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\**Veritas* is Latin for truth, reality.

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*Ever changing City of London's Skyline, England, United Kingdom*

*Source: [Wikipedia](#)*

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# EDITORIAL: THE UNEDUCATED POINT OF VIEW

**Dr David Le Cornu\***

*President - St Clements Education Group*

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On a number of issues in Society surveys are held and the views of those with post secondary education are compared to those who did not have formal post second education qualifications.

When the majority of voters went against expected results like Brexit and that majority was highest in the people without post secondary education or like the US, where the largest majority of people voting for the Presidential candidate few of the establishment expected to win, lacked formal post secondary education it is suggested that their political upsets are cause by people's ignorance.

If only everybody had a university education, how wise society would be and perhaps only university educated people should have the vote?

As one looking at the socio political view of any community you would know there are a number of factors influencing how individuals form their opinions on socio political issues.

As the writer of this article I would like to suggest that it is not necessarily ignorance that non-university graduates often have different views to university graduates, but the fact that they have not been receiving the propagandist indoctrination the university graduates received.

The original universities in Europe were formed by Christian intelligents looking for the truth and similarly with Islamic universities. In reality it was to help develop Christian and Islamic intellectual thoughts.

As time went on and these views became challenged control of the centre of intellectual ideals became an important tool in the war of society's views.

It is no coincidence that a majority of established traditional universities have the origins as

religious schools, the whole regalia of university faculty evolved from clergy clothing.

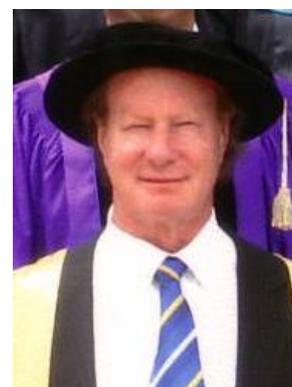
In the 20th century the various Marxist ideologists recognised that to change society you needed to change the leadership of society and the way to do this is to control the training of tomorrow's leaders.

One thing all future leaders of society have in common is they are generally trained in universities.

The knowledge facts to become an Engineer or Medical Practitioner or Agricultural Scientist does not change a person's socio political views, but such courses are widened by adding Sociology and other Social Science subjects to help broaden the students views.

This broadening is generally an excuse to indoctrinate them with the Social Science Department's views.

Thus we get more uniform views on a number of socio political issues from higher education graduates than from those who have not experienced the indoctrination.



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# **NIGERIAN ECONOMIC RECESSION OF 2016: WAY FORWARD IS GETTING INTERVENING AGENCIES TO PLAY THEIR ROLES**

**Dr Gabriel Udendeh\***

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## **Introduction**

The choice of this paper stems from a realization that economic management is a shared responsibility; with everyone playing their assigned roles. Government has a duty to assign these roles at the planning stage (policy stage). The role of the private sector is to influence the direction of policies and provide capital resources. Proper blending of both roles will galvanize economic growth and development. It is generally believed that the extant economic recession (since 2016) which Nigeria got into is unnecessary if intervening agencies had played their roles. In the light of this, the author the ensuing discussion will seek to identify and assess key intervening agencies set up to facilitate evolution of a symbiotic relationship; review and re-call their roles in this respect and suggest policy reforms where necessary, then conclude.

## **Imperative for Collective Responsibility**

Collectivity of responsibility in economic management has become imperative in the light of dwindling resources at the disposal of public authorities and growth of private sector interest in the conduct of economic activities. Setting the stage of discourse, permit me to draw lessons from the US flood disaster (Hurricane Katrina) of 2006, which ravaged New Orleans. Advising victims, who felt abandoned by US government, Yunus (2007), who was on sympathy visit, urged them to look inwards for recovery by evolving social entrepreneurship schemes. Such schemes meant organizing into small groups to establish inclusion hubs. Inclusion hubs give rise to business units leading to commercial activities. Inclusion hubs link start-ups with investors and innovation mentors, thereby, strengthening capacity for learning, connection and funding. Yusuf referred to this as Grameen concept. Grameen concept (self-help) creates beehives for commercial activities with peer support mechanism. Nigeria's Small and Medium Enterprise Development Agency (SMEDAN) practicalized it with business clusters. Yunus' advice derives from his experiment with micro-credit solution that restored hopes to fellow citizens after the poverty-stricken famine of 1974-5 in Bangladesh.

Nigeria's economic circumstance since 2015, has been likened to the immediate post-Hurricane Katrina era in New Orleans, and requires joint efforts to reverse or, at least, halt the trend. This solution can only come

through synergy by both private and public. Government had earlier demonstrated goodwill with several intervening agencies aimed at providing the needed direction. These include, though not limited to, National Poverty Eradication Program (NAPEP), National Directorate of Employment (NDE), Small and Medium Enterprise Development Agency of Nigeria (SMEDAN), National Economic Reconstruction Fund (NERFUND), Entrepreneurship Development Centres (EDC) and Youth Initiative on Entrepreneurship Development (YIED). The private sector reciprocated this with pressure groups, including the Manufacturers Association of Nigeria (MAN), National Association of Chambers of Commerce, Industries, Mines and Agriculture (NACCIMA), Association of Small and Medium Enterprises (ASMEs), and Bankers Committee (BC). We will focus on the roles of these agencies ought to play, offer policy suggestions in relation to country experience, to improve their performances, summarize and recommend.

## **PUBLIC SECTOR INTERVENING AGENCIES**

### **National Poverty Eradication Program (NAPEP)**

Advent of NAPEP in 2001 heralded the return to civil rule and determination by the "new" regime to lay a foundation for sustainable economic growth and development through youth empowerment. The new government considered training and access to micro-credits as support pillars for meaningful engagement in the economy. NAPEP drew young people (potential farmers) from rural to urban areas, using fraud-infested tricycle schemes as bait, which marked the beginning of its failure.

### **National Directorate of Employment (NDE)**

National Directorate of Employment (NDE) was set up in November 1986, amid serious prevailing economic circumstances characterized by effects of structural adjustment program (SAP); mainly, devaluation, dearth of foreign exchange (FX), closure of factories, Privatization and commercialization. The combined effect of these was an upsurge in job losses, leading to high unemployment. The Nigerian government (FG), then, set up the Stephen Chukwuma Committee to find a lasting solution to the challenge. The committee's recommendation led to the establishment of NDE. NDE was to operate as bulwark for employment generation; with responsibility to design and

implement anti-mass unemployment programs. Then, unemployment had moved from 4.0 to 7.0 per cent (NDE Report, 2013). As at December 2016, unemployment in Nigeria was reported at 13.0 per cent (NBS, 2016). NDE's responsibilities encompass to: design and implement anti-mass unemployment programs; articulate policies at developing work programs with labour intensive potentials; obtain and maintain a data bank on employment and vacancies...and act as clearing house ...in collaboration with government agencies; and implement other policies as may be approved by the board. It further developed own strategy of vocational skills development, entrepreneurship development, agricultural skills training; and Public work programs.

### **Small and Medium Enterprise Development Agency of Nigeria (SMEDAN)**

Nigerian government established SMEDAN under an Act in 2003, with the objective to facilitate development of programs for small and medium enterprises (SMEs). Its main functions include to stimulate, monitor and co-ordinate development of SMEs; initiate and articulate policies for SME growth and development; promote and facilitate development of instruments that support SME operations; create jobs and enhance sustainability; promote and provide access to industrial infrastructure such as layouts,...etc; and to work in concert with other institutions in both public and private sector to create an ideal environment for business to thrive, among others. Build-up to the Millennium Development Goals (MDGs of 2015), the need to chart a new development course against 2020, within the corridors of SMEs, and in anticipation of sustainable Development Goals (SDGs) against 2030, and government placed additional responsibilities on SMEDAN (SMEDAN, 2012). The additional mandate encompasses to generate and disseminate business information; create business awareness and develop business services. Other responsibilities are - create access to market and finance; advance entrepreneurship education; stimulate entrepreneurship/enterprise development; institute enterprise cooperation and clustering; and engage in policy advocacy to improve the operating environment.

This aspirational philosophy might have informed SMEDAN's desire to access bank- instituted SME funds in the latter's vaults. SMEDAN has played active roles in the formulation of national policies to promote MSMEs, culminating in the establishment of clusters in aid of support services. It plays key roles in collective bargaining through membership to business organizations such as national association of small scale industries (NASSI) and national association of small and medium enterprises (NASME). SMEDAN has developed model business plans for start-ups; creates a platform for interfaces with SME outfits; promotes collaboration with government and nongovernmental agencies; and engages youths on the need to imbibe a culture of venturing in the economy.

### **Cluster Activities**

At-end September 2012, SMEDAN had established 56 business clusters cut across 28 States of the Federation. Rationalizing the creation of clusters, the agency intimates cluster-system affords players an opportunity to pool resources together to reap benefit of scale; knowledge spill-over; specialist skills and innovative capabilities. Experience of the developed world suggests that cluster hubs create beehive activities in an economy, and are considered a good growth strategy. Beehives promote enterprise; while serving as bait to investors. Cross Rivers State in Nigeria has created a beehive in its promotion of Calabar Carnival, held every December. At the 2015 edition, 2.5 million participants were attracted from eleven countries, which rose to 13 in the 2016 edition, including Brazil and South Africa. Variants of beehive activities at the event comprise bike riding (December 27), street carnivals (December 28) and international carnival (December 29) (CRS, 2016, 2017). The carnival is heralded by Obudu mountain climbing with cattle ranching, which comes up in October; while Okpeke race in neighboring Edo state, constitute good beehives for tourism.

### **National Economic Reconstruction Fund (NERFUND)**

The federal government of Nigeria introduced NERFUND program in 1989 to empower banks towards granting credits to SMEs for industrial activities. The initial response by Nigerians resulted in the emergence of SMEs, which also, coincided with the implementation of poverty alleviation program. Consequently, several beneficiaries of NERFUND credits, inclusive of bank managers, misconstrued NERFUND for poverty eradication cake; hence expressed reluctance to pay back the loans. A failed bank tribunal had to be established, in 1994, to prosecute defaulters. Post-failure review of scheme revealed government failure to research widely before setting it up.

### **Entrepreneurship Development Centres (EDCs)**

Entrepreneurship Development Centres (EDCs) are skills acquisition centres established by the Central Bank of Nigeria (CBN) in the period 2010-2011, as part of efforts to entrench entrepreneurial spirit among the youths, (CBN, 2012). The idea of EDCs stemmed from National Economic Empowerment Development Strategy (NEEDS) philosophy (2004-2009), which sought to empower every Nigerian to play a role in economic growth and development. Under the scheme, government provides training and vocational skills to university and polytechnic graduates as well as other eligible youths. On graduation, deserving among them are granted credit to start businesses of their choices. Six EDCs were set up in six geo-political zones, comprising one each in Kano, Onitsha and Lagos. Others were: Maiduguri, Makurdi and Calabar, (CBN, 2013). These centres were set up under an

understanding that the host zones would assume ownership after the EDCs had attained reasonable stability in their operations. The CBN appointed serving academics, with necessary incentives, to head the institutions. By March 2016, the CBN, in collaboration with National Youth Service Corp (NYSC) and Heritage Bank, floated an alternate scheme known as Youth Innovative Empowerment Development (YIED) program where young entrepreneurs with successful business proposals would be given N3.0 million to commence the business. The project targets one million youths by 2020, from 310 as at October 2016.

### **Private Sector Agencies**

On the private sector, key associations exist, comprising MAN, NACCIMA, ASMEs and Bankers Committee.

#### **Manufacturers Association of Nigeria (MAN)**

Manufacturers Association of Nigeria (MAN) was established in 1971 as a company limited by guarantee. Its objective is to communicate and consult with members, government and the public to: guide the private sector in suggestions that enriches government policies; create ideal environment for efficient operation of members; consolidate and harmonize divergent voices of its members; and protection of members' interest. MAN's main organs of governance are executive and standing committees. Membership of MAN, includes entities engaged in manufacturing activities with defined eligibility criteria. Membership which is voluntary dropped from over 3,000 in 1978 to about 2,000 as at October 2016 (MAN site, 2016). The national secretariat of MAN is in Lagos, with sixteen branches cut across Nigeria, including a liaison office in Abuja.

#### **National Association of Chambers of Commerce Industries, Mines and Agriculture (NACCIMA)**

NACCIMA was established in 1960 as an umbrella body for affiliate members in Nigeria. Membership is voluntary, which comprises city, state, bilateral and corporate bodies. NACCIMA plays advocacy role at influencing free enterprise policies. NACCIMA is a founding member of the West African Chambers of Commerce (WACC) and affiliate to the African Chambers of Commerce (ACC), based in Cairo. It is, also, an affiliate to the International Chambers of Commerce (ICC) with headquarters in Paris. NACCIMA states its main responsibility as collaboration with Centre for International Enterprise (CIPE), Washington D.C., US. This collaboration is for programs designed to support emerging markets and focuses on: public policy advocacy; capacity building for chambers of commerce and business associations; business participation in legislative process; training of journalists on business and economic reporting; watchdog function on economic policies.

Membership of NACCIMA comprises chambers of commerce, corporate entities, bilateral trade relations and business associations. Corporate members are companies and organizations; while bilateral institutions are extra-territorial chambers of commerce such as Nigeria-British Chambers of Commerce; Nigeria-American Chambers of Commerce and Nigeria - South African Chambers of Commerce. Business associations comprise traded-related pressure groups, including Nigerian Insurers Association, Association of Road Transport Owners, Association of Consulting Engineers, etc. NACCIMA or its affiliates are responsible for organizing trade fairs and exhibitions across Nigeria.

#### **Association of Small and Medium Enterprises (ASMEs)**

ASME was established in 1986 as a not-for-profit organization. Its membership comprises corporate and individual members. The association focuses on provision of business education and market opportunities to members. It draws inspiration from Singapore, which has a policy of harmonizing public and private sector interest to enhance business environment. ASMEs aspire to galvanize growth and development of the sub-sector through meritocracy and has floated two key awards in this respect; Enterprise of the Year Award and Singapore Prestige Brand Award.

#### **Bankers' Committee (BC)**

BC is an umbrella body of bankers in Nigeria chaired by the Governor of CBN. It is believed to have been set up in 1959, shortly after the CBN had commenced operations in July 1959. The committee, which started as an association of bank chairmen, subsequently upgraded to an association of chief executive officers (CEOs) of banks. Available information suggests the decision to transform to CEOs drew from the need to executive powers to take enduring decisions in the industry. Key founding members of CIBN facilitated this transformation. BC held its 20<sup>th</sup> meeting in February, 1961 (BC' Secretariat, 2015), implying that it held monthly meeting from July 1959 up to February 1961 (20 months). This further suggests that BC's meeting started at the commencement of CBN operations.

Proceeding from the above, one can state that BC is a forum where CEOs of banks meet to deliberate, harmonize views and take decisions on matters bordering on the smooth running of the industry. The committee conducts its affairs through sub-committees such as those on ethics and professionalism, chief compliance officers, and chief inspectors. All licenced banks are members of BC, while CIBN stands in as an observer in the light of the central role the latter plays in the industry. The importance of BC cannot be over emphasized, given its role in facilitating orderly transmission of monetary policies to the economy.

## **Analysis of Roles of the Intervening Agencies**

A review of intervening agencies suggests that despite their well-articulated roles in the economy, Nigerians are yet to feel their impact adequately. Several reasons may have accounted for this; absence of legislation (for some), wrong choice of management, inadequate funding, and absence of policy to harmonize operations. Others are: political interference, policy inconsistency and outright corruption. Government institutions set up to facilitate entrepreneurship end-up constituting major hurdles to its spirit. NAPEP, for instance, ended up draining resources meant for poverty eradication; SMEDAN over-saddled with responsibilities devoid of commensurate funding, which rendered it ineffective. A merger of SMEDAN with NDE with mandate to collaborate with organized private sector (OPS) will create the necessary impact.

Federal executive council (FEC)'s decided, in January 2000, that NERFUND should merge with Bank of Industry (BOI), along with Nigerian Bank for Commerce and Industry (NBCI) and Nigeria Industrial Development Bank (NIDB). This decision was frustrated as NERFUND preferred to linger on in protracted crisis. On the other hand, NDE came on board in 1986 when the country was experiencing serious prevailing economic circumstances akin to the current economic recession. Rather than concentrate on employment policy, data collation on employment opportunities and collaboration with employers, NDE went into nebulous vocational training. Consequently, the nearly 30 years of its existence has not yielded in the search for unemployment solution.

