**The Pandemic Psychology of Turkey**

According to the Research entitled ‘psychological effects of the pandemic’ by Muratpaşa Municipality in Antalya, about one in 2 people gained weight in Turkey in the epidemic that has been going on for more than a year, one in every 4 people who play regular sports quit sports. 50.1 per cent of those who said they now looked at life more negatively, while 23.8 per cent of survey participants said they still considered wearing a mask outdoors ‘unnecessary and useless’.

Muratpaşa Municipality conducted a survey to measure the psychological effects of the pandemic, which has been going on for more than a year. The survey, conducted between March 1-8, was conducted on two separate scales, Turkey and Muratpaşa, one of the most populous districts of Antalya with a population of more than half a million. 3 thousand people were interviewed for both scales.

**OBJECTIVE: TO DIRECT MUNICIPAL SERVICES**

Mayor Ümit Uysal said that they conducted this study in order to determine the psychological conditions and problems caused by the pandemic. Mayor Uysal stated that municipal services should be shaped according to the needs of the developing conditions, and that this survey, which was conducted in order to give direction to services, showed very striking results. “We will direct our work in the coming period with new data and inspiration from this survey,” said Mayor Uysal.

**'NO ONE FOLLOWS THE RULES EXCEPT ME’**

According to initial results, those who said that they fully complied with the measures on the Turkey scale were 80.3 percent, while the proportion of those who said that others did not comply with the measures was 55 percent. 79.6 percent of survey respondents said they complied with curfews. The proportion of those who said they had never complied was 2.3 per cent.

**ONE IN FOUR PEOPLE CONSIDER THE MASK UNNECESSARY**

The survey found that 65.1 per cent of those who thought wearing a mask outdoors was ‘necessary and beneficial’, while 23.8 per cent said they saw wearing a mask outdoors as ‘unnecessary and useless’. The proportion of those who suspected the mask was 11.1 per cent. In contrast, the proportion of those who thought keeping their hands clean was useful in protecting against the virus was 91.5 percent. In the outbreak, the proportion of those who said that they paid attention to the hygiene of their personal cleaning and physical spaces was 85 percent.

**THE ECONOMY IS PUSHING**

84.5 percent of those surveyed said they were struggling economically in the process, while 74.3 percent said they had lost their jobs due to the outbreak and their income had declined. In addition, one in two people, 50.3 percent, said that the pandemic measures and bans forced them most of the economic losses caused by the closure of their businesses.

**WE LOOK AT LIFE NEGATIVELY**

The pandemic negatively affected the psychology of one in two people on both the Turkey and Muratpaşa scale. In contrast, those who said that they received psychological support on the scale of Turkey were only 9.9 percent, while for Muratpaşa, this figure was 13.6 percent. One in two people surveyed said they now ‘look at life more negatively’, while the proportion of those who expressed a more positive view was 19.9 per cent and the proportion of those who said they had not changed was 30 per cent.

**WE SAT BY THE TV, WE GAINED WEIGHT**

45.8 percent of respondents said they had gained weight in the pandemic, while only 11 percent said they had lost weight in the process. However, one in every 4 people quit sports in the pandemic, while the proportion of those who started Sports was only 15 percent. In contrast, 65.3 percent of survey participants said they started watching more television, and 69.9 percent said they spent more time on social media. The most preferred platform on social media was Youtube, followed by Instagram and Facebook respectively. In the pandemic, the proportion of those who said” I read more books " was only 19 percent.

**INCREASED FAMILY PEACE**

In the survey conducted by Muratpaşa Municipality, the surprising result was revealed in family relations. Accordingly, the proportion of those who said” My Love and respect for my family increased more during the epidemic " was 87.5 percent, while those who stated that domestic peace increased were 72.4 percent. In the process, 47.2 percent of survey participants said domestic discussions had increased.