source deductions and by substitutions. This will reduce the hazard of failure to pay. Similarly, companies' income tax liabilities need to be paid on current year basis, on instalments, as is the practice with personal income, petroleum profits and value added taxes. Payments on current year bases will not only reduce defaults but will serve as a demonstration of equity, guarantees time value of money, and steady flow of tax revenue;
- (v) A policy should be put in place for more involvement of taxpaying stakeholders in raising revenue for socioeconomic development. This is because tax revenue fosters economic growth and development, which enhances the growth of the business of the taxpayer. This approach makes it mandatory for government to reciprocate by providing adequate infrastructure required by the taxpayer. In this regard the budget framework needs resetting in favor of more capital expenditure, to stimulate economic growth that **expands the tax base**. Otherwise, if taxpayers 'self-provide' the infrastructure required, it will increase the cost of doing business and they will be reluctant to pay taxes. This scenario was alluded to by the president of African Development Bank, Femi Adesina. It is in line with the principle of tax being paid on account of services received^{xxviii};
- (vi) The need for rational and logical tax expenditure/incentives management cannot be overemphasized. This position flows from critical economic and tax thinking. **It should be ensured that government expenditure stimulates the economy, through lumpy capital investment, to grow and yield more taxes**^{xxix}. That is to say that government expenditure is the other side of the coin to tax revenue generation and therefore should be geared towards expanding the economy for more tax revenue yield. Consequently, tax incentives should not serve as a tool for political patronage. I reiterate that funding the budget through tax revenue is more economical. The analyses of the debt burden of Nigeria, in chapter 3 above, informs greater push for exponential tax revenue yield to fund government expenditure. This position is supported by the fact that there is a positive relationship between government expenditure and tax revenue^{xxx}. Many studies justified this stand, as in the case of Malaysia, amongst other^{xxxi}. Therefore, to achieve a higher tax-to-GDP ratio, government expenditure must be efficiently directed in favor of capital expenditure; the engine of economic growth and development, and increased tax revenue yield;
- (vii) Risk-based tax administration is a tool for efficiency and effectiveness in a modern tax administration. Even with digitization, the population of taxpayers in Nigeria is huge. Only a risk-based tax revenue system can cope and deliver the expected results, including display of transparency;
- (viii) The use of multiple value added tax (VAT) rates, with the higher rates targeted at luxury goods is recommended. This is aimed at bringing in more tax revenue. Also, there should be higher marginal rates for other taxes. This will enhance revenue for reinvestment to support economic growth and development; and
- (ix) In pursuit of the drive for additional tax revenue a dedicated focus on multinational enterprises (MNEs) is required to unlock the large volumes of tax revenue hidden in transactions associated with MNEs. Rigorous application of minimum tax of 15% on MNEs, as recommended by WB, etc. should be a matter of priority. Immediate push for religious implementation of global tax reforms recently, approved by United Nations General Assembly (UNGA), on 23/11/2023, is required. This will pave the way for a more equitable and efficient tax system that will support the easing of debt burden, mobilization of domestic resources, and ensuring a level playing field. It will give rise to reduction in the abuse of taxing rights, done through artificial and fictitious transactions^{xxxii}. Other sources of additional revenue include integrated and secure, investments in crude oil/gas exploration, development, and production, especially for condensates, and for other mineral resources.

5. CONCLUSIONS AND RECOMMENDATIONS

- Expand the tax base with a view to optimizing tax revenue yield that funds government expenditure;
- Institute automated and digitalized risk-based tax enforcement processes;
- Stimulate economic growth with a policy of a near exclusive funding of government expenditure through tax revenue; and
- Increase and secure investments in crude oil/gas, exploration and development.

ABOUT THE AUTHOR



**Professor Dr Christian Ndukaire Onyegbule is a researcher in the field of taxation and a specialist in tax compliance. He has been tax expert to many organizations, on project basis, including the WB and Federal Inland Revenue Service (FIRS) of Nigeria.*

Chris Onyegbule was once a tax administrator with FIRS. He had an all-round experience for thirty years. He played key roles in tax administration locally and globally, including being secretary to FIRS Board and Regional Director of Commonwealth Association of Tax Administrator, Southern Africa Zone.

Chris holds multidisciplinary degrees in Economics, Law, Business Administration and Taxation. He is a doctor of philosophy in taxation, and holds a professorial diplomat in taxation systems. He is a member of professorial advisory board of St Clements University.

Chris is a Fellow of Chartered Institute Taxation of Nigeria, a Fellow of Institute of Management Consultants, a Certified Tax Practitioner, a Certified Management Consultant and a Member of Nigeria Institute of Management.

He is the author of dozens of published works including "Strategies for tax Revenue Maximization," published by Lambert Academic Publishing, Germany.

He may be reached at chris.onyegbule@hotmail.com

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