The CBN established EDCs in 2010-2011 to provide skills to stimulate entrepreneurial spirit among the youths and appointed serving academic professors and doctors to head them, instead of practicing entrepreneurs. This, itself, defeated the purpose. Barely ten years after introduction, CBN started handing over some of the EDCs to host-zones, and simultaneously floated Youth Innovative Entrepreneurship Development (YIED) in collaboration with NYSC and Heritage Bank, apparently in replacement of EDCs.

On the flip side, private intervening agencies are led by MAN, NACCIMA, ASMEs and BC have not fared any better. As an association of manufacturers, the concern of MAN would have been imperative to source market for members; not policy formulation or preference in foreign exchange allocation. The existence of MAN's liaison office, as opposed to head office annexure, in Abuja does accord with high-powered representation in the policy cycle. MAN needs an effective voice, visibility and influence to command the respect it deserves. The ineffectiveness of Abuja commodity board may be attributable to MAN's inactivity and lack of influence over government policies. NACCIMA is not doing any better, as its failure to expand advocacy scope towards a wider set of bilateral associations is injurious to Nigeria's economic status. For instance, China is one of Nigeria's largest trading partners that

even sought for currency swap deal with Nigeria in early 2016. The deal had potentials to deepen trade-relations between the two countries; while relieving Naira of the Dollar pressure; yet, Nigeria and China do not have a chamber of commerce, at least, not on NACCIMA website.

In terms of membership, NACCIMA's members comprise moribund and uninspiring institutions. This suggests obsolescence of the state of the Association. An association in the 21<sup>st</sup> century devoid of proactivity or even activeness cannot command the respect it deserves. The composition of business associations of NACCIMA does not inspire confidence; influential among professional bodies are left out, including the likes of CIBN, stock brokers, accounting bodies (ICAN or ANAN), pharmaceutical society, nollywood, computer association, etc. Affiliation of these agencies to NACCIMA will create the needed vibrancy and platform to match, effectively, business ideas with funding to attract more members to NACCIMA. The mandate of organizing trade fairs is, at best, observed in the breach, as trade fairs are organized irregularly and improperly.

ASME came into being in 1986 as a not-for-profit organization with membership comprising corporate and individual members. The mandate to provide business education and market opportunities to members suggests that the agency needs transformation to a cost recovery agency for efficiency sake. Equipment Association of Nigeria (ELAN) played this role successfully for leasing entities, though on a cost recovery basis; culminating in its enabling Act of 2015 (Udendeh, 2016). The BC, as a policy maker in banking industry, seems to lack legal status given the weight of its decisions in the industry. The continued existence of BC without tacit legal support exposes its decisions to the risk of litigation by aggrieved members.

## **Country Experience**

The American chamber of commerce (ACC) is the oldest and largest business federation in the world, with over 3 million affiliates (Ndiaye, 2016). Its potency is underscored by locating within the precincts of the US authorities in Washington D.C. This privileged location opens it up to teeming visiting heads of state to either the US president or other government officials, for a stop-over visit. By the strategy, ACC hosts a high number of delegates yearly (Ndiaye, 2016). Although a policy institution, ACC's main objective is promotion of genuine private entrepreneurship. It does this without having to grant credit to members, instead, ACC creates business opportunities among members to match ideas with funding in-house (Ndiaye, 2016). This presupposes that banks are integral members of ACC. Membership of ACC excludes government companies, those floated by government officials or those incorporated to target government patronage. This implies that only business oriented entities are members of ACC. Nigerians saw

proactivity in ACC policies when the latter, in response to the apparent threat by China to dominate Nigeria's economy, created a window for US-Nigeria CEO Dialogue, effective first quarter of 2017.

Malaysian umbrella body for commerce and industry is the National Chamber of Commerce and Industry (NCCIM). It comprised five affiliates, including the Federation of Malaysian Manufacturers. The role of NCCIM is to help represent interest of Malaysian business community. It does this by promoting exports, enhancing business environment. South African chambers of commerce and industry (SACCI) is known as the voice of business in South Africa. Its responsibilities include submission of business policy proposals to government, enhancing business environment through confidence index research, and provision of information on trade links. SACCI holds annual conventions where all categories of members, including government officials, debate and arrive on broad policy outlook.

Indonesian chambers of commerce and industry, also, known as KADIN, is the umbrella body for private business in Indonesia. KADIN takes practical measures to develop synergy to tap from the potentials of Indonesian economy. It offers strategic fora for Indonesian entrepreneurs and foreign investors with business interest in Indonesian economy. Germany, on the other hand, has German chambers of commerce & industry (GCCI or DIHK) as umbrella body for businesses. It is statutorily required to enroll all German companies, except those engaged in handicraft & subsistent farming. GCCI has 70 members but speaks for over 3 million entrepreneurs. GCCI has tremendous influence over government industrial policies. It commits government to less bureaucracy, simple and transparent tax system and competitiveness. Specifically, GCCI: assists youngsters start an entrepreneurial life; supports and organizes information exchange programs among like minds; blends vocations to industry needs by designing training curricula, engaging in faculty development and preparation of training materials with examinations monitoring. Others are: regulation and coordination of government training initiatives, in conjunction, with trade and industry; encourages members to focus on resources-friendly products. GCCI has a foundation that administers grants to deserving start-ups and supports aspiring young entrepreneurs through coaching and access to grants. No wonder, while advising Nigeria on the way out of the latter's recession on October 31, 2016, GCCI delegation urged Nigeria to deepen vocational education to accelerate speed of recovery.

### **Summary, Conclusion and Recommendations**

Economic management is shared responsibility between public and private sectors. Effective discharge of each party's role will go a long way in alleviating the pains of economic recession. Government must restrict its role to planning and policy framework to

give the private sector the leeway to provide finance, innovation and management. Government must give room for pressure, where necessary, from the private sector to attune policies to the desired directions. A blend of both will result in economic synergy with openings for a further participation. In view of the above, the author makes the following specific recommendations:

- a. Nigerian economic managers must set up a committee to review the performance of intervening with a view to establishing their continued relevance. Such institutions, include NAPEP, NDE, SMEDAN, NERFUND, EDCs or YIED
- b. Instruments establishing intervening agencies/institutions must be reviewed to ascertain the adequacy, or otherwise, of the provisions of instruments setting them up. Those deserving legal backing for strengthening should be accorded legal status.
- c. Government should lead Nigerians in looking inwards for economic recovery by evolving social entrepreneurship schemes or inclusion hubs, leveraging SMEDAN's idea of business clusters.
- d. Intervening agencies playing competing or complementary roles in promoting entrepreneurship should be restructured into one large single entity for greater impact. For instance, NAPEP, NDE and SMEDAN can consolidate into a single entity with enhanced mandate.
- e. Government must direct NERFUND to comply with the FEC directive of January 2000 to merge with BOI, while EDC and YIED team up as joint venture between OPS and CBN, or at least, a structure that allows collaboration between the two.
- f. MAN, NACCIMA, and BC can consolidate into a single NACCIMA with greater capacity for outreach. The ACC boasts of over 3 million affiliates; hence its capacity for outreach.
- g. FG should imbibe the culture of feasibility studies before setting up intervention schemes. The current APC-led government failed to do a detailed study before committing a whopping N500 billion to people-issues in the name of poverty eradication.
- h. An enlarged NACCIMA should work towards creating/discovering market opportunities for members, through exhibitions, trade fair and bilateral trade relations.

- i. Inclusion of vibrant trade /unionized professionals associations like computer, bankers, accountants, nollywood, pharmacists, ASUU, etc., under its umbrella, will strengthen research, and therefore, effectiveness of advocacy role at influencing free enterprise policies.
- j. NACCIMA, as founding members, should take advantage of the West African Chambers of Commerce (WACC), African Chambers of Commerce (ACC) and International Chambers of Commerce (ICC).

It is the author's belief that proper attention to the issues raised, particularly as regards recommendations, will see Nigeria through from current economic recession.

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# THE UNITED KINGDOM (UK): *Longue vie de différence!*

Professor Dr Bruce R. Duncan\*

## Introduction

Marcus Aurelius stated, “Everything we hear is an opinion, not a fact. Everything we see is a perspective, not a truth” (Hicks, 2000). The Roman Emperor’s words reflect the UK’s struggle with Multiculturalism, its many definitions and outcomes. What, then, is Multiculturalism - a salad bowl, cultural mosaic, melting pot or a nightmare? (Rattansi, 2011). Tragically, the UK’s politically-envisioned multicultural society is not even a mirrored reflection of the fictional Shangri-La penned in James Hilton’s epic, *Lost Horizon*<sup>1</sup>.

Multiculturalism, its blemished British Passport, UK history and stereotyping invites comments.

## Questions but ...

After 50-years of imposed Multiculturalism, the country is on its sociological knees. Why? Ah, because the elephant in the room with the label, “*De Différence*” wrapped around its trunk still impedes the government-imposed multicultural model. By the way, the invasive, intertwining tentacles of globalisation and internationalism spawned Multiculturalism (Malik, 2017).

Because the government has not prepared the UK for CHANGE, their brand of Multiculturalism has done more harm than good; their top-down concept rode roughshod over cultures and further exacerbated social and religious friction between the host nation and newcomers (c.f. Wright and Taylor, n.d., citing Cameron).

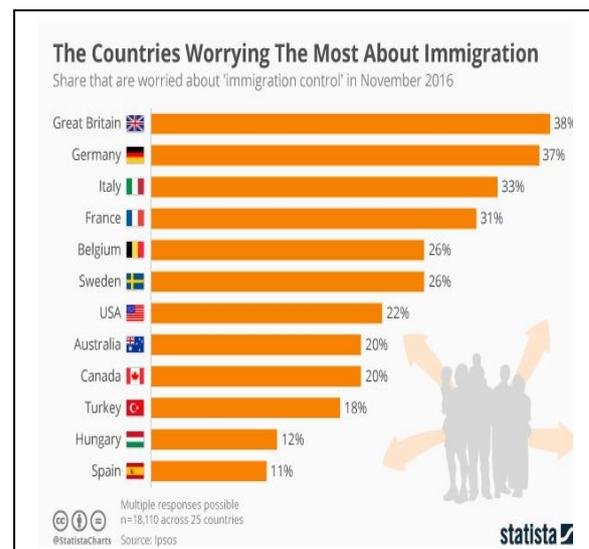
In concert, imposed social housing policies have not encouraged social cohesion. How on earth can the theory of assimilation abrogate aeons of genetically transmitted and nationally sculptured uniqueness?

Both the German Chancellor and the last UK Prime Minister reported that their state-sponsored Multiculturalism is dead in the water (Wright and Taylor, n.d.). So, what social research supported their initiatives in the first place? Did perceived monetary benefits from globalisation and internationalism set political agendas – at the joint expense of citizens - by ignoring *de différence*?

Why do politicians still pursue policy objectives to create an ill-defined inclusive, diverse society (Cooper, 2016) when their well-intentioned initiatives have already spawned the current situation? Why have the seats of power done nothing to prepare the voters for SOCIAL CHANGE by first addressing *de différence*? Enough! Let us cut out the pedantic escapism that seeks to avoid the elephant’s firm support for *de différence*.

## Facts to ponder

The 21<sup>st</sup>-century has witnessed government-imposed Multiculturalism outcomes rattle British communities and the social cages of many citizens and, like a rampaging elephant in a fruit orchard, unsettled rooted communities – “a mismatch that has eroded social cohesion, undermined national identities, and degraded public trust” (ibid, Malik, 2017). In brief, by ignoring history, sociology and democratically research-structured consultation, the *de différence* factor resisted the intrusiveness of imposed immigration and weak border controls (feeding Multiculturalism) at the ballot box. Contrariwise, and inexplicably, Jeremy Corbin’s Labour Party remains committed to encouraging immigration. The Liberal Democrats remain wedded to Nick Clegg’s noble sounding but yet to be clearly defined, “open society” (Clegg, 2017) but, if history and the social sciences are sources of reference, both visionaries will lead Britain into further chaos unless voters want CHANGE.



Graph 1. Immigration.

Notwithstanding but crucially, the subliminal reality of “*de différence*” lies behind David Cameron’s 2011 speech on the UK’s past 50-years of history:

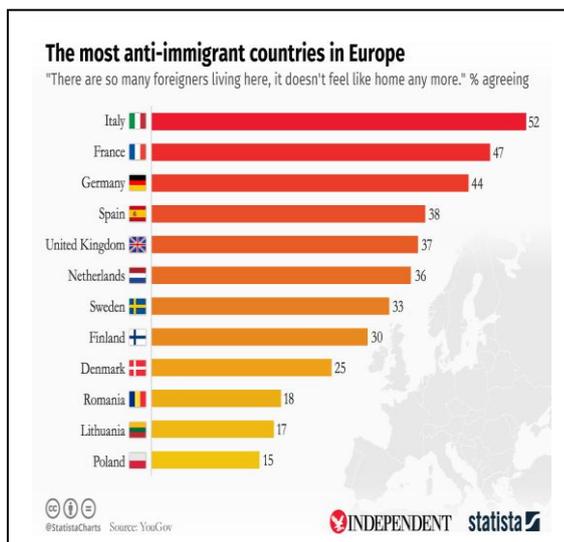
<sup>1</sup> Shangri-La, a fictional utopian lamasery features in *Lost Horizon*, a 1933 novel by English writer James Hilton.

Under the doctrine of state multiculturalism, we have encouraged different cultures to live separate lives, apart from each other and the mainstream ... *we have failed to provide a vision of society*<sup>2</sup> to which they feel they want to belong.

Understandably, many have now turned to so-called “Far Right” politics - to claim back their country for posterity. However, is Nationalism wrong? Or is labelling patriotism as jingoism, sick, pejorative, Goebbels-like propaganda? Why must patriotism abdicate or emigrate in the face of the callous shredding of social fibre?

Alarming, Casey (2016), reminds us that the United Kingdom’s 65.1 million inhabitants (immigration added some 4.1 million people between 2001 and 2011) struggle to practice peaceful co-existence.

Nevertheless, the creation of a stable British society is a must!



Graph 2. Anti-Immigrant Countries

Notwithstanding, the UK could now initiate a collaborative, humanist tolerance and understanding to the PROCESS OF CHANGE and move forwards.

### A Definition

Perhaps, amidst the pantheon of definitions, and as a starting point, Multiculturalism might read as:

The advocacy of equal respect to the various cultures in society, to a [researched, consultative] policy of promoting the maintenance of cultural diversity, to policies in which people of various ethnic and religious groups are addressed by the authorities as defined by the group to which they belong.

(Source: WriteOpinions, n.d.)

### Pedantic or Practical?

Multiculturalism is not *ipso facto* integration (c.f. Boateng, 2013). Interestingly, Trevor Phillips, chairman of the 2004 Commission for Racial Equality notes that multiculturalism was out of date because it "suggests separateness" and should be replaced with policies which promote integration and "assert a core of Britishness" (sic). However, by default, Britain is historically a country of distinct cultures as seen also in the rise of Welsh, Cornish and Scots nationalism. Furthermore, social divisions continue digging trenches across the landscape and wealth, education and ancestry persist in enforcing “privilege” and status. Lord Sacks (Chief Rabbi of the United Hebrew Congregations of the Commonwealth) wisely comments that Multiculturalism does not require integration - *longue vie de différence!* Is anyone listening?

Multiculturalism and programmed integration are not synonymous. Ironically, government “policymakers ... preach integration and then, as in England’s school system [for example] ... practise disintegration by encouraging the creation of as many separate types of schools as possible” (Newsam, 2016).

In summary, the debacle of state-imposed, patronising multiculturalism rattles social cages, opens cultural, skeleton-crammed cupboards, imposes debateable “political correctness” and tramples upon precious traditions and cherished beliefs.

### Pejorative terminology – words defining people

Consider, for example, the use of the word, “savage”. The etymology shows its coinage from the English and Scottish use of Middle English and Old French - the word was a nickname for anyone deemed as “wild and uncouth ... a man [sic] of the woods”.

Describing an animal as savage means that it is true to its wild, ferocious nature, but if you describe a person or the actions of a person as savage, it means "cruel" or "brutal." A place can also be described as savage if it's untamed, uninhabitable, and unwelcoming. When savage takes the form of a noun, it means "a brutal person," and when it is a verb, it means "to attack ferociously." [Whatever way] you use it, savage is uncivilised and violent.

(Vocabulary n.d.)

Ironically, pejorative thinking is evident in the backdrop of Christian history. Missionaries went to evangelise those defined as “savages”. However, they epitomised *de difference* and not savagery (Boys, 2006).

<sup>2</sup> Writer’s italics.

In similar vein, the unacceptably offensive use of: “wog”, “nigger”, “kaffir”, “darkie”, “wop”, “yid”, “paki”, “whitey”, “punk”, “gook”, “rooi neck” and so on project perceptions that build biased assessments of a *person* – and cause unrest.

In another forum, the justifiably iconic words of Churchill’s brilliant oratory, “We shall fight them ...”, continue to encourage patriotism. However, his use of the pronoun “we” must be interpreted against his perspective on *de différence*. Let us turn to Marika Sherwood (2001), a senior research fellow at the Institute of Commonwealth Studies, who writes:

Although Churchill lifted the colour bar, he [nevertheless] sent telegrams to every Embassy and High Commission, telling them to find 'administrative means' to reject black volunteers. In the US, black pilots and doctors who had offered to volunteer were refused, [because of] this instruction.

South Africans were also drawn into the war. The Native [Black] Military Corps were formed in 1940. They and the 'coloureds' [mixed race] in the South African Army were not trained in the use of firearms.

Generally, it was not thought appropriate for Africans or people of African descent to kill whites, but this view did not apply to Indians.

To continue, Jews too had settled in England since the reign of William the Conqueror (1066 – 1087). Those who then epitomised *de différence* began to make their home and engage in business. However, their *de différence* religion and practices began to cause discontent amongst the majority Christian population.

- Jews were accused by their Christian neighbours of poisoning wells and spreading the plague – massacres followed.
- False accusations of Jews offering blood sacrifices continued into the 12<sup>th</sup> and 13<sup>th</sup> centuries:

In 1181 in Bury, St Edmunds, Suffolk

In 1183 in Bristol

In 1192 in Winchester

In 1244 – in London

- In 1247, Pope Innocent IV’s investigation found no evidence to justify their persecution, and four more Popes followed suit. However, accusations, trials and executions continued to rise.

Regardless, *de différence* gave rise to projected fear and angst, and in 1290 Edward I expelled Jews from England and expropriated their houses and properties! Assimilation, diversity, tolerance, an open society a-la Multiculturalism had collapsed. Centuries later,

Shakespeare’s Merchant of Venice introduced Shylock the Jew and soon Hitler began his evil reign.

In the 20<sup>th</sup>-century, the Nazi-orchestrated Holocaust shattered, yet again, peace, tolerance, humanity and diversity. Hitler wanted *his* ideal country and, building on understandable resentments over the Treaty of Versailles, (1919 – 1920), he set out to build a uniform nation. Joseph Goebbels, the Nazi propagandist and Julius Streicher the Nazi publisher of the anti-Semitic newspaper *Der Stürmer* and the children’s’ book, *Der Giftpilz*, advanced Hitler’s doctrines against the *Untermenschen* (Jews, Roma, Slavs and others). *De différence* had earned “others” death or exile – tolerance was not in evidence. Pejorative wording expressing prejudice, innuendo and hatred trampled on, murdered and disempowered people who epitomised “*de différence*”. Notwithstanding, people *are* different and must be allowed to be whom they are. The maverick, narcissistic Führer, in his megalomaniacal pursuit of *his* Germania did not tolerate *de différence*. History continues to stock its archives.

### *As it was in the beginning*

Some 27 warring tribes first populated Britain - “the red-headed people in Scotland, small, dark-haired folk in Wales and lanky blondes in southern England” (BBC History 2014). They farmed throughout the island. However, there was little evidence of a multicultural nirvana - *de différence* ruled.

The arriving Romans soon colonised Britain and left their unique cultural stamp (*de différence*) alongside those of the early inhabitants and introduced African people to the island.

We know of one individual African legionary, 'famous among buffoons and always a great Joker', who went down in history for making fun of the Emperor Septimius Severus outside Carlisle around the year 210 AD. Significantly, the Emperor was 'troubled by the man's colour' and ordered purifying sacrifices to be offered, which turned out also to be black.

(Edwards, 2017)

Chater (n.d.) notes that during the reign of Queen Elizabeth I, the first recorded black community set down roots in England and citing Ali and Ali (1995) note, “There were never any Acts of Parliament enshrining legal discrimination against them on the grounds of colour or race”. Nevertheless, the immigrants reflected *de différence* that was to fuel unrest.

After the post-WW II influx of colonial inhabitants, *de différence* walked British streets and lived alongside others who, too, were *different*.

However, let us remember that mistrust between people of the same colour is also endemic. For example, “... [Most] Nigerians, radically, do not trust

each other” (Collier, 2013)<sup>3</sup>. However, paradoxically but opportunistically, fronting an enterprise with a white person – the epitome of trust (sic) - is an ironic reality that bridges the interracial divide and promotes the flow of cash!

However, let us now consult the ever-present oracle of history<sup>4</sup>!

### ***Stereotyping – a pejorative, stigmatising highway***

Following the Middle Ages in Europe, the Renaissance (14<sup>th</sup>- to early 16<sup>th</sup>-century) revived classical learning, art, and the values of the Greek and Roman civilisations. Entrepreneurial ventures braved the challenges of the unknown, and the world became a colonists’ oyster. Despite Richard Ligon’s (1657) strong but futile rebuttal of the prevailing view of the African “as barbarous, prone to excessive sexual desire, lazy, untrustworthy and even cannibalistic” (Racist Ideas, n.d), early philosophers and scientists of the 17<sup>th</sup>-century continued to teach:

- That Africans “were naturally inferior to whites” - David Hume (philosopher)
- That Africans must be descended from apes and were part of a separate and inferior race – Sir Thomas Herbert (historian)

Furthermore, did a religious interpretation of the Bible influence racist stereotyping? Ham, the son of Noah, had witnessed his father lying naked in a drunken state. In consequence, he and his descendants (the Canaanites, and Hamites) were cursed (three times) by Noah and condemned to be hewers of wood and drawers of water<sup>5</sup>. Subsequently, the curse of Ham became “a theological construct perpetuated by churches that attributed racist intentions to God ... the underpinning of American slavery, the Jim Crow laws, and South African Apartheid” (Soaries, 2009).

The Hebrew word for Ham means “hot” and is surely prophetic of the climates that have created the blackness of the skin of the Negro, and the dark complexions of other peoples from the same stock. Egypt is called “the land of Ham” (Ps. 105:23) and the Egyptian word for “Ham” is Kem, meaning black and warm. From Ham we have the Egyptians, Africans, Babylonians, Philistines and Canaanites ... the Hamites were condemned to be hewers of wood and drawers of water.

(Source. Bible Gateway 1988)

Let us journey to the 19th century.

- Phrenologists classified all Africans as inferior to white races intellectually, culturally and morally, [and] unsuited to work other than that supervised by white people.
- Teleologists decided that Africans were, by nature, suited to hard work but not to thinking ... [and had] to serve white people. “The Negro, in general, is a born slave,” wrote Sir Harry Johnston, a British colonial administrator in Africa in the 1890s.
- Anthropologists concluded that the African was inferior to the white man, [and] a separate species more closely related to apes than to whites.

(Source: *ibid*, Racist Ideas n.d.)

From another perspective and upsetting to many religious Victorian grandees (and others), Charles Darwin suggested that Europeans were related to Africans and that all humans were related to the apes through a common ancestor.

According to the British colonialist, Cecil Rhodes (1853 – 1902), “the British were the best race to rule the world”. Interestingly, G.A. Henty’s 1884 book, “By Sheer Pluck: a tale of the Ashanti war” was available in school libraries until the middle of the 20th century and children reading it learned that black people are “just like children”. Did Streicher et al. get any ideas from this publication?

So, the evidence suggests that peoples’ psyches might be predisposed to perceptions that bypass reason, humanity and tolerance. Therefore, addressing *de différence* to enable CHANGE must be the way forward.

### ***A Way Forward to a social unity – not uniformity***

Can Britain move towards informed, researched and planned consultation on HUMANISTIC TOLERANCE that with empathic understanding of *de différence* that includes:

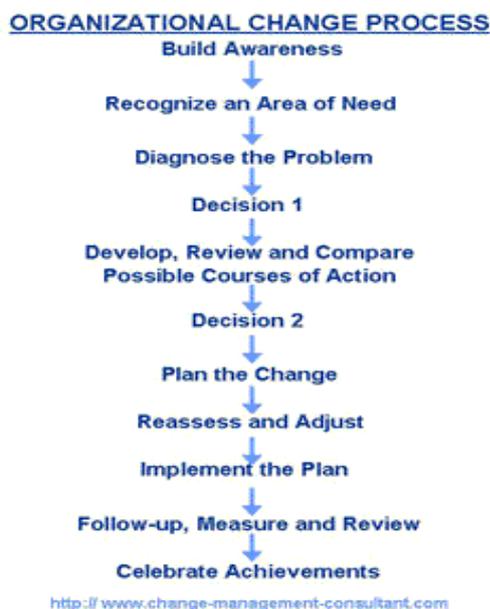
- Pejorative thinking
- Inter-racial conflict
- Class and education prejudices
- Historical precedents
- People and policies
- Cultural protection

<sup>3</sup> Professor Collier is at Oxford University

<sup>4</sup> See also the United Nations Declaration on Human Rights [http://www.heretication.info/\\_race.html](http://www.heretication.info/_race.html)

<sup>5</sup> Genesis Chapters 8 and 9.

Chart 1. The Foundation for Humanistic Tolerance



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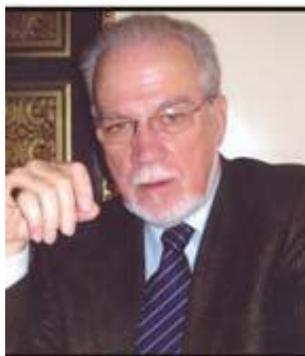
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# THE FUTURE OF CLINICAL PSYCHOLOGY PROSPECTS AND TRENDS IN TURKEY

Dr Fatih Bal\*

## Abstract

The progress in Clinical Psychology has developed recently with a rather rapid slope in the last century as well as the beginning of this century. Clinical Psychologists usually speculate either on near or immediate future trends in clinical psychology and make different predictions in the broad areas of psychological training, diagnosis and assessment, and treatment.

**Keywords: Assessment, clinical psychology, diagnosis, future trends, treatment**

For instance, clinical psychology's progress is dwarfed by other fields' advances. To give an example on this progress in last century, a person might be institutionalized for predicting that today people would carry a device in their pocket that can video-call anyone wirelessly for free on (Skype,) and of course watch thousands of techno-marvel movies (NetFlix,) and instantly search much of the world's information on different networks on the internet. This article will show ways of how clinical psychology has improved in last and this century.

## Introduction:

What I believe is that the main goals of a clinical psychological method in treatment of its patients are to generate a solid knowledge based on scientifically valid and contemporary evidence and to apply this knowledge to the optimal.

### 1. Improvement of mental and behavioural health.

My overall aim of this article is to assess where we stand as a field in achieving these goals and to identify factors that might have limited progress towards their attainment.

On the other hand my further aim is to suggest one strategy—the development of a new accreditation system of clinical psychology both in Turkey and developed countries—that might help clinical psychology advance more quickly as an applied science.

No doubt other movements will foster this advance; and whether the discussion of a new accreditation system might be offered merely as one example of the bold action that is needed for clinical psychology to meet its obligations to the public in Turkey.

Finally, although we use the term *clinical psychologist* throughout, our remarks are relevant to all psychologists concerned with clinical service delivery such as the service of clinical and public health in Turkey.

If we give an example on neuropsychology; it is based on the foundation for equally dramatic changes in clinical psychology but when we argue, *therapy*, counselling, and *coaching* then it will remain as part of clinical psychology's future. A number of people may wish to have a more professionally well trained and qualified person who is really either a good listener, questioner, or maybe an educator, and probably advice-offerer. Therapists sometimes may refer reactions of the individuals due to external events exacerbated.

I think some of the recent changes in clinical psychology of today that *neuroscience* and molecular biology research may denote a number of new trends.

### 2. The principal causes of mental sickness

To discover the core causes of mental sickness it is necessary to make a root based causes for instance, only two of the *genes* that regulate glutamate transmission may appear to *cause major depression*. Glutamate transportation may also be the principal mode to *repetitive disorders such as OCD, autism and Tourette's Syndrome*. Poor coordination among synapses may *cause schizophrenia and other psychoses*. *Intelligence* may have roots in a *newly-found gene cluster*.

For example, it is nowadays more easy to *measure neural activity in moving animals at the single-cell level*. Scanning electron microscopes can *detect sub-atomic particles*.

**As a result of all those findings; Mental sicknesses such as “depression”, “anxiety”, “schizophrenia”, or “autism”** will be comprehended as mere umbrella terms, with molecular and environmental causes specific to the individual. Molecular advances like those above pave the way for individualized medicine, whether for mental illness or bodily disease, to give an example, heart disease, cancer, and diabetes.

**Moral lines.** Most of the moral debates in an ethical route might continue to parallel the science research.

To give a broader example, most of the scientists who consider the argumentations in a more ethical route are already debating time to time whether augmentation should be either allowed or encouraged, or whether prohibited, for instance, whether parents may have a right of an option to select a gene therapy if it becomes possible to raise the intelligence of a fertilized egg.

Most of the questions may arise in a following direction:

- 1- Do the benefits to either a child or parents, and society outweigh the liabilities?
- 2- Whether adequate safeguards may be provided?
- 3- Whether Medicalcare ensure broad access, which provides health care for the poor in need and cover the necessary medical treatment?

There may be required certain new moral values in a detailed ethical route as science progresses.

### 3. For the time being, (Yolaç, 2005). Assessment and Diagnostic Methods

In today's standard treatments-- [cognitive](#)-behavioural therapy, SSRI's, electro-convulsive therapy, and deep brain stimulation have greatly improved many people's lives today or in the past. **Finally**, clinical psychology's being only in its [adolescence](#) may provide all of us another option within silver lining: It can temper our arrogance so that we can all do really a lot as of now and thereafter.

According to the American Psychological Association, they indicate that it is a matter of policy that psychology is a health-care profession (American Psychological Association, 2001; Johnson, 2001)<sup>1</sup>, and recent policy initiatives have focused on a greater integration of clinical psychology into primary care settings (Bray, 2009).<sup>2</sup> This looks to be an important initiative that is already coming to pass and that may have an impact on training programs and the way we practice. But one residual source of confusion going forward is an understanding by the lay public and health-care policy makers alike on the meaning of the term "psychotherapy". Elsewhere (Barlow, 2004;<sup>3</sup> Barlow, 2006) it was noted that *psychotherapy* reflects such a heterogeneous set of activities that the term has lost its ability to communicate any precise meaning.

Psychological intervention procedures and methods are very closely associated to assessment and diagnostic instruments, methods and procedures. Though every assessment method cited below cannot be considered

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<sup>1</sup> (American Psychological Association, 2001; Johnson, 2001)

<sup>2</sup> (Bray, 2009)

<sup>3</sup> (Barlow, 2004)

as exclusive to clinical and health psychologists, its correct use for clinical purposes have been supported by a clinical and psychopathological training such as the one received by specialists in clinical and health psychology. In the following lines, a list of such methods, including the most important ones, is offered:

- \* Interviews (Ranging from not structured interviews to fully structured ones).
- \* Behavioural monitoring
- \* Self-monitoring methods and procedures
- \* Tests
- \* Self-reports: Scales, Inventories and Questionnaires.
- \* Psychophysiological records.
- \* Role playing and other procedures supporting self-monitoring behaviour
- \* Surveys

### SUPPORT FROM OTHER PROFESSIONAL'S REPORTS

With the aim of obtaining additional information in order to elaborate diagnostic or assessment conclusions, clinical and health psychologists are qualified to ask for sanitary and no sanitary professionals' opinion.

Some of the most commonly used reports are:

- \* Neurologic reports
- \* Social workers' reports
- \* Biochemical tests reports
- \* Pedagogic reports
- \* Medical reports in a general sense
- \* Sociological reports

### 4. Intervention Methods and Procedures

Clinical and health psychologists use a large amount of intervention methods and procedures resulting from knowledge obtained from clinical practice, psychology and related sciences. The most frequently used methods and procedures in the clinical field are collected together in this section. They are grouped by the main theoretical headings underlying them. In any case, our intention was not to exhaustively describe every intervention way, but we circumscribe ourselves to establish the main lines of therapeutic activity in clinical and health psychology. Thus, for example, suggestion methods and hypnosis are not mentioned in any specific section because these methods can be used by different theoretical approaches within psychology. Besides, not all cases were described in the same detail, in order to make the presentation not too long.

The main methods and procedures may be outlined as follows:

- Behavioural Modification Therapy Methods
- Exposure Methods (Systematic Desensitization, Flooding, Implosion, Guided Exposure, Self-Exposure)
- Methods based on operant conditioning (Positive and Negative Reinforcement, Stimulus Control, Operant Extinction, Time Out, Response Cost, Satiation Training, Overcorrection, Differential Reinforcement, Token Economy Programs and Behavioural Contracts) and Aversive Methods (Punishment, Evitation and Escape Procedures and Classic Conditioning with Aversive Stimulus)
- Covert Conditioning Methods (Covert Sensitization, Covert Modelling and others)
- Self-Control Methods
- Skill Acquisition Methods (Role Playing, Modelling, Behaviour Rehearsal)
- Relaxation Methods
- Cognitive-Behavioural Therapy Methods
- Cognitive Methods (Rational - Emotive Therapy, Beck's Cognitive Therapy, Cognitive Restructuring and others)
- Coping Methods (Stress Inoculation, Problem Solving and others)
- Psychoanalytic Methods
- Gestaltic Therapy Methods
- Transactional Analysis Methods
- Existential Analysis Methods
- Existential Therapy Methods and Logotherapy
- Systemic Therapy Methods
- Scenic Stepping
- Therapeutic Positioning
- Linear, Strategic, Circular and Reflexive Questioning
- Reframe, Restructuring and Redefining
- Paradoxical Interventions, Metaphorical or Paradoxical Assignments and Rituals
- Stories and Narratives
- Pattern Interruption Assignments

## 5. Development of Clinical Psychology in Turkey

It looks that the first initiatives of psychology in Turkey had been started by the young academicians who went to Europe (Kağıtçıbaşı et al., 2007).<sup>4</sup>

In 1915, a German academician, G. Anschutz founded the first experimental psychology laboratory in Istanbul University (Yolaç, 2005).<sup>5</sup>

Later, in 1919, the first psychology chair under the philosophy division by M. Şekip Tunç in Istanbul University. In 1930s, Most of those graduated abroad in Psychology started to work in Istanbul and Ankara (Kağıtçıbaşı et al., 2007).<sup>6</sup> It is also interesting that the first published Academic periodical by W. P. Peters, who is one of the visiting professors studying in Turkey, published *The Psychology and Pedagogic Studies* in 1940. By this time, the experimental chairs' having the leading role was not only the condition in Turkey but almost all around the world. In terms of Professional opportunities during these years, teaching at both high schools and in universities, working as testers at psychiatry departments of the hospitals were some alternatives (Yolaç, 2005).<sup>7</sup> These first initiatives were slowed down by the World War II and again started at the end of 1960s.

The Psychological departments were founded in Ankara University, Hacettepe University, Ege University, Middle East Technical University, and in Bosphorus University in 1962, 1964, 1976, 1982, and 1982 respectively as an autonomous educational unit (Yolaç, 2005).<sup>8</sup>

The main psychoanalytic methods based on or inspired in Psychoanalysis are usually classified to be as follows:

The Interpretation, The Clarification and The Confrontation, completed with other rationalistic interventions, including appropriate management of therapeutic process phenomena as the Working Alliance and the Transference and Counter-Transference. All of them are applied within the following main modalities:

- Classical Psychoanalytic Treatment
- Expressive Psychoanalytic Psychotherapy (mid and long lasting)
- Brief and/or Focal Psychoanalytic Psychotherapy
- Support Psychoanalytic Psychotherapy
- Dynamic Psychotherapy
- Experiential and Personal Psychotherapy Methods
- Client Centered Psychotherapies
- Experiential Psychotherapy Approaches
- Methods of Experiential Process Psychotherapy
- Bioenergetic Therapy Methods
- Psychodrama
- Phenomenological and Existential Psychotherapy Methods

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<sup>4</sup> (Kağıtçıbaşı et al., 2007)

<sup>5</sup> (Yolaç, 2005)

<sup>6</sup> (Kağıtçıbaşı et al., 2007)

<sup>7</sup> (Yolaç, 2005)

<sup>8</sup> (Yolaç, 2005)

The main problem in the clinical psychology research is the question that whether psychology is a basic science, or a similar situation like the other areas of psychology.

Having the concern to be accepted as a positive science was the major consideration of clinical psychology from the mid-1900s until 2000s. Nevertheless, the emphasis on psychology's role as a "human science" resulted in the changes of using a wider range of objective methods such as, qualitative methods, case studies, and one-subject research designs (Kağıtçıbaşı et al., 2007).<sup>9</sup>

## 6. Basic problems in teaching psychology in Turkish educational system

A- As the expectations of clinical psychology increase, Turkey is likely to establish new training programs in psychological education in compatible with the history and society's needs, and the local characteristics and demands. Yolaç (2005)<sup>10</sup> criticized the general perspective of accepting the classifications, theories, and models developed in Western countries as indisputable and unquestionable truths. As stated in the Psychology forecast workgroup report (Kağıtçıbaşı et al., 2007),<sup>11</sup> cultural awareness is very important for the psychologists in Turkey. In this way; psychologists will have the change to contribute to the psychology science with the theories based on Turkish culture. Also, the study done by Göregenli (2005, cited in Kağıtçıbaşı et al., 2007)<sup>12</sup> showed that the articles published in Turkish psychology journals mainly focus on the universal concepts however, lack the concepts about cumulative knowledge in Turkey and the problems of Turkey.

B- Another problem seen in the profession is the lack of self-esteem of psychologists. This was observed by the visiting faculties coming from other countries (Yolaç, 2005).<sup>13</sup> The Health Act that has been remaining since 1928, the incompetence in the institutionalization process can be considered as the sources of the low professional self-esteem (Gençöz, 2005) Karancı (2005)<sup>14</sup> presented the problems of clinical psychology education in Turkey. First of all, there is lack of studies evaluating and determining the minimum standards for a graduate program. Secondly, there are limitations in the cooperation with

the institutions for the students' internships, and in the number of clinical psychologists with doctorate level that can give supervision to those students. Thirdly, there are not enough faculties educated in clinical psychology area. Finally, the literature for clinical psychology in Turkish is insufficient.

C- The Importance of Family in collectivistic Turkish culture, relationships within the family are very important. For people, caring for the family is most important, and individuals may consider their family first before their freedom, personal benefits and independent choices. Considering that the family is seen as culturally and morally valuable, people are judged socially if they do not care about their family, so there is added social pressure on them (Metz, 1995).<sup>15</sup> Many people have internalised this cultural value, so many Turkish people do not need to be judged to take responsibility for their family. Related to the importance of family, Turkish people's thoughts and actions may be influenced highly by their family, and encouragement coming from within is very important to maintain thoughts and actions. Therefore, Turkish people's experiences and thoughts of psychotherapy are also mainly influenced by their family. I think that considering family and maybe inviting family members to psychotherapy may be beneficial for Turkish clients. I believe that family problems should be solved within the family circle, otherwise the client may return with the same problematic thoughts and acts.

D- Family structure forms importance in the individual's life so keeping secrets hidden makes them confidential in their privacy it may usually prevent Turkish people having psychotherapy. However, it is important in Turkish culture to keep negative experiences within the family, and what has happened within the family should not be shared to others as long as not required, not even with a psychotherapist.

E- Stigmatisation in Turkey. People may avoid going to psychotherapy because they are afraid of stigmatisation (Taskin, 2007).<sup>16</sup> Psychological problems are seen as a negative thing, so having psychotherapy demonstrates that one has psychological problems. People who have psychotherapy may be judged in a negative way. Having psychological problems may be described as 'being insane', so it is exaggerated and stigmatised (Taskin, 2007).<sup>17</sup>

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<sup>9</sup> (Kağıtçıbaşı et al., 2007)

<sup>10</sup> (Yolaç (2005)

<sup>11</sup> (Kağıtçıbaşı et al., 2007)

<sup>12</sup> (2005, cited in Kağıtçıbaşı et al., 2007)

<sup>13</sup> (Yolaç, 2005)

<sup>14</sup> (Gençöz, 2005) Karancı (2005)

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<sup>15</sup> (Metz, 1995)

<sup>16</sup> (Taskin, 2007)

<sup>17</sup> (Taskin, 2007)

Having psychological problems may be regarded as an ‘abnormal’ situation, which is also shameful, and perceiving it as shameful may be related to a belief in the Islamic religion. This religion values fatalism, so religious people may tend to be fatalistic in their thoughts, judging other ‘abnormal’ people as deserving what they experience, because they believe God sends goodness and badness. Participants indicated that they may tend to hide that they have psychotherapy, or sometimes they were secretly asked about a good psychotherapist to be referred, and experienced other situations that people hide from each other that they had psychotherapy because they were afraid of stigmatized.

- F- Preferring Religious Healers in Turkey, ninety-nine percent of the population is Muslim (Turkiye [Turkey], 2010), and Muslim people may prefer to see an Islamic religious healer for treatment (Taskin, 2007).<sup>18</sup> These religious healers are called ‘hodjas’, and their actual duty is not to heal people but to lead religious practices such as ‘namaz’, to read the Quran to other people and to give religion-oriented advice. However, religious people trust hodjas without questioning because of their faith, and they believe.

## 7. Recommendations

The following are questions for psychologists at differing points in their career progression

- Why do I want leadership skills?
- What combination of skills do I, as a clinical psychologist, bring to leadership?
- How am I going to develop these skills?
- What am I going to do with these skills?

This work has built upon that produced as part of the New Ways of Working agenda (BPS, 2007a),<sup>19</sup> which widely recognises that leadership development is an essential component of psychologists work.

However, Psychological service managers and other health managers need to develop services based on DIVERSITY as a basic principle that recognises:

- D** – Different
- I** – Individuals
- V** – Valuing
- E** – Each other
- R** – Regardless of S – Skin
- I** – Intellect
- T** – Talent
- Y** – Years

<sup>18</sup> (Taskin, 2007)

<sup>19</sup> (BPS, 2007a)

Turkish Psychologists in Clinical or Non clinical psychology may need to ensure that services to be offered in non-stigmatising, non-institutional settings in the community, including the Voluntary Sector, and that diversity and difference are positively valued. I also believe that most of the Turkish Psychologists working in clinical psychological sector also need to develop cultural competencies in knowledge skills and attitudes that question the stereotyped views and beliefs because nowadays many hold about racially and culturally different clients from different regions of the Country.

To sum up all these new recommendations our practicing psychologists in Turkey should therefore, develop productive working relationships in a harmony with culturally and linguistically diverse groups of people by:

- Avoiding different types of biases and finding new ways (verbally and non-verbally) to build rapport and respect. And using and working with trained interpreters in assessment, formulation and intervention work as well as research work.
- Re-assessing and re-interpreting the word culture and incorporating ethnic identity (including its fine gradations, region, class and generation), which can impact on the process and outcome of therapy.
- Acknowledging their own ethnocentricity and hostility to people who are ‘different’. Psychologists need to acknowledge that people can change – irrespective of their differences and psychological distress. And they should Re-look carefully at current models of mental health, which traditionally reflect Western constructions of mental health. I would also suggest Turkish Psychologists in clinical sector should incorporate other world views of psychological and mental well-being.

## 8. The outcome in Conclusion

In this Article, I tried to speculate on new trends with changing themes or areas that are likely to reflect changes in the field of clinical psychology in the near to intermediate future. As emphasized at the beginning of the chapter within Abstract, some of these changes have already begun, and we speculate more on how they will play out in the coming years. Other projected trends have not yet occurred, and time will tell whether our predictions would come true or not.

But the goal of this article is not necessarily to come out with the highest percentage of correct predictions among the large number of prognosticating psychologists willing to take these conceptual faiths.

The longstanding potential of clinical psychology to relieve human suffering and enhance human functioning will become increasingly evident, and anyone participating in the realization of trends outlined in this chapter and other developments not yet

envisioned will be very fortunate indeed to be a part of it.

“Education is based on memorization”, “therapy in practice is different than the book information”, “and different needs are arising according to the work settings”. They are highlighting the gap between the practice and the training. As Mayne (1994) mentioned clinical psychology's rapid evolution both as a science and a profession and called the attention to the widening gap between research and practice in applied psychology programs. This is a critical statement need to be taken into consideration.

Finally Turkish people look not well-informed about psychotherapy and its implication of it as well as its benefits. Usually Turks are more interested about a possible campaign through an awareness in which it might be helpful with them. Turks should be leaded to consider psychotherapy as a treatment method when they really wish to experience with their psychological problems. However, sometimes an awareness campaign may not really help; so better access should be provided for the people who consider psychotherapy as a treatment method. There should be always free services to be offered through institutions, or other affiliated foundations and associations in the country thus to offer free or low-cost psychotherapy for the needy patients.

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# DIPLOMACY: ARAB BUILDING DIPLOMACY

Dr Kemal Yildirim\*

## Abstract:

*Arabs and Israelis have created breakthroughs to peace either through a direct or somehow a series of secret negotiations--or not at all Since 1977 and thereafter. For instance Anwar Sadat's historic visit to Jerusalem was an important diplomatic challenge with Egypt and Israel, where direct talks in Morocco and elsewhere led to. Neither (the Arab League) nor any smaller coalition of Arab countries had a significant role on the total absence of "Arab diplomacy" for Arab-Israel peacemaking process Israel and its Arab partner inevitably turned to the United States for material and diplomatic support. In the case of Israel and Egypt, both countries also recognized the need to institutionalize an arbitration arrangement and a peacekeeping force in Sinai.*

**Keywords:** Diplomacy, Arab, building diplomacy

## 1. Introduction

In fact the Arab World is rife with regional, bilateral, and domestic conflicts, from the shores of the Atlantic Ocean to the Arabian Gulf. There might be given a number of diplomatic examples on building diplomacy such as one of the important diplomatic challenges was Moroccan-Algerian tensions concerning the dispute over Western Sahara and the role of the Polisario Front has remained unresolved till now. From the other hand Libya has become a failed state, a fertile ground for extremists and terrorism, with sub-regional ramifications especially till the overthrow the Qaddafi regime. Syrian Violence escalated and the country descended into civil war as rebel brigades were formed to battle government forces for control of cities, towns and the countryside, in spite of various ongoing diplomatic negotiations held with full efforts sponsored by the United Nations. Meanwhile Iraq still seems unsettled, with terrorists of different political groups able to operate across the border between Iraq and Syria. Especially the **Islamic State of Iraq and the Levant (ISIL)**, also known as the **Islamic State of Iraq** and Syria's a **Salafi jihadist** militant group that follows a **fundamentalist, Wahhabi** doctrine of **Sunni Islam**. The group's adoption of the name "Islamic State" and its idea of a **caliphate** have been widely criticised, with the **United Nations**, various governments, and mainstream Muslim groups rejecting its **statehood** or **caliphhood**. The group originated as *Jama'at al-Tawhid wal-Jihad* in 1999, which pledged allegiance to **al-Qaeda** and participated in the **Iraqi insurgency** following the **March 2003 invasion of Iraq** by Western forces. Joining other Sunni insurgent groups to form the **Mujahideen Shura Council**, this group proclaimed the formation of the **Islamic State of Iraq (ISI)** in October 2006. In

August 2011, following the outbreak of the **Syrian Civil War**, ISI, under the leadership of al-Baghdadi, delegated a mission into Syria, which under the name *Jabhat an-Nusra li-Ahli ash-Shām* (or **al-Nusra Front**) established a large presence in Sunni-majority **Al-Raqqa**, **Idlib**, **Deirez-Zor**, and **Aleppo** provinces. The merger of ISI with al-Nusra Front to form the "Islamic State of Iraq and the Levant" (ISIL), as announced in April 2013 by al-Baghdadi, was however rejected by al-Nusra leader **al-Julani**, and by al-Qaeda leader **al-Zawahiri** who subsequently cut all ties with ISIL, in February 2014. However Civil conflict continues to consume Yemen; as with the war in Syria, the fighting there is exacerbating tensions between regional powers Saudi Arabia and Iran. The **Yemeni Civil War** is already an ongoing conflict that began in 2015 between two factions claiming to constitute the **Yemeni** government, along with their supporters and allies. **Houthi** forces controlling the capital **Sana'a** and allied with forces loyal to the former president **Ali Abdullah Saleh** have clashed with forces loyal to the government of **Abd Rabbuh Mansur Hadi**, based in **Aden**. **Al-Qaeda in the Arabian Peninsula (AQAP)** and the **Islamic State of Iraq and the Levant** have also carried out attacks, with AQAP controlling swaths of territory in the hinterlands, and along stretches of the coast.

The Arab-Israeli conflict, nearly seven decades old, continues to make life unbearable for the Palestinians living under occupation. Egypt and Tunisia, the countries that ignited the Arab awakenings, are going through fundamental domestic transformations. However "I am sick of the Palestinian-Israeli issue," President George Bush apparently told Jordan's King Abdullah in June 2004, in front of Mr Muasher. However, Mr Muasher is careful not to blame Islam for the Arabs' failure to create democracies, but notes that "in the Sunni stream of Islam the door to interpretation and reasoning, *ijtihad*, had been closed since at least the 13th century". He calls for the gradual creation of a "system of checks and balances".

In the midst of all this turmoil, Arab diplomacy has been strangely absent. Some Arab countries have been providing military support for different protagonists in different conflicts, notably in Libya, Yemen, and in the war against terrorism in Syria and Iraq. I think No Arab government is really aware Where, however, is Arab diplomacy? Or What diplomatic efforts were really made in every one of these cases are now probably being led by non-Arabs or non-Arab political groups (sects).

Almost throughout all the last century especially in 1950's and thereafter most of the Arab leaders such as Gamal Abdel Nasser and Anwar Sadat of Egypt, Faisal

and Fahd of Saudi Arabia, and Houari Boumediene of Algeria led conflict resolution efforts in various inter-Arab and regional problems, For instance, the Arab-Israeli dispute, the civil war in Lebanon, and the Iran hostage crisis were important conflict of the time. Nowadays most Arab leaders are preoccupied with military conflicts in which they are directly engaged, and/or with their own domestic upheavals. Conflicts on Syria attracted varying degrees of support from its international backers - Turkey, Saudi Arabia, Qatar and Jordan, along with the US, UK and France, but there are other deeply rooted reasons on the absence of punctually needed Arab diplomacy: The Arab World of today probably either is suffering from what many Arab Politicians call a kind of National Security Capability Deficit or a Managing Change Deficit. To me, these deficits have severely curtailed the capability of Arab states to pursue serious institution-led diplomacy altogether so that a revival of active Arab diplomacy might either be a critical to the future stability of the Middle East or remain unresolved in ongoing conflict.

Major features define that Arabs rather question: Why did these conflicts happen all of a sudden? What are the outcomes for interests of their nation? Will the Arabs face more chaos in coming years in the Middle East, or a new order for Arab World? And, given the intensive linkage between the domestic, regional, and global levels that have defined the dynamics of the Middle East in past thirty years might be in a way relevant to address the larger question of what place the region would really occupy in world politics as well as regional diplomacy in the future.

## 2. Diplomatic challenges and failures

I think Arabs mostly awoke up from a deep dream and this should have been rather clear to Non Arab World, even in a region with a very high illiteracy rate.

Who knows probably the fundamental reason behind the awakenings was the breakdown of the social contract between Arab governments and the constituencies they were governing.

“Freedom” and “social justice” in Arab World slightly change from each others such as Gulf Arab World and Arab World in North Africa all are among the most prominent demands of these awakened Arab constituencies, irrespective of whether anyone may question about North Africa, the Levant, or the Arab Gulf region of today. I think there are a number of other sensitive factors served as further catalysts for the awakenings in Arab World of today. If we go behind the scenes of the Tunisian, Egyptian and Libyan revolutions and explore the lives altered by these events, and speak to those who made them happen. An awakening of Arab World with series of protests and demonstrations across the Middle East and North Africa that commenced in 2010 became known as the “Arab Spring”. During this period of regional unrest, several leaders announced their intentions to step down

at the end of their current terms. Sudanese President Omar al-Bashir announced that he would not seek re-election in 2015.

The geopolitical implications of the protests drew global attention for the presence of a strong, educated middle class that has been noted as a correlate to the success of the Arab Spring in different countries. Countries with strong welfare programs and a weak middle class, such as Saudi Arabia and Jordan, as well as countries with great economic disparity and an impoverished working class—including Yemen, Libya, and Morocco—did not experience successful revolutions. The strength of the middle class is, in turn, directly connected to the existing political, economic, and educational institutions in a country, and the middle class itself may be considered an informal institution.

On those days, one of the extremely large proportions of youth within whole Middle East region, For instance over 30 percent of the population with an age bracket that by its very nature calls for change and looks to be impatient. In another Word, there was an important factor of the rapid evolution of communication technology, in particular satellite television, social media and Internet etc. This has caused governmental control of information to be less important, fuelling aspirations and frustrations as people became more enlightened with respect to the fate and options with opinion of others around the Globe. These political changes were inevitable. Young Arab generation’s political vision changed inevitably because Arab leaders are overbearing.

The leaders of Tunisia, Libya, Egypt, and Yemen had been in office between thirty and forty years (albeit in Syria the continuous power was passed from father to son). Ironically, these personal tenures were longer than those of individual monarchs in the region. This stagnation created rigid modes of governance, lack of vision, and an inability to manage or even recognize the need for change, conditions of the time where Arabs exercise every day of life that ultimately contributed to the Arab diplomacy to diminish.

On the other hand, there might be some other External reasons that have somehow contributed to the turmoil. In the upheavals of the Arab awakenings a significant number of regional players—here Intellectual Arabs of today mostly refer to Turkey, Israel, and Iran—have attempted to take advantage of the instability. As a result, these three countries have seen a rise in their political weight in the region as well as in their diplomatic influence.

As I have mentioned above an Another important and alarming factor to take into account is the emergence of fundamentalist non-state actors, particularly Anti Government groups such as the Islamic State in Iraq and Syria (ISIS) and the Al-Nusra Front. These political groups might be considered especially as home-grown; violence in the Middle East thus might

be a direct derivative of the breakdown of the social community the non existence of effective state institutions. But these non-state actors, in different forms and with different identities, have managed to transcend borders with terrorist operations on different continents such as in Europe, America and Asian region.

Almost all of the Arabs such as Syrian refugees fled to other countries and Native Iraqis facing war and conflict in their region frustrated with the results of the Arab awakenings.

Lots of political failures caused faults were made by all. Thus a modern set of reforms were all delayed in democratic life, if not derailed. The dreamers never really understood the magnitude of their success, as a result of this, the enormity and complexity of the nation-building effort ahead of them. Some may admit to a degree of *naïveté* themselves or maybe immaturity of understanding the democratic dilemma where all these Arabs sought.

After all the failures no one may really underestimate the challenges, and understand that even more frustration may result different deceptions ahead of those people. No one knows if things may get better or worse some day, yet but we appreciate those who think that there will be no return to the past even if dreams of a democratic future are not realized this or that way where those Arabs dream. Of course we can still observe various indications, particularly in the public discourse in Arab World mass media, that the Arab awakenings were in a way alive, and that rampant poor rule will no longer be accepted or condoned. So the power of technology and effects of information exchange have in fact already put limits to the centralization of central authority. Even in the concept of partial transformation of Arab communities, which many openly may witness today in the streets, syndicates, and parliaments, there are new dimensions of individual rights that are inconsistent with sustained arbitrary centralized authority only in government sides themselves.

In a way most of the Arabs may think over the evolution of their democratic rights rather than its revolution itself. I personally agree with anyone who really believes that it is premature to declare the Arab awakenings as a failure. This is because the region's transition is still ongoing and that might be observed as an important reason for a revival of active Arab diplomacy.

Some legitimately may also question why change in the Arab World is so difficult and chaotic as I also faced *vis-à-vis* with this question various time while on discussion. I think the absence of an Arab model for change in the twenty-first century might be a response to the inquiry. I don't think it is not Eastern Europe of the post-Cold War era, wanting to join its Western neighbours. But another fundamental reason is that Arabs have been excessively dependent on external

parties in their either national or even individual rights of their security needs within their economic engagement, in the evolution of their communities, and, probably it does not worth to mention it, in the resolution of their regional internal or external conflicts.

In formulating of strategies, new Arab diplomatic responses one must caution against gross generalizations in making judgments and not draw conclusions that would seriously distort assessments and decrease potential policy proposals for how to restore them.

For instance Arab awakenings have much in common; however, they are not really identical. Developments in Egypt and Tunisia most of them remain essentially home-grown, and bringing them to fruition will be determined most of all on the successes of domestic forces.

For Libya, it was probably a domestic frustration. The ensuing chaos thus resulted from Muammar Gadhafi's systematic annihilation of government structures during his forty years in office. It is likely that the chaos was exacerbated by the way the North Atlantic Treaty Organization (NATO) intervened after Libya's uprising began: The fact is shown that NATO exceeded the scope of the humanitarian mandate provided by United Nations Security Council resolutions, and then provided little crisis management nation-building support after Gadhafi's collapse. So that the Arab League decision that assured political covers for NATO, while morally correct, was nevertheless diplomatically short-sighted in failing to insist prior clear plans for the aftermath of military operations. I think the uprisings in Syria and Yemen were likewise driven by domestic frustration or excessively ruthless government responses; Meanwhile, in contrast with the case in North African region most are today fuelled by regional and international geopolitics as much as, if not more than, local dynamics.

In the Levant, global and regional geopolitics, revolving around the U.S.–Russian and Saudi–Iranian rivalries in particular, seem to be the predominant factor. In Syria, these international and regional rivalries even supersede inter-Syrian rivalries at this point. The Vienna meetings, Geneva process, the Russian announcement of withdrawal of its military intervention forces, and American acceptance of an eighteen-month Syrian transition phase are welcome indications that Russia and the United States have concluded that diplomacy or at least crisis management is imperative.

There might be severe turmoils in the Middle East that may raise questions about the borders mapped in the Levant according to the Sykes-Picot agreement after World War I. In conjunction with this, many people have witnessed an increasingly polarizing and potentially catastrophic debate about ethnicity and sectarianism, raising questions about the very identity

of citizens in the Arab World. Various ongoing rostrums about political future of Syria, Libya, and Yemen have brought forth numerous proposals about decentralization, self-government, and federalism. At face value, these might be worthy proposals in a way if they are based on geography and topography. However, at closer look they appear to be defined by ethnic and sectarian considerations. This is a highly volatile prescription but it might be difficult to understand the fact that could have further destabilizing effects with cross-border ramifications throughout the Levant and Arab Gulf region.

I don't think it would assist with the West to comprehend the region as a hub in complex if they just leave Middle East region in isolation from the World community.

The path forward should be navigated by upholding international norms and practicing rational regional realpolitik in crisis management and conflict resolution. Arab and Middle Eastern states will not find stability unless they see and respect international norms, not as an imposition from foreign powers but as a response to the demand of their own people.

At the same time, sober crisis management and conflict resolution should drive the international community to preserve existing government institutions and respect the sanctity of international borders. Stability through the respect of sovereignty and application of good governance are in the strategic interest of all of the conflicting state parties, even if short-sighted tactical gains may appear attractive and drive opportunistic policies. Changes where they occur should be in the realm of practices and when called for personalities in response to the demands of national constituencies.

However, I am unsure if any changes might be countenanced with respect to borders, irrespective of how they were originally drawn. Nor should changes involve dismantling institutions at the expense of a country's security and stability.

These could be the main roads where they cannot probably afford to travel in the present volatility. If they are to see the light at the end of the tunnel, these basic tenets may be respected by domestic, regional, and international players for the occasion of their external interests.

Arabs should be encouraged more to engage in determining the future of their region. If reshaping the region is once again left to foreign powers, the Arabs will only have themselves to blame for their complacency. Arab over-dependency on external forces has led to complacency in raising their national security capabilities, politically and militarily, particularly in comparison to non-Arab Middle Eastern states in the region, whether we're speaking of Turkey, Israel, or Iran. These three states have become overly influential, aggressive, and present in the regional conflicts associated with the Arab awakenings.

Many may find it difficult to envision stability in the Middle East with four of its major players at loggerheads. So to go ahead there must be a reorientation of relations between Turkey and Egypt as well as between Saudi Arabia and Iran. Since Saudis claim that Iranians are non Muslims or they hanged recently an imam such shifts will prove challenging if not impossible in the short term. Turkish sponsorship of the Muslim Brotherhood, which is outlawed in Egypt, makes immediate rapprochement between Ankara and Cairo impossible. Saudi Arabia's concerns about Iran's overzealous engagement in the Arab Gulf countries, Iraq, and the Levant are deeply rooted and highly sensitive.

I think these entities should take better decisions to slow down the arising conflicts and ongoing faulty policies so Turkey and Iran are necessary just to start a serious Arab dialogue with these countries. Turkey and Iran, using Sunni and Shiite Islam as a springboard for influence of their policies, in Diplomacy, sometimes one should make clear commitments not to interfere in the internal affairs of neighbouring states. Egypt and Saudi Arabia can reciprocate with actions acknowledging greater openness toward both countries.

To some of the Arab diplomats the Arab communities as a whole needs a diplomatic awakening and a renewed commitment to take charge of its own issues before calling on others to help. Probably Arabs should reinvigorate its moribund regional organization, the Arab League. Strengthening its preventive diplomacy and crisis management capacities are paramount. New diplomatic era comes out .and we all enter a new era so the Arab League should also lead a constructive, comprehensive dialogue not only with Turkey, Iran, and Israel, but with all neighbouring states from sub-Saharan Africa to southern Europe and Asia.

Despite impressions to the contrary, Arab states continue to have more in common than ways in which they differ. Their historic legacy and shared cultural values should not be underestimated. A common path forward is paramount if truly sustainable progress in the Arab World is to be achieved. Arab states must individually and jointly become more proactive diplomatically. The alternative, further diminution of Arab political weight, will prove disastrous to the region in this time of transition. It is imperative that the Arab states approach the changing world in wide-ranging agreement with the intention to continue building pluralistic, inclusive governments and reorienting their foreign policy away from excessive international dependency.

Ensuring true stability in the Middle East will require domestic political reforms in Arab countries. But it will also require a more robust Arab diplomacy. Arabs must look at the security paradigm in the Middle East from within nation-state boundaries, and also with respect to their immediate regional neighbours and beyond to sub-Saharan Africa and to Europe. Like the world itself, the Middle East is changing geopolitically and

this needs to be addressed. The challenges ahead for a better future and regional stability are daunting, and this will require rational, proactive, and wise steps by strong and proud Arab states. Active Arab diplomacy will be a determining factor in whether the Arab awakenings are a success or failure. This new approach will also be among the factors in determining the place Arabs will have in the future world order, and in determining whether the Middle East will remain a cauldron of violence or proceed toward a more stable future.

Kennedy tried to repair US relations with the Arab states by making overtures to Nasser in Egypt, and by reaffirming continuing support in Saudi Arabia and Jordan. Israel was dealt with in a broader context of building good relations with many states. Like the Tripartite Declaration and the Suez crisis, these moves did not lead to a significant improvement of the relations with the Arab nationalist countries. However, these policies did affirm the US commitment to its policy of peace and stability. The United States began to consider the possibility of true peace in the Middle East, especially after the weakening of the Soviet Union.

### 3. Conclusion

I believe that an optimist approach in foreign policy that envisioned transforming Arab societies throughout the Middle East region into functioning democracies has faded, and knee-jerk reactions vis-à-vis Islamic political parties remained more active in local governance of Arab World including Turkey and Iran. One may hope that the topic of democratic development will remain on the U.S. foreign policy agenda, that discrepancies between talk and action of the next administration will be thus less pronounced, and that long-term interests such as diplomatic practices in the foreign policies of modern Arab World and democracy promotion will more often win over short-term operational interests with US and Western Powers. During the Cold War, US foreign policy was completely dependent on Soviet strength, position, and action. For this reason, the Cold War divided modern US foreign policy towards the Middle East into two distinct periods: policy during the Cold War and policy after the Cold War. As non Arab nations Turks indicate similar policies in governances such as Arab World, for example the rise of Justice and development party in Turkey who won elections early in 21st beginnings which is still in power over past 15 years is a proof of it. However, a new political party called the same as in Turkey so called "the justice and development party" came also into power recently in Morocco that shows similarities in name and political agenda such as the one in Turkey. The justice and development party in Morocco PJD is an Islamist conservative democrat party crucially supporting Moroccan monarchy. PJD disavows violence, terrorism and seeks to defend Morocco's Islamic identity through legislative means.

AKP (Justice and Development party) in Turkey is described as an Islamist party in some media, party officials reject those claims. The party's foreign policy has also been widely described as [Neo-Ottomanist](#), an ideology that promotes renewed Turkish political engagement in the former territories of its predecessor state. On another hand, in the mid-1950s, Syria appeared increasingly anti-Western and pro-Soviet. Early in the decade, Syria had grown close to Egypt and discussed a possible federation. The US has not yet lifted restrictions on Syria, because of terrorist suspicions Assad regime is still supported by Russia.

The neighbour country Iraq to Syria had always maintained turbulent relations with the US, ranging from an endorsement of the Eisenhower doctrine in 1957, to the severance of all diplomatic ties during and immediately following the Six-Day war. Poor relations continue today, as Iraq refuses to comply with disarmament agreements. For Kuwait; it was a strong voice in support of Arab nationalism and Palestinian claims to a homeland. In the 1960s and 1970s, Kuwait's only direct conflict came in 1990, when Iraq accused Kuwait of exceeding OPEC production quotas and demanded that it drop the debt Iraq owed from its war with Iran. The confrontation resulted in the Persian Gulf War, in which the United States played a major role. Saudi Arabia has maintained a close relationship with the United States since its inception. In 1945 However, Diplomatic ties were never broken with the US, though. In 1990, Saudi Arabia provided for temporary deployment on its own territory of hundreds of thousands of US and allied troops, and contributed forces to the forces that fought Iraq in the Persian Gulf War. For Palestine; in an effort to gain US favour and the opportunity to discuss peace and self-rule, the PLO recognized Israel's sovereignty in 1988. The PLO lost a lot of its bargaining power in 1991, when it supported Iraq during the Gulf War. However, in 1993, Israel and the PLO revealed a surprise peace accord that opened the way for limited Palestinian self-rule in the Gaza Strip and the West Bank.

### 4. Acknowledgment

**This work performed on the basis of some writing from other authors own initiative and contains results of the personal investigations. Unfortunately, there is no one of course whom authors could wish your thanks except themselves. However I am happy to know if these notes provide any fruitful results that may be useful on the scene of formation of diplomacy in the awakening of Arab politics. Most of those Arab countries and non Arabs such as Persians and Turks could establish favoured nation status amongst each other and open their markets to free trade amongst the others thereby gaining from comparative advantage.**

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# THE CHALLENGES OF TAX REVENUE MAXIMIZATION IN NIGERIA THROUGH VOLUNTARY TAX COMPLIANCE: THE ROLE OF SELF-ASSESSMENT

Dr Christian Ndukaire Onyegbule\*

## ABSTRACT

One of the biggest challenges to government, right from early history, is how to maximize tax revenue collection, so as to be able to finance the ever growing need for improved infrastructure to sustain economic development.

In an attempt to find solution to the quest for tax revenue maximization, various tax systems were developed. One of such systems and which is considered to be the most efficient is voluntary tax compliance. This system, aside from being the most efficient is a demonstration of the willingness of taxpayers to comply with tax rules.

It is important to note that the tool for voluntary tax compliance is the self-assessment tax system. On account of its being globally acclaimed as the most efficient tax system, the self-assessment tax regime was introduced into Nigerian tax system in 1991.

However, in spite of the introduction and implementation of the self-assessment in Nigeria, the Nigerian tax administration has not been operating optimally. The less than optimal tax collection performance is demonstrated by the low contribution of tax-to-GDP (gross domestic product). It is noted that tax-to-GDP ratio is a measure of tax efforts. With the fall in crude oil prices in recent years, the tax revenue base of Nigeria began to shrink, because oil has been the mainstay of Nigeria's economy.

The reduction in the tax revenue base in Nigeria and the consequential fall in tax revenue collection led to the question as to the suitability or otherwise of the self-assessment tax system as an effective tool for voluntary tax compliance. This paradox of self-assessment tax system being acclaimed globally as the best tax system and its failure to contribute meaningfully to GDP led to the research.

At the end of the research, it was found that indeed the self-assessment tax system brings about tax revenue maximization, but that this system has to be administered with all of its tenets, to be able to deliver desired results. The implication therefore is that, in the case of Nigeria, the self-assessment tax system, as a tool of voluntary tax compliance, was not applied properly. This finding led to recommendations as to how the self-assessment system should be operated, especially ensuring the right balance between taxpayer enablement and tax compliance enforcement.

## 1.0 INTRODUCTION

Taxation is regarded as perhaps the most effective instrument of fiscal policy to drive investment in any economy<sup>i</sup> (Jhinagan, 2011). It is the only effective instrument for reducing private consumption and investment, and transferring resources to government for economic development; from unproductive to product channels via public investment. In Nigeria, as in other developing countries, there is the vicious cycle of low income, low savings and low investment. The way to break the vicious cycle is to step up public investment<sup>ii</sup> through maximization of tax revenue (Jhingan, 2011). However, there is the challenge of low tax revenue collection.

Taking into consideration the possibility of historical resistance to increased tax burden that may arise in the course of efforts by governments to increase the proceeds of tax collection, a system of tax compliance through taxpayers' willingness to pay was developed. This tax administration system is known as voluntary tax compliance (VTC) system. The tool of VTC is the self-assessment tax system. VTC is not only a symbol of the taxpayers' willingness to pay taxes but also a demonstration of the fairness of the tax system. Indeed, VTC is touted as the best tax system<sup>iii</sup> (Lyse Ricard, 2003). VTC, through its tool, the self-assessment tax system, is a collaborative tax system; while the taxpayer is responsible for declaration of income, calculation and payment of tax due, the tax administrator carries out tax compliance monitoring and enforcement.

Nigeria introduced the self-assessment tax regime in 1991 because it was touted as the best tax system. However, more than twenty years down the line, the contribution of tax-to-GDP (gross domestic product), a measure of tax efforts<sup>iv</sup> (IMF, OECD, UN and World Bank, 2011), remained low, in spite of 'huge' taxes from the oil sector, the main stay of Nigeria's economy. To compound matters, the prices of crude oil began to fall in 2014. With this, Nigeria's economy began to witness reduction in economic growth. In this circumstance, many States of the Federation became cash strapped and could no longer fund capital projects or even pay salaries. The Federal Government also had its own financial challenges. The cumulative effect was a shrink in economic activities; many people lost their jobs which led to a loss of purchasing power and this resulted in a fall in aggregate demand.

To get the economy back to the path of growth requires increased public investment. The challenge was how to meet the funds and tax gap that arose. This raised the question of the adequacy and appropriateness of the tools of the voluntary tax compliance, then and even before a recession set in. It is recalled that the tax-to-GDP ratio was 4.5 per cent after rebasing in 2014, far below 30 per cent ratio required for developing countries to achieve millennium goals<sup>v</sup>. It is on account of this scenario that I carried out the research.

## 2.0 CONCEPTUAL FRAMEWORK

The assumption of the research is that taxpayers will be willing to pay taxes promptly and correctly without enforcement and being reminded to do so. And if taxpayers fail to comply, that there would be strict enforcement of the tax laws with respect to payment of taxes due and late filing of tax returns. However, there is also an assumption that taxpayers understand their tax obligations.

Thus, voluntary tax compliance can be seen as an enforced or a “forced” tax compliance<sup>vi</sup> because taxpayers comply since they know that force will be applied against them if otherwise. To ensure good relationship, the self-assessment tax system, a tool of voluntary tax compliance, is run on the basis of collaboration. Therefore, aside from tax compliance enforcement, the tax authority assists taxpayers by way of taxpayer education so as to understand their tax obligations. The objective is to elicit voluntary tax compliance.

One of the proximate triggers for this research is low tax collection performance, in spite of the self-assessment tax system. The poor performance resulted from non-compliance. Compliance is a behavioural issue. Non-compliance with tax laws is a negative behaviour. One of the ways to change the negative behaviour is through strict enforcement of the tax laws with respect to penalties. The assumption is that people are more likely to comply with tax laws out of fear of the pain of sanction as suggested by Obilade (2007)<sup>vii</sup>.

In consideration of the above assumption, I designed a tax compliance behaviour management and control framework, based on a cue of ‘A’, trigger (eg greed and weak law)---‘B’, behaviour (such as non-compliance)---‘C’, outcome (such as financial benefit for non-compliance). As a demonstration, we can control ‘B’ (non-compliance behaviour) by either eliminating or altering ‘A’, the trigger (action or tendency) that gave rise to it, by making ‘C’ (the reward for non-compliance) unprofitable or painful (the pain of sanction will form an experience). The expected result is that the unprofitable/unrewarding/painful nature of ‘C’ (outcome), for example, sanction against non-compliance will alter ‘A’ and make ‘B’ un-necessary. In this way tax compliance can be controlled.

Another angle to the human behavioural/habit approach is the determination of what motivates people to comply with tax laws other than the pain of sanction. Gross (2014) described motivation as being concerned with why people act and think the way they do. The why and how of human behaviour imply causes and underlying mechanism or processes in human activities. According to Gross (2014)<sup>viii</sup>, motivated behaviour is goal oriented and purposeful. Motivation approach to behaviour agrees with the tax compliance management and control framework, based on the pain of sanction, discussed earlier.

## 3.0 SCOPE AND METHODOLOGY

The scope and methodology of the research took into consideration the fact that taxation is largely a public sector matter; it is the main source of raising funds for public expenditure. Thus, the characteristics of the administration of government business, such as lack of business orientation, bureaucracy and difficulty in the retrieval of information, were taken into consideration in the choice of scope and methodology.

### 3.1 Scope

The field work for the research was carried out in Nigeria. It covered ten (10) years period, 2005 to 2014, which included the effective tax reform years of the Federal Tax Authority in Nigeria. However, in order to make the study relevant for current economic policies and therefore useful for problem solving, it touched on developments in the tax arena up to June, 2015. Also, trends and statistical information outside the actual research period, that were considered material in arriving at conclusions, were used.

### 3.2 Methodology

Behavioural issues were speculated to impact on tax compliance. Descriptive research method was therefore used so as to determine some of the behavioural tendencies, association of attributes and frequencies of certain happenings. Consequently, the research was quantitative so as to support the analysis required to draw the right conclusions. The relationship that existed between variables was determined by means of causal research and correlation approach. The combination of the two methods resulted in a more holistic approach.

It was important to understand the characteristics and attributes of the independent variables that bring about changes in the dependent variables. The reason was to use such understanding to be able to design a tax compliance behaviour management system so as to achieve the desired goal of tax revenue maximization. For this reason, two sets of data were collected namely data on tax collection figures and the other on the attributes of individuals that influenced tax compliance behaviour. The second set of data included characteristics of and perception about government. The second set of data was divided into responses from

main respondents and those from ‘special class of respondents’ for control purposes. The idea was to use data from the two classes of respondents for complementarily, assured accuracy, and authentication of one against the other.

The sampling technique adopted was judgemental for obvious reason that taxation is a government business and information on tax is classified and can only be obtained from government.

### 3.2.1 DATA COLLECTION AND ANALYSIS

Multiple instruments were used for data collection to ensure completeness of data. The research instruments included survey (questionnaires, interviews, personal discussions and observations), library research (journals, newspapers, books and published reports).

Data analysis was carried out to establish the relationship between variables. Therefore, the determination of correlation was done through the chi-squared (X<sup>2</sup>) test, given by the formula below;

$$X^2 = \frac{(O-E)^2}{E}$$

Where;

O = Observed frequency

E = Expected frequency

E = Row total x Column total

Grand total (of data)

E May also be given as;

N

K

Where;

N = Sample size.

K = Number of cells

\*The degree of freedom, df, may be computed as given below;

df = k-1; where k = number of cells

The focus of the data analysis included;

(a)Deciding if the differences in the relationship between variables were by chance or big enough to be significant;

(b)Determining the frequencies of occurrences of specific responses;

(c)Determining deviations of variables from expected frequencies; and

(d)Ranking some of the outcomes of responses to guide policy makers.

## 4.0 FINDINGS FROM THE RESEARCH

The findings include;

- (1) That the self-assessment tax regime brings about tax revenue maximization as suggested in one of the hypotheses;
- (2) That tax officials are not willing to share or allow taxpayers to participate in the dispensation of tax administration powers, thus, denying the self-assessment tax system of vital ingredients of partnership. This may have resulted to poor performance because the collaboration of stakeholders was not secured;
- (3) The fear of the imposition of sanctions is a leading factor that motivates taxpayers to file tax returns and make payments timely and honestly;
- (4) The following were found to be some of the impediments to successful implementation of self-assessment tax system;
  - (I)The failure of tax officials to impose sanctions promptly, in cases of default of tax laws, removed the motivation of fear of sanctions; and
  - (II)There is reluctance on the part of tax authorities and tax officials to implement all the tenets of the self-assessment tax system;
- (5) The following ranking of five determinants of the self-assessment tax system emerged:
  - 1<sup>st</sup>: Simple and updated tax laws;
  - 2<sup>nd</sup>: Good taxpayer education;
  - 3<sup>rd</sup>: Effective and transparent tax audit and investigation;
  - 4<sup>th</sup>: Serious tax enforcement actions; and
  - 5<sup>th</sup>: Collaborations amongst tax agencies.
- (6) That taxpayers make incorrect declarations of income because it is economically more beneficial to do so;
- (7) That taxpayers are likely to make correct declarations of income because of the fear of severe sanctions of incorrect declarations;
- (8) That the performance of government indeed influenced the level of tax compliance;
- (9) That taxpayers’ corruption perception of government officials is one of the most important factors (reasons) for non-compliance with tax laws; and
- (10) That the success of voluntary tax compliance depends on strict enforcement of tax laws.

## 5.0 CONCLUSION AND RECOMMENDATION

The main conclusion from the findings is that voluntary tax compliance (VTC), through the self-assessment tax system, as the tool, especially when implemented properly, brings about tax revenue maximization. The conclusion is justified by the test of hypotheses.

The import of the conclusion is that VTC through the self-assessment tax system can sometimes be implemented partially, that is, without all of its tenets.

The tenets are (i) taxpayer education, (ii) self-assessment of tax, (iii) accepting tax returns as filed subject to initial verification, (iv) risk based case selection for audit (v) sanctions for default, and (vi) taxpayers' right of appeal. Therefore, the VTC, through the self-assessment tax system, should be implemented fully in Nigeria.

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# A CRITICAL EVALUATION OF ZONE PICKING AS BEST PICKING METHOD IN A TWO-TIER SHELVING WAREHOUSE SYSTEM

Dr Daniel Tabeng Tata\*

## ABSTRACT

Order picking represents a key objective of most warehouses: to extract from inventory the particular goods required by customers and bring them together to form a single shipment accurately, on time and in good condition. This activity is critical in that it directly impacts on customer service, as well as being very costly. Order picking typically accounts for about 50 per cent of the direct labour costs of a warehouse.

Irrespective of whether it is a small basic warehouse or a large distribution centre, an essential ingredient of designing the picking process is activity profiling. Activity profiling refers to defining the product movement in terms of lines, cases or units picked, that is, the number of times you travel to a location to pick an item.

## BODY REVIEW

It is crucial to the success of a logistics network design study that all quantitative and qualitative criteria are considered when making a decision for a preferred picking scenario. The key objectives in designing an order picking operation include increases in productivity, reduction in cycle time, and increases in accuracy. Often there are conflicting needs. For example, improved accuracy through quality checks might conflict with increased productivity. Therefore, a combination of picking methods is needed to handle diverse product and order characteristics.

The intention of a Two-Tier shelving system is to create more space in a warehouse and make more use of the entire internal space of the building. To maximize storage space in a warehouse, the best solution is to consider a Two-Tier Shelving as an alternative.

With Two-Tier shelving you can double your storage capacity within the same footprint as your existing shelving layout, and thus make maximum use of your existing storage space. In a Two-Tier Shelving installation, the upper tier of shelving stands on a floor that is supported by the lower tier shelving structure. This floor is often constructed in chipboard, or a similar material, but other materials can be used to meet your requirements. A stairway is also installed, in order to allow access to the upper tier.

Two-Tier shelving systems allow a considerable amount of versatility, as the vertical position of the shelves can be varied within the overall structure,

allowing the storage of different types of stock to be accommodated within the system.

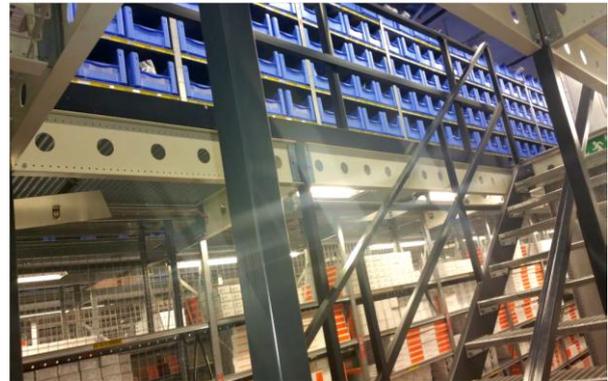


Fig. 1 A Two-Tier Shelving Warehouse

Picking methods must be established to determine the material flow and standard operating procedures for the warehouse. The methods for picking vary greatly and the level of difficulty in choosing the best method will depend on the type of operation under consideration.

Factors that will affect the decision on the picking method to be employed include:

- The characteristics of the product being handled.
- Total number of transactions.
- Total number of orders.
- Picks per order.
- Quantity per pick.
- Picks per stock keeping unit.
- Total number of stock keeping unit.
- Value-added processes.
- Pick type – piece pick, case pick or full pallet loads.

Key measures in the picking process are:

### • Productivity

Productivity in the order picking process is measured by pick rate. Piece pick operations are most commonly measured in items picked per hour whilst case pick operations may measure cases per hour and line items per hour. In pallet pick operations the best measure is actual pallet picks per hour. Since the actual amount of time needed to physically pick a product from its storage picking location is fixed regardless of the picking method used, productivity gains are usually in the form of reduced travel time.

## • Cycle Time

Cycle time is the amount of time it takes to get an order from order entry to the shipping dock. In recent years, customer's expectations for companies to provide same-day shipment has placed greater pressure on reducing cycle times. Immediate release of orders to the warehouse for picking and methods that provide concurrent or the parallel picking of items, e.g. multi-order picking, are ways to reduce cycle times.

## • Accuracy

Regardless of the picking operation, accuracy will also be a key objective. All processes that go to make up the fulfillment operation have some impact on accuracy: all movement transactions, storage through to shipping, storage and stock management and the equipment used. Technologies, for example, barcode scanners, automatic weigh scales and pick-to-lights systems, all have an impact. Training and monitoring accuracy through reporting systems all add to the accuracy measure.

In a Two-Tier shelving warehouse system the best recommended pick regime will be;

### Zone Picking Regime

The picking area is organised into zones with one or more operators per zone, picking multiple orders. In this arrangement, the order pickers are assigned a specific zone and only pick items within that zone. Orders are moved from one zone to the next as picking in the previous zone is completed. A picker would just pick the items required for an order from that zone and then pass the receptacle to the next zone. This would continue until the order is complete. This is also known as "order forwarding" shown in Figure 2 below. Often, conveyor systems are used to transport orders from one zone to another. It is important to balance the picking effort required in each zone to maintain productivity. This may involve re-assigning resource across the picking zones. In a Two-Tier shelving warehouse the lower floor level is Zone A while the mezzanine floor will depict Zone B.

It is a common practice that load units can be stored according to their movement rate or ABC classification. A class load units are Fast Movers, whilst B class products are Medium movers with C class are Slow Movers. In a Two-Tier shelving warehouse system Zone A usually constitutes the A and B class while Zone B is usually the C class as described above. To implement Zone picking in a Two-Tier shelving warehouse pickers should be assign to Zone A and Zone B respectively to reduce cycle time and physical up and down movement. Zone B pickers pick from the upper shelves and send through a light goods case conveyor system. Products can be accumulated at different points on the system. This accumulation can be by load units contacting one another in a queue or being separated by special brake and indexing sections. Load units are controlled on the

conveyor system by scanning a barcode at each intersection. The load units will follow a route controlled by the conveyor control system guided by a source-to-destination requirement determined by the Warehouse Management System (See below).



Fig. 2 Light Goods Conveyors System

These conveyors typically handle cartons, tote boxes or individual products. Load units are handled on rollers for horizontal runs and belts for incline and decline conveyors. The width of the conveyor frame and pitch of rollers is determined by the size and weight of what has to be transported. The travel speed of these conveyors varies between 0.3m/s to 2m/s.

## CONCLUSION

Zone picking is most effective in large operations with high total number of Stock Keeping Units (SKU), high total number of orders, and low to medium number of picks per order. A combination of automated and manual systems can be used, e.g. automated for fast movers and manual for the slow movers. Congestion is greatly reduced in a Zone picking regime.

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# DISCUSS THE DIFFERENCE BETWEEN CHILDCARE AND CHILD DEVELOPMENT

Dr Esther Edna Crabbere\*

It is often said that it takes a community to raise a child; my understanding of this concept is the outpouring of a positive influence from birth, hence building a child's self-esteem is a big factor in the process of nurturing happy, law abiding and successful citizens. For this reason I find it difficult to understand why some experts in USA say that the development of self-esteem is not good for young children, yet most children are raised to believe that they can become a lawyer or a doctor or even president. This notion is confusing to the child.

As adults we naturally reinforce our children's self-esteem in infancy which they need from all the adults they come in contact with, in order for them to develop a positive mental picture of themselves. This is childcare at its best and I know from my research that Britain is ahead of America in this area of early education.

With a positive self-image children would be happier and would eventually develop stronger individuality as they pass through the stages of development. Development is therefore more complex as it involves the nurturing of mental processes, like thinking, reasoning, problem solving, conceptualization, creativity memory and language.

The areas of development are Physical, Intellectual, Language, Emotional and Social; these should not be confused with the stages of development as theorized by the Father of Cognitive Development Swiss Psychologist Jon Piaget and are still being used today in our Education Systems. They are, The Sensory Motor Stage between the ages of 0-2, the Pre-operational stage- between the ages of 2-6years, the Concrete Operational Stage- between the ages of 5-11, the Formal Operational Stage- at age 11 and older. The rate of the stages is totally dependent on the educational and emotional nurturing/stimulation that the child receives.

It is vital that children are allowed to explore their own wishes, feelings and rights with the support of adults; this support should not be in the form of telling the child what to do and how to do it but rather to allow the child to experiment safely; to help the child understand the safety risks and to offer prompts or information that would nurture the child's ability to think.. It is also crucial that the care and development of children are nurtured according to the stages and rate of the child's ability.

Many people continue to offer positive reinforcement irrespective of the child's lack in progress. As adults we need to be aware of the stage of the child's ability to think and to explore safely. It is also crucial that the care and development of children are applied according to the stages and the rate of the child's ability.

Telling a four year old that she/he is doing a good job, when you know that the child is not; is very damaging to the child's self-esteem; this gives the child a false sense of positive self-image; the child believes that she/he is doing well, only to find out at a later date and at various moments in their lives that they are not as smart as they think they are.

I feel sure that many teenagers are puzzle by such revelation and as a result, they develop feelings of hurt and anger, which they can hardly disclose because of the lack of parent/child communication and the ability to voice their insecurities; thus remaining completely oblivious about the false sense of their self-esteem. For instance, a child may be afraid to let his parents know that he does not really want to become a lawyer because he has been getting this message from his parents since he was 2.

This false image of high self-esteem is not conducive to the true meaning for childcare while the unawareness of the child's cognitive ability can do similar damage in the overall development of any child.



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# PERCEPTIONS OF ISLAMIC PHILOSOPHERS ABOUT SOUL

Dr Mehmet Emin Kilic\*

It is possible to gather the ideas of First Age philosophers about the soul in three categories.

*First;* the ones who consider the human soul as a material quintessence: Thales views the soul as the force that gives life to the corpse, yet he sees it as a material substance like water.<sup>1</sup> Anaximenes tells that the human soul is “air”<sup>2</sup>, Heraclitus believes that it is “fire”. Empedocles tells that the human soul is the combination of four elements and that the soul is the “temperament and harmony” of those four. Anaxagoras, who considers human soul and universal soul as the same, suggests that the human soul is really a thin object. Democritus tells that the soul consists of round and flat atoms that enter the body while breathing. A human has two souls, a smart one and a mindless one. According to him, death is not the perishing of the soul, it is just atoms leaving the body.

*Second;* the ones who believes that soul is a quintessence that is separate from the body: These are: Pythagoreans, Socrates and Plato. According to Pythagoreans, human soul, which is a part of the universal soul, is immortal. The soul is imprisoned in the body and its liberation from the body within death is possible with its moral cleansing through philosophy, music and geometry education. The soul that completes its moral cleansing and deserves to rise up to the Divine universe, goes into another body, according to the reincarnation arguments.<sup>3</sup> Pythagoreans think the human soul as a spark or a particule from the infinite soul or the Universal soul which has divine qualities. They see this soul as an abstract being, not a quintessence in material form.<sup>4</sup> Socrates on the other hand, sees the soul as a spiritual being, far from any materialistic view, and accepts a God who creates and protects everything. According to him, the existence of God is obvious and can be seen from his creation. The essence of the soul is like the essence of God. God is the wisdom that covers all and the universal mind that is the soul of the being. Human body is a part of the materialistic elements, as well as the human soul is a part of this common soul. The soul is similar to God, due to the fact that it is an abstract quintessence. Just like God who controls the universe and cannot be seen, the soul also cannot be seen yet it controls the body. The soul continues to exist even

when the body ceases to exist.<sup>5</sup> Plato believes that the human soul is a Divine quintessence that falls into the body from the universe of ideas. According to him, the soul stands between the eternal, endless idea universe and finite, temporary material universe. Soul comes from a Divine source. It exists before the body, and it will be immortal after the vanishing of the body. It is the soul that gives life to the body. Soul is pure life. And death is soul’s departure from the body. By its nature, soul continues to live on after it departs from the body. If the soul was mortal, it would perish and rot after death, just like the body. However, the soul does not perish. It is simplistic and eternally real. Therefore, a life continues to exist after the soul departs from the body.<sup>6</sup>

*Third;* Islamic philosophers’ views on soul are combinations of the principles of Greek philosophy and the demands of Islam. We can see from their works that they try not to leave any conflict between philosophy and religion. Addition to that, until Avicenna, we cannot see any philosopher who adopts a systematic approach. One of the first period philosophers, Al-Kindi, has an eclectic view of the soul. He includes both Aristotelian and the Pythagorean and Platonic soul definitions in his works. Al-Kindi believes that there is no separation between the soul definitions of Plato and Aristotle. Al-Kindi supports Aristotle’s views on the powers of the soul and mind.<sup>7</sup>

## 1.1. Soul according to Al-Kindi

Human is known with its psychology. Al-Kindi<sup>8</sup> his views on the subject are as follows; “Human self is not in material form in its core. On the contrary, self comes from a mental core, it is residential in the body, it is not mortal and it is simple, not complex. It stays pure as long as it is safe towards the combination it comes from. It is residential in the body without coalescing with it. Because that self is a being, different than its own kind. It comes from a core that has no

<sup>1</sup> -Günaltay, *Felsefe-i Ulâ*, p.182

<sup>2</sup> -Aristotle, *De Anima*, trnsl. Zeki Özcan, Alfa Publishing, Istanbul 2001, p. 23.

<sup>3</sup> -Aristotle, *Metaphysics*, Trnsl: Ahmet Arslan, E.U.E.F. Publication, Izmir 1985, p.103

<sup>4</sup> -Aristotle, *ibid.*, p.16.

<sup>5</sup> -Günaltay, *Felsefe-i Ulâ*, p.188.

<sup>6</sup> -Günaltay, *ibid.*, p. 192.

<sup>7</sup> - Al-Kindi, *Philosophical Tractates*, trnsl. Mahmut Kaya, İz Publishing, Istanbul 1994. Al-Kindi, p. 135-136, 149 and cnt.

<sup>8</sup> - Yakup bin İshak el-Kindî is an Arabian and Islamic Philosopher. He has been educated in Basra in its century. He has moved to Baghdad and acquired fame in the fields of medicine, philosophy, engineering, astronomy, and music. (See: Zirikli, Hayrettin, *el-A'lâm*, Dar İlmü'l-Melayin, Beirut, Volume 8 p.195).

materialistic essence. It stays safe in the material body for its own core. But that self is a worker of the body. Al-Kindi, tells about the soul problem in one of his scripts called “*Of Sleep and the Essence of Dreaming*” and suggests that the real soul has two powers, contrary to the assertions of the philosophers who sees the soul as a simple quintessence. One of these powers is senses and the other is perceivable power. If we can understand the nature of these powers, we can understand the nature of sleep and dreaming too. According to Al-Kindi, a sleeping person is a being in action but without senses. Dreaming is soul’s control over thought, while senses are not present. In soul, senses continue as shapes that are owned by the individual and perceivables continue as shapes, species and forms above individual.<sup>9</sup>

### 1.2. Soul according to Al-Farabi

Al-Farabi’s<sup>10</sup> opinion about soul can be described like this: He indicates the soul as a quintessence of world order that does not point to anything nor hesitate between motion and serenity. Therefore you can comprehend and be aware of what was known in the past and what to hope from the future. Al-Farabi suggests that human is a combination of soul and body. Body’s competence comes from the soul and soul’s competence comes from the mind. Main duties of the soul are action, understanding and perceiving. According to him, there are three types of souls, as vegetational, animal and human. The duty of the vegetational soul is the raising, growing and continuation of the breed, the duty of the animal soul is adopting the good and staying away from the bad, the duty of the human soul is selecting the beautiful and fruitful. Al-Farabi’s thoughts on being and the creation of being must be perceived well before stating his view on the soul. Because, according to Al-Farabi, the soul as a being is a step in the hierarchy of over flowing minds and entities. In this system of hierarchy, every entity in each step has its own way of coming into being and essence. Al-Farabi, sets base to his vision by what we call “*Theory of Emanation*”, which explains the creation of the universe and the relation between God and universe through the neo-Platonic notion. The extralunar universe exists after the first mind and it is an over flowing universe that ends in the tenth mind that is the consecutive and active mind. Minds that belong to the extralunar universe have the power of benefit in the sublunar universe. Sublunar universe, flows through the active mind. And in this universe, there is no perfection due to their nature. The hierarchy

<sup>9</sup> Al-Kindi, *Philosophical Tractates*, trnsl. Mahmut Kaya, İz Publishing, Istanbul 1994. p.139-140, 144.

<sup>10</sup> Ebu Nasr Muhammed b. Tarık el-Farabî, as the greatest one of the Turkish origin and Muslim philosophers, was born in Farâb in the year 8742/260. He was educated in Baghdad, and his period dates back to the period of Seyfu’d-Devle İbn Hamdan. He died in Damascus. There are many books that he compiled. He died in the year 920/339. (Zirikli, Hayrettin, *el-A’lâm*, v.7 p.20)

of entities goes from the top to the bottom. And the competence disappears while you go down in this hierarchy. First stage is God and he is the primal reason and from this step it goes down to material simplicity, (prima materia). Second being stage is the material free minds (ukul-u mufarika), and third stage is the level that is called Gabriel or Holy Spirit. Fourth stage is self, which again is a spiritual and simple entity. Self is the circular movements of the celestial bodies, and the any kind of biological, physiological, physiognomic and psychological activities in humans, animals and plants. The fifth and the sixth stages are material and shape. And these two principles unite to create the four main elements (earth, water, air, fire) in the sublunar universe. There is not that much information on the essence of self in Al-Farabi’s scripts. And the definition of self cannot be found in almost anywhere, though more emphasis has been made on the abilities of it. In addition to that, Al-Farabi mentions that he is in agreement with Aristotle’s definition of self. As we remember, self according to Aristotle is “the first entelechy of a natural and organized matter. So, self is the maturity of matter. Matter reaches competence through self, self is the mirror of human nature and mind is its light. Self is graceful and passionate. It is the root of the senses. As we see, Al-Farabi considers self as a spiritual, ethereal quintessence.<sup>11</sup>

### 1.3. Soul according to Al-Ghazali

The lexical meanings of soul are the breeze of air and everything, chill of the wind, self, life, power, immortal principle, divine spark, living principle and power in motion. The spiritual form of the living entities and especially the human has an important place in the psychology of Al-Ghazali. He deeply explores the subject of “*soul*” and the spiritual states and diseases of man in almost every one of his books and he tries to find cures to these diseases and troubles to provide peace and happiness to man. Soul was used for two meanings in Al-Ghazali’s works: First, it is a gentle matter that holds its source inside the materialistic heart. It goes along the body through the veins. The flowing of the light of life through the limbs by seeing, hearing, smelling and such abilities is similar to a light in a lamp that lightens the corners of a room. When the physicians talk about “*the soul*”, they mean it and it means a gentle vapour that is burnt by the movement of the heart. The second meaning of the soul is that it is a part of the human that is unseen, this part is conscious and wise. Allah’ın “*And they ask you (O Muhammad ) concerning the Ruh (the Spirit); Say: "The Ruh (the Spirit): it is one of the things, the knowledge of which is only with my Lord.."*” (Al-Isra 17/85) means this soul. According to the philosopher, it aims to reach its God since it is composed of the command of its God. It comes from God and it goes to God. Body is its mount and vehicle. The word Soul is present in twenty-one verses of the Koran and it is only

<sup>11</sup> -See Câbirî, Muhammed Âbid, *Political Intelligence in Islam* (trnsl. Vecdi Akyüz), Ist. 1997, p. 118.

in the form of a noun.<sup>12</sup>Al-Ghazali, accepts that the soul is an object due to its first meaning, and a command that makes a connection with the divine universe due to its second meaning. According to Al-Ghazali, living entities have a special place among the entities, and the humans have a special place among them. Because divine commands and orders are only addressed to humans among the living entities.<sup>13</sup> Al-Ghazali also accepts that the human is composed of two elements, the body and the soul, and he says: “Know that human is created by two things: One of them is the body, it is possible to see it with the physical eye. The other one of them is the soul, it is not possible to see it with the physical eye. Maybe it is possible to see with the eye of the heart. These two things, one of which is the body and one of which is the soul has one good and one bad side each.”<sup>14</sup> The result that can be inferred from this is that the good side of the human is revealed when he obeys the rules of the God and that the bad side of the human is revealed when he does the forbidden things and obeys the orders of Satan. Al-Ghazali tries to explain that the nature of the soul and its forms cannot be known as in the following: “If the reality of the soul and its special forms are asked, then know that the lock of sharia locks the permission door of this subject. It is only permitted to say that soul is formed of a command of God, in other words it is a command from the universe of commands.”<sup>15</sup> According to Al-Ghazali, soul is the quintessence and essence that unites two universes. These two universes are the universe of reason, in other words the divine universe, and the universe of perception, in other words the material universe. Al-Ghazali describes these two universes with a description which is very similar to the description of Plato. He says that the second universe is shadow, and the first universe is its dream. The second universe is similar to this universe. It may be of something from this universe, or something from the universe of malaqut. Al-Ghazali says that body is the home and residence of the soul, that it includes body for divine caring and thus it prepares in this universe for the afterlife, that the soul stays in the body for a certain time and that it is not possible that this time is shortened or prolonged and that body is abandoned by the soul and that the bliss of the human is only ripened after death.<sup>16</sup>

<sup>12</sup> -Kocabaş, Şakir, *Bases of Knowledge in Islam*, İz Publications, Istanbul 1997, p. 137.

<sup>13</sup> -Yazoğlu, Ruhattin, *Spirit and Death in Gazâlî's Thought*, Cedit Publication, 2002, p. 44

<sup>14</sup> -Gazâlî, *Kimyâ-yı Saadet*, Trnsl. Ali Arslan, Yeni Şafak Publication, Istanbul 2004, v.2 p.465.

<sup>15</sup> -Al-Ghazali, *Kimyâ-yı Saadet*, (trc. Sehabi Hüsameddin, Mehmet Faruk Gürtunca) Sağlam Publications, Istanbul 2009, v.2 p.4.

<sup>16</sup> -Al-Ghazali, Ebu Hamid, *Müşkilât-ul Envâr ve Misfât-ul Esrar*, Egypt 1980, p.45-46.

Al-Ghazali categorizes the levels of the human soul in five sections. These are as follows:

1- er-Ruhu'l-Hassas (Perceptive Soul): It is the soul that receives the data of five senses and it is the essence of the animal soul. This soul is also present in infants.

2- er-Ruhu'l-Hayalî (Visionary Soul): It records the perceptual data and keeps them in order to present them to the rational soul that is superior to itself.

3- er-Ruhu'l-Aklî (Rational Soul): It is the quintessence that can conceive the meanings that are out of perceptions and life and that is special to human.

4- er-Ruhu'l-Fikrî (Intellectual Soul): It only considers the rational information, makes combinations and creates knowledge. Then it makes comparisons between these two results which are conferred from these information are conferred from these information and attains other results. Thus, information is proliferated.

5- er-Ruhu'l-Kudsî en-Nebevî (Holy Prophetic Soul): With the help of this soul, prophets receive information about the lights of the unseen, afterlife rules, the malaqut of the skies and the earth and even Godly and divine knowledge. Such information cannot be comprehended by other rational and intellectual souls.<sup>17</sup>

#### 1.4. Soul according to Ibn Khaldun

According to him, souls effect the material corpse just like warmth emerges by laughing and being melancholic. This indicates that soul unifies with a material entity. Therefore, divine characters (habits and personalities) and non-divine, earthly habits and personalities emerge.

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<sup>17</sup> Al-Ghazali, *Mekâsidü'l-Felâsife*, p. 272-273.

# OVERTRAINING

Dr Fazil Tuylu\*

*(This is a Translated Document)*

Exercise is a process that occurs when the psychological and physiological capacities of the organism are exceeded or forced (JURGEN, 1994). Briefly, overtraining is defined as the loss of performance due to physical and mental fatigue. According to Dr Tudor Bompa, overtraining is a pathological phenomenon. It is the result of imbalance of the recovery rate of the work and the continuation of the athlete in high intensity and severe training while in a state of fatigue. Overrun will result in a decrease in performance capacity as a result of attempting to train on the physical capacity.

In studies related to overtraining, divided into three, fatigue occurred after physical exercise (JURGEN, 1994).

- Adequate short-term fatigue caused by not getting pale.
- Fatigue that requires a day or two to rest due to the muscular system.
- Chronic fatigue is caused by the nervous system.

More recent studies by throwing out long-term fatigue, lack of interest in sports or physical work was defined as lack of concentration. Long-term symptoms of fatigue, collapse of the eye sockets, facial wasting, sad appearance, reluctance and discomfort, said the slow sounds and words, 20 at the resting heart rate / min and more growth, weight loss, weight lost in the work cannot be twenty-four hours (GUNAY, 2001).

## OVERTRAINING

There are three types of functional, sympathetic and parasympathetic practice, which are identified in the literature on overtraining.

### 1. Functional Exercise

In functional exacerbation, classical problems have not yet occurred, there are vaguely or non-clinical findings. Among these, we can observe a small stagnation or decline in the performance of the training, which is easiest to see by looking at the function of the running tempo of the pulse. It is interesting to note that a sudden and dramatic improvement in the performance of the competition is sometimes seen at the same time as this phase, which convinces you that training is going well. This transient development is the result of abnormally excessive activity of the sympathetic nervous system. A subsequent physical disability may come into play, which is the beginning of the sympathetic lifting of exaltation. A common problem

seen in functional riding is the imbalance between aerobic and anaerobic capacities. It is not difficult to make a general comparison of the maximum anaerobic function with the maximum aerobic function, as is possible with a number of tests. The aerobic capacity can be measured by the MAF test and the anaerobic function by the competition performance. For example, if you run the MAF Test at a speed of 7 minutes / mile (4:12 min / km) and run a 5 or 10 km race at a speed of 5 min / mile (3:07 min / km) we may have a very obvious imbalance. Many talented athletes are often confronted with high competition performance and poor aerobic function in the case of functional overexertion. Adrenal hormone impairment, a frequent occurrence in overexertion, begins at the functional overrun stage. It is typically parallel to aerobic failure.

As functional overexertion continues, athletes experience fatigue, sleep irregularities, abnormal hunger attacks, and excessive consumption of certain foods. If you suppress sleep immediately after meals, an incomprehensible effect may arise. Among the nutritional problems over consumption of refined carbohydrates starts instead of healthy fats and protein. Among other complaints frequently encountered in the functional type of abstinence are;

- Becoming open to back, knee, ankle and foot injuries.
- Adrenalin hormone imbalances-slight elevation starting at the cortisone level (decrease in testosterone and DHEA hormone levels).
- Menstrual discomfort is the most common hormonal problem, even though menstrual symptoms may occur as a second degree complaint with premenstrual syndrome.
- Sexual dysfunction can be counterproductive in both instances, and typically can lead to sexual desire reduction and even infertility.
- Mental and emotional stress, associated with mild or clinical depression, often anxious. If the functional exacerbation state persists, all these symptoms and symptoms are carried to the second type of exacerbation during the sympathetic exacerbation phase.

### 2. Sympathetic Overtraining

Sympathetic overtraining occurs from too much load or psychological stress. Neural and hormonal stress is composed of a series of signs and symptoms caused by mechanical instability. Sympathetic overtraining symptoms arising in the form of sympathetic autonomic nervous system can be explained as follows:

- Fatigue
- Reduction of sexual desire
- Weight loss
- Smelling of sweat
- Sweating of the hands
- An increase in basal metabolism
- Increase in body temperature
- Operating in more breathing
- Muscle and joint pain,
- Restlessness
- Emotional changes
- Reduced appetite
- Headache
- An increase in blood pressure
- The pulse return to normal after exercise now
- Lack of coordination in Motion
- Reaction time reduction
- Defects and hence risk of contracting infections in the immune mechanism.

Sympathetic overtraining is frequently seen, and the indication is a type of overtraining that is more difficult for young athletes to recover from, for example, resting pulse, blood pressure, increased sweating, and poor performance. If symptoms and symptoms at this stage are not remedied, they become chronic and a third type of parasympathetic exacerbation is passed.

### 3. Parasympathetic Exercise

The parasympathetic praxis, determination, diagnosis and treatment are very difficult and arise in fatigue. A decrease in blood pressure is often seen at the resting pulse. Parentheses indicating the parasympathetic form of the autonomic nervous system:

- Reduced performance
- Lack of skill
- Low coordination
- Fatigue
- Decreased blood pressure

Parasympathetic exacerbation causes more serious hormonal, neurological and mechanical imbalances (in parallel with adrenal insufficiency and aerobic insufficiency). In later stages, the sympathetic nervous system is exhausted, and many hormone levels, including cortisol are significantly reduced. The athletes in this situation typically manifest themselves with race reluctance (sometimes training), depression, significant disability and exhaustion. Performance is of considerable importance, and many athletes who have fallen into this are themselves taken to the edge and feel dismissed.

#### DETERMINATION OF SURROGATE

The overrun caused by the imbalance between rest and training is the long-term performance decline. The reason for overrun is not only the heavy training over the capacity, but the overrun during bad training. Overeating can be determined simply by continuous control of the resting pulse and body weight, as well as

by functional, biochemical, metabolic, and so on. It can also be determined by examining the parameters.

The changes coming to the end of the overrun are listed below:

- Increase testosterone-cortisol serum creatinine, serum prealbumin and serum growth hormone.
- Elevation of the level of urea.
- Increased resting pulse and increased blood pressure due to increased adrenalin and noradrenalin levels at rest.
- Changes in the concentration of metabolic and hormonal determinants such as serum lactate, ammine, glucuronide, catacormye and cortisol.
- Changes in blood levels of enzymes in the cell.
- Increased oxygen consumption, heart rate, and blood lactate at a constant work level.
- Sleep problems and fatigue.
- Decrease in the capacity and performance of the athlete.
- Loss of appetite and excessive sweating.
- Measurement of serum urea concentration.
- Measurement of serum creatinine kinase concentration.
- Measure the midnight of the basal product cataclazone.
- Assessment of hematocrit, hemoglobin, iron ferritin, calcium, magnesium, uric acid, creatine, total protein and creatine phosphokinase.
- Determination of cardiovascular functions may be necessary.

In order to determine overtraining, resting heart rate numbers of the athlete are checked every morning and the presence of insomnia problems during intense training sessions can be considered as a preliminary symptom.

#### FACTORS ENABLING SURFACE

- Upper respiratory tract infection, local general infection (tooth, tonsil), occult disease, allergy, early or very heavy training following infection.
- Nutritional disorders, chronic consumption of ethogenic or other medicinal products, unfamiliar foods, inadequate carbohydrate intake, dieting at the same time as heavy workouts, inadequate fluid intake.
- Sudden changes in air, altitude, alien environments, humidity, too much travel.
- Lack of sleep and relaxation, mental fatigue, emotional contradictions in the face of events, lack of realistic goals, exaggeration of responsibilities, too much pressure, loss of self-esteem, expectation of family and coach, doubts about ability to compete, lack of relationship / dissatisfaction.
- Economic problems, excessive responsibility, excessive excitement and agitation, too much night time or too much restraint, inadequate material conditions, insufficient time for private life, excessive alcohol, smoking, use of coffee, irregular, inadequate sleep, worry about not being able to create a career.

- Excessive overloading of training vessels, attempting to cling to the level of separation from the team, too much, frequent and severe training, increased training due to performance pressure, poor performance feedbacks, very long competition, poor regeneration units, Sudden increases in training loads, lack of objectivity themselves, severe training conditions, making extra charges when feeling good, training to pass champion athletes.
- Menstrual irregularities, time zone transitions.

## PREVENTION OF OVERRUN

When it comes to preventing overrun, one has to comply with some training rules (eg by increasing the training load gradually) and ensure that there is a correct change between work and rest. In order to increase the recovery rate of the training units and the competition, the person must use the means of continuous renewal. In addition, the training log of the athlete can be constantly examined to determine previous exhaustion and overtraining statements. Thus, the training programs can be changed accordingly. Mutual trust-based discussions often made with athletes may be another way of determining how an individual will react to training.

The best protection against overtraining is an improved sensitivity in relation to one's own body and its reaction to training. Indications that should not be neglected can be overcome long-term overloading, severe disruptions by teaching the athletes how to over-exert effort and fatigue (through respiration, heart rate and effort), by developing this consciousness. First of all, it is a prerequisite for coaches and athletes to have mutual trust and cooperation.

Treatment of overtraining is generally simple, according to Prokop. Because training is left for one to three weeks, there is usually a rapid recovery of bodily and psychic-nervous function. Training may sometimes be left longer if necessary (only in the case of a specific treatment of the secondary disease, eg circulatory disorder). In a lighter case, if it is diagnosed on time, it will suffice to restrict the training to a large extent or to re-plan the training. Sufficient nutrition, sleep, sometimes a balancing sport, careful hydrotherapy, sauna, massage and general conditioning to correct the work was seen to work. Sometimes, however, it is possible to use vocative inhibitory agents, for example beta-blockers. Because overeating is ultimately maladjustment, the administration of corticosteroids in the form of depots, or even the administration of sex hormones, are treatments that are not appropriate as doping. Avoidance of intense psychic preoccupation with both exercise work and avoiding the race is as important as any other psychological effect. Psychological recovery, a comprehensive range of athletes, families and occupations and, of course, the elimination of all other disease dispositions is accompanied by this improvement. With this treatment it is usually possible

to remove the swelling condition completely within two to three weeks at most. Rarely, after this period, along with individual high performance, a marked increase in form or astonishing progress in the treatment of movement may occur.

Ways to cope with sympathetic overcrowding:

- Opening appetites with alkaline foods (fruit, fresh vegetables, milk)
- Avoiding irritants (coffee) can be low in alcohol.
- Increased amount of vitamins (B-blends)
- Walking outdoors
- 35-37 degrees and 15-20 min bath (no sauna)
- Massage / drying in the morning with cold shower and towel
- Massage
- Light, fluent work
- Mid-term ultra-violet beam therapy, avoiding intense sunlight
- Change of environment, travel to places at different altitudes

Ways to cope with parasympathetic overcorrection:

- Selection of acidifying foods (such as cheese, meat, cakes, eggs)
- Group B vitamins and vitamin C
- Cold and hot showering
- Mid-term sauna and short cold shower
- Intensive massage
- Active movements
- Go to places close to sea and sea level
- Choosing a fitness climate

Although short-term exacerbations can be treated in a few days, long-term exacerbations require weeks and months of treatment.

## RESULT

Determining the main factors causing overload, training quantity and quality nutrition, regular sleep, and avoidance of monotonous training is provided. They do not disappear in spite of overtraining and do not put the athletes into training and competitions. Athlete's sport and private life is rearranged. Results made in different environments accomplished active rest with light exercise.

If necessary, enlist the help of a doctor, allowing it to relax the athlete's physical and mental aspects. The height of the non-violence training proper rest, it needs to ensure the infection and prevent new overload caused by psychological stress and relaxation training and dietary balance for the removal of the top level of performance before the contest. Coaches, knowing overtraining the treatment modalities and mechanisms of formation, overtraining those that may occur in athletes will constitute disincentives to reach maximum performance.

Coaches will have an effective method of keeping the social and sporting lives of the athletes under control, especially in the morning control of the resting pulse,

keeping the weight of the athlete in mind, rest and diet. It is a necessity for the athlete to achieve high performance when the subject is approached from this point and the factors causing the swing and the diagnostic methods are known to the coaches.

In a real sense, the relaxation exercises that will activate the sympathetic and parasympathetic nervous system, as well as the elimination or elimination of all these rheumatic conditions, will organize the breathing techniques in an organized manner, which will soon lead to resolution.

